

THE ESAKI VIDYAASHRAM

To God through
Education

News Magazine, June 2023

Be proud of
being an Esakian



Dr. Esakki Subaya M.A, ML, Ph.D
(The Chairman of Esaki Group)
Formerly the Law Minister to
Tamil Nadu State Government.
The sitting MLA from
Ambasamudiram Constituency.

Your sub-conscious mind is a big store house for your conscious mind. Whatever you see, think, hear and feel are stored here as a permanent memory. But the problematic part is that, along with our thoughts and sense, impressions, we are also throwing lot of emotional garbage and negativity (eg: hatred, revenge, fear, anger, jealousy etc) which are playing a real havoc here.



Dr. MONICA D'SOUZA, M.Sc, M.Ed, Ph.D
(The Principal of Esaki Vidyaashram),
CBSE City Co-ordinator for Tirunelveli and
Tenkasi Districts,
City Co-ordinator for CTET (NTA), Tirunelveli,
Tamil Nadu State Joint Secretary for
All India Private Schools and Children
Welfare Association(R)
CBSE Resource Person.

All parents love their children since the day they were born and it is a world phenomenon of joyful parenting.

What is Parental love?

It's nothing but parents' affection, care, comfort concern and support to their child. If you kiss, hug, praise or do nice things to your child they will be enthralled in the bliss showing their warmth, love and gratitude towards you. Being a parent the laurels your child brings to you give immense joy and pleasure especially in the social society

What is positive parenting?

It is nothing but your love, warmth and kindness towards your child. Joyful parenting is about guiding children to act the way you want, by encouraging and teaching them. But don't hurt them at any cost. I used to give instruction to my teachers not to scold any student and make injury in his or her mind. Remember one thing, research shows that positive parenting helps children to do better in school, have fewer behavioral problems, and stronger mental health.

Dear parents we will meet again in the next news bulletin.



Esakians practising Yoga



Ms. Jai Bakya Lakshmi,
(The Vice - Principal)

**"An investment in positivity,
ethics and values gives the best
result"**

some people are constantly and mercilessly pouring negativity into their sub conscious mind all the time even without being aware of it. Whenever you think negative, it is immediately fed into your sub conscious mind, whether you know about it or not, makes no difference in its effect.

Joyful Parenting:

"Parenthood: the most rewarding and a challenging career."

Do you feel stress to face the challenges of parenting?



Morning Assembly

YOGA DAY CELEBRATED: A REPORT

Esaki Vidyaashram, Tenkasi celebrated YOGA DAY on 21st June in its ground. Tenkasi Municipal office team witnessed the day. They also delivered short speeches on health and hygiene. The house members of Ruby, Emarald, Citrine and Topas did Surya Namaskar as per the instruction given by Mrs. Chinnammal, Yoga Instructor.

The theme for the International Day of Yoga 2023 is 'Yoga for Vasudhaiva Kutumbakam' or 'Yoga for the Welfare of All as One World-One Family.' It aimed to promote the benefits of practising yoga.





Don't lose hope.

You never know
what tomorrow will
bring.

Mr. ESSAKI DURAI, B.E
The Managing Director
(National Joint Secretary of the
All India Private Schools and
Children Welfare Association (R)



An Activity using Kites done by KG Tiny Tots

My Kite

Flip , Flap, Flip, Flap!
Rises my kite,
Up and up in the sky,
That is so blue and bright

Flip, flap, Flip, Flap
Goes my kite,
Sometimes to my left,
Sometimes to my right

flip, Flap, Flip, Flap
Flies my kite,
High and high above,
It flies with delight

A BOOK REVIEW

THE WEB OF LIFE BY Dr. FRITJOF CAPRA



MEENA SHREYA,
GRADE XII B

Dr. Fritjof Capra is an Austrian American physicist and a writer of bestselling books on the philosophical social implications of science.

The author thinks that it is now the time that we have to change our views of the world. The old anthropocentric perception should give way to an eco-centric perception. The sooner we realize that everything in nature is interconnected and interdependent the better for all of us now and future generations.

The world is now facing challenges of unprecedented nature. Our scientific knowledge has proved incapable of successfully meeting these challenges. Therefore we need a new perception of the world.

All the problems of the world are closely interconnected. Dr. Capra calls them systemic problems and says that all these problems are only different facets of single crises.

In order to find out solutions to these problems we have to change our outlook, our thinking and our values. Many people do not realize the importance of this. The world's political and even intellectual leaders refuse to understand how this is going to affect the future of the world.

Seeing the world as an integrated whole is the new scientific approach. This may be termed as deep ecological awareness which recognizes the fundamental interdependence of everything in nature.



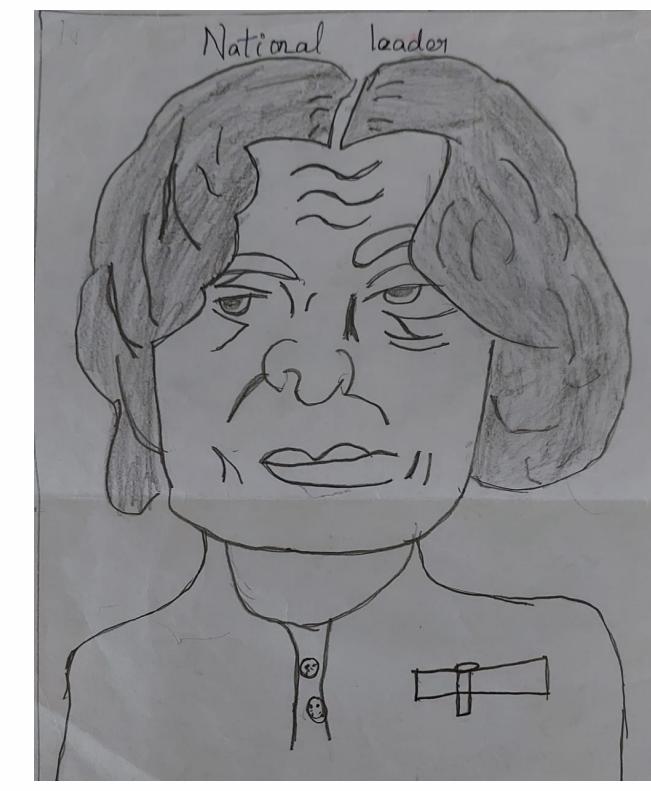
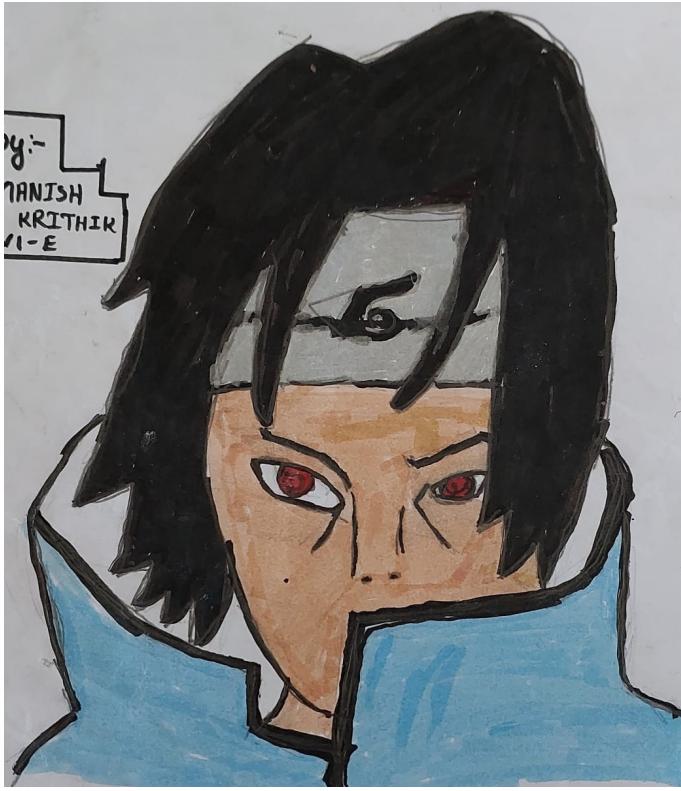
Happy Re-opening Day 2023-24!

The tiny tots of Esaki Vidyaashram happily entered the school on the re-opening day. The Principal and staff heartily welcomed them.



Here, the students are primary and it is a different school. The students are fostered without bias and prejudices. The school caters them with nutritious thoughts and adequate positivity

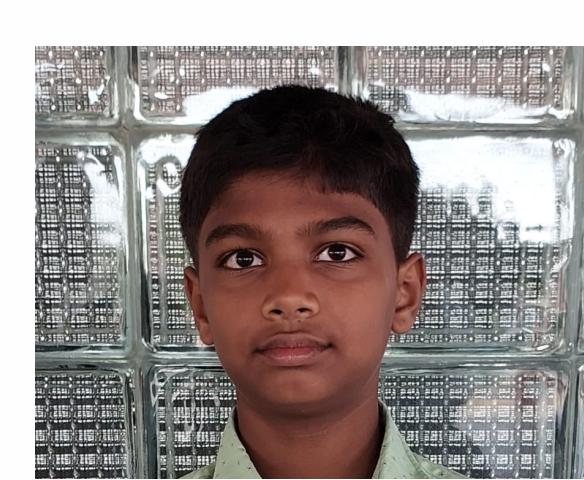




Mohamed Fayaz, VI-E



Manish Krithik, VI-E



Mayandi Mathesh, V-A



Charan Sreekanth, VI-E



Azeera, VI-E



Raasiba, VI-E

Quiz

1. Which State recently reported deaths of cheetahs?
2. Who is the leader of Opposition in the Rajya Sabha ?
3. Which city is likely to be put on UNESCO's list of World Heritage in Danger?
4. Which former US President is facing criminal charges over attempts to overturn the 2020 Presidential elections?



1. Madhya Pradesh
2. Malikarjun Kargal
3. Venice
4. Donald Trump

ANSWERS:



The following students bagged certificates and trophies in the **18th National level Abacus and Mental Arithmetic Competition held at Goa** on 7th June 2023.

1. M. Sankara Narayanan, Grade 12 D, 5th Prize RL 2 Level
2. M. Ram Prasath, Grade 10 C, 5th Prize RL 2 Level
3. J. Sai Kiruthik, Grade 4 D, Consolation Prize
4. R.V. Parvathi, Grade 3 D, 4th Prize, EL 2 Level
5. R.V. Barathiraman, Grade 5 B, 1st Prize, EL 2 Level
6. J. Harish Ragave Grade 8C, 3rd Prize EL 2 Level



YELLOW DAY CELEBRATED

We see different types of colours everywhere. Colours play an important role in our life. It will give pleasure and sometimes displeasure.

Colour will help us to think seriously, it will also compel us to change the action or do some reactions. A great scientist, named Sir Issac Newton did an experiment with sunlight and found that white light contained seven colours.

Colours can comfort our eyes and mind. We select colourful dresses as they give us happiness. But some colours give us tension.

Do you know that, we will not feel hungry if we see our favorite colour. Colours help us to communicate both ideas and emotions. It adds richness to our lives. Colour, colour everywhere. we can't imagine a world without colour.

