



# PARAMJYOTI



MONTHLY NEWSLETTER OF  
SRI SRI PARAMAHANSA YOGANANDA VIDYALAYA



## Namaste..!

Welcome to newly revamped newsletter of SSPYV.

The PARAMJYOTI newsletter offers current details on a range of topics related to our school events, academic offerings, and facilities. All stakeholder are encouraged to actively participate with SSPYV online, including our social media platforms, as we acknowledge the value of open and honest communication.

We cordially encourage you to investigate SSPYV happenings and fully utilize this invaluable asset. Make sure you stay up to speed with our school's events. We appreciate your attention towards PARAMJYOTI; and taking this opportunity to connect with the updated and upgraded sources.

We look forward to speaking with you by the first week of every month. Happy reading!



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# PARAMJYOTI

Newsletter of Sri Sri Paramahansa Yogananda Vidyalaya



## HIGHLIGHTS OF THIS ISSUE:

- April Events
- Articles Column
- Teachers Enrichment Programme
- Alumni Spotlight
- Upcoming Events

## Namaste...!!!

Welcome to the latest edition of SSPYV's monthly newsletter! We're excited to share some exciting updates and news from our School.

### School Profile:

*Established in 2001, Sri Sri Paramahansa Yogananda Vidyalaya (SSPYV) aims to equip students with the necessary skills and knowledge to excel in their educational journey and beyond. As a valuable resource for parents, teachers, and all members of our school community, SSPYV serves as a platform for transparent communication.*

*Stay connected with us through our PARAMJYOTI newsletter, which provides up-to-date information on events, academic programs, and facilities. Additionally, we encourage active engagement with SSPYV Online upgraded pages on our social media platforms. Join us in exploring SSPYV events and stay informed about the latest happenings in our school.*

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## ***How we make difference!***

At SSPYV, we believe in holistic education, which goes beyond academics. We offer a wide range of special activities and learning initiatives to nurture the physical, mental, and spiritual growth of our students. By incorporating the teachings of Sri Sri Paramahansa Yogananda, we strive to impart moral values, inner strength, and a positive mindset to our students.

### **Our Vision:**

“न हि ज्ञानेन सदृशं”

*“Nothing is equal to Knowledge”*

### **Our Mission:**

The school strives for all-round development of the student to lead a balanced life by promoting Physical, Mental, Social & Cultural and Spiritual development.



## **Our Values:**

- Scientific meditation
- Law of sincerity in thought, word and deed
- Art of being truly happy
- Cultivating impartial and goodwill
- Value for Selflessness and Generosity
- Importance of Simple living High thinking

## **Our faculty:**

Our faculty comprises a team of dedicated and experienced educators who not only excel in their respective fields but also possess a genuine passion for teaching. They provide personalized attention to each student and create a conducive learning environment to enhance their abilities and talents.

## **About Parents:**

SSPYV is honored to have a strong parent community that actively participates in the growth and development of the school. We believe in the partnership between parents and teachers to create a supportive and nurturing environment for our students.

## INTERESTING FACTS

- . Most of the Earth's oxygen is produced by oceans.
- . The human stomach can dissolve razor blades.
- . Bananas are radioactive....
- . Animals use Earth's magnetic field to know their location.
- . Helium works against gravity.
- . Humans may harbor genes from other species.
- . We spend a year on the toilet in our lifetime.
- . There's a 50 % chance that two people will share a birthday in a group of 23 people.
- . Snakes can predict earthquake.



K. MOKSHA  
V GEMS

## TO STRENGTHEN YOUR CHARACTER

- |                           |             |
|---------------------------|-------------|
| 1. Before you speak -     | Listen      |
| 2. Before you write -     | Think       |
| 3. Before you spend -     | Earn        |
| 4. Before you invest -    | Investigate |
| 5. Before you criticize - | Wait        |
| 6. Before you pray -      | Forgive     |
| 7. Before you quit -      | Try         |
| 8. Before you retire -    | Save        |
| 9. Before you die -       | Give        |



A MANASWI  
V GEMS

# USAGE OF ADVANCED PHRASES FOR FACIAL EXPRESSIONS

1. She was beaming. (= she had a big, radiant smile)
2. The kids were smiling from ear to ear. (=to look extremely happy)
3. He looked puzzled. (= confused)
4. She grinned. (= had a small smile)
5. He winced when the doctor gave him an injection. (= had a quick expression of pain)
6. She gave me a dirty look. (= looked at me angrily)
7. She blushed. (= her face turned red because she was embarrassed)
8. His eyes were glazed over. (= he appeared)
9. Why the long face? (an informal expression to ask why someone looks sad or upset)
10. Her expression was unreadable. (= you can't know what she is feeling)



HAJI BHAI AYAN HUSSAIN  
V GEMS

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## PROVERBS

- 1.A bad tree does not yield good apples.
- 2.A bad workman blames his tools.
- 3.A bird in hands is worth two in a bush.
- 4.A burnt child dreads the fire.
- 5.A cat has nine lives.
- 6.A change is as good as a rest.
- 7.A flower blooms more than once.
- 8.A friend's eye is a good mirror.
- 9.A hungry belly has no ears.
- 10.Easier said than done.
- 11.Facts speak louder than words.
- 12.Failure teaches success.
- 13.Hard words breaks no bones.
- 14.A fault confessed is half redressed.



GIRISH H V  
IX PEARLS



# A HAPPY CHILD

My house is red-a little house.  
A happy child am I:  
I laugh and play the whole day long,

I hardly ever cry.  
I have a tree, a green, green tree,  
To shade me from the sun.  
And under it I often sit,  
When all my play is done.



NIHARIKA H  
III GEMS

## THE POWER OF PRACTICE

There was little named Timmy, who loved to draw. He would spend hours every day drawing pictures of animals and people and landscapes. One day his art teacher noticed his talent and encouraged him to enter an art competition. Timmy was so excited and worked hard on his entry. When the winners were announced Timmy was disappointed to find out that he did not win. His teacher told him that just because he did not win it didn't mean he wasn't a great artist. Timmy kept drawing and practicing and eventually he became a famous artist. He learnt that just because he loved drawing it didn't mean he was naturally good at it. He had to work hard and practice to achieve his dreams.



**Moral: Having a passion for something is great, but it takes hard work and dedication to turn that passion into a skill.**



GOWTHAM  
V PEARLS

# Fact or Fiction

**The shortest war in history lasted 38 minutes.**

In 1896, the sultan of British-protected Zanzibar died and a new one took over without British approval. The Britishers were not happy, especially when Sultan Khalid bin Barghash refused to step down. British warships spent less than 40 minutes bombarding the palace before Khalid fled, marking the end of the (very quick) Anglo-Zanzibar War.



**The longest word in the English language has 1,89,819 letters.**

It's the technical name of a protein, which lists its entire amino acid sequence and would take about three and a half hours to say out loud.

**The dunce's cap used to be a sign of intelligence.**

Thirteenth-century philosopher John Duns Scotus thought a pointed cap would funnel knowledge from its tip to his brain, and his 'Duns men' followers wore the hats as badges of honor. In the 1500s, his ideas became less popular, and the meaning of the Dunce's cap was turned on its head, becoming something of a joke.



**The founders of Adidas and Puma were brothers.**

Adi and Rudi Dassler went into the shoe business in 1924 as Dassler Brothers Shoe Factory. They made running shoes for Jesse Owens, among others. But their sibling rivalry boiled over in 1948, when they split the company: Adi launched Adidas; Rudi created Puma.



HAJI BHAI ANSHAR HUSSAI  
IX GEMS





R OJASWINI  
IX GEMS

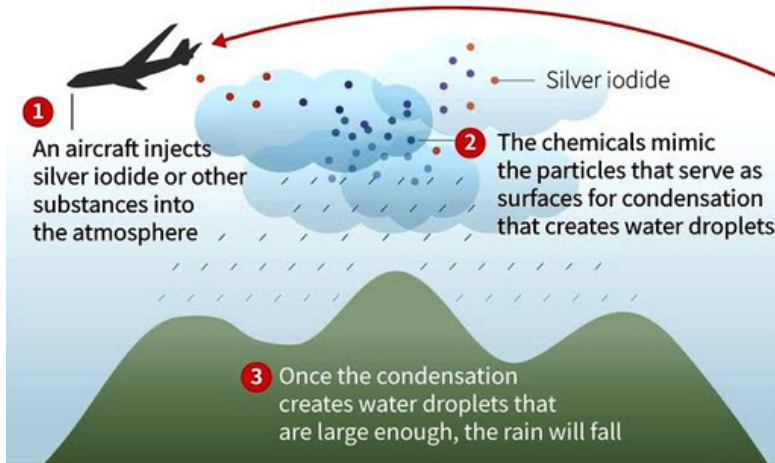


RM MOKSHITH  
IX PEARLS



## Cloud seeding

Traditional method of rainmaking, in use since the 1940s



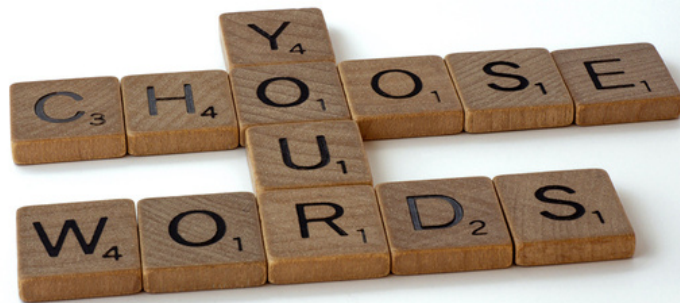
Clouds – those enigmatic formations of condensed water vapor which drift above our heads, forming rivers in the sky – can take many forms. They can be wispy and non-threatening, dark and menacing, towering or diaphanous.

This rain-inducing technique, called cloud-seeding, has been around for more than 60 years. The process involves “seeding” existing clouds with a harmless substance called silver-iodide to give water droplets a particle to converge around, allowing them to form an ice crystal. Every snowflake you’ve ever seen has initially formed this way – a small speck of dust or pollen floating around the atmosphere collects freezing drops of water, forming the intricate designs that we’re familiar with.

The only difference between cloud-seeding and natural precipitation is that instead of dust or pollen, the nucleus of the ice crystal is a tiny particle of silver iodide that scientists released into the cloud. Although not a panacea for drought-stricken regions, cloud-seeding can increase seasonal precipitation by about 10%. In the Reno area alone, winter cloud-seeding efforts are estimated to add enough water to supply about 40,000 households for a year.

Source: from Desert Research Institute

**Power of the Tongue**  
**(A Story Analysis Essay of**  
**the Fable “Two Frogs”)**



Be careful what you say. Our tongue is powerful; the words that come out from it may encourage or discourage, or it may destruct or construct someone who is down. There is power of life and death in the tongue.

In the fable “Two Frogs,” the power of words is given emphasis. In the beginning of the story, two frogs who fell into a deep pit did their best to get out of it. They were told by the other frogs to stop from jumping out of the pit because they were good as dead already. The other one stopped, while the other continued until he got out of the pit. The deep pit here symbolizes problem. Sometimes, in our journey we face different struggles that we even almost surrender without giving a good fight like what the other frog did. We lack self-confidence and we just simply listen to what others say toward us. We sometimes believe in them than in ourselves, than in our capabilities. We should always remember that we know who we are than what others know about us.

The other frogs in the story tell us that in this world, there are people who will push us down when we are into problems. Instead of pulling us up, and giving us encouragement, they prefer to push us more into the deep pit. Let us not turn our backs from them, and never let them manipulate the future of our life. Their unceasing cries telling the two frogs to stop from jumping out are words that are so powerful. And it is up to us if we will listen to them, or not. If we are one of these frogs, we should always keep in our minds that there is always power of life and death to every word we utter toward someone. Let us all be sensitive to every word that come out from our mouth.

Speak life to those people who come our way. Life, in a way that we give them hope and encouragement. We do not know the capacity and capability of the other people, yet we can help them through our words. Sometimes, it is hard to understand that an encouraging word can go such a long way. It can be a medicine to those who are down and can help them make it through the day. The power of words... Blessed are those who take time to encourage other people through the power of words.

# CCA COMPETITION

*Competition is the best form of motivation...*

CCA competitions help in the social, emotional, and physical development of a child and teach them important life skills such as teamwork, communication, and leadership. Participating in co-curricular activities also helps in improving a child's self-confidence and decision-making abilities. Weekly competitions to improve LSRW skills are also a part of this. Tables recitation, handwriting, Elocution, Essay writing, poster making, etc., are included along with event celebrations.





# ACTIVITY BASED LEARNING

## Vegetable & Fruit carving



## Salad making competition





# SPORTS AND GAMES







The School repeatedly schedules in-house workshops and meets to help facilitators reflect and analyse their own teaching methods and then continuously align themselves with the Board and innovative teaching processes. We are always investing in practices that improve staff skills and competencies and help them produce outstanding educational results for students. We look for opportunities where our facilitators can expand their network and collaborate to acquire better skill sets alongside other Facilitators.

### **CBP on Stress Management:**

As a part of Professional development, one day offline teachers' orientation programme was conducted at SSPYV dated 24.04.2024 & 25.04.2024 on outcomes and different teaching-learning strategies.





## POST ORIENTATION PROGRAMME REPORT

TITLE	<b>DAV TEACHERS' ORIENTAION PROGRAMME</b>		
DATE	24.04.2024 & 25.04.2024		
RESOURCE PERSON	Mrs. JYOTHI (DAV, Chennai)		
VENUE	SSPYV	NO. OF PARTICIPANTS	36

### **REPORT SUMMARY**

#### **I. OBJECTIVE OF THE PROGRAMME**

- To bridge the gap between students & faculties by implementing different strategies.
- To prepare the students about their scholastic and co-scholastic goals & how to work on it right from foundational stage.
- To involve and learn about the conceptual understanding and implementing process and enhance their skills.
- To create awareness among about the various co-curricular and extra activities helps the student for their overall development.
- To create awareness among students about the professional etiquettes.

#### **II. HIGHLIGHTS OF THE PROGRAMME**

<b>Day-1</b>	
<b>Date: 24.04.2-24</b>	<b>Timings: 1.30 - 4.30 pm  (break time 2.30 – 2.45 pm)</b>
<ul style="list-style-type: none"><li>• The session started with Invocation and welcome note introducing the Resource person by the Principal Sri Azad Hussain.</li><li>• Motivation of the session background - 'Why students are back to school after Pandemic?'</li><li>• Focussing on the FOUR PILLARS OF EDUCATION ACCORDING TO UNESCO (Learning To - Know, Do, Live together and Be), an activity was conducted in groups to assess the process of Learning and the responses were appreciated.</li><li>• After a short break based on subject and lesson plans, Learning Outcomes was assessed</li></ul>	



## Day-2

Date: 25.04.2-24

Timings: 9.30 - 12.30 pm |(break time 10.35 am – 10.45pm)

- The session started with warm welcome.
- Later proceed with general discussion and workouts from the previous session were evaluated and justified by the groups and resource person.
- Blooms' Taxamony' – different levels were discussed among the groups.
- Sources of Learning Outcomes document of NCERT (like NIPUN BHARATH...) at different levels was visualised using PPT.
- After break, activities were conducted on different Strategies to enhance the outcome of activity-based learning.
- The session ended by summarising to focus on learning outcomes of the class rather than the learning objective and to practice, implement and reinforce the strategies to enhance their skills.
- Session ended with expressing gratitude to Mrs.Jyothi for her presence and conduction of the session which helped the participants to connect their strategies with the outcomes.

### III. OUTPUT OF THE PROGRAMME

- The concept of Four pillars of Learning set by UNESCO was introduced.
- Bloom's Taxonomy, Learning Strategies and focussed skills:
  - ❖ Discovery / Explore Method
  - ❖ Scavenger Hunt Method
  - ❖ Think-Pair and Share Method
  - ❖ Word Wall Method
  - ❖ Book Hund Method
  - ❖ Run Dictation Method
  - ❖ Survey and Data Interpretation Method
- Active participation of the participants and the Resource Person.



## English Day celebrations

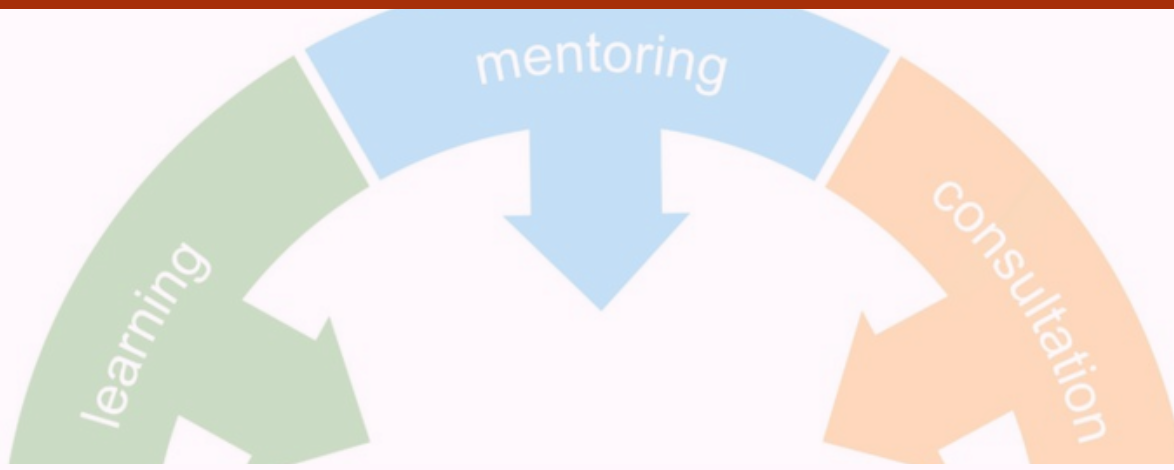






*"Learning is a process not an event."  
— Elliott Masie*





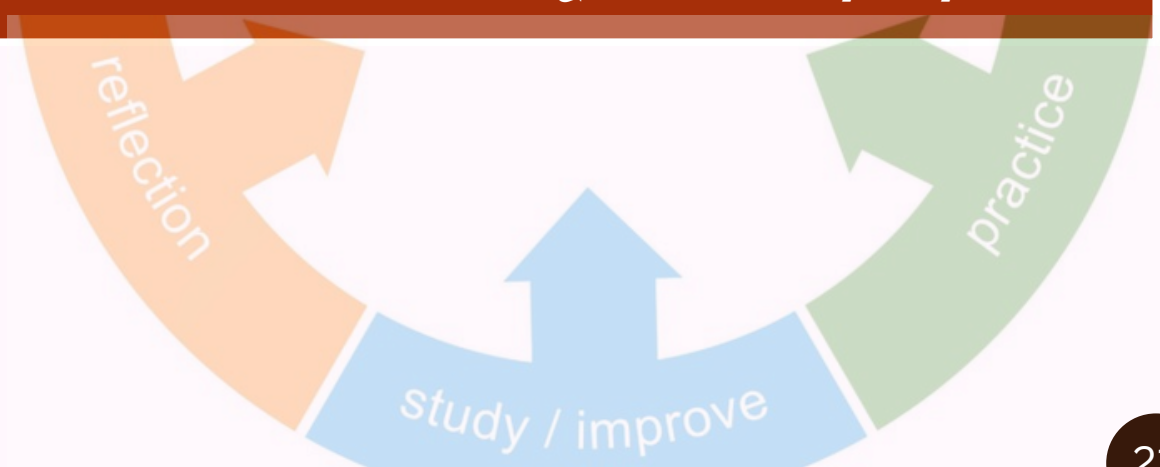
# DAV Teachers' Orientation

24.04.2024 & 25.04.2024



**Resource person: Mrs. Jyothi**

**Venue: Sri Sri Paramahansa Yogananda Vidyalaya**





“Get in touch with the school.”



# ALUMNI SPOTLIGHT

We hope you share the knowledge and enjoy the events of SSPYV.

Dear Alumni, fill in the  
Registration Form and be  
a part of Alumni Column.  
Also, stay connected with  
school events and  
happenings.



Scan QR code



## ALUMNI'S PROFILE PAGE

Alumni are excellent examples for current students to learn from and provide practical assistance to students as they embark on their careers. They are often in a position to bring the institution's knowledge to bear in their professional life. Our alumni are our ambassadors as they bring their knowledge of our institution to their home towns and countries and to their professional and social circles.

Though alumni typically move away from campus to pursue a career, they can stay in touch and build a global professional network.

Here are a alumni who connected till today...

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Connect through our Alma mater...



**Name : T N PRAVEEN KUMAR**  
**Qualification : B.Tech.,**  
**Current Position : Technical Lead**  
**Company : HCL Technologies**

**Name : A YOGANAND**  
**Qualification : MBBS, M.D. Paediatrics,**  
**Fellowship in PICU (IDPCCM)**  
**Current Position : Senior resident, PICU,**  
**Dept. of Paediatrics,**  
**Sri Ramachandra Medical College**  
**Research Institute, Chennai.**

**Name : CHARAN SAI**  
**(Tourism and Travel Management)**  
**Current Position : Assistant Manager**  
**Compan : Royal Brothers Rental Bikes**

**Name : M B SRIDHAR**  
**Qualification : MS (Software Engineering)**  
**Current Position : Director, Engineering**  
**Company: KNOLSKAPE Solutions Pvt., Ltd.,**

**Name: J LOKESH**

**Qualification: B.Tech.,M.Sc.,**

**Current Position: Assistant Manager**

**Company: Wheels India Limited**

**Name: DHARANI KUMAR G R**

**Qualification: MBA**

**Current Position: Brand Ambassador**

**Company: Apple at VMO2, London**

**Name: PRAKASH S**

**Qualification: MS (Software Engineering)**

**Current Position: Director, Engineering**

**Company: KNOLSKAPE Solutions Pvt., Ltd.,**

**Name: VINAY KUMAR**

**Qualification: M.Tech., in CAD/CAM**

**Current Position: Technical Lead in PLM  
(Windchill) Platform**

**Company: ZF, Germany**



**Name: A S KRISHNA CHAITHANYA**  
**Qualification: B.Arch.**  
**Current Position: Manager**  
**Company: COWRKS India Private Limited**

**Name: T N BHASKAR**  
**Qualification: B.Tech, MBA,LLB**  
**Current Position: Software Developer**  
**Company: Trimble Information Technologies**

**Name: RUDRANUJ BUNDELA**  
**Ph.D. in Micro Biology,**  
**University of Australia.**

**Name: S R GIRISH**  
**CSC**  
**NIT Calicut**  
**SAP Bangalore**



# TESTIMONIALS

“Working together, we can ensure the child's academic success and personal growth.” SSPYV is such a place where Parents and teachers work in harmony and can make a tremendous impact on a child's life. The Child's academic success is important to both the parent and school. We value the feedback of parents .

“We appreciate the time and effort you are putting into your child's education.”

శ్రీ శ్రీ పరమహంస యోగానందవిజ్ఞానాలయ  
 ఫౌండేషన్ 2005 వ సంవత్సరం 1 కే. గా. సంఘ జ్యూనియర్  
 డి.వి. ఎం.బి.బి.ఎస్. టెలిగ్రాఫ్ కాలనీ, మెదక్ జిల్లా  
 టెలిగ్రాఫ్ ఎం.బి.ఎస్. విజ్ఞాన 10. చిత్రనాథం రోడ్, బందా

I pray to the almighty that more & more children may come here and get the best of their life.  
 My best wishes to all of you please convey my regards to the chairman sir also.

experience in this school I started my education in the class of VI. When I came I felt great & Joyfull to Join here main the atmosphere is comfortable to all and I successfully completed this four years. Teachers are highly qualified

to be in this school, my school is a small development school where we can learn everything. I can't compare this school to any other school. One of the most happiest movement in this school for me is that I am School topper and fulfilled my goal and goal of many teachers & students by achieving 10 grade points. This is only because of my hardwork and encouragement of teachers. We have a highly educated staff. I love the environment and pleasant and

in 9<sup>th</sup> class, I'm hostler, I have joined this school a lot, Teachers are too friendly and gave good guidance and encouraged me a lot, I loved this atmosphere. hostel gave me a lot, and I learnt how to live and respect. Studies, ~~we~~ after entering into this campus no worrying about definitely we can gain knowledge. We are mixing our experiences a lot.



# UPCOMING EVENTS

MAY 2024



## Acclamation for the team-

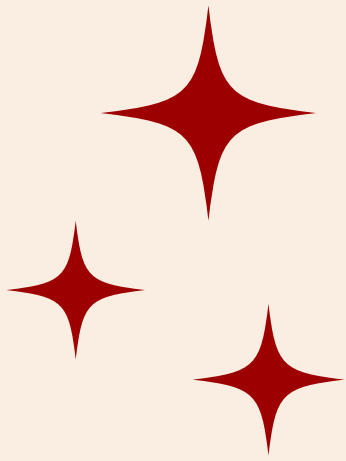
New platforms, strategies and activities were explored to adapt to the new learning environment. Our facilitators were able to complete the curriculum within the time frame of the academic year without any depletion in the quality of delivery.

Dear Parents,

Here we are, at the beginning of yet another academic year. We hope the upcoming days would be very progressive in many ways. We are really proud of our students with massive improvements in terms of behaviour, attitude towards learning and attendance. We will keep moving forward in bringing more improvement in various aspects.

It was great to speak to you through this newsletter.

Thank you, as always, for being with us!



# MOTHER'S DAY - 12<sup>TH</sup> MAY

*WISHING YOU ALL THE LOVE IN THE WORLD ON MOTHER'S DAY. THANKS FOR EVERYTHING YOU DO FOR THE KIDS. THEY LOVE YOU TO BITS AND CAN'T WAIT TO [WATCH CARTOONS AND GO BUG HUNTING WITH YOU].*

## Mother's Day Celebration in India:

In India, Mother's Day is celebrated on the 2nd Sunday of May every year. This year, Mother's Day will be observed on 12 May 2024.

Mother's Day in India holds cultural significance and is deeply rooted in traditional values. It is a day to recognize the selfless sacrifices mothers make for their families and to honor their nurturing and caring nature. The celebration not only strengthens the bond between mothers and their children but also serves as a reminder to appreciate and value the role of mothers in society. Through this special day, Indian society acknowledges the immense contribution of mothers and expresses gratitude for their unwavering support and love.




Edison's Inspiring Mother  
An Incredible Story



# Contact Us

FOR MORE INFO



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