

Chennai Kendra

**Maharishi International Residential School
Muppereum Vizha – Pongal Celebration**

Maharishi International Residential School celebrated Pongal Festival, Swami Vivekananda and Maharishi Mahesh Yogi’s birth day on 12th January 2013 in a grand manner. The Talent Display added grandeur to this occasion.

The celebration started off in a colourful manner at 8.30 A.M. in the ground where Pongal was prepared by the teachers. The chief guest and staff of MIRS honored the cow to celebrate the festival of “Mattu Pongal”. The students expressed their joy by performing the traditional dance.

Then all the students and teachers along with the parents gathered in the auditorium. Mr B. Govindraj, General Manager Piston India, Founder Secretary of Vivekananda Education Society & Managing Trustee Vivekananda Academy and Kalaimani, Samaya Semmal Sri S.U.Sadasivam, Thirumai Arutpani Arankatalai were the chief guests for the occasion.

The Annual report of the Club activities from each department was presented by the head of the department. This was followed by the valuable and inspirational speech of the chief guests.

The Mupperum Vizha – Talent’s Day commenced with amazing shows displayed talents of the students. The audience was mesmerized by the Classical Bharat Natyam dance performed by the students.

Children showed their talent by playing different musical instruments and songs which filled every one’s mind with honey like music. Folk dance, fusion dance and skit were also performed. The skits and songs were based on Karuna Values.

The program ended with the Vote Of Thanks and National Anthem.



**Devi Academy Senior Secondary School
Karuna Activities**

Devi Academy conducted an Interschool Competition on 26th October, 2012, where in 80 students participated. Devi Academy conducted an activity on Salad Making in the month of December.



Fruits and Vegetables are one of the healthiest and best foods. They are low in sodium and most are fat free.

As part of a healthy diet fruits and vegetables helps you to :

- ❖ Maintain your weight
- ❖ Lower the risk of stroke, heart diseases and high Blood Pressure
- ❖ Protect against cancer.
- ❖ Boost your energy level.
- ❖ Make you look and feel great.

They provide the essential nutrients like vitamins, minerals and fibre, which will keep us fit and healthy.

To create awareness about taking care of animals among children, Devi Academy conducted an activity on making of animal face masks.

**Vivekananda Vidyalaya, Thiruninravur
Protecting Sparrows**

As we are a part of Karuna club, we are pleased to share the following information with you.

It has become very rare to find sparrows nowadays, and it is also saddening that no special initiative has been taken to spread the message among the public to care for the species. But as a special gesture in our school we have stepped up the initiative.



When a sparrow’s nest was found near our office corridor, in order to help the sparrow to have quiet, calm, pollution free incubation period, at once, we blocked the area and displayed a board requesting our staff and students to avoid using the area. Now, we are overwhelmed to see 8 new siblings of the Sparrow family and they are enjoying their new home.

L.M.Dadha Senior Secondary School Exhibition on Non. Scholastic activities



The Karuna Club & Eco club of L. M. Dadha Sr. Sec. School, Choolaimedu organized an exhibition on Wealth from Waste in the school premises on 05.01.13. Mrs. Shyamala Devi from Pidilite, a leading Craft Teacher inaugurated the exhibition, She made an Art Activity Demonstration on different types paintings and gave useful tips to the children. Students from V to VIII std. showed their talents by displaying models made of ice cream sticks, woolen thread, paper and other waste materials. The guest appreciated the students who threw light on utilizing anything which goes waste. The parents of the school visited in large numbers to see the display. The Principal, Mrs .T. K. Niranjana, welcomed the guest and presented her a memento.

Farming is Fun!

L.M. Dadha School Children attended Exposure workshop at Parampara’s Vedic Farm!

Makar Sankranti (Pongal) is celebrated throughout India as a harvest festival. It is a way of giving thanks to the elements of nature - the soil, the rain and the cattle that sustain us all.



On this occasion, Parampara organised an exciting, fun-filled, exposure workshop for children at their farm in Guduvanchery. L. M. Dadha Sr. Sec School children attended Exposure Workshop for Children at Parampara’s Vedic Farm on 09.01.13. The workshop gave the children an opportunity to explore their farm through guided tours and various hands-on-activities. Children learnt about the traditional Indian way of farming and got to discover and experience their cow-centric farm - the Bharathiya Vedic Krishi Parampara - that emphasizes on nature-reverence and eco-sensitive farming practices. The children learnt about Traditional Indian Farming and experienced the reverence of Bhumata (Mother Earth) and Gomata (Cow) in Indian Culture.

Children were also be encouraged to express their impression about the farm, the animals and the surrounding forests through art – drawing, painting, collage-making, creative writing or any other art form of their choice. The best of these will then be compiled into a book by Parampara.

Karuna Annual Convention on 22.01.2013

The Annual Convention of Karuna Club of L. M. Dadha Sr. Sec. School was held on 22nd January 2013 in the school premises. Mrs. Lakshmi Neelakantan, C.E.O. of Karuna International was the Chief Guest for the function. The programme started with Karuna Prayer followed by Oath taking. The tiny tots presented a dance highlighting the themes “Save Water” & “Recycle”. The guest appreciated the work of the school and addressed the students about the values of Karuna. The Chief Guest distributed the prizes for Intra School Competitions. The Vote of Thanks was proposed by H. Rohit of VIII std. The programme came concluded with the National Anthem.

Shri Natesan Vidyasala Matriculation Higher Secondary School Exhibition on Vegetarianism

The Primary wing of Shri Natesan Vidyasala MHSS., Mannivakkam, organised an exhibition to spread awareness on the significance of vegetarianism. Over 350 students of primary school participated in this exhibition, explained the importance of being vegetarian and highlighted the ill-effects of consuming non-vegetarian food.

Dr N Ramasubramanyan, founder of Shri Natesan Vidyasala, inaugurated the exhibition and spoke about the need to abstain from non-vegetarian food. He also mentioned the many reasons for being a vegetarian: health, ecological, religious concerns, dislike of meat, compassion for animals, belief in non-violence, and economics. He added that the key to a healthy vegetarian diet, as with any other diet, is to eat a wide variety of foods, including fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

A skit on animal welfare was presented by the children.

The children also demonstrated some easy-to-make vegetarian food items.

The Kindergarten children presented a sing-a-long show highlighting the need to consume fruits and vegetables and their nutritional value.

Smt. S.K.P Vivekananda Vidyalaya, Manali Go Veggie!

A Karuna club activity was conducted on 19.01.2013 (Saturday) in our vidyalaya. Through a power point presentation, awareness on the ill effects of non-vegetarianism was created in our students of the classes V to VIII by the Karuna club in charge – Smt. K. Jayanthi.

Topics covered – Animal Cruelty, Defects Of Meat Eaters, Save Our Earth and concluded With “Go Veggie”

We had a feedback session by our students. Students understood the values imparted by this program.

Smt.Gangadevi Bajranglal Chokhani Vivekananda Vidyalaya, Minjur Pets Show



The Karuna Club of our school organized a “Pets Show” Programme on 11/01/2013. Mr. Selva Kumaran, Pracharak Karuna International and Mr. Karthick Murgadass, Volunteer Blue Cross of India were the chief guests for the programme. This programme was conducted for students to inculcate compassion towards pets.

PonVidyashram, Kolapakkam Orientation Program

The orientation program on ‘Animal Welfare And Our Responsibility As Human Beings’, was organized on 12/10/2012 at PonVidyashram, Kolapakkam, as a part of the Karuna Club activity. It was conducted by Mr.Sriram Vepuri, who works with Blue Cross, as the Humane Education Officer.

The program started at 11:30 am with a welcome note by Ms. Rajitha. Students of Class I presented a fabulous skit exhibiting the pathetic condition of animals



and their habitats. The skit gave a striking reminder to each individual of ones responsibilities in helping and protecting animals.

The orientation program was an eye opener to everyone. It shed light on the animals that are becoming extinct and how they have become extinct. It showcased how we, humans, treat the speechless, loveable creatures.

Mr. Sriram showed the importance of the presence of every living being in this world and how their extinction would affect every other living being, including humans.

He delineated the role of 'Blue Cross' in protecting animals and our responsibility in helping them in their cause.

He also gave tips to protect ourselves from harmful creatures like snakes and pets like dogs.

Students were enthusiastic about the presentation and clarified their doubts with Mr. Vepuri. The program ended with a thank you note by Ms. Rajitha.

Chinmaya Vidyalaya, Annanagar Beach Cleaning Project

The Karuna club students took part in the beach cleaning project taken up by the Vidyalaya on 05-01-13. The students were accompanied by the teachers and the Vice-Principal. The project was successful thanks



to the initiative of the Correspondent and the Principal. The students carried home the message of keeping the public places clean and they also understood the contribution of each one of them in the proper disposal of the waste. The effort was greatly appreciated by the parents and the public.

Mime Show



A mime show on conservation of wild animals and prevention of poaching of animals by humans was presented by the students in the month of December. The audience was enthralled by the show and they encouraged the participants by applauding and also answered the questions posed to them.

Chennai High School, MMDA Colony Karuna Club Inaugurated

The Karuna Club at Chennai High School MMDA Colony was inaugurated by Prof. Ramanathan, Joint Secretary Chennai Kendra & Mr. Selvakumaran, Pracharak Karuna International presided over the function and delivered motivational talks on Karuna Values. The students and teachers were enthusiastic and participated whole heartedly in the programme.

Sethu Bhaskara Matric. Hr. Sec. School Students Training Programme on Humane Education

Karuna International conducted a Students Training programme on Humane Education on Saturday 8.12.12 at the Sethu Bhaskara Mat. Hr. Sec. School.

It gives me immense pleasure to express my hearty thanks to all Resource persons who motivated, guided and inspired the young minds of our school students with their wonderful thoughts.

First of all, many congratulations to all the Resource Persons Dr. J. Ramkrishna, Mr. Selva Kumaran, Mr. Varadharajan, and Prof. B. Ramanathan who conducted this fruitful programme to share their valuable views and ideas. As the Coordinator of the Sethu Bhaskara Mat. Hr. Sec. School, Karuna Club, I would like to highlight the views of the students and teachers about the training programme.

Most of the Students gained a lot of new information about animals and animal welfare from Dr. Ramkrishna and it was real treat to all of them. The activity cum lecture session rendered by Mr. Selva Kumaran was boon to all and also it was very informative. Mr. Varadharajan's lecture on puranas and its moral values attracted all the students. His simple and stylish language made the programme very lively.

Prof. B. Ramanathan really enlightened many students and teachers about general awareness based on historical events. The students and the teachers enjoyed and learnt many new ideas and information from the training programme.

On behalf of our school management, Principal, Staff and Students, I convey my heartfelt thanks to you for having conducted a meaningful and informative training programme to the students of our school.

Mr. A. Jesuraj, Co-Ordinator Karuna Club

Tindivanam Kendra

Cooshaland Higher Secondary School Students Training programme On Humane Education

The programme held on 17.11.2012 commenced with the Karuna Prayer and Karuna Pledge.

The Welcome Address was delivered by the Vice Principal of the school. He praised the activities and programmes of Karuna International. He added that the organization works hard to propagate the humane values in children.

Sri. Parasmal Jain, President, Karuna International, Tindivanam Kendra, delivered the introductory talk. In his speech, he referred to the various cruelties inflicted on poor, voiceless animals. He said that by killing animals in large numbers, we pave the way for environmental pollution and degradation. He advised participants to consume vegetarian food to have a healthy physique and mind. He cited that the vegetarians usually have a long life span. He said that plants offer us rain and also manufacture food for mankind and animals by photosynthesis.

The presidential talk was delivered by Sri. R. R. K. Senthil, well known Advocate of Tindivanam. Being a Vegetarian, he supported Vegetarianism. He pointed out the nutritional values of Vegetarian food varieties such as vegetables, fruits and nuts. He is connected with the "Gandhian Movement" and spoke about non-Violence, Compassion and Kindness.

Sri. M. C. Appandai Raj, the former Education Officer of Karuna International and present resource person of Karuna International, spoke about the various cruelties perpetrated on animals. He said that animals are transported in vehicles like lorries in a merciless manner. The vehicles are tightly packed with cattle in limited spaces. They are carried to slaughter houses in the scorching sun, without proper food and water. They are downloaded in abattoirs from vehicles without ramps. They are pulled down just as inanimate objects from the lorries. On account of this, their limbs get fractured or dislocated. If they fail to stand erect, the slaughter men, apply chili powder in their eyes without mercy.

He conducted a quiz programme for students and asked questions on humane values. He also gave gifts for those students who gave precise answers.

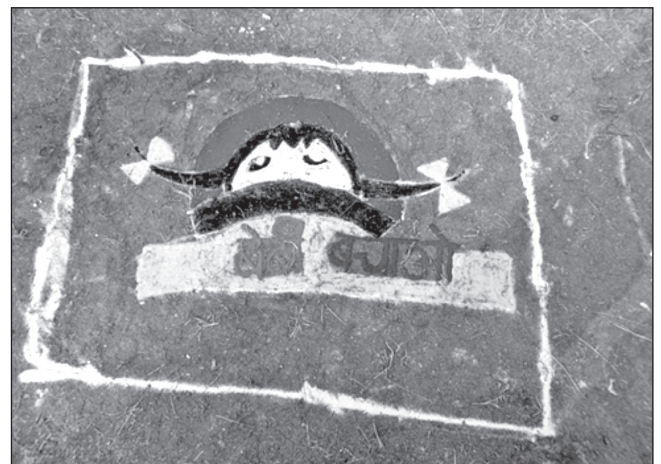
Many students took a vow to pursue vegetarianism. The programme ended with the Vote of Thanks.

Maharashtra State

N.M. Ghatwai High School & Jr. College, Wadner Karuna Annual Convention

Karuna club of N.M.Ghatwai Vidyalaya celebrates Karuna Annual Convention.

The Karuna club of N.M.Ghatwai Vidyalaya celebrated Karuna Annual Convention with the Republic Day festival from 21th to 24th January 2013. A stall was





built in the open place of school premises, so that people could easily visit the place.

In the karuna stall different exhibitions were organized; Save The Girl Child, Create & Give The Girl Child Equal Opportunity & Right. A Books Exhibition was also organized, books published by Karuna International were on display, for the reading purpose of people. Exhibition on Biodiversity was also arranged to create awareness about variety & importance of different birds & animals. A statue artistically made displayed the harmful effects of addiction. A Vegetarian Mela was also organized to motivate people for becoming vegetarians.

Dr. Vivek Durge, Medical officer, Wadner; Mr. Prakash Deshmukh, Sub Divisional Police Officer, Hinganghat; Dr. Seema Mandhaniya & Mr. Laxminarayan Sonavane, Education Officer Z.P. Wardha visited the Karuna Annual Convention Programme as Chief Guests. Karuna Club Teacher Mr. S.M. Dhongade gave information about the exhibition to the guests.

All the guests said that there is a great need of such type of activity in today's life and stated the importance of karuna and appreciated the activity of karuna club. They also gave their best wishes for karuna club and its activities.

Students and also general public attended the Annual Convention Programme in large numbers.

Our school committee President Mr. R.S. Daga, Secretary Mr. Roshan Daga, School Principal Mr. G.D. Nahate, Assitant Head Master R.V. Satpute, Teachers of Karuna Club Mr. Wadmalwar, Miss. Rothod, Mr. Wankhede and students worked hard for the success of the Karuna Annual Convention.

YOGA FOR BETTER LIFE

YOGA....

- Is Not A A Religion
- Is A A Science
- Develops ... Will Power
- Improves ... Memory
- Controls Emotions
- Enhances Discipline
- Cures Many Diseases
- Develops Positive Thinking
- Gives Clarity Of Mind
- Gives Purity Of Thoughts
- Strengthens ... Internal Glands & Body Organs
- Improves ... Digestive System
- Develops ... Concentration
- Changes Personality
- Expels ... Waste Products In The Body System
- For Health & Harmonious Living
- Tunes One Physically, Mentally & Spiritually For A Better Well- Being

12 Sayings Of Mahatma Gandhiji – Things To Remember On The Occasion Of His 66th Death Anniversary:

1. You must not lose faith in humanity. Humanity is an ocean. If few drops of the ocean are dirty, the ocean does not become dirty.
2. The difference between what we do & what we are capable of doing would suffice to Solve most of the worlds problems.
3. Infinite striving to the best is man's duty; it is its own award.
4. There is goodness as well as greatness in simplicity, not in wealth.
5. A man becomes great exactly in the degree in which he works for the welfare of his fellow men.
6. The main purpose of life is to live rightly, think rightly, act rightly.
7. The best way to find yourself is to lose yourself in the service of others.
8. Deeds & Seeds take their own time to fructify.
9. Sacrifice that causes pain is no sacrifice. True sacrifice is joy: giving & uplifting.
10. It is the Quality of our work which will please God and not the Quantity.
11. A man is the sum of his actions of what he has done, of what he can do, nothing else.
12. The good man is the friend of all living beings.

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"He alone is great whose character is great always, the same whatever he be. - Swami Vivekananda