

AMBIKA VIDYALAYA (CBSE)

(A CBSE Affiliated Secondary, Co-Educational English Medium School)

Affiliation No. 831094, School Code: 46726

Bappalige, Puttur, D. K., 574 201, Karnataka

School DISE Code: 29240408303

(Run by Nattoja Foundation Trust ®)

Website: <http://www.ambikavidyalayacbse.edu.in>

E-mail: ambikaschool2016@gmail.com

SCHOOL ALMANAC 2025 - 2026

School Motto
SADHRIDA BHARATH

Name of the Student :

Class :

House :

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MY :

1. Mother Teacher :

2. Subject Teacher :

English :

Kannada :

Hindi :

Mathematics :

Science / EVS :

Social Studies :

PET :

Drawing :

Computer Science :

Life Skill :

Moral Science :

Yoga :

Remedial:

3. House :

House incharge :

4. Club :

Club Convener :

Welcome to Ambika Vidyalaya

“Children have to be educated, but they have also to be left to educate themselves”.

Likewise we here at Ambika Vidyalaya emancipate each child with courage of convocation and strength of character to help face boldly the trials and tribulation of life. We are trying to persevere with the rest of the world by teaching the students to maintain a balanced life on the basis of Indian traditions, values and culture. Ambika Vidyalaya will proceed to impart knowledge with virtuousness, internal values of trust, honesty, service before self and so on. Ambika Vidyalaya envisions an education system based on inspiration and innovation that kindles the dormant talents in students. The students here look upon to Indian tradition and culture, also develop strong leadership qualities. We inculcate in them the sense of team work and a desire to serve the community by extending concern to the less fortunate. Students at Ambika Vidyalaya therefore grow to become mature and responsible global citizens. Our team consists experienced and dynamic teachers who are dedicated to follow the motto “Sadrida Bharata”. Ambika Vidyalaya strives to provide the best infrastructural facilities that are enjoyable, healthy and memorable in a child’s school life. We also endow spacious and well ventilated classrooms, high tech laboratories, Library, open playground, and a swimming pool. I sincerely assure you that Ambika Vidyalaya is committed to accomplish the aspirations of the upcoming younger generations in shaping their lives.

INTRODUCTION OF THE INSTITUTION

Trustees of the Institution



Sri Subramanya Nattoja
President



Smt. Rajashree Nattoja
Correspondent &
Treasurer



Ku. Vaidehi S. Nattoja
Member



Chi. Shrikrishna S. Nattoja
Member



VISION AND MISSION

VISION

Our mission is to produce the generation of blooming buds as value based, skilled and culture oriented to stimulate creativity and to fill them with confidence.

MISSION

- * Inculcate and promote values of the land.
- * Provide a quality education to mould the students to be self reliant and independent in a homely atmosphere.
- * Nurture a strong community spirit.
- * Develop 21st century skills.

MANAGEMENT COMMITTEE

- | | | |
|-------------------------------|---|---------------------------|
| 1. Sri Subrahmanya Nattoja | - | President |
| 2. Smt. Rajashree S. Nattoja | - | Correspondent & Treasurer |
| 3. Ku. Vaidehi S. Nattoja | - | Member |
| 4. Chi Shrikrishna S. Nattoja | - | Member |
| 5. Sri Purandara Bhat B. | - | Member |
| 6. Sri Lakshmisha Tholpady | - | Member |
| 7. Sri Prasanna N. Bhat | - | Member |
| 8. Sri K. Suresh Shetty | - | Member |
| 9. Sri Sathyaprasad Kote | - | Member |
| 10. Dr. M.S. Shenoy | - | Member |
| 11. Sri Kanchana Ishwara Bhat | - | Member |
| 12. Dr. I. Shreekanth Rao | - | Member |
| 13. Dr. H. Madhava Bhat | - | Member |
| 14. Sri Balakrishna Borker | - | Member |
| 15. Sri Ganesh Prasad | - | Administrative Officer |
| 16. Sri Rakesh Kumar Kammaje | - | Public Relation Officer |
| 17. Sri Rajendra Prasad | - | Campus Director |

AMBIKA VIDYALAYA

BAPPALIGE, PUTTUR, MANGALORE
AFFILIATION NO. 831094 SCHOOL NO. 4672

FACULTY DETAILS

Sl.No	TEACHERS NAME	DESIGNATION	MOBILE NUMBER
1	MALATHI D	B.Sc, M Ed	9008048626
2	SUJANI M	M A, B Ed	9481511759
3	RAMESHANAIIKA B	M A, B Ed	9481391089
4	SHAILASHRI	BA, NTT	9141585831
5	SUCHITHRA P SHETTY	MA, B P Ed	9844070847
6	MALATHI SHETTY P	BA, NTT	9900517400
7	NIRMALA D	B A, M Lib	8971256682
8	KUSUMA K J	B Sc, B Ed	8105254725
9	KRATHIKA T M	M Sc, B Ed	8971892617
10	SUSHMA MITHUN	B C A in Comp. Science	9741639936
11	DEEPTHI B P	M Com, B Ed	8129364623
12	RAMYALAKSHMI A	M Sc, B Ed	9448071107
13	PRIYASHREE K S	M A, B Ed	8618781942
14	AKSHATHA M K	B Sc, B Ed	9945778904
15	SHREEVALLI B	M A, B Ed	7012770290
16	DIVYA	M A, B Ed	9980072857
17	GOWRI B V	M Sc, B Ed	9591697153
18	ANUPAMA V	M A, BEd	9964212106
19	VEENA SARASWATHI	M Sc, B Ed	7259609246
20	HEMANTH S	B Com	9663624597
21	ASHWINI	M A, B Ed	9481335402
22	SUJYOTHI K D	M Com	9480761768
23	POOJA M	M Sc in comp. Science	8129409061
24	SHRILAKSHMI P	M Sc in Phychology	7975597378
25	K JAYALAXMI	BVA	9513186954
26	SANTHOSH KUMAR N	B A, BPed	9964368967
27	D VIDHYA LAKSHMI	B Sc, B Ed, MBA	9677827017
28	VIDYALAKSHMI K J	B Com MBA	7996253659
29	HARISHCHANDRA K J	B Com	9980288725
30	HARSHITHA	M Com	9591768770
31	YATHEESHA KABAKA	PUC, ITI	8970359790
32	KARTHIK K	SSLC	9108751192
33	CHANDRAKALA	PUC	7676681644
34	SHILPA K	B A	8431367104
35	PREMA	HELPER	9535629738
36	ANVITHA	HELPER	7483871612
37	H C CHETHAN	DRIVER	9663043600
38	PAVAN KUMAR	DRIVER	9740981036
39	NAVEEN M	DRIVER	9900867897
40	SATHISHA	DRIVER	9164540430
41	GIRIJA	HOUSE KEEPING	9019515672
42	VANITHA	HOUSE KEEPING	9606373419



MESSAGE FROM CORRESPONDENT

“On the road to success, the rule is always to look ahead...”

It was the dream and demand of the people of Puttur to have a sound Secondary School with C. B. S. E. (Central Board of Secondary Education) curriculum, which provides quality education. Keeping in view of this, the Nattoja Foundation Trust (R) Puttur, pioneers in Rural Education and minority linguistic in Tulu language, ventured into start Ambika Vidyalaya in the year 2014

It gives us an immense sense of happiness and honor to place on records that Ambika Vidyalaya caters to the needs of the inquisitive learners from Puttur and its neighbouring places.

With the changing paradigms of education which hold no space for rote learning and passive listening, we will continue to provide our students with opportunities and situations that facilitate them to exhibit their hidden potential to the fullest. We strongly believe that today's generation has an unquenchable thirst to seek knowledge that cannot be satiated by traditional methods of teaching. Ambika Vidyalaya with an infrastructure confirming to global standards and an array of opportunities to tap on



individual talent is all set to edify the young learners keeping in view a synchronous growth of their body, mind and soul.

We in the school focus on each and every child, monitor and mentor them, appreciate their achievements and encourage them to overcome their shortcomings. Our teachers create appropriate, meaningful and participative learning situations, inculcating Life Skills in the impressionable children and appreciating their minute efforts with all generosity and broadness of vision. We look forward for the constant support and patronage of all the stake holders in all our ventures.

With warm regards,

SUBRAMANYA NATTOJA

CORRESPONDENT

AMBIKA Group of Educational Institutions

FROM PRINCIPAL'S DESK

Education has always been a cornerstone of Society, the pillar on which the bulwark of human existence rests, the leading light as mankind made his way in quest of the unknown. While the art and science of education may have undergone changes since the time of year, every educationist strives to instil in every student a sense of virtue and wisdom, sensitivity to the needs of others, the skills, the attitudes and habits that would help them explore and excel, a quest for knowledge and the power of action. All of these would propel each one to an all important goal –Excellence.

At Ambika Vidyalaya, it is our endeavour to delve deeper into the true purpose of education by giving our students opportunities and an environment that is positive, inspiring, challenging and stimulating. We want each one of our students to follow their bliss, blaze new trails and open new doors. I am proud of the parents and teachers, who care, nurture and reassure the children.

Scientists say that as per aerodynamics, the honey bee cannot fly. Its wings are not proportionate to the shape and size of its body and so scientifically speaking it is not possible for the honey bee to fly. But we know that the honey bee flies effortlessly. This is simply because the bee does not know the above fact and is so conditioned by it. The bee is aware of only one thing that it can and is sure to fly, and so it does. Keeping the very principle in mind we in the school endeavour to motivate our budding talents to persevere like the honey bee, and achieve success.

I assure that Ambika Vidyalaya will always remain the foremost temple of learning, where there are “equal opportunities to all, so that they rise to their fullest potential”.

With warm regards,

Malathi D

Principal

AMBIKA VIDYALAYA

PLEDGE

In the name of my proud country, parents & my society, I swear that, by sacrificing all my desires, I shall contribute all my wealth & knowledge for the sake of my nation, until my last breath.

I solemnly pledge that I will do my best to

- (i) Bring prosperity to the country.
- (ii) Lend a helping hand to the needy.
- (iii) Treat every-one with courtesy.
- (iv) Uphold the Indian culture & heritage
- (v) Act as a representative of the institution in all situations and to create good will for our beloved institution every where.

“Jai Hind”

Signature of the student

For the School Record Only

MEDICAL CARD OF THE STUDENT

(To be filled by the parent/guardian in capital)

1. Student's Name:
2. Age in Year:
3. Specific diseases suffered in the past :.....
.....
4. Operation (s) undergone in the past if any, please specify:
.....
.....
5. Allergies, if any :
6. Blood Group :
7. Immunizations :
- (i) B.C.G. [] Yes [] No
- (ii) DPT [] Yes [] No
- (iii) Polio [] Yes [] No
- (iv) M.M.R. [] Yes [] No
- (v) Tetanus [] Yes [] No
- (vi) Corona [] Yes [] No
- (with date of last immunization) :.....
- Any Other :
-
8. Any other disease for which child is on regular medication
.....
.....

Parent's/Guardian's (Signature)

(Not for Media & Legal Purpose)

AMBIKA VIDYALAYA

DECLARATION BY PARENTS

Father's Passport
Size Photograph

Mother's Passport
Size Photograph

We/I solemnly affirm and declare that the information provided herein is true to the best of our/my knowledge and belief.

We have carefully read and understood all the rules adverted in the School Almanac and undertake to abide by the same.

We also understand that the SMSs sent from School ID are purposeful and informative and wish to receive the same.

Father's Signature _____

Mother's Signature _____

We also undertake that either one of us **will** sign **all** his/her leave applications, report cards etc. Our specimen signatures are as under :

Father's Specimen Signature _____

Mother's Specimen Signature _____

School Rules

1. FACILITIES

- * Affiliated to CBSE and NCERT syllabus; following Vidya Bharathi stream of education system.
- * The medium of instruction is English.
- * Sanskrit, Kannada and Hindi as optional languages in 9th and 10th Standards.
- * A healthy Student-Teacher Ratio.
- * Early childhood development curriculum.
- * Project based learning.
- * Value added & skill development courses.
- * Extra-curricular activities incorporated curriculum.
- * Yoga, Physical Education, Art and Craft, Scouts and Guides, Life Skills, Science Project activities, Vedic mathematics, special coaching on handwriting are provided during class hours.
- * Social awareness programme.
- * Special Coaching on Yakshagana, Bharathanatyam, Sports, Art, Music, Swimming, Skating & Martial Arts.
- * Educational outings and excursions.
- * Remedial classes for the needy.
- * Foundation course for competitive exam for high school class.
- * Special concentration on Bhagavadgeetha, Epics, National Personalities and Indian Culture.
- * Well set mathematics lab.
- * Well-equipped Laboratories, Library and Spacious open Auditorium.
- * Online login for each parent through the app SCHOOLPHINS

- * Digital classroom facility.
- * Computer lab along with A.I and coding kits.
- * Swimming pool facility in the School premises.
- * Counselling for Needy.
- * Well-equipped play ground with sports facilities.
- * Infirmary with first aid facilities.
- * Calm and quiet study friendly ambience.
- * CC TV for the safety of children.
- * Fire Safety measures.
- * Mid day meal facilities.
- * Transport facility within 12km radius.
- * Professional, competent and caring faculty.

2. ADMISSIONS

- * Fresh admissions will be done based on the child's ability.
- * Re-admissions will be done every year. All parents are requested to re admit their ward before the commencement of the new sessions.
- * No student will be permitted to get re-admitted unless previous years dues are cleared.

3. PAYMENT OF FEES

- * The Tution Fee/Mess Fee/Bus Fee of the particular installment has to be paid on or before the 10th of the same month.
- * If the due date is on public holiday, the next working day will be considered as the due date.
- * **Fees once paid is not refundable.**

4. DISCIPLINE

- * Respect self, faculty and peer students.
- * Respect school property and uniform.
- * Monitor one self even in the absence of teachers.
- * Preferably homemade items are to be brought to the school as morning snacks. (only LKG to II Std.)
- * Maintain silence in the campus, while walking or proceeding to the programmes / classes.
- * Be courteous both in speech and action towards Ambika Vidyalaya Family and to the society.
- * For any kind of un acceptable behaviour initially verbal warning will be given. If no improvement is shown and offence is repeated parents will be informed and steps are taken.

5. PUNCTUALITY

- * Students have to be present in the campus by 8-55 a.m.
- * Late comers have to get a written permission from the Principal.

6. UNIFORM

The attire which makes us feel united in spite of various discriminations outside the school is uniform.

- * The Vidyalaya uniform is compulsory on all working days, National festivals and Vidyalaya functions. A pair of uniform set must be kept apart to be worn on special occasions.

- * Students are allowed to wear colour dress on their birthdays, but not allowed to distribute sweets or any articles to the teachers or students. Instead they can donate items to library / lab / sports etc.
- * Students should come to the Vidyalaya clean and tidy.
Regular Uniform : Monday, Wednesday, Thursday, Saturday.
Sports Uniform : Tuesday, Friday
(Black Pant & House colour T-Shirt)
- Note for Boys : 1. Proper hair cut to be done periodically.
2. No use of hair gels & perfumes
- Note for Girls : 1. Wear bangles
2. Use only black clips & ribbons
3. Simple bindi & small studs.
4. No nail polish & mehendi is allowed; only during special occasion with permission.
5. Short hair to be neatly pinned.
6. Hair below shoulders to be plaited two & folded with black ribbon.
- * Students are not supposed to wear watches (KG to VI).
- * No electronic watches.
- * No Gold Jewellery.
- * Nails have to be clipped periodically.
- * No fancy things/commodities are entertained.

7. School calendar and identity card

- * **All students should wear their identity card daily.**
- * **The school calendar is to be carried by the students to the school without fail.**
- * Any exchange of information between principal, teachers and parents could be done through the calendar.
- * If the student loses the calendar a duplicate one shall be issued on payment of a penal fee.

8. Home Work

- * Regular home works and project work are to be submitted duly, at the time specified by the concerned teacher.
- * Parents are responsible for the completion of home work.

9. LEAVE RULES AND ATTENDANCE

- * Punctual and regular attendance is insisted upon.
- * Attendance on the first and last working day of every term is compulsory.
- * Attendance is compulsory on national festivals.
- * Leave except during sickness or death case must be approved by the principal and mother teacher duly in advance.
- * If leave is availed at unavoidable circumstances leave note must be submitted immediately on the very first day of presence.

- * **Parents can take the child only during lunch time in any case with permission but not in between.**
- * Remedial classes are compulsory for the needy.

10. SCHOOL BUS AND BUS INFORMATION

- * Parents may contact the school office for availing or withdrawing the school bus facility.
- * Permission letter has to be signed by the Principal for change of route or any other request.
- * Well equipped with modern security gadgets along with GPS trackers and inbuilt P.A. system in each bus. Safety and comfort during travel is ensured by well experienced transport team.
- * Transportation is charged for 10 months. Bus facility cannot be discontinued in midsession.
- * Students are expected to be disciplined in the bus. It is also expected that the juniors be treated with love and affection by the seniors and faculty.
- * Bus will not wait for arrival, late comers will have to make their own arrangements for the day.

11. TEST AND EXAMINATION

- * We try to assess a child through out the year and not at the end of the academic year. The assessment is done based on the academic knowledge, participation in the co-curricular activities and application skills. The assessment includes both scholastic and co-scholastic areas.

- * Co-curricular Activities based on Discipline, Attendance, Sincerity, Behaviour, Values, Health & Physical Education, Art & work Education shall be graded on A to C grades.
- * Pass Criteria: 33% with minimum 30% in each subject is a must in each terminal exam for promotion to next class.

Assessment from class 1 to 5

Assessment is done in two terms.

I Term - June to September.

II Term - October to April.

- * There are two formative assessment and one summative assessment in every semester.
- * The formative assessment includes assessment of various skills and activities with the curricular knowledge.
- * Summative assessment in the traditional method of testing the curriculum; where each subject will have 40 marks paper.

Assessment from class 6 to 10

1. It has 2 Exams (Mid-term & annual) Each subject having 80 marks paper.
2. 20 Internal Marks are assessed as follows:
 - * Two (out of Four) Periodic Tests: Carrying 5 marks.
 - * Remaining 15 marks will be of the internal assessment i.e. 5 marks for Subject Enrichment and 5 marks for Multiple Assessment, 5 marks for portfolio.
3. Computer subject shall have 40 marks theory & 60 marks for Practical.

**N. B.: Attendance is compulsory for all FA's & SA's.
No re-exam will be conducted for any sort of absence.**

12. CO-CURRICULAR ACTIVITIES

- * Co-curricular activities include Cultural Competition, Club Activities, House Activities, Sports, National Festival Celebration etc.
- * Students have opportunities to participate in various cultural and sports competitions conducted by Vidya Bharthi.
- * Students are encouraged to participate in activities and competitions hosted by CBSE.

Clubs : Students have opportunity to participate in the following club activities.

1. Science and Eco Club:

Co-ordinators : Mrs Gowri, Mrs Krathika TM,
Mrs. Ramyalakshmi, Mrs Vidyalakshmi,
Mrs. Veenasaraswathi

2. Literary & Readers Club:

Co-ordinators : Mrs. Sushma Mithun, Mrs. Divya, Mrs. Ashwini
Ms. Shrivalli

3. Fine Art Club:

Co-ordinators : Mrs. Kusuma K J, Kum. Priyashree, Mrs. Pooja,
Sri. Hemanth

4. Social Awareness Club:

Co-ordinators : Mrs. Sujani M, Mrs. Deepthi, Sri Ramesha Naika B,
Mrs. Nirmala, Mrs. Anupama

5. Sports Club:

Co-ordinators : Mrs. Suchithra P Shetty, Sri Santhosh

The school is divided into four houses acting with various group events

KAMADHENU : In charge – Sri Hemanth

KALPAVRUKSHA : In charge – Ms. Jayalakshmi

AIRAVATHA : In charge – Mrs Nirmala

AMRUTHA : In charge – Mrs Shreelakshmi

13. Smart Class room

Majority of the students in a regular classroom need to see information in order to learn it.

Visual learning helps students organize and analyze information which further helps students to integrate new knowledge and think critically.

So, keeping this in mind the school has smart boards for all classes, making the classroom more interactive, informative and educative.

14. Lab Discipline:

- * Handle each equipment or apparatus with care.
- * No student is allowed to enter in lab in the absence of teacher.
- * Drawing figures/writing/scribbling on the furniture is prohibited. If found, heavy penalty will be levied.
- * Do not eat or drink anything in the labs.
- * Always work under the guidance of a teacher or instructor while sitting in a lab.
- * Playing with apparatus or chemicals is prohibited.

15. Library :

- Keep books away from water or any eatable item.
- Do not tear pages from the book.
- Return books on time
- Do not throw books
- Do not draw or scribble the books.
- In case of any damage, report immediately to the librarian.

16. Swimming Pool Rules :

- No student is allowed to swim alone.
- Guards must supervise all children throughout the children's time in the pool area.
- No student is allowed to use the pool if he/she has sickness.
- Do not stand on the raised wall of the pool.
- Keep pool clean.
- If anyone found jumping on top of anyone in the water, pushing anyone into the pool, or not complying with a supervisor's instructions is to be put out of the pool immediately.

CONTACT US:

Ambika Vidyalaya Bappalige, Puttur, D.K District,
Karnataka – 574 201

Telephone No: 08251-233488, 08251-298188, 9071655688

Email.ID: ambikaschool2016@gmail.com

Website: <http://www.ambikabalavidyalaya.cbse.edu.in>

INFORMATION TO PARENTS

SCHOOL WORKING HOURS

Monday to Friday : 8-45 a.m. to 5-00 p.m.

Saturday : 8-45 a.m. to 1-00 p.m.

SCHOOL UNIFORM

Boys : Check Shirt, Plain Half Pant (LKG to V)

Plain Pant & Check Shirt (VI-X)

Girls : Full Frock (LKG to I)

Pinafore (II to V)

Salwar (VI -X)

HOUSE UNIFORM : I to X

- | | | |
|-------------------------------|---|--------------|
| 1. Blue Shirt
Black Pant | } | Airavatha |
| 2. Orange Shirt
Black Pant | } | Amritha |
| 3. Yellow Shirt
Black Pant | } | Kalpavruksha |
| 4. Pink Shirt
Black Pant | } | Kamadhenu |

School Time :

Monday to Friday
9-00 a.m. to 4-00 p.m.

Bell Time :

Assembly bell : 08:55

Prayer : 09:00 to 09:20 am

Short break : 09:20 to 09:25 am

I Period : 09:25 to 10:10 am

II Period : 10:10 to 10:50 am

Short break : 10:50 to 11:00 am

III period : 11:00 to 11:40 am

IV Period : 11:40 to 12:20 pm

Lunch break : 12:20 to 01:00 pm

V Period : 01:00 to 01:40 pm

VI Period : 01:40 to 02:20 pm

Short break : 02:20 to 02:30 pm

VII Period : 02:30 to 03:10 pm

VIII Period : 03:10 to 03:50 pm

National Anthem : 03:50 pm

Re-setting the class : up to 04:00 pm

Disperse : 04:00 pm

School Time :

Saturday

9-00 a.m. to 12-45 p.m.

Bell Time :

Prayer / Assembly : 9-00 a.m. to 9-20 a.m.

Short Break : 9-20 a.m. to 9-25 a.m.

I Period : 9-25 a.m. to 10-05 a.m.

II Period : 10-05 a.m. to 10-40 a.m.

Short Break : 10-40 a.m. to 10-50 a.m.

III Period : 10-50 a.m. to 11-25 a.m.

IV Period : 11-25 a.m. to 12-00 noon

V Period : 12-00 noon to 12-35 p.m.

National Anthem : 12-35 p.m.

Resetting the class : up to 12-45 p.m.

Disperse : 12-45 p.m.

Note for Parents**SCHOOL VISITING TIME :**

3.00 PM TO 4.00 PM (WITH PREIOR INTIMATION)

CALL TIME (TO TEACHERS): 6.00 PM TO 7.00 PM

ವಂದೇ ಮಾತರಂ

ವಂದೇ ಮಾತರಂ | ವಂದೇ ಮಾತರಂ |
 ಸುಜಲಾಂ ಸುಫಲಾಂ ಮಲಯಜ ಶೀತಲಾಂ
 ಶಸ್ಯ ಶ್ಯಾಮಲಾಂ ಮಾತರಂ | ವಂದೇ ಮಾತರಂ|
 ಶುಭ್ರಜ್ಯೋತ್ಸ್ನಾ ಪುಲಕಿತಯಾಮಿನೀಂ
 ಘಲ್ಲಕುಸುಮಿತ ದ್ರುಮದಲ ಶೋಭಿನೀಂ
 ಸುಹಾಸಿನೀಂ ಸುಮಧುರ ಭಾಷೀಣೀಂ
 ಸುಖಿದಾಂ ವರದಾಂ ಮಾತರಂ | ವಂದೇ ಮಾತರಂ
 ಕೋಟಿಕೋಟಿಕಂಠ ಕಲಕಲ ನಿನಾದಕರಾಲೇ
 ಕೋಟಿಕೋಟಿ ಭುಜೈರ್ಧೃತಖರಕರವಾಲೇ
 ಅಬಲಾ ಕೇನೋ ಮಾವಿತೋ ಬಲೇ
 ಬಹುಬಲ ಧಾರಿಣೀಂ ನಮಾಮಿತಾರಿಣೀಂ
 ರಿಪುದಲ ವಾರಿಣೀಂ ಮಾತರಂ | ವಂದೇ ಮಾತರಂ

ತ್ವಂ ಹಿ ದುರ್ಗಾದಶಪ್ರಹರಣಧಾರಿಣೀ
 ಕಮಲಾ ಕಮಲದಲ ವಿಹಾರಿಣೀ
 ವಾಣೀ ವಿದ್ಯಾದಾಯಿನೀ
 ನಮಾಮಿತ್ವಾಂ ನಮಾಮಿ ಕಮಲಾಂ
 ಅಮಲಾಂ ಅತುಲಾಂ ಸುಜಲಾಂ
 ಸುಫಲಾಂ ಮಾತರಂ | ವಂದೇ ಮಾತರಂ ||

ಶ್ಯಾಮಲಾಂ ಸರಲಾಂ ಸುಸ್ಥಿತಾಂ ಭೂಷಿತಾಂ
 ಧರಣೀಂ ಭರಣೀಂ ಮಾತರಂ
 ವಂದೇ ಮಾತರಂ ||2||

ತುಮಿ ವಿದ್ಯಾತುಮಿಧರ್ಮ
 ತುಮಿ ಹೃದಿ ತುಮಿ ಮರ್ಮ
 ತ್ವಂ ಹಿ ಪ್ರಾಣಾಃ ಶರೀರೇ
 ಬಾಹು ತೇತುಮಿ ಮಾ ಶಕ್ತಿ
 ಹೃದಯೇತುಮಿ ಮಾ ಭಕ್ತಿ
 ತೋ ಮಾರ ಇ ಪ್ರತಿಮಾಗಡಿ
 ಮಂದಿರೇ ಮಂದಿರೇ || ವಂದೇ ಮಾತರಂ ||

— ಬಕೀಮ್‌ಚಂದ್ರ ಚಟರ್ಜಿ

ರಾಷ್ಟ್ರ ಗೀತೆ

ಜನ ಗಣ ಮನ ಅಧಿನಾಯಕ ಜಯ ಹೇ
 ಭಾರತ ಭಾಗ್ಯವಿಧಾತಾ
 ಪಂಜಾಬ ಸಿಂಧು ಗುಜರಾತ ಮರಾಠಾ
 ದ್ರಾವಿಡ ಉತ್ಕಲ ವಂಗ
 ವಿಂಧ್ಯ ಹಿಮಾಚಲ ಯಮುನಾ ಗಂಗಾ
 ಉಚ್ಛಲ ಜಲಧಿತರಂಗ
 ತವ ಶುಭ ನಾಮೇ ಜಾಗೇ
 ತವ ಶುಭ ಆಶಿಸ ಮಾಗೇ
 ಗಾಹೇ ತವ ಜಯ ಗಾಥಾ
 ಜನ ಗಣ ಮಂಗಲದಾಯಕ ಜಯ ಹೇ
 ಭಾರತ ಭಾಗ್ಯವಿಧಾತಾ
 ಜಯ ಹೇ ಜಯ ಹೇ ಜಯ ಹೇ
 ಜಯ ಜಯ ಜಯ ಜಯ ಹೇ

— ರವೀಂದ್ರನಾಥ ತಾಗೂರ್

ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ಜೈ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ ।

ಜೈ ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೆ,
ಜಯ ಹೇ ರಸಯುಷಿಗಳ ಬೀಡೆ ।
ಭೂದೇವಿಯ ಮಕುಟದ
ನವಮಣಿಯೇ,
ಗಂಧದ ಚಂದದ ಹೊನ್ನಿನ ಗಣಿಯೆ,
ರಾಘವ ಮಧುಸೂದನರವತರಿಸಿದ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ ॥ 1 ॥

ಜನನಿಯ ಜೋಗುಳ ವೇದದ ಘೋಷ
ಜನನಿಗೆ ಜೀವವು ನಿನ್ನಾವೇಶ
ಹಸುರಿನ ಗಿರಿಗಳ ಸಾಲೆ
ನಿನ್ನಯ ಕೊರಳಿನ ಮಾಲೆ,
ಕಪಿಲ ಪತಂಜಲ ಗೌತಮ ಜಿನನುತ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ ॥ 2 ॥

ಶಂಕರ ರಾಮಾನುಜ ವಿದ್ಯಾರಣ್ಯ
ಬಸವೇಶ್ವರರಿಹ ದಿವ್ಯಾರಣ್ಯ
ರನ್ನ ಷಡಕ್ಷರ ಪೊನ್ನ
ಪಂಪ ಲಕುಮಿಪತಿ ಜನ್ನ
ಕಬ್ಬಿಗರುದಿಸಿದ ಮಂಗಳ ಧಾಮ ।
ಕವಿ ಕೋಗಿಲೆಗಳ ಪುಣ್ಯಾರಾಮ ।

ನಾನಕ ರಾಮಾನಂದ ಕಬೀರರ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ ॥ 3 ॥

ತೈಲಪ ಹೊಯ್ಸಳರಾಳಿದ ನಾಡೆ,
ಡಂಕಣ ಜಕಣರ ನೆಚ್ಚಿನ ಬೀಡೆ
ಕೃಷ್ಣ ಶರಾವತಿ ತುಂಗಾ
ಕಾವೇರಿಯ ವರರಂಗ,
ಚೈತನ್ಯ ಪರಮಹಂಸ ವಿವೇಕರ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ
॥ 4 ॥

ಸರ್ವ ಜನಾಂಗದ ಶಾಂತಿಯ ತೋಟ
ರಸಿಕರ ಕಂಗಳ ಸೆಳೆಯುವ ನೋಟ
ಹಿಂದೂ ಕ್ರೈಸ್ತ ಮುಸಲ್ಮಾನ
ಪಾರಸಿಕ ಜೈನರುದ್ಯಾನ,
ಜನಕನ ಹೋಲುವ ದೊರೆಗಳ ಧಾಮ
ಗಾಯಕ ವೈಣಿಕರಾರಾಮ ॥ 5 ॥

ಕನ್ನಡ ನುಡಿ ಕುಣಿದಾಡುವ ಗೇಹ ।
ಕನ್ನಡ ತಾಯಿಯ ಮಕ್ಕಳ ದೇಹ ।
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ
ಜೈ ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೆ,
ಜಯ ಹೇ ರಸಯುಷಿಗಳ ಬೀಡೆ ॥ 6 ॥

— ಕುವೆಂಪು

ಪ್ರಾತಃಸ್ಮರಣ ಸ್ತೋತ್ರಂ

ಪ್ರಾತಃ ಸ್ಮರಾಮಿ ಹೃದಿ ಸಂಸ್ಕರದಾತ್ಮತತ್ತ್ವಂ
ಸಚ್ಚಿತ್ಸನ್ನಿಖಂ ಪರಮಹಂಸಗತಿಂ ತುರೀಯಮ್ |
ಯತ್ಸತ್ತ್ವಜಾಗರಸುಷುಪ್ತಮವೈತಿ ನಿತ್ಯಂ
ತದ್ವಹ್ಮನಿಷ್ಕಲಮಹಂ ನ ಚ ಭೂತಸಂಘಃ || 1 ||
ಪ್ರಾತರ್ಭಜಾಮಿ ಮನಸಾಂ ವಚಸಾಮಗಮ್ಯಂ
ವಾಚೋ ವಿಭಾಂತಿ ನಿಖಿಲಾ ಯದನುಗ್ರಹೇಣ |
ಯನ್ನೇತಿನೇತಿ ವಚನೈರ್ನಿಗಮಾ ಅವೋಚುಃ
ತಂ ದೇವದೇವಮಜಮಚ್ಯುತಮಾಹುರಗ್ರ್ಯಮ್ || 2 ||
ಪ್ರಾತರ್ನಮಾಮಿ ತಮಸಃ ಪರಮರ್ಕವರ್ಣಂ ಪೂರ್ಣಂ
ಸನಾತನಪದಂ ಪುರುಷೋತ್ತಮಾಖ್ಯಮ್ |
ಯಸ್ಮಿನ್ನಿದಂ ಜಗದಶೇಷಮಶೇಷಮೂರ್ತೌ
ರಜ್ಜ್ವಾಂ ಭುಜಂಗಮ ಇವ ಪ್ರತಿಭಾಸಿತಂ ವೈ || 3 ||
ಶ್ಲೋಕತ್ರಯಮಿದಂ ಪುಣ್ಯಂ
ಲೋಕತ್ರಯವಿಭೂಷಣಂ
ಪ್ರಾತಃ ಕಾಲೇ ಪಠೇದ್ಯಸ್ತು
ಸ ಗಚ್ಛೇತ್ಪರಮಂ ಪದಂ ||

ಐಕ್ಯ ಮಂತ್ರ

ಯಂ ವೈದಿಕಾ ಮಂತ್ರದೃಶಃ ಪುರಾಣಾಃ
ಇಂದ್ರಂ ಯಮಂ ಮಾತರಿಶ್ವಾನಮಾಹುಃ
ವೇದಾಂತಿನೋ ನಿರ್ವಚನೀಯ ಮೇಕಂ
ಯಂ ಬ್ರಹ್ಮ ಶಬ್ದೇನ ವಿನಿರ್ದಿಶಂತಿ || 1 ||

ಶೈವಯಾಮಿಶಂ ಶಿವ ಇತ್ಯವೋಚನ್
ಯಂ ವೈಷ್ಣವಾಃ ವಿಷ್ಣು ರಿತಿಸ್ತುವಂತಿ
ಬುದ್ಧಸ್ತಥಾರ್ಹನ್ ಇತಿ ಬೌದ್ಧ ಜೈನಾಃ
ಸತ್ ಶ್ರೀ ಅಕಾಲೇತಿ ಚ ಸಿಕ್ಖ ಸಂತಾಃ || 2 ||

ಶಾಸ್ತ್ರೇತಿ ಕೇಚಿತ್ ಕತಿಚಿತ್ ಕುಮಾರಃ
ಸ್ವಾಮೀತಿ ಮಾತೇತಿ ಪಿತೇತಿ ಭಕ್ತ್ಯಾ
ಯಂ ಪ್ರಾರ್ಥಯಂತೇ ಜಗದೀಶ ತಾರಂ
ಸ ಏಕ ಏವ ಪ್ರಭುದ್ವಿತೀಯಃ || 3 ||

ಶ್ರೀ ಲಲಿತಾ ಪಂಚರತ್ನಂ

ಪ್ರಾತಃ ಸ್ಮರಾಮಿ ಲಲಿತಾವದನಾರವಿಂದಂ
ಬಿಂಬಾಧರಂ ಪೃಥುಲಮೌಕ್ತಿಕಶೋಭಿನಾಸಮ್ |
ಆಕರ್ಣಾದೀರ್ಘನಯನಂ ಮಣಿಕುಂಡಲಾಡ್ಯಂ
ಮಂದಸ್ಥಿತಂ ಮೃಗಮದೋಜ್ವಲಫಾಲದೇಶಮ್ || 1 ||

ಪ್ರಾತರ್ಭಜಾಮಿ ಲಲಿತಾಭುಜಕಲ್ಪವಲ್ಲಿಂ
|ರಕ್ತಾಂಗುಳೀಯಲಸದಂಗುಳಿಪಲ್ಲವಾಡ್ಯಾಂ |
ಮಾಣಿಕ್ಯಹೇಮವಲಯಾಂಗದಶೋಭಮಾನಾಂ
ಪುಂಡ್ರೇಕ್ಷು ಚಾಪಕುಸುಮೇಷುಸ್ಯಗೋರ್ದಧಾನಾಂ || 2 ||

ಪ್ರಾತರ್ನಮಾಮಿ ಲಲಿತಾಚರಣಾರವಿಂದಂ
ಭಕ್ತೇಷ್ಟದಾನನಿರತಂ ಭವಸಿಂಧುಪೋತಮ್ |
ಪದ್ಮಾಸನಾದಿಸುರನಾಯಕ ಪೂಜನೀಯಂ
ಪದ್ಮಾಂಕುಶದ್ವಜಸುದರ್ಶನಲಾಂಛನಾಡ್ಯಂ || 3 ||

ಪ್ರಾತಃ ಸ್ತುವೇ ಪರಶಿವಾಂ ಲಲಿತಾಂ ಭವಾನೀಂ
ತ್ರಯಂತವೇದ್ಯವಿಭವಾಂ ಕರುಣಾನವದ್ಯಾಮ್ |
ವಿಶ್ವಸ್ಯ ಸೃಷ್ಟಿವಿಲಯಸ್ಥಿತಿಹೇತು ಭೂತಾಂ
ವಿದ್ಯೇಶ್ವರೀಂ ನಿಗಮವಾಚ್ಛಿನಸಾತಿದೂರಾಮ್ || 4 ||

ಪ್ರಾತರ್ವದಾಮಿ ಲಲಿತೇ ತವ ಪುಣ್ಯನಾಮ
ಕಾಮೇಶ್ವರೀತಿ ಕಮಲೇತಿ ಮಹೇಶ್ವರೀತಿ |
ಶ್ರೀಶಾಂಭವೀತಿ ಜಗತಾಂ ಜನನೀ ಪರೇತಿ
ವಾಗ್ದೇವತೇತಿ ವಚಸಾ ತ್ರಿಪುರೇಶ್ವರೀತಿ || 5 ||
ಯಃ ಶ್ಲೋಕಪಂಚಕಮಿದಂ ಲಲಿತಾಂಬಿಕಾಯಾಃ
ಸೌಭಾಗ್ಯದಂ ಸುಲಲಿತಂ ಪಠತಿ ಪ್ರಭಾತೇ |
ತಸ್ಮೈದದಾತಿ ಲಲಿತಾ ಝಟಿತಿ ಪ್ರಸನ್ನಾ
ವಿದ್ಯಾಂ ತ್ರಿಯಂ ವಿಮಲಸೌಖ್ಯಮನಂತಕೀರ್ತಿಮ್ || 6 ||

ಸರಸ್ವತಿ ವಂದನಾ

ಯಾ ಕುಂದೇಂದು ತುಷಾರ ಹಾರಧವಲಾ ಯಾ ಶುಭ್ರ ವಸ್ತ್ರಾವೃತಾ
ಯಾ ವೀಣಾ ವರದಂಡಮಂಡಿತಕರಾ ಯಾ ಶ್ವೇತ ಪದ್ಮಾಸನಾ |
ಯಾ ಬ್ರಹ್ಮಾಚ್ಯುತ ಶಂಕರ ಪ್ರಭೃತಿಭಿರ್ದೇವೈಃ ಸದಾ ವಂದಿತಾ
ಸಾ ಮಾಂ ಪಾತು ಸರಸ್ವತೀ ಭಗವತೀ ನಿಃಶ್ರೇಷ್ಠ ಜಾಡ್ಯಾಪಹಾ ||

ಶುಕ್ಲಾಂ ಬ್ರಹ್ಮವಿಚಾರ ಸಾರ ಪರಮಾಮಾದ್ಯಾಂಜಗದ್ ವ್ಯಾಪಿನೀಂ
ವೀಣಾ ಪುಸ್ತಕ ಧಾರಿಣೀಂ ಅಭಯದಾಂ ಜಾಡ್ಯಾಂಧಕಾರಾಪಹಾಂ |
ಹಸ್ತೇ ಸ್ಫಾಟಿಕಮಾಲಿಕಾಂ ವಿದಧ ತೀಂ ಪದ್ಮಾಸನೇ ಸಂಸ್ಥಿತಾಂ
ವಂದೇ ತಾಂ ಪರಮೇಶ್ವರೀಂ ಭಗವತೀಂ ಬುದ್ಧಿಪ್ರದಾಂ ಶಾರದಾಂ ||

:- ಅರ್ಥ :-

“ಯಾವ ದೇವತೆಯು ಮಲ್ಲಿಗೆಯಂತೆ, ಚಂದ್ರನಂತೆ, ಹಿಮದಂತೆ ಮತ್ತು ಮುತ್ತಿನ ಹಾರದಂತೆ ಶ್ವೇತವರ್ಣವನ್ನು ಹೊಂದಿರುವಳೋ, ಬಿಳಿಯ ಬಟ್ಟೆಯನ್ನು ಧರಿಸಿರುವಳೋ, ವೀಣೆಯಿಂದ ಅಲಂಕೃತವಾದ ಕೈಯನ್ನು ಹೊಂದಿರುವಳೋ, ಬಿಳಿಕಮಲದ ಮೇಲೆ ಕುಳಿತಿರುವಳೋ, ಬ್ರಹ್ಮ, ವಿಷ್ಣು ಮತ್ತು ಮಹೇಶ್ವರ ಮೊದಲಾದ ದೇವತೆಗಳಿಂದ ಪೂಜಿಸಲ್ಪಡುತ್ತಿರುವಳೋ, ಆಲಸ್ಯತನವನ್ನು ದೂರಗೊಳಿಸುವಳೋ, ಅಂತಹ ಪೂಜ್ಯಳಾದ ಸರಸ್ವತಿಯು ನನ್ನನ್ನು ರಕ್ಷಿಸಲಿ”

“ಶುಭ್ರವರ್ಣದವಳಾದ, ಅತಿಶ್ರೇಷ್ಠವಾದ, ಬ್ರಹ್ಮವಿಚಾರದಲ್ಲಿ ಮಗ್ನಳಾಗಿರುವ, ಪೂಜ್ಯಳಾಗಿರುವ ಆದಿರೂಪಿಣಿಯಾಗಿರುವಂತಹ, ವಿಶ್ವವ್ಯಾಪಿನಿಯಾಗಿರುವ, ಕೈಯಲ್ಲಿ ವೀಣೆಯನ್ನು, ಪುಸ್ತಕವನ್ನು ಹಿಡಿದಿರುವ ಅಭಯದಾಯಕಳಾಗಿರುವ, ಆಲಸ್ಯವೆಂಬ ಕತ್ತಲೆಯನ್ನು ಹೋಗಲಾಡಿಸುವ, ಇನ್ನೊಂದು ಕೈಯಲ್ಲಿ ಸ್ಫಟಿಕಮಣಿಯ ಜಪಮಾಲೆಯನ್ನು ಹಿಡಿದಿರುವ ಕಮಲದ ಹೂವಿನ ಆಸನದ ಮೇಲೆ ಕುಳಿತಿರುವ ಜಗತ್ತಿಗೇ ಒಡೆಯಳಾಗಿರುವ, ಭಗವದ್ ಸ್ವರೂಪಳಾಗಿರುವಂತಹ, ಬುದ್ಧಿಪ್ರದಾಯಕಳಾಗಿರುವ ಶಾರದಾ ಮಾತೆಗೆ ನಾನು ವಂದಿಸುತ್ತೇನೆ.”

ಹೇ ಹಂಸವಾಹಿನಿ ಜ್ಞಾನದಾಯಿನಿ
ಅಂಬ ವಿಮಲಮತಿ ದೇ ಅಂಬ ವಿಮಲಮತಿ ದೇ
ಜಗತ್ತಿರ ಮೋರ್ ಬನಾಯೇ ಭಾರತ
ವಹ ಬಲ ವಿಕ್ರಮ ದೇ ಅಂಬ ವಿಮಲಮತಿ ದೇ

ಸಾಹಸಶೀಲ ಹೃದಯ ಮೇ ಭರದೇ
ಜೀವನ ತ್ಯಾಗತಪೋಮಯಕರದೇ
ಸಂಯಮ ಸತ್ಯ ಸ್ನೇಹಕಾ ವರದೇ
ಸ್ವಾಭಿಮಾನ ಭರದೇ || ಹೇ
ಹಂಸವಾಹಿನೀ.....

ಲವಕುಶ ಧ್ರುವ ಪ್ರಹ್ಲಾದ ಬನೇ ಹಮ್
ಮಾನವತಾ ಕಾ ತ್ರಾಸ ಹರೇ ಹಮ್ |
ಸೀತಾ ಸಾವಿತ್ರಿದುರ್ಗಾಮಾ
ಫಿರ್‌ಘರ್‌ಘರ್ ಭರ್ ದೇ || ಹೇ ಹಂಸವಾಹಿನೀ.....

: - ಅರ್ಥ :-

“ಹಂಸವನ್ನು ವಾಹನವಾಗಿ ಉಳ್ಳವಳೂ, ಜ್ಞಾನವನ್ನು ಕೊಡುವವಳೂ
ಆದ ಹೇ ಸರಸ್ವತಿಯೇ ನಮಗೆ ನಿರ್ಮಲವಾದ ಮತಿಯನ್ನು ಕೊಡು.
ಭಾರತವನ್ನು ಜಗತ್ತಿನ ಶಿರೋಮಣಿಯನ್ನಾಗಿ ಮಾಡಲು, ಅಂದರೆ
ಜಗತ್ತಿನಲ್ಲಿಯೇ ಪ್ರಮುಖವನ್ನಾಗಿಸಲು ನಮಗೆ ಬಲವನ್ನು, ಶೌರ್ಯವನ್ನು
ನೀಡಿ ಶುದ್ಧ ಬುದ್ಧಿಯನ್ನು ದಯಪಾಲಿಸು.

ನನ್ನ ಹೃದಯದಲ್ಲಿ ಸಾಹಸವನ್ನು, ಚಾರಿತ್ರ್ಯವನ್ನು ತುಂಬು.
ಜೀವನವನ್ನು ತಪೋಮಯವನ್ನಾಗಿಯೂ, ತ್ಯಾಗಮಯವನ್ನಾಗಿಯೂ
ಮಾಡು. ಸಹನೆ, ಸತ್ಯ, ಸ್ನೇಹ, ಸ್ವಾಭಿಮಾನ ಗುಣಗಳನ್ನು ತುಂಬು.”

ಹೇ ಶಾರದೇ, ನಮ್ಮನ್ನು ಲವಕುಶ, ಧ್ರುವ, ಪ್ರಹ್ಲಾದರಂಥ
ವೀರಬಾಲಕರನ್ನಾಗಿ ಮಾಡು, ಮಾನವರ ಏಳ್ಗೆಗಾಗಿ ಶ್ರಮಿಸುವವರನ್ನಾಗಿ
ಮಾಡು. ಸೀತಾ, ಸಾವಿತ್ರಿ, ದುರ್ಗಾಂಬೆಯಂತಹ ಪವಿತ್ರತೆಯರಿಂದಲೂ,
ಧೀರವನಿತೆಯರಿಂದಲೂ ಪ್ರತಿ ಮನೆಯೂ ತುಂಬಿ ತುಳುಕುವಂತಾಗಲಿ.

ಬ್ರಹ್ಮನಾದ : 3 ಬಾರಿ

ಧ್ಯಾನ : 1 ನಿಮಿಷ

“ಓಂ ಭೂರ್ಭುವಃ ಸ್ವಃ

ತತ್ಸವಿತುರ್ವರೇಣ್ಯಂ | ಭರ್ಗೋದೇವಸ್ಯ ಧೀಮಹಿ |

ಧಿಯೋಯೋನಃ ಪ್ರಚೋದಯಾತ್|

ಅರ್ಥ: “ಭೂಮಿ, ಅಂತರಿಕ್ಷ, ಮಂಡಲವಲಯವನ್ನೆಲ್ಲ ವ್ಯಾಪಿಸಿರುವ ಅಪಾರ ಮಹಿಮೆ ಶಾಂತಿಯಿಂದ ಕೂಡಿದ ದೇವತೆಯ ಮಹಿಮೆಯನ್ನು ಧ್ಯಾನಿಸುತ್ತೇವೆ. ಆ ಮಹಿಮೆಯು ನಮ್ಮ ಬುದ್ಧಿಯನ್ನು ಪ್ರಚೋದಿಸಲಿ”

“ರತ್ನಾಕರಾಧೌತಪದಾಂ ಹಿಮಾಲಯಕಿರೀಟನೀಂ |

ಬ್ರಹ್ಮರಾಜರ್ಷಿರತ್ನಾಢ್ಯಾಂ ವಂದೇ ಭಾರತಮಾತರಂ ||”

ಅರ್ಥ : “ಸಮುದ್ರಗಳಿಂದ ಚರಣಗಳನ್ನು ತೊಳೆಯಲ್ಪಟ್ಟ, ಹಿಮಾಲಯ ಪರ್ವತವೆಂಬ ಕಿರೀಟವನ್ನು ಧರಿಸಿರುವ, ಬ್ರಹ್ಮರ್ಷಿ ಮತ್ತು ರಾಜರ್ಷಿರೂಪದ ರತ್ನಗಳಿಂದ ಸಮೃದ್ಧವಾಗಿರುವ ಭಾರತ ಮಾತೆಗೆ ನಾನು ನಮಿಸುತ್ತೇನೆ.”

“ಓಂ ದ್ಯೌಃ ಶಾಂತಿಃ | ಅಂತರಿಕ್ಷಃ ಶಾಂತಿಃ |

ಪೃಥಿವೀ ಶಾಂತಿಃ | ಆಪಃ ಶಾಂತಿಃ | ಓಷಧಯಃ ಶಾಂತಿಃ|

ವನಸ್ಪತಯಃ ಶಾಂತಿಃ | ವಿಶ್ವೇದೇವಾಃ ಶಾಂತಿಃ |

ಬ್ರಹ್ಮಶಾಂತಿಃ | ಸರ್ವಂ ಶಾಂತಿಃ |

ಶಾಂತಿರೇವ ಶಾಂತಿಃ | ಸಾಮಾ ಶಾಂತಿರೇಧಿ |

ಓಂ ಶಾಂತಿಃ ಶಾಂತಿಃ ಶಾಂತಿಃ

ಅರ್ಥ: “ದ್ಯೌಲೋಕ (ಸ್ವರ್ಗಲೋಕ)ಕ್ಕೆ ಶಾಂತಿ ಉಂಟಾಗಲಿ, ಅಂತರಿಕ್ಷದಲ್ಲಿ ಶಾಂತಿಯಾಗಲಿ, ಭೂಮಿಯು ಶಾಂತಿಯಿಂದ ಇರಲಿ, ನೀರು ಶಾಂತಿಗೊಳ್ಳಲಿ, ಔಷಧ ಸಸ್ಯಗಳು, ವನಸ್ಪತಿಗಳು ಶಾಂತಿಗೊಳ್ಳಲಿ, ಸರ್ವಜಗತ್ತೂ ಶಾಂತಿಯಿಂದ ಇರಲಿ. ನನಗೂ ಶಾಂತಿ ಉಂಟಾಗಲಿ, ಓಂ ಶಾಂತಿಃ, ಶಾಂತಿಃ, ಶಾಂತಿಃ.”

ತಾಪತ್ರಯಕಾದ ಆಧ್ಯಾತ್ಮಿಕ, ಆದಿಭೌತಿಕ, ಆದಿದೈವಿಕಗಳಿಗೆ ಶಾಂತಿ ಉಂಟಾಗಲಿ. ಹಿಂದಿನ ಋಷಿಮುನಿಗಳು ಎಲ್ಲಾ ಮಂತ್ರದ ಕೊನೆಯಲ್ಲಿ ಹೇಳುತ್ತಿದ್ದರು. ಶಾಂತಿ ಜಗತ್ತಿನ ತುಂಬಾ ನೆಲೆಸಲಿ. ಮನಸ್ಸಿನಲ್ಲಿ ಶಾಂತಿ ನೆಲೆಸಲಿ. (ಸಮಾಧಾನ) ಸರ್ವತ್ರ ಶಾಂತಿ ನೆಲೆಸಲಿ ಎಂದು ಜಗತ್ತಿನ ಕಲ್ಯಾಣ ಬಯಸುವುದು ಇದರ ಉದ್ದೇಶ. ಮನಸಾ, ವಾಚಾ, ಕರ್ಮಣಾ ಶಾಂತಿ ಉಂಟಾಗಲಿ.

ದೀಪ ಮಂತ್ರ

ದೀಪಜ್ಯೋತಿಃ ಪರಂಜ್ಯೋತಿಃ ದೀಪಜ್ಯೋತಿರ್ಜನಾರ್ದನಃ |

ದೀಪೋ ಹರತು ಮೇ ಪಾಪಂ ದೀಪಜ್ಯೋತಿರ್ನಮೋಸ್ತುತೇ ||

ಶುಭಂಕರೋತು ಕಲ್ಯಾಣಂ ಆರೋಗ್ಯಂ ಸುಖಸಂಪದಃ |

ದ್ವೇಷಬುದ್ಧಿ ವಿನಾಶಾಯ ಆತ್ಮಜ್ಯೋತಿರ್ನಮೋಸ್ತುತೇ |

ಆತ್ಮಜ್ಯೋತಿ ಪ್ರದೀಪ್ತಾಯ ಬ್ರಹ್ಮಜ್ಯೋತಿರ್ನಮೋಸ್ತುತೇ |

ಬ್ರಹ್ಮಜ್ಯೋತಿ ಪ್ರದೀಪ್ತಾಯ ಗುರುಜ್ಯೋತಿರ್ನಮೋಸ್ತುತೇ ||

ಅರ್ಥ :

ದೀಪದ ಬೆಳಕು ಶ್ರೇಷ್ಠವಾದ ಜ್ಯೋತಿಯಾಗಿದೆ. ದೀಪದ ಜ್ಯೋತಿಯು ನನ್ನ ಪಾಪವನ್ನು ದೂರಮಾಡಲಿ. ಕಲ್ಯಾಣ, ಆರೋಗ್ಯ, ಸುಖ, ಸಂಪತ್ತು, ಸಮೃದ್ಧಿಗಳನ್ನೀಯುವಂತೆ ಮಾಡಲಿ. ದ್ವೇಷ ಬುದ್ಧಿಯನ್ನು ನಾಶಮಾಡುವಂತಹ ಆತ್ಮಜ್ಯೋತಿಗೆ ನಮಸ್ಕಾರ. ಜೀವಾತ್ಮವನ್ನು ಉದ್ದೀಪನಗೊಳಿಸಿ ಬ್ರಹ್ಮತತ್ವವನ್ನು ಶರೀರದಲ್ಲಿ ನೆಲೆಗೊಳಿಸುವಂತಹ ಶ್ರೇಷ್ಠ ಜ್ಯೋತಿಗೆ ನಮಸ್ಕಾರ.

ಭೋಜನ ಮಂತ್ರ

ಅನ್ನಪೂರ್ಣೇ ಸದಾಪೂರ್ಣೇ ಶಂಕರಪ್ರಾಣವಲ್ಲಭೇ

ಜ್ಞಾನವೈರಾಗ್ಯ ಸಿದ್ಧಾರ್ಥಂ ಭಿಕ್ಷ್ವಂದೇಹಿ ಚ ಪಾರ್ವತಿ

ಅಹಂ ವೈಶ್ವಾನರೋ ಭೂತ್ವಾ ಪ್ರಾಣೇನಾಂ ದೇಹಮಾಶ್ರಿತಃ

ಪ್ರಾಣಾಪಾನ ಸಮಾಯುಕ್ತಃ ಪಚಾಮ್ಯನ್ನಂಚತುರ್ವಿಧಂ

ಶಾಂತಿ ಮಂತ್ರ

ಸರ್ವೇ ಭವಂತು ಸುಖಿನಃ ಸರ್ವೇ ಸಂತು ನಿರಾಮಯಾಃ|

ಸರ್ವೇ ಭದ್ರಾಣಿ ಪಶ್ಯಂತು ಮಾಕಷ್ಟಿದ್ವುಃಖಭಾಗ್ಯವೇತ್ ||

ಓ ಶಾಂತಿಃ ಶಾಂತಿಃ ಶಾಂತಿಃ

ಓಂ ಪೂರ್ಣಮದಃ ಪೂರ್ಣವಿದಂ ಪೂರ್ಣಾತ್

ಪೂರ್ಣಮುದಚ್ಯತೇ|

ಪೂರ್ಣಸ್ಯ ಪೂರ್ಣಮಾದಾಯ ಪೂರ್ಣಮೇವಾದಶಿಷ್ಯತೇ ||

ಓಂ ಶಾಂತಿಃ ಶಾಂತಿಃ ಶಾಂತಿಃ

ಶಾಂತಿ ಮಂತ್ರದ ಅರ್ಥ

ಎಲ್ಲರೂ ಸುಖವಾಗಿರಲಿ. ಎಲ್ಲರೂ ಸುಭದ್ರತೆಯನ್ನು ಹೊಂದಿ, ನಿರಾತಂಕ ಮನಸ್ಸಿನವರಾಗಿರಲಿ.

ಯಾರಿಗೂ ಕಿಂಚಿತ್ತೂ ದುಃಖವಾಗದಿರಲಿ. ದೇವನು ಪರಿಪೂರ್ಣ, ನಾವೂ ಪರಿಪೂರ್ಣ, ಅವನಿಂದ ನಾವು ಬಂದಿದ್ದರೂ ಅವನು ಪೂರ್ಣನಾಗಿಯೇ ಉಳಿಯುತ್ತಾನೆ. ಬ್ರಹ್ಮನು ತನ್ನ ಪೂರ್ಣತ್ವವನ್ನು ಅಖಂಡತ್ವವನ್ನು ಹಾಗೆಯೇ ಉಳಿಸಿಕೊಳ್ಳುತ್ತಾನೆ.

जन्मदिन गीत

जन्मदिनमिदम् अयि प्रिय सखे
शंतनोतु हि सर्वदा मुदम् ।
प्रार्थयामहे भव शतायुषी
ईश्वर सदा त्वाम् च रक्षतु ।
पुण्यकर्मणा कीर्तिमार्जय
जीवनम् तव भवतु सार्थकम्
जन्मदिनमिदम् अयि प्रिय सखे
शंतनोतु ते हि सर्वदा मुदम् ।

PLEDGE DURING NATIONAL FESTIVALS

“We salute our National flag and pledge of allegiance to the same. It's honour and its glory depend upon the zeal and assiduity with which each of us will shoulder our responsibilities as a good citizen, its history written in letter of gold, inspires us to put in good work for the fair name of our country. We declare our unflinching loyalty to our national flag and maintain that it's course shall be our course and that each individual amongst us shall make genuine efforts to add to its lustre and glory and make it fly proudly in the committee of nations.

EXAMINATION TIME TABLE

Formative Assessment - 1

Date	Day	Fore Noon	After Noon	Mother Teacher's Sign.	Parent's Sign.

Formative Assessment - 2

Date	Day	Fore Noon	After Noon	Mother Teacher's Sign.	Parent's Sign.

Mid - Annual Assessment

Date	Day	Fore Noon	After Noon	Mother Teacher's Sign.	Parent's Sign.

EXAMINATION TIME TABLE

Formative Assessment - 3

Date	Day	Fore Noon	After Noon	Mother Teacher's Sign.	Parent's Sign.

Formative Assessment - 4

Date	Day	Fore Noon	After Noon	Mother Teacher's Sign.	Parent's Sign.

Annual Assessment

Date	Day	Fore Noon	After Noon	Mother Teacher's Sign.	Parent's Sign.

TIME TABLE

Standard :				Section :																
	I Period	I Period	Short Break : 10-50 to 11-00				III Period	VI Period	Lunch Break : 12-20 to 1-00				V Period	VI Period	Short Break : 2-20 to 2-30				VII Period	VIII Period
TIMINGS	9-25 10-10	10-10 10-50					11-00 11-40	11-40 12-20					1-00 1-40	1-40 2-20					2-30 3-10	3-10 3-50
Monday																				
Tuesday																				
Wednesday																				
Thursday																				
Friday																				
Saturday																				

[illegible]

[illegible]

MESSAGE FROM TEACHER TO PARENT

[illegible]

May

2025

1	Thu	
2	Fri	
3	Sat	
4	Sun	❖
5	Mon	
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	
11	Sun	❖
12	Mon	
13	Tue	
14	Wed	
15	Thu	
16	Fri	
17	Sat	
18	Sun	❖
19	Mon	
20	Tue	
21	Wed	
22	Thu	
23	Fri	
24	Sat	KG Parents' Meeting
25	Sun	❖
26	Mon	
27	Tue	
28	Wed	Veer Savarkar Jayanthi
29	Thu	Reopening
30	Fri	
31	Sat	

❖ Holidays

June**2025**

1	Sun	❖
2	Mon	
3	Tue	
4	Wed	General Election
5	Thu	World environment day
6	Fri	
7	Sat	Bakrid
8	Sun	❖
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	Investiture ceremony/ Fresher's Day
15	Sun	❖
16	Mon	
17	Tue	
18	Wed	
19	Thu	
20	Fri	
21	Sat	International yoga day
22	Sun	❖
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	❖
30	Mon	

❖ Holidays

July**2025**

1	Tue	FA I - First week of July
2	Wed	
3	Thu	
4	Fri	
5	Sat	
6	Sun	❖ Moharam
7	Mon	
8	Tue	
9	Wed	
10	Thu	Gurupoornima
11	Fri	World Population Day
12	Sat	
13	Sun	❖
14	Mon	
15	Tue	
16	Wed	
17	Thu	
18	Fri	Parents' Meet
19	Sat	
20	Sun	❖
21	Mon	
22	Tue	
23	Wed	Tilak jayanthi, Chandrashekhar Azad Jayanthi
24	Thu	"Aatida koota"
25	Fri	
26	Sat	Kargil day (vijaya divas)
27	Sun	❖
28	Mon	
29	Tue	❖ Nagara Panchami
30	Wed	
31	Thu	

August

2025

1	Fri	
2	Sat	
3	Sun	❖
4	Mon	FA II - First week of August
5	Tue	
6	Wed	Hiroshima day
7	Thu	
8	Fri	Varamahalakshmi Vritha
9	Sat	Rakshabandhan / Samskritotsava
10	Sun	❖
11	Mon	
12	Tue	
13	Wed	
14	Thu	
15	Fri	Independence day / Shri Krishna Janmashtami
16	Sat	
17	Sun	❖
18	Mon	
19	Tue	Parents' Meet
20	Wed	Sadbhavana Day
21	Thu	
22	Fri	
23	Sat	
24	Sun	❖
25	Mon	
26	Tue	❖ Gauri Tadige
27	Wed	❖ Ganesh chathurthi
28	Thu	
29	Fri	National Sports day
30	Sat	
31	Sun	❖

❖ Holidays

September

2024

1	Mon	
2	Tue	
3	Wed	
4	Thu	
5	Fri	Teachers Day
6	Sat	Parents' Meeting
7	Sun	❖
8	Mon	Second week of September 2025 - I Term Examination World Literacy Day
9	Tue	
10	Wed	
11	Thu	Chicago Speech
12	Fri	
13	Sat	
14	Sun	❖ Hindi Diwas
15	Mon	Engineers Day
16	Tue	World Ozone Day
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	❖ 21.09.2025 to 06.10.2025 Mid Term Vacation
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	
28	Sun	❖
29	Mon	
30	Tue	

❖ Holidays

October

2025

1	Wed	❖ Maha Navami
2	Thu	❖ Gandhi Jayanthi / Shastri Jayanthi / Vijaya dashami
3	Fri	
4	Sat	
5	Sun	❖
6	Mon	School Re-opening
7	Tue	Valmiki Jayanthi
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	❖
13	Mon	
14	Tue	
15	Wed	
16	Thu	❖
17	Fri	
18	Sat	Parents' Meeting
19	Sun	❖
20	Mon	❖ Naraka Chaturdashi
21	Tue	
22	Wed	❖ Deepavali
23	Thu	
24	Fri	
25	Sat	
26	Sun	❖
27	Mon	
28	Tue	
29	Wed	
30	Thu	
31	Fri	

❖ Holidays

November

2025

1	Sat	❖ Karnataka Rajyosthsava / World wild Animals week
2	Sun	❖ Thulasi Pooja
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	Bipin Chandrapal Jayanthi
8	Sat	❖ Kanaka Jayanthi
9	Sun	❖
10	Mon	
11	Tue	National Education Day
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	❖
17	Mon	
18	Tue	
19	Wed	National Intigration Day
20	Thu	
21	Fri	
22	Sat	
23	Sun	❖
24	Mon	
25	Tue	
26	Wed	❖ Subramanya Champa shashti / Constitution Day
27	Thu	
28	Fri	
29	Sat	
30	Sun	

❖ Holidays

December

2025

1	Mon	First week of December 2024 - FA 3 World Aids Day
2	Tue	National Pollution Day
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	❖ Flag Day
8	Mon	
9	Tue	
10	Wed	World Human Rights Day
11	Thu	
12	Fri	
13	Sat	
14	Sun	❖
15	Mon	
16	Tue	Parents' Meet
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	❖
22	Mon	World Mathematic Day
23	Tue	World Farmers' Day
24	Wed	
25	Thu	❖ Christmas
26	Fri	Shaurya Diwas
27	Sat	
28	Sun	❖
29	Mon	
30	Tue	
31	Wed	

❖ Holidays

January

2026

1	Thu	
2	Fri	
3	Sat	Mother Savithri Devi Phulay Jayanthi
4	Sun	❖
5	Mon	
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	
11	Sun	❖
12	Mon	Vivek Jayanthi
13	Tue	
14	Wed	❖ Makara Sankramana
15	Thu	
16	Fri	
17	Sat	
18	Sun	❖
19	Mon	
20	Tue	
21	Wed	
22	Thu	
23	Fri	Shubash Chandra Bose Jayanthi/Vsantha Panchami
24	Sat	
25	Sun	❖ National Voters' Day
26	Mon	❖ Republic Day
27	Tue	
28	Wed	Lala Lajpat Rai Jayanthi
29	Thu	
30	Fri	Martyrs' Day
31	Sat	

❖ Holidays

February

2026

1	Sun	❖
2	Mon	First week of February 2026 - F A 4
3	Tue	
4	Wed	World Cancer Day
5	Thu	
6	Fri	
7	Sat	
8	Sun	❖
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	Parents' Meeting
15	Sun	❖ Mahashivaratri
16	Mon	
17	Tue	
18	Wed	
19	Thu	Shivaji Jayanthi
20	Fri	
21	Sat	
22	Sun	❖ Scout Guide Day
23	Mon	Swami Dayananda Saraswathi Jayanthi
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	National Science Day

❖ Holidays

March

2026

1	Sun	❖
2	Mon	
3	Tue	
4	Wed	Holika Dahan
5	Thu	
6	Fri	
7	Sat	Parents' Meeting
8	Sun	❖ World Women's Day
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	❖
16	Mon	3rd week of March 2026 II Term Exam
17	Tue	
18	Wed	
19	Thu	❖ Ugadi
20	Fri	
21	Sat	❖ Ramzan
22	Sun	❖
23	Mon	
24	Tue	
25	Wed	
26	Thu	Ramanavami
27	Fri	
28	Sat	
29	Sun	❖
30	Mon	
31	Tue	

❖ Holidays

April**2026**

1	Wed	
2	Thu	
3	Fri	❖ Good Friday
4	Sat	
5	Sun	❖
6	Mon	
7	Tue	World Health Day
8	Wed	
9	Thu	
10	Fri	Annual Result
11	Sat	
12	Sun	❖
13	Mon	
14	Tue	❖ Dr. B R Ambedkar Jayanthi
❖ Holidays		

Note : Test / Exam days of High School will be informed separately

Academic Torch Bearers of Grade X

Year	Result	Top Scorer
2022-23	100%	Manvith - 92.7%
2023-24	100%	Shreelakshmi S.C. - 96.2%
2024-25	100%	Niyathi Bhat - 95.17%

ನಮ್ಮ ದಿನಚರಿ

ಮುಂಜಾನೆ.....

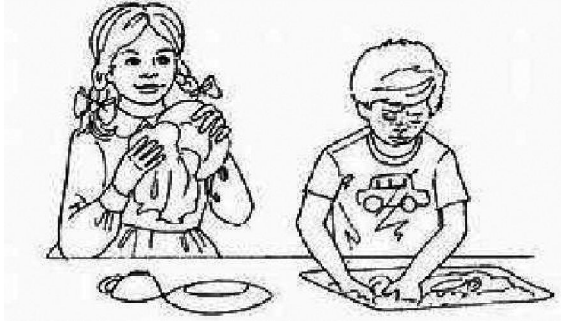
5.00 - ನಿತ್ಯಕರ್ಮಗಳು, ಜಲಪಾನ.

5.15 - ದೇವರ ಮನೆಗೆ ಹೋಗಿ ಕುಂಕುಮ ಧರಿಸಿ ಒಳ್ಳೆಯ ಮನಸ್ಸಿನಿಂದ ಎಲ್ಲರಿಗೂ ಒಳ್ಳೆಯದಾಗಲೆಂದು ಪ್ರಾರ್ಥನೆ, ಶ್ಲೋಕಗಳನ್ನು ಪಠಿಸುತ್ತಾ ಪುಷ್ಪಾರ್ಚನೆ, ಹಿರಿಯರಿಗೆ ನಮಸ್ಕರಿಸಿ ಅವರ ಆಶೀರ್ವಾದಗಳೊಂದಿಗೆ ದಿನವನ್ನು ಆರಂಭಿಸುವುದು.

5.30 - ಒಂದು ಗಂಟೆಗಳ ಕಾಲ ದೈನಂದಿನ ಪಾಠ ಪ್ರವಚನದ ತಯಾರಿ

6.30 - ಮುಂಜಾನೆಯ ಸುಂದರ ಪ್ರಕೃತಿ ವೀಕ್ಷಣೆ.

6.40 - ಅಡುಗೆ ಮನೆಯಲ್ಲಿ ಸಹಾಯ.



7.00 - ಕಾಫಿ - ತಿಂಡಿ, ತಟ್ಟೆಲೋಟ ತೊಳೆದಿಡುವಿಕೆ, ಕೋಣೆ ಸ್ವಚ್ಛತೆ, ಇಸ್ರಿ, ಶಾಲಾ ತಯಾರಿ.

7.30 - ಹಿರಿಯರು ಕಿರಿಯರೊಂದಿಗೆ ಕುಶಲೋಪರಿ ವಾರ್ತಾವೀಕ್ಷಣೆ.

7.40 - ಹೂ ತೋಟ ಗಿಡಮರಗಳ ವೀಕ್ಷಣೆ, ನೀರುಣಿಸುವುದು, ಪ್ರಾಣಿ ಪಕ್ಷಿಗಳಿಗೆ ನೀರು ಆಹಾರ ನೀಡುವುದು



7.50 - ಅಪ್ಪ-ಅಮ್ಮ ಅಜ್ಜ-ಅಜ್ಜಿ ತಿಂಡಿ ನೀಡುವಲ್ಲಿ ಸಹಕಾರ

8.00 - ಶಾಲೆಯ ತರಗತಿ ಕುರಿತು ಪುನರ್ ಮನನ

8.10 - ಶಾಲೆಗೆ ಹೊರಡುವಿಕೆ, ವಿದಾಯ.

ಸಂಜೆ.....

ಲಘು ಉಪಾಹಾರ, ಹೊರಾಂಗಣ ಆಟ

6.30 - ಸ್ನಾನ, ದೇವರದೀಪ ಹಚ್ಚುವುದು, 15-20 ನಿಮಿಷಗಳ ಕಾಲ ಭಜನೆ.



7.15 - ಹೋಂವರ್ಕ್

8.00 - ವಾರ್ತಾವೀಕ್ಷಣೆ

8.15 - ಮನೆಮಂದಿಯೆಲ್ಲರೊಂದಿಗೆ ಕುಳಿತು ರಾತ್ರಿಯ ಊಟ

ಅಮ್ಮನಿಗೆ ಸಹಾಯ



8.30 - ಹೋಂವರ್ಕ್, ಅಂದಂದಿನ ಪಾಠಗಳ ಪುನರ್ಮನನ.

10.00 / 10.30 - ನಿದ್ರಿಸುವುದು.

ಶಾಲೆ.....

* ಗುರುಗಳೆಲ್ಲರಿಗೂ ಗೌರವದ ನಮನ ಸಲ್ಲಿಸುವಿಕೆ.



* ಸಹಪಾಠಿಗಳ ಸಹಮಿಲನ, ಶಾಲಾವರ್ಣದ ಭಾಷೆಯಲ್ಲಿ ಸಂವಹನ

* ತರಗತಿ ಸ್ವಚ್ಛತೆಯ ಕಡೆ ಗಮನ



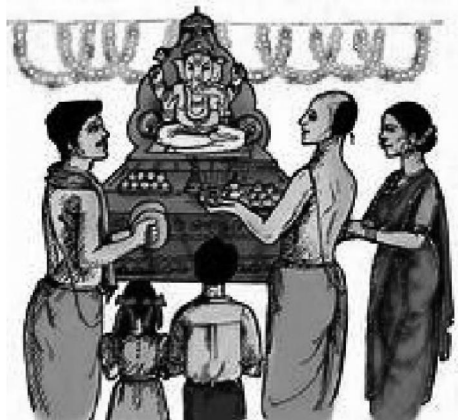
- * ಶಾಲಾ ಅಸೆಂಬ್ಲಿ ತಯಾರಿ ಕಡೆ ಗಮನ.
- * ಆದಷ್ಟು ಮೌನ ಆಚರಣೆ ಹಿತಮಿತವಾದ ಮಾತು,
- * ವೇಟ್ ಫಾರ್ ಯುವರ್ ಟರ್ನ್ ಪಾಲನೆ, ಕೈ ಎತ್ತುವ ಮೂಲಕ ಸರದಿ ಪಾಲನೆ.
- * ಅಂದಂದಿನ ಡೌಟ್ ಅಂದೆ ಪರಿಹಾರ.
- * ಗುರುಗಳ ದನಿಗಿಂತ ಎತ್ತರದ ದನಿ ಬಳಸದಿರುವುದು.
- * ಹೊಸ ಹೊಸ ವಿಷಯಗಳ ಪಟ್ಟಿ ಮಾಡುವಿಕೆ.
- * ಆದಷ್ಟು ಎಲ್ಲಾ ಚಟುವಟಿಕೆಯಲ್ಲಿ ಭಾಗವಹಿಸುವಿಕೆ.

ನಿತ್ಯಜೀವನದಲ್ಲಿ.....

- * ಧನಾತ್ಮಕ ದೃಷ್ಟಿಕೋನ ಬೆಳೆಸಿಕೊಳ್ಳುವಿಕೆ.
- * ಮನಸ್ಸಿನ ತುಮುಲಗಳ ಕುರಿತು ಆಪ್ತ ಶಿಕ್ಷಕ/ಶಿಕ್ಷಕಿ ಅಥವಾ ಹಿರಿಯರೊಂದಿಗೆ ವಿನಿಮಯ
- * ಭಾರತೀಯ ಸಂಪ್ರದಾಯದಂತೆ ಹುಟ್ಟು ಹಬ್ಬ ಆಚರಣೆ.



- * ಹಬ್ಬ ಹರಿದಿನಗಳ ಆಚರಣೆ ಹಾಗೂ ಅಂದು ದೇಶೀಯ ಉಡುಪುಗಳನ್ನು ಧರಿಸುವಿಕೆ.



- * ಹೊರಸಂಚಾರ, ಡೈರಿ ಎಂಟ್ರಿ, ಪ್ರಕೃತಿ ವೀಕ್ಷಣೆ, ಆಕಾಶವೀಕ್ಷಣೆ,
- * ತಿಂಗಳಿಗೆ ಇಬ್ಬರದ್ದಾದರೂ ಭಾರತೀಯ ಸೇನಾ ನಾಯಕರ ಅವರ ಶೌರ್ಯದ ಕಥೆಗಳನ್ನು ಓದುವುದು
- * ತಿಂಗಳಿಗೆ ಒಂದು ಅನುಭವ ಕಥನ ಓದುವುದು ಅಥವಾ ಬರೆಯುವುದು
- * ದಿನನಿತ್ಯ 15 ರಿಂದ 20 ನಿಮಿಷ ಭಜನೆ ಮಾಡುವುದು
- * ಹೂಮುಡಿಯುವುದು, ಬಳೆ ಧರಿಸುವುದು (ಹುಡುಗಿಯರು)
- * ಶಂಖ ಊದುವುದು, ಜಾಗಟೆ ಬಾರಿಸುವುದು ಮುಂತಾದ ಆಚರಣೆಗಳ ಮಹತ್ವ ತಿಳಿಯುವುದು, ಇವುಗಳ ಕುರಿತು ಭಿತ್ತಿ ಪತ್ರಿಕೆಯಲ್ಲಿ ಲೇಖನ ಬರೆದು ಹಾಕುವುದು

- * ತಿಂಗಳಿಗೊಮ್ಮೆಯಾದರೂ ನೆರೆ ಕರೆಯ ದೇವಸ್ಥಾನ, ಚಾರಿತ್ರಿಕ ಸ್ಥಳಗಳ ಭೇಟಿ.
- * ದೈನಂದಿನ ವಿಚಾರಗಳ ಕುರಿತು ವಿಚಾರ ವಿನಿಮಯ
- * ಸ್ಥಳ ಚರಿತ್ರೆ ತಿಳಿಯುವುದು
- * ಮನೆಗೆ ಆಗಂತುಕರು ಬಂದಾಗ ಎದುರುಗೊಳ್ಳುವುದು, ನಗು ಮುಖದಿಂದ ಅವರನ್ನು ಮಾತನಾಡಿಸುವುದು. (ಅತಿಥಿ ಸತ್ಕಾರ)
- * ಸ್ವಂತ ವಾಹನದಲ್ಲಿ ಓಡಾಡುವಾಗ ಹಿರಿಯರಿಗೆ ಮುಂದಿನ ಸೀಟನ್ನು ಬಿಟ್ಟು ಕೊಡುವುದು
- * ಸಾರ್ವಜನಿಕ ವಾಹನಗಳಲ್ಲಿ ಓಡಾಡುವಾಗ ಮಹಿಳೆಯರಿಗೆ, ರೋಗಿಗಳಿಗೆ, ಅಶಕ್ತರಿಗೆ, ಹಿರಿಯರಿಗೆ ಸೀಟು ಬಿಟ್ಟುಕೊಡುವುದು
- * ಸಾರ್ವಜನಿಕ ಜಾಗದಲ್ಲಿ ನೈರ್ಮಲ್ಯ ಕಾಪಾಡುವುದು, ಜನರಿಗೆ ತಿಳುವಳಿಕೆ ಹೇಳುವುದು
- * ತಮ್ಮ ಬಟ್ಟೆ ತಾವೇ ಒಗೆಯುವುದು
- * ಶೌಚಾಲಯದ ಬಳಕೆಯ ನಂತರ ಕೈಕಾಲುಗಳನ್ನು ತೊಳೆದು ಒಳಗೆ ಪ್ರವೇಶಿಸುವುದು.
- * ವಾರಕ್ಕೊಂದರಂತೆ ಭಗವದ್ಗೀತೆಯ ಶ್ಲೋಕ ಹಾಗೂ ತಾತ್ಪರ್ಯವನ್ನು ಅರಿತುಕೊಳ್ಳುವುದು.
- * ದಿನಕ್ಕೊಂದು ಸಂಸ್ಕೃತ ಶಬ್ದಗಳ ಕಲಿಕೆ ಹಾಗೂ ಬಳಕೆ ಕಡ್ಡಾಯ.

- * ಮನೆಯಲ್ಲಿ ಹಿರಿಯರ ವ್ಯವಹಾರಗಳ ಕುರಿತು ಸರಿ ತಪ್ಪು ಅಭಿಪ್ರಾಯವನ್ನು ಮಾಡುವುದು ಸರಿಯಲ್ಲ.
- * ಹಿಂದೂ ಧಾರ್ಮಿಕಗ್ರಂಥಗಳ, ಪುರಾಣಗಳ ಅಧ್ಯಯನ.
- * ಹಬ್ಬ ಹರಿದಿನಗಳ ಮಹತ್ವದ ಅರಿವು, ಹಿಂದೂ ಆಚರಣೆಗಳ ಮಹತ್ವ.
- * ಆಹಾರ ಸೇವನೆಯನ್ನು ಮಾಡುವಾಗ ದೇವರನ್ನು ಸ್ಮರಿಸುವುದು.



- * ಹಿರಿ-ಕಿರಿಯರೊಂದಿಗೆ ಪ್ರೀತಿಯಿಂದ ವ್ಯವಹರಿಸುವುದು.

Now, let us read this inspirational poem

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve you turn long after they are gone,
And so hold on when there is nothing in you
Except the will which says to them: "Hold on";

If you can talk with crowds and keep your virtue;
Or walk with kings - nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much,

If you can fill the forgiving minute
with sixty second's worth of distance run-
Yours is the Earth and everything that's in it,
And - which is more - you'll be man, my son!

- Rudyard Kipling

DO NOT QUIT

When things go wrong, As they sometimes will,
When road you're trudging seems all uphill,
When the funds are low and debts are heigh,
And you want to smile, but you have to sigh,
When care is pressing you down a bit-
Rest if you must, but don't quit.

Life is queen with its twists and turns
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out.
Don't give up though the face seems slow-
you may succeed with another blow.

Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit
It's when things seem worst that you Mustn't Quit.

- Anonymous