



CHINMAYA VIDYALAYA
PRIMARY DEPARTMENT
PRESENTS

 **e** Newsletter “LUMINESCENCE”

APRIL 2025-2026



From the Principal's Desk

"True education is not just the accumulation of facts, but the awakening of the inner potential."

Education shapes young minds and unlocks boundless potential. At our esteemed Vidyalaya, we nurture curiosity, ignite creativity, and cultivate a passion for lifelong learning. In this inaugural edition of Luminescence, we showcase the innovative teaching methodologies, vibrant activities, and remarkable achievements of our Primary Department—testaments to the unwavering dedication of our teachers and the exuberant spirit of our students. United in purpose, we are shaping a luminous future, inspiring young learners to ascend to new heights of excellence.

**With warmest regards,
Archana Soni
Principal**





Awards and Accolades



A Moment of Triumph
Heartfelt congratulations to
Ayush and Tayyab for their
remarkable achievement in the
Yogasana Sports Championship,
and sincere appreciation to
their mentor for guiding them
with unwavering support. This
accomplishment exemplifies
excellence, discipline, and the
true spirit of our institution.



CULTURAL DAY



STATE : PUNJAB
BAISAKHI



The Primary Department celebrated Baisakhi with engaging activities for students. The festivities featured a PowerPoint presentation showcasing the festival's significance for farmers and the benefits of millets, a superfood. Classes I and II enjoyed a wholesome millet breakfast, while class III savored Pearl Millet Salad. Class IV relished millet sandwiches, and class V crafted millet Canape bites.



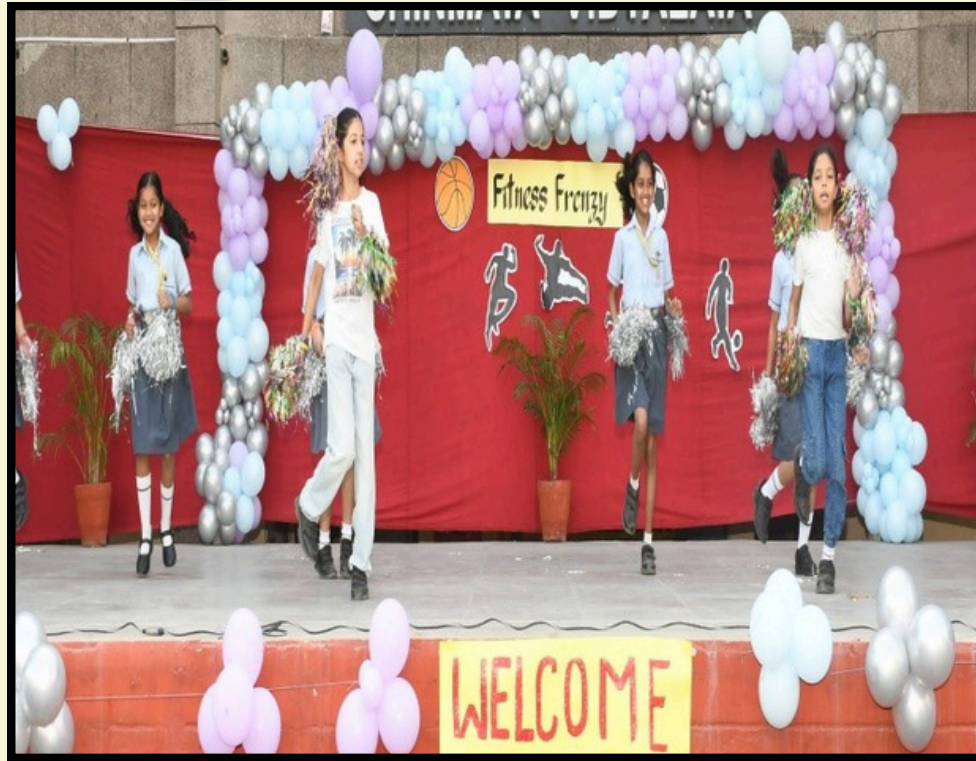


FITNESS FRENZY ASSEMBLY (SPORTS DEPARTMENT)



April 7, 2025

The learners were welcomed with an energetic "Fitness Frenzy" assembly on the first day of the new academic session. The event featured dynamic warm-up stretching, upbeat music for aerobic movements, and an engaging Zumba session, introducing rhythmic dance exercises. It concluded with gentle stretching and breathing exercises to promote relaxation.



WORLD ART DAY



On 29th April 2025, the dance enthusiasts celebrated World Dance Day with diverse dances, including Irish, Chau, and Zumba, highlighting culture, unity, and artistic expression, with enthusiastic teacher participation, fostering holistic education and joy.

WORLD DANCE DAY



“Every Child is an Artist.” Guided by this theme, Class I students created floral art through onion painting, while Class II showcased vibrant posters. Class III engaged in Mandala Art, Class IV produced quirky Doodle Art, and Class V featured Silhouette Paintings of serene sunrises. Each class proudly displayed their work, transforming classrooms into mini art galleries.



APPRECIATION DAY

CONGRATULATIONS

TARANG Appreciation Day 2025 at Chinmaya Vidyalaya featured a fusion orchestra, Ganesh Vandana, dance, speeches, prize distribution, and a musical drama. The occasion was graced by alumnus Mr. T.S. Vijay, whose inspirational address stirred a deep sense of pride and connection among students.





CLASS VA ASSEMBLY SDG GOAL 5-GENDER EQUALITY

Theme- Empowered Woman, Empowered Nation

On 17th April 2025, Class V A students presented an assembly on 'Empowered Woman, Empowered Nation,' featuring speeches and a skit, highlighting women's empowerment, progress, and gender equality, inspiring respect and the spirit of empowerment among little agents of change.





Special Assembly on World Earth Day by class IV



THEME-OUR POWER, OUR PLANET

On April 21, Class IV students celebrated Earth Day with a lively assembly. The planet protectors highlighted pollution reduction, conservation, and reforestation, enacted the Chipko Movement, and pledged to plant trees and adopt eco-friendly practices to protect the planet.





CLASS VB ASSEMBLY

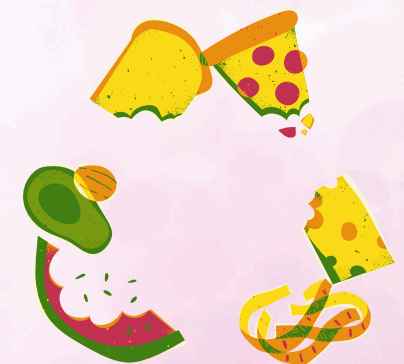
SDG GOAL 2- ZERO HUNGER

THEME-EVERYONE DESERVES A FULL PLATE

In an endeavor to spread awareness on "Zero Hunger", the students of Class VB presented an assembly on May 1, 2025, with a skit, song, and a pledge, emphasizing food security and sharing. The assembly promoted kindness, hope, and awareness to work towards ending hunger and ensuring everyone has enough to eat.



DON'T FORGET

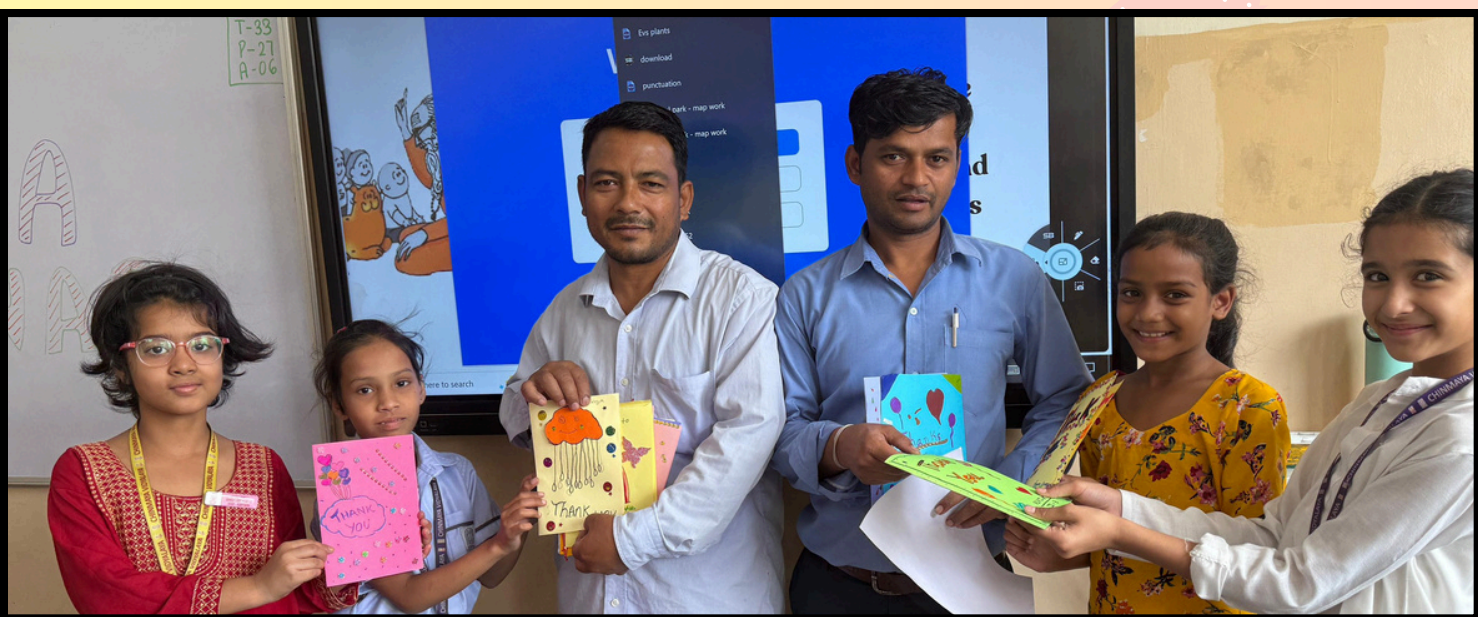
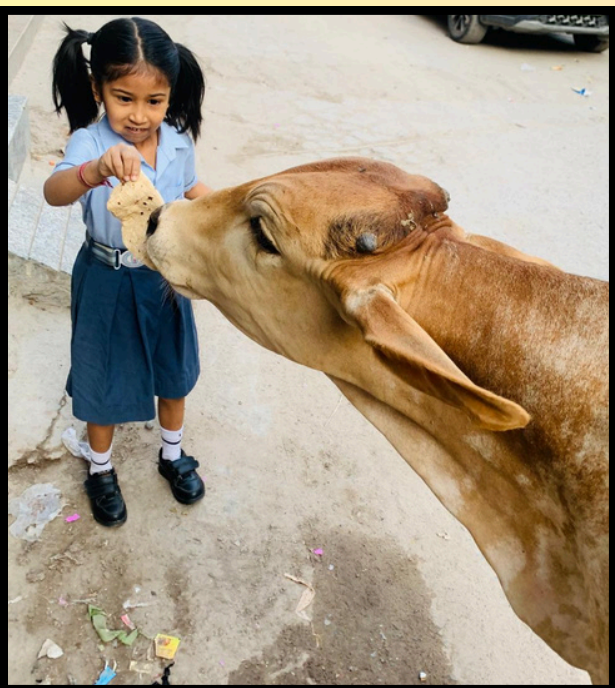
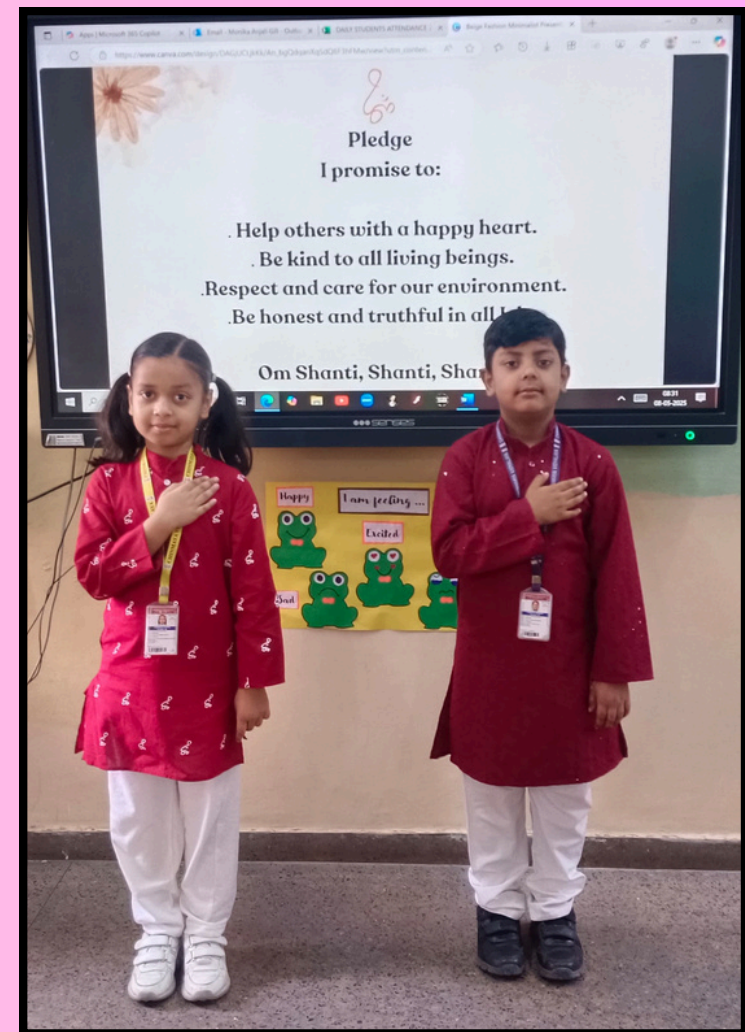




GURUDEV JAYANTI

In Loving Reverence to Gurudev

With devotion and belief that Sewa purifies the heart and expands the mind, a meaningful Sewa Session was held. Through a video and discussion, students explored the essence of selfless service. They shared personal acts of kindness and reflected on their emotions. A collage of past sessions inspired continued commitment to the spirit of Sewa. The session beautifully echoed Gurudev's teachings, leaving every heart more open, aware, and dedicated to the path of Sewa.



INVESTITURE CEREMONY- NETRITVA



Investiture Ceremony 2025-26 welcomed a new generation of leaders. The ceremony recognised and celebrated the newly elected student council members, conferring upon them badges, sashes, and new responsibilities.

The programme commenced with an invocation and it was followed by the address of Primary Headmistress, Ms. Archana Gaur, encouraging the elected leaders to be dutiful and responsible. The Prefectorial Ceremony was a proud moment for all! The Head Boy delivered an inspiring speech, urging others to lead by example, and the programme concluded with the oath-taking ceremony.





CLASS VC ASSEMBLY

SDG GOAL-7 AFFORDABLE AND CLEAN ENERGY

THEME- ENERGY FOR ALL : LIGHTING UP OUR LIVES



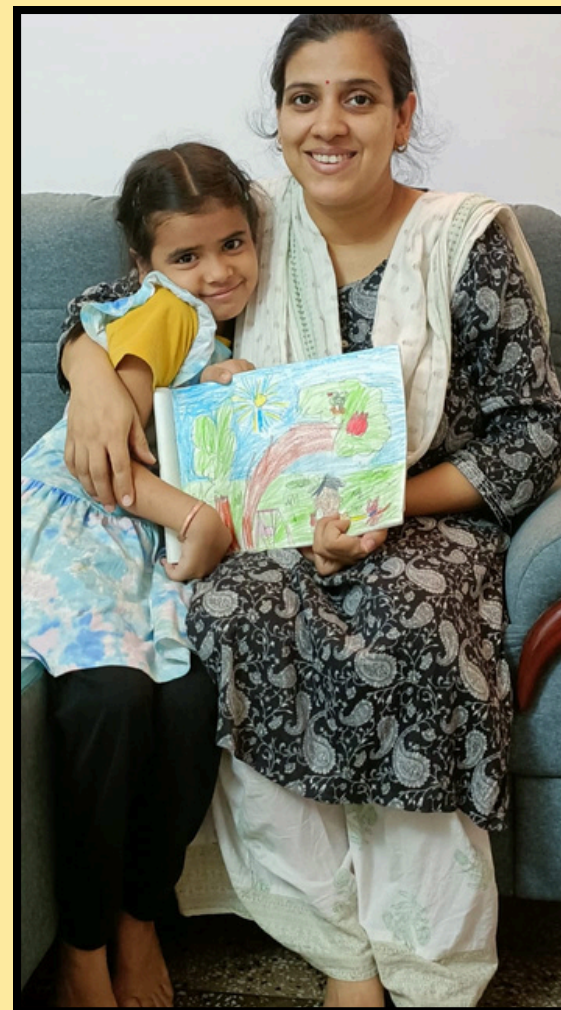
Promoting universal access to clean energy, the Energy Guardians of Class VC students presented an assembly on "Energy for All," emphasizing energy conservation through a talk, an interactive quiz, and a skit. They concluded with a pledge to save energy and promote a sustainable future, inspiring awareness and responsibility among peers.



Happy
Mother's
Day



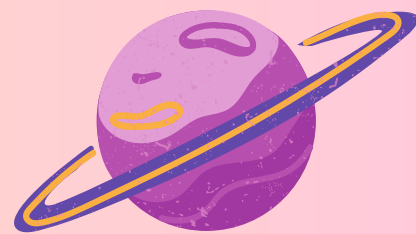
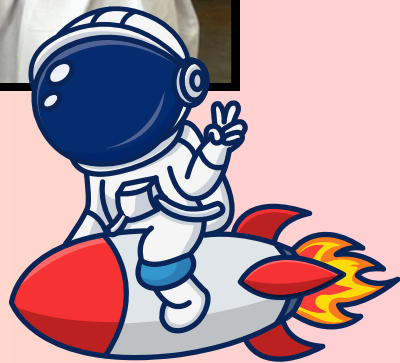
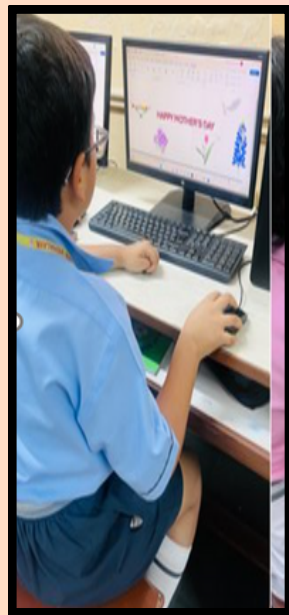
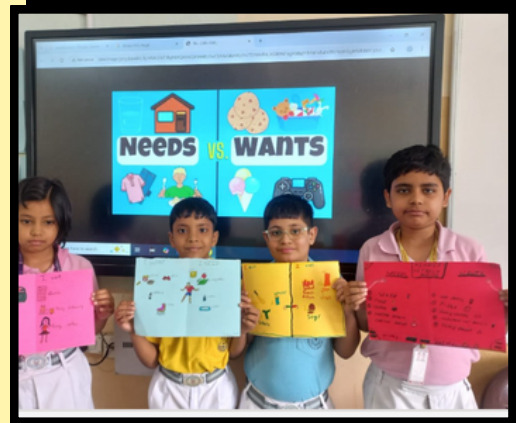
MOTHER'S DAY



Mother's Day was gracefully celebrated by the kids through thoughtful gestures. Mom's little stars expressed love through handmade cards, bouquets, and collages. Class III crafted coupons, Class IV presented bouquets, and Class V created a collage of special moments, showcasing their gratitude and affection for their mothers.



CHINMAYA CLUBS



SPACE SESSION



The Club offers hands-on Astronomy & Space Science experiments like Lung Capacity, Bottle Balloon, Pop, and Hydro Rocketry, providing fun, engaging, and educational experiences for students.

Students explored financial literacy, crafted animals in Art and Craft, learned Vedic Math, practiced positive affirmations, acted in dramatics, made lemonade in Cookery, and pledged eco-awareness through digital activities, creating logos and decorating notebooks, fostering creativity, confidence, and environmental responsibility.





COOL STUFF FOR HOT DAYS!"

Sun Idioms

Rise with the sun: To wake up and get out of bed early in the morning as the sun is rising. Example: He always rises with the sun to get a head start on his day.	Bask in the sunlight: To sit or lie in the warmth of the sun, often to enjoy it or to tan. Example: On their vacation, they spent their days basking in the sunlight by the beach.	Catch some sun: To spend time in the sun, especially with the intention of getting a suntan. Example: Let's go to the park and catch some sun this afternoon.
Fly too close to the sun: To fail or be destroyed because of overambition or lack of caution, similar to the myth of Icarus. Example: He was a promising politician, but he flew too close to the sun by taking big risks that ultimately led to his downfall.	Everything under the sun: Referring to a very wide range of things; almost anything one can think of. Example: The new supermarket has everything under the sun, from groceries to electronics.	Go to bed with the sun: To go to sleep early in the evening, when the sun sets. Example: The farmer's long day starts at dawn, so he often goes to bed with the sun to get enough rest.

TONGUE TWISTER

"Whether the weather is warm, whether the weather is hot, we have to put up with the weather, whether we like it or not."

SUMMER SAFETY TIPS FOR SENIORS

- DRINK WATER AND EAT FRESH FOOD
- USE SUNSCREEN TO AVOID SUNBURN
- KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING
- TAKE COOL SHOWERS AND BATHS
- PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK
- WEAR LIGHT-COLORED LOOSE CLOTHING AND SUNGLASSES
- AVOID STRENUOUS ACTIVITIES, GET RESTED
- STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM



10 Healthy Travel Tips

- Research**
Will there be a meal served on your flight? Are you planning to eat at the airport? What are the dining options near your hotel? Plan ahead by calling the places you'll be visiting and researching the area.
- Drink Water**
Bring an empty water bottle to fill up once you get past security at the airport. Staying hydrated prevents your sinus cavities from drying out on the plane. Eating fresh fruit will also help you with hydration.
- Pack a Snack**
Apples, oranges, and bananas are the original fast food! Toss a few in your carry-on for a snack.
- Stay Active**
Get up and stretch or walk around to keep circulation going on a long flight. If you get to the airport early, take a lap around the terminal before boarding.
- Avoid Salt and Sugar**
Don't rely on salted nuts or processed foods while traveling. The extra sodium will dehydrate you during the flight. Also, avoid excess sugars, caffeine, and alcoholic beverages to minimize travel-related health conditions.
- Order Smart**
Planning to eat at the airport? Be sure to choose plant-based, high-fiber, zero-cholesterol meals. To find out which airport restaurants offer plant-based meals, use the Airport Food Review. Visit AirportFoodReview.org.
- Rest Well**
Getting a good night's rest is optimal for long travel days. Being well rested will help your immune system stay at the top of its game.
- Sanitize**
Pack hand sanitizer (TSA-approved 3.4 ounces or less) or bacteria-killing wipes in case you can't get to a sink to wash your hands before eating.
- Hydrate Your Skin**
Applying a great moisturizer or hydrating oils will help you combat the dry air in the airplane's cabin. Flying can dry out your skin due to the lack of moisture on the plane.
- Eat Breakfast**
Start your day off by fueling up on a hearty plant-based breakfast. Choose whole grains and foods high in fiber to fill you up and give you energy.



Harī ॐ



In the spirit of gratitude, we reflect on the words of Pujya Gurudev Swami Chinmayananda Ji: "When you uplift yourself, you uplift the world." Let us continue to support and inspire one another on our journey of learning and personal growth, creating a brighter future for all.