

CHENNAI KENDRA

Felicitation of Teachers



Karuna International, Chennai Kendra organized a felicitation programme to honour Teachers and Principals of schools for their dedicated services to the cause of holistic education on Saturday, 25 th August. More than 75 educators from 40 schools were honoured with a memento for their untiring work of inculcating humane values in children.



Mr. Padam Kumar J Tatia, President Chennai Kendra, in his Welcome Address congratulated the teachers of Chennai schools for the good work done in the past year and invited suggestions from them so as to maximize the utilization of the time and money spent in Karuna Activities.



Mr. Suresh Kankariya, General Secretary, Karuna International presented the report, highlighting the achievements of the organization in the last 17 years.

A couple of presentations made by Ms. Uma, Principal of the host school, SJT Surana Jain School and Ms. Lakshmi Neelakantan, CEO Karuna International, highlighting the importance of ethical values and the role of teachers in inculcating these values in young minds set the mood for the brainstorming session which followed. The suggestions from teachers were well received.



The Academic Head of the host school, JTC Surana Jain School, Mrs. Jayanthi Balakrishnan, presented a new set of stories on Compassion to Mr. Dugar.

Mr. Kailashmull Dugar, National President of the organization, thanked the teachers for their invaluable support in organizing value based programmes in their schools.



Mr. Sajjan Raj Surana, Secretary, KI, Chennai Kendra proposed the Vote of Thanks. He specially thanked the teachers for their whole hearted support and indefatigable enthusiasm in spreading the values of Karuna. The programme concluded with a sumptuous lunch for all the teachers.

Our Fundamental Duty

It shall be the duty of every citizen of India to protect and improve the natural environment including forests, lakes, rivers and wild life and To Have Compassion for Living Creatures.

Article 51A (g) of Constitution of India

**Pon Vidyashram, Valasaravakkam
VAN MAHOTSAV –GREEN WAVE**

Plants are one of the most important natural resource for the very existence of any living thing. They give us food and shelter, help to maintain the ecological balance and also reduce global warming. They also prevent soil erosion and landslides.



So, to preserve this resource, we have started an activity – “Green Wave” to encourage AFFORESTATION and to be a part of eco-friendly projects. We will also try to encourage students to donate plants during special occasions like their birthday.

Vegetarian Food Festival

The students of VI Std organised a vegetarian food festival on behalf of the science department & the health club. The students were divided into many groups: carbohydrates, proteins, fats, minerals & vitamins. They brought various kinds of food rich in all these essential nutrients. They also explained to all the children & the teachers about the need for a healthy, balanced diet. They created an awareness among their fellow students about the various types of junk food available and the harmful effects of junk food.

Overall, the food festival was a grand event which not only provided an opportunity to taste various delicacies but also imparted knowledge about the vital nutrients & the need for a healthy life style.

Independence Day Celebration

In this year 2012, India celebrated its 66th Independence Day on August 15. This was the day 65 years back when India finally became independent after almost 200 years of slavery under the colonial rule.

We were proud to celebrate this joyous occasion in our school, Pon Vidyashram, Valasaravakkam. We began with a prayer song, followed by a welcome

address by our Principal Madam Mrs. Usha. Then our chief guest Mr. Ramamurthy gave a very inspiring speech. We then hoisted our flag followed by March Past by the RSP, KARUNA CLUB members and the BUDDING SPORT STARS of our school. Later we had speeches by the students in Hindi, Sanskrit and Tamil. We also enjoyed the cultural programmes - songs and dances in between. We concluded our celebration with the prize distribution to the sport stars who made our school proud by bagging prizes & medals in various District, State and National Level Competitions.

Onam Celebrations



PonVidyashram, Valasaravakkam, celebrated the Onam Festival. Our Principal Mrs. Usha and our Headmistress Mrs. Radha lit the lamp. The Teachers and Students designed the Pookolam in the school corridors. Many children and teachers were dressed in the traditional Kerala Dress. The II standard students performed a Kerala Dance and they sang the famous Kerala song. The teachers also performed the traditional dance of Kerala “KAI KOTI KALI”.

**Bhaktavatsalam Vidyashram
Inauguration and Vanmahotsav celebration of
Karuna Club**



“Happiness.... consists in giving, and in service others”. - Henry Drummond

The inauguration of Karuna club, Bhaktavatsalam Vidyashram took place on 10.08.2012. Our Chief guests were Dr. Alagu Perumal Ramasamy, Assistant Professor of Loyola College and Mrs. Lakshmi, CEO and Resource person of Karuna International.

The function commenced with the lighting of lamp by our dignitaries followed by the Karuna Prayer song. Our Principal Mrs. Chandrika Prasad gave the Welcome Address and introduced the Chief guests.



The Secretaries Master Krishnan.V of Class X and Rahul.B of Class IX were given the Karuna club badges by the chief guests. The Annual report of Karuna Club for the year 2011-12 was read out by the secretary Master Rahul.B of class IX.

The Action plan of Karuna club B.V for the year 2012-13 was given by the Joint Secretary Master Krishnan of class X.

Our Chief Guest Dr. Alagu Perumal Ramasamy gave a thought provoking speech on the importance of growing plants and trees around us. Mrs. Lakshmi in her address to the students spoke about the importance of Karuna values like compassion, kindness, vegetarianism and conservation of animals. She also advised the students to grow more plants in their surroundings.

As a part of the Inaugural function, Vanamahotsav was also celebrated by planting saplings in the premises. The Karuna club member handed over saplings to Dr. Alagu Perumal Ramasamy. Our Principal Madam, Karuna club teachers and members planted saplings and watered them.

Dr. Alagu Perumal Ramasamy conducted an activity for the Karuna Club members. Students were asked to bring fruit seeds and an empty milk cover. Dr. Alagu Perumal demonstrated sowing of the fruit seeds in the soil in these covers.. The children followed his instructions and sowed the fruit seeds in their milk covers. The students were asked to take care of the seedlings and plant them in their garden.

The inaugural function concluded with National Anthem after the Vote of Thanks was delivered by a club member.

Sri Sankara Vidyalaya Matric Higher Secondary School, Pammal Teachers' Training Programme

Sri Sankara Vidyalaya conducted a one day teachers' training programme on **Humane Education** on 4 th August 2012. Teachers from the neighbouring schools and the host school participated in the programme.

The programme commenced with the Karuna prayer stating that one should be compassionate towards all creatures. The teachers' training programme was inaugurated by **Sri. Dulichand Jain**, Chairman Karuna International. He gave an inspiring speech on "**Our Mission and Vision**".

Smt. Lakshmi Neelakantan spoke on the topics: **Teachers' Role in inculcating Values, Karuna values in the classroom** in two sessions. The speech was thought provoking and informative. There was an active interaction with the teachers.

Our principal, **Smt. Malathy Balakrishnan** gave an inspiring speech on "**Vegetarianism and its benefits**". It was followed by sumptuous vegetarian meals.

Prof. B.Ramanathan gave a remarkable speech on "**Non-Violence**" quoting many lively examples from the epics and literature.



The certificates were distributed to all the teachers who attended the training programme. The programme ended with the **vote of thanks** by the Karuna club co-ordinator Ms. Chitra.N, followed by the **National Anthem**.

Grant from Animal Welfare Board of India

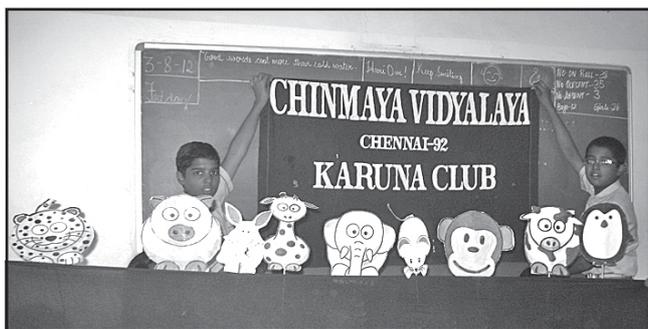
Karuna International thankfully acknowledges the receipt of a grant of Rs. 5 Lakhs for the year 2011-2012 from Animal Welfare Board of India for organizing Humane Education programmes and for preparing and publishing literature, publications and C.Ds on Humane Education.

Chinmaya Vidyalaya, Virugambakkam KARUNA CLUB ACTIVITIES



The Karuna Club of Chinmaya Vidyalaya, Virugambakkam conducted several activities in the month of August to instill the values of love and kindness towards all living creatures. The Karuna Club coordinators, Mrs. Bhavani Mahendran and Mrs. Vasundhara Nahar organized and conducted many interesting and innovative activities for the children to help children imbibe the most important value of compassion towards all living creatures.

The students of the Vidyalaya actively participated in the programme organized by the Shakthi Foundation for the Special children. They took part in the march past and the various competitions organized, and intermingled with the children of various special schools. These made them not only understand the difficulties of the special children, but also built a sense of love and compassion for them.



The Karuna Club, along with Seva Sangam organized an Art & Craft workshop for the children of the Anbu Illam orphanage. The children of the orphanage were provided with chart paper and colours. They were taught a few simple drawings by the drawing teacher Mrs. Deepa and the children of the Chinmaya Vidyalaya assisted them in the drawings. Craft using ice-cream sticks were also taught to the children. The Vice-Principal of the Vidyalaya, Mrs. Nalini gave away notebooks and pencils to the children.

Drawing competition for the children of class II and III was conducted with the topics 'Underwater animals' and 'National Animal/Bird' respectively. This helped to instill a sense of love and the need to protect the animals and birds.

A puppet show was conducted by the students of class VIII wherein each student spoke about the importance of each animal.

Vivekananda Vidyalaya, Mudichur VILLAGE ADOPTION (On 18th Aug 2012)

As an extended service to the community, a family health survey was conducted at Samathuvapuram village (Near Karasangal) to identify the area of medical priority. Hypertensive patients were diagnosed & advised appropriate medical attention. 12 pregnant women were spotted & given antenatal and postnatal advice. Children of VII STD & IX STD were very enthusiastic and dedicated themselves to materialize the camp.

As a part of our 'Annai Sharada Devi' Magalir Mandram's activity for the academic year 2012 - 2013, Dr. N. Sudha, M.B.B.S., M.D.(O&G) (Consultant, obstetrician & Gynecologist, Laparoscopic surgeon / Infertility specialist) was invited to address a gathering of more than 300 women (Mothers of the wards of our Vidyalaya) to answer the queries related to their & their ward's health issues. This is a gesture of care we are extending towards the Mothers associated to our Vidyalaya.

PLANTS DAY (24TH AUG 2012)

An assorted group of 24 kids across various sections of UKG were taken for a 'Nature walk' accompanied by 4 teachers. The children went door to door giving away saplings. They were further motivated to nurture the plants with care & affection. Volunteers of Scouts & Guides co-ordinated this venture. Children were dressed up with leaves all in green to create an awareness & passion for conservation of nature.



**Vani Vidyalaya
Teachers' Training Programme**

The Karuna Club, **Vani Vidyalaya** conducted the Human Education Teacher Training Programme on Saturday, 18TH August, 2012 from 10 a.m to 4.00 p.m. Forty eight teachers benefited by their participation.

The programme began with the Karuna Prayer followed by the Welcome Address by Principal, Ms. Aruna Appasamy. Ms. Lakshmi Neelakantan CEO Karuna International, Ms Aruna Appasamy. Ms Rajeswari, Middle School Principal Ms. Susila Sundaram teachers-in-charge, Ms. Saraswathi, Incharge Karuna club and Ms. Vidya, staff secretary inaugurated the programme by lighting the lamp. A report on Karuna club activities of the school for the year 2011-2012 was presented by Ms. Susila.

The presentation by Ms. Lakshmi Neelakantan took place in the morning on 'Let us make a difference'. Values like affection, compassion, patience, tolerance, love for all living beings, social responsibility and love for nature were elucidated after discussion.

Ms. Lakshmi highlighted the duties of a teacher and the aim of education: physical, intellectual, moral, spiritual and holistic development of a child. A teacher needs to be a facilitator, motivator, inspirator, constructor of creativity and positive thinking. She ended with a concluding note 'The world becomes what you teach'.

The next session was a group activity conducted by Ms. Saraswathi, Tamil Head of the Dept. She initiated her session by giving a speech on the values love, affection and kindness as dealt in different epics. The teachers were split into groups and different questions and situations based on life skill values were given to each group. After discussion one representative from each group came up with their experiences and solutions to the given situation or problems. Ms. Lakshmi correlated each situation with a value and explained how we can counteract problems.

The afternoon session began with an inspiring speech by Sri. Dulichand Jain, Chairman Karuna International, on the topic 'Our Mission and Vision'. He brought out the fact that we need to show reverence and respect to elders, shower all creatures with love and affection. 98 schools have given up leather shoes and gone in for canvas shoes; 1,20,000 children have become vegetarians. Mr. Jain also spoke about practical programmes to inculcate values : 14 programmes and 18 activities for different levels in schools. He emphasized that education should aim at physical, moral and spiritual development.

The next session was taken up by Prof. Ramanathan, Joint Secretary, Chennai Kendra. He spoke about the relevance of Non-violence, highlighted on Ahimsa and Vegetarianism. He quoted anecdotes from epics and different religions and emphasized that every religion propagated non-violence; it is up to us- to take up and follow the path. All the values are inter-related and they go hand in hand.

The last session was again by Ms. Lakshmi on Karuna values in class room. She requested to awaken the pride in tradition and culture and to add the ethical component to teaching. Education is the manifestation of perfection and as teachers we should be role models, if we ought to awaken and kindle in students the goodness and ethical values.

Ms. Saraswathi proposed the vote of thanks by sincerely thanking the people who conducted the workshop and the management and principal for giving us this opportunity. The certificates were given away to all the participant teachers by Mr Dulichand Jain for participating in this one day workshop.

**Shri Nehru Vidyalaya M H S S, Coimbatore
Inauguration of Karuna Club**

Karuna Club was inaugurated in Shri Nehru Vidyalaya MHSS on 7th Aug. 2012. The members of Karuna Club from classes VI to VIII and the students of class VIII attend the programme. Our ex President Sri S. Balchand was the chief guest. Secretary Dr. Ashok G. Bafna and Sri Sugal Chand, the convenor Karuna Club felicitated the gathering.



The message delivered through the documentary on "Live and Let live" aroused the feeling of pity for all creatures in every one. The children took the Karuna Pledge with great zeal. Our heartfelt thanks to Mrs. Shilpa for giving us an opportunity to serve living beings. Her audio visual presentation moved our hearts to a great extent.

Govt. High School, C.M. Pudhur, T.V.Malai Dist. Students Training Programme

A one day 'Students Training Programme on Humane Education' was organized by the Headmaster of the school, Dr. M. Ramalingam on Saturday 18.08.2012.

The Programme commenced with the Karuna Prayer and Karuna Pledge. Sri M.C. Appandai Raj was the Chief Guest for the Programme. He delivered a talk on Vegetarianism. He explained the nutritive values of the Vegetarian Diet and the benefits of such a diet. He exhorted the students and other participants to consume only Vegetarian Food. He also conducted a quiz programme on animal welfare and other humane values. He distributed gifts for the winning participants.

Dr. M. Ramalingam, the Headmaster of the school, in his inspiring speech said that the students must develop the salient attributes like compassion and kindness and exhibit them towards animals and plants. He said the great saint 'Vallalar' had narrated as "I felt greatly grieved even towards withered crops". He advised the students to exhibit compassion towards animals which starve and suffer with ailments. He told them to go to a nearby hospital and serve the patients with love, compassion and sympathy he advised the students to feed the stray dogs, monkeys and birds.



Sri V. Sivaramakrishnan in his talk advised the students to develop noble virtues to become a perfect adult in future. He explained as how great men attained fame and popularity by adopting noble qualities such as compassion, kindness and sympathy giving examples of King Parri and King Began.

Mrs. Tamizhselvi sang many melodious Tamil songs which are related to the virtues like compassion, kindness and mercy. She advised the students to follow those noble qualities throughout their lives. She also said that students must love all living creatures and they must not harm them. Her songs greatly inspired the participants.

The programme came to an end with the vote of thanks and the National Anthem.

TINDIVANAM KENDRA

Mary's Mat. Higher Secondary School Students Training Programme

The School organized a one day Students Training Programme on Humane Education on 25.08.2012. 31 students and 11 teachers attended the Programme.

The programme started with the Karuna Prayer and Karuna Pledge. The Welcome Address was delivered by Mr. Rathnakumar, the Vice-Principal of the School. He said that the humane values inculcated in the minds of the students had brought about a tremendous change in the minds of the students.

Sri Parasmal Jain, President Tindivanam Kendra delivered an inspiring talk. He said that the vegetarian food namely the vegetables, fruits and nuts contain all the nutrients and vitamins. He advised the participants to consume only vegetarian food to lead a healthy, happy and prosperous life. By adopting vegetarianism, we can prevent global warming and land, air and water pollution.

Mr. M.C. Appandai Raj, the former E.O. and present resource person of K.I. explained the various programmes and activities of Karuna Clubs. He urged the teachers to teach their students the feelings of compassion and kindness. He exemplified the lives of some great men like Abraham Lincoln who loved animals and Dr. Guruswamy Mudaliar a compassionate and kind doctor.

He also explained the various cruelties perpetrated on poor voiceless animals during transportation and in slaughter houses. He requested them to avoid cruelty products such as leather silk, wool, beauty creams etc., and he also conducted a quiz programme on animal welfare and other humane values to students and teachers and gave away prizes.

During the post lunch session a power point presentation was made. 'Angel of Love', Compassionate-Citizen and another C.D. produced by Kola Saraswathi Sr. Sec. School were shown to students.

The students also enacted a play from a 'Compassion Story' to indicate the cruelties caused to animals, some students performed a mimicry show and imitated the cries of certain animals.

The student office bearers of Karuna Club were elected for the present academic year 2012-2013. The programme came to an end with the vote of thanks and National Anthem.

Kamlavati Higher Sec. School, Sahapuram



The students of Kamlavati Higher Secondary School participated in a number of Karuna Club activities, Oratorical Competitions, Planting of saplings, performed Dances and Skits based on Karuna values.

VISAKHAPATNAM KENDRA

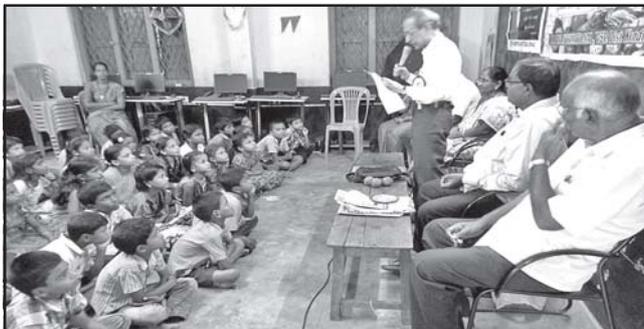
**GVMC High school & GVMC primary school,
Visakhapatnam
Inauguration of "ECO-CLUB"**

The ECO-Club was established on Saturday 18-8-2012 by the **Karuna Clubs** of the above schools.

The club was incepted by Sri. K.Balakrishna Rau, Chariman, Karuna International Visakhapatnam Kendra who was also the chief guest. The guests of honour were Sri. K. Haragopal, Vice president & Sri B. Kondal Rao K.I.

The chief co-ordinator of the club is Smt. M. Uma Devi, The Head Mistress of the High School, while Smt. Annapurna the Head Mistress of the Primary School is Deputy Coordinator.

10 students from the above primary school namely (1) Surya Teja (2) R. Durga Prasad (3) M. Mohan Rao (4) S. Sirisha (5) V. Anusha (6) L. Siva (7) B. Rambabu (8) B. Lavanya (9) G. Harathi (10) A. Nagaraju were nominated as student members of the club with N. Surya Teja as the Member-Secretary.



10 students from the above High school namely (1) J. V. Anusha (2)G. Bindu Bhargavi (3)S. Kumari (4)M. Bhavani (5)G. Kusuma (6)B. Haritha (7) C. H. Ramu (8) D. Rajasekhar (9)P. Praveen (10) K. Kumar Madhav were nominated as student Members of the club with J.V.Anusha as Student –Secretary. Teacher P. Trinadha Murthy was nominated as President of the club.

The object of the club is to make our EARTH GREEN and its goal is to make people to think globally and act locally. The purpose of starting this Eco-Club is to plant trees, to keep the surroundings clean, to avoid practice of wasting water, to organise Rallies on humane values, to conduct puppet shows in schools as well as in the neighbourhood. The motto of the club is to think green and live green.

The Programme commenced with Karuna prayer. Finally the members of Eco-Club took an oath to keep the town clean and maintain the earth green by planting plants.

**G.V.M.C Primary School,Visakhapatnam
INDEPENDENCE DAY CELEBRATIONS**

The school Head Master Sri K.Durga Prasad invited Sri K.Balakrishna Rau Chairman Karuna International Visakhapatnam District Kendra as chief Guest and Ms K. Padmavathi, Karuna International Member as Guest of Honor .



All the teachers, students and parents participated with enthusiasm in the celebrations.

Sri. K. Durga Prasad who is also General Secretary Karuna International VSP Dist Kendra welcomed the dignitaries. Sri K.Balakrishna Rau hoisted the flag; the school children sang the national song and national anthem and also patriotic songs.

Sri K. Balakrishna Rau delivered an inspiring speech that was full of pride and patriotism. He said that the Independence Day is a day to remember that we owe our freedom to martyrs who laid down their lives for us.

"It is easy enough to be friendly to one's friends. But to befriend the one who regards himself as your enemy is the quintessence of true religion. The other is mere business." - Mahatma Gandhi

In the course of his speech he gave an account of Mahatma Gandhi who practised and preached the principles of truth, non-violence, peace and ahimsa. He further exhorted the students to walk in the footsteps of Gandhi as future citizens of Bharat in kindling the lights of love and compassion.

The Karuna prayer was sung and the pledge was taken. The teachers and students took an oath that they'll strive for karuna values and create an ideal society. Prizes were distributed to the children for their participation in games and different competitions.

Kurnool Kendra

Teachers Training Programme

The Karuna International Kurnool Kendra conducted a one day Training Programme for Teachers on 04.08.2012 in Chinmaya High School. Teachers from different schools of the city participated in the programme.



Shri B.N. Chetty, President of Kurnool Kendra presided over the programme. In his presidential speech he explained elaborately, the various activities of Karuna Clubs. Sri. Manilal Jain, President of Kurnool Kendra said he was pleased to announce that the Kurnool Kendra had won the first prize. He also emphasized that they must continue in the same spirit in future.

In his key note address the Chief Guest from Chennai Sri P.M. Gopala Krishnan said that the present state of unrest, corruption and terrorist activities is all due to the lack of Karuna in mankind. The objective of Karuna Club

is to instill the humane values, vegetarianism, non-violence, eco friendly attitude in students. He asked the teachers to strive to mould the children into good citizens.

Teachers also spoke about the enrichment they received from Training Programme.

A Unique Rakhi

Peta India, Mumbai Co-coordinator Ms. Chani Singh from Mumbai was in Indore for a demonstration. A member wearing a cow costume distributed Rakhi to the public, displaying the message on the giant Rakhi: PROTECT ME! DO NOT USE LEATHER! GO LEATHER FREE!



Last Date Extended!

The National Level Competition on Compassion Stories is to be conducted in November 2012. Honouring the requests from a number of schools for the extension of the date, the last date for the entries is now fixed as 29 September, 2012.

Kindly send in your school entries at the earliest to our office:

Karuna International
70, Sembudoss Street, Chennai - 600001
Ph: 2523 1714/4206 1663
email: karunainternational@yahoo.co.in

For more details, please refer our newsletter June, 2012

ANNUAL PLANNER

We are glad to note that many schools have planned their Karuna activities for the whole year and also sent us a copy of the same. Every month has an activity lined up involving different sets of children at different levels. It is this enthusiasm of you teachers that keep us going and inspiring us to work even harder for the cause of holistic education. Congratulations! And keep up the spirit of Karuna!