



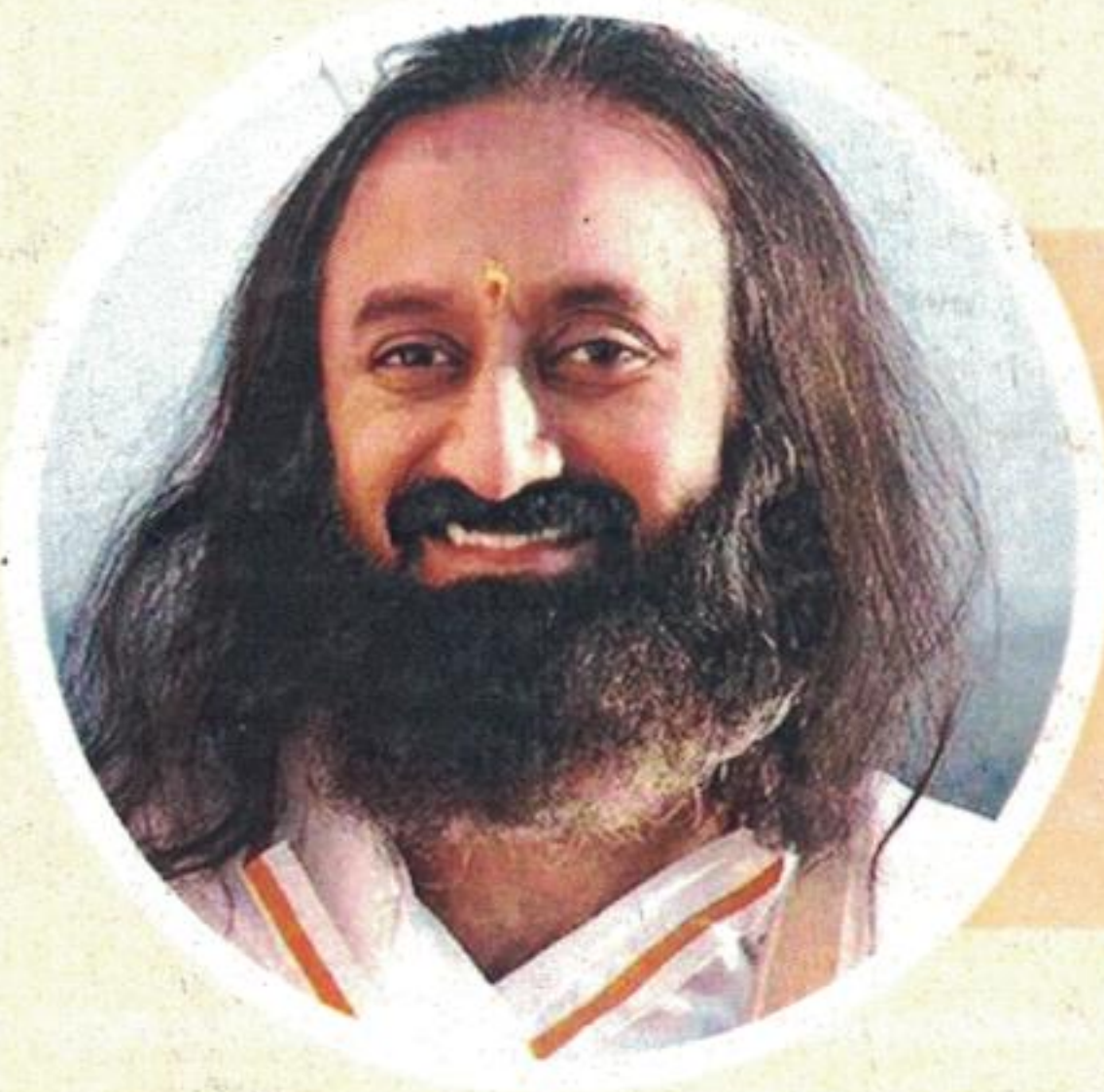
SRI SRI RAVISHANKAR VIDYA MANDIR

(The Art of Living International Initiative in Value Education)

Drishti

Vision Beyond The Literal

2024



"An integral aspect of education is cultivating the right attitude. Proper attitude at the right time and place determines your actions and behavior."

- Gurudev Sri Sri Ravishankar

From The Principal's Desk

Jai Gurudev! We believe in the potential that exists in each individual and that can be manifested through the right guidance. There is a spark of genius in every child which needs to be kindled. We as facilitators, try to imbibe in our students the value of courage, honesty, curiosity along with the spirit to work hard and be an achiever. We believe that winning or losing is always a part of learning. We make our students believe that failures should be taken as lessons and competitors should be taken as friends. The students must develop the ability of coping with obstacles and failures on the way to their achievements.

We thank parents and guardians for choosing us for their children's future. We admire the suggestions from our well-wishers and respected parents to be higher on the ladder of success. Let us work together towards a better world!



- Seema Agarwal

BRITISH COUNCIL
International School Award
2020-2023

Certificate

This is to certify that
Sri Sri Ravishankar Vidya
Mandir, Biratnagar

has been accredited for
Outstanding development
of the international dimension
in the curriculum

By the Council

British Council

Sri Sri Ravishankar Vidya Mandir, Biratnagar was awarded the prestigious International School Award by British Council, following the successful completion of an array of projects on international issues. The International School Award (ISA) is a global accreditation scheme recognising good practice in incorporating international dimension in schools.



Sri Sri Ravishankar Vidya Mandir, Biratnagar partnering in education with Read between the Lions, U.S.A. Read between the Lions is a reading skill program developed for all ages to provide keystone visual skill, the jump eye movements necessary for reading.

Parents' Support

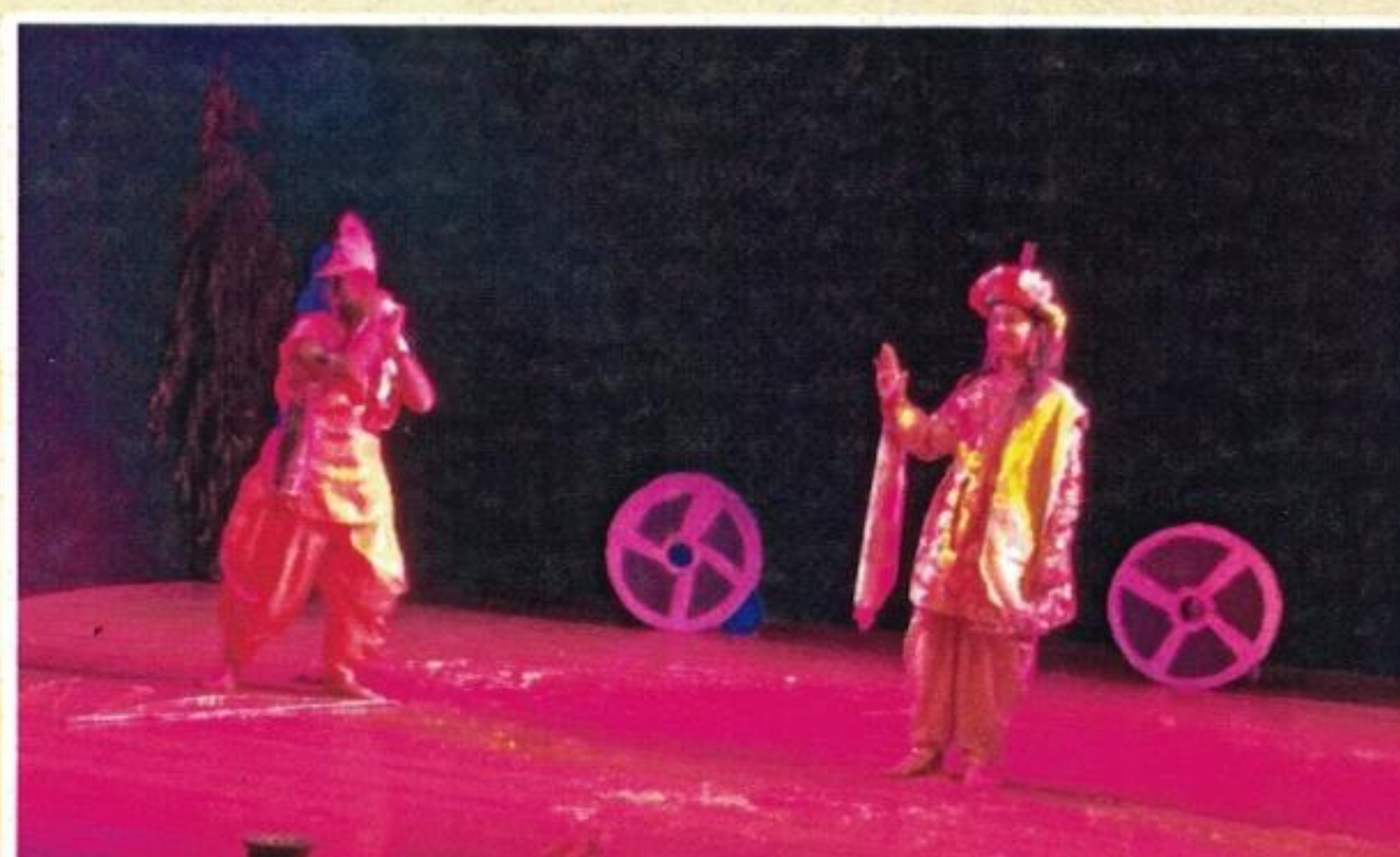


"I cannot say enough about how welcoming, helpful and informative the school has been to my children as a single parent of a student. All the learning sessions were great. I received a prompt, thoughtful and encouraging email in response to my counseling request and confirmation call. With such a short period of participation, my children are growing up happy and healthy. Communication, especially the open discussion, made it very clear that the teachers genuinely love the subjects and imaginatively conveyed the course curriculum. Looking around, my sons also wanted to keep playing games to learn new words. Gratitude to Sri Sri Ravishankar Vidya Mandir – I look forward to building more partnerships with parents and schools. Satisfied in all aspects."

- Pratikshya Gajurel

Invoking Blessings

On 31st of Bhadra, Sri Sri Ravishankar Vidya Mandir, Biratnagar participated in Biratnagar School Theatre Festival with a tremendous drama, 'Krishna- The Epitome of Love'. The children could revive the essence of Geeta, true friendship of Sudama and Krishna and could learn that the victory is always with the truth. It was indeed a beautiful event and a huge learning

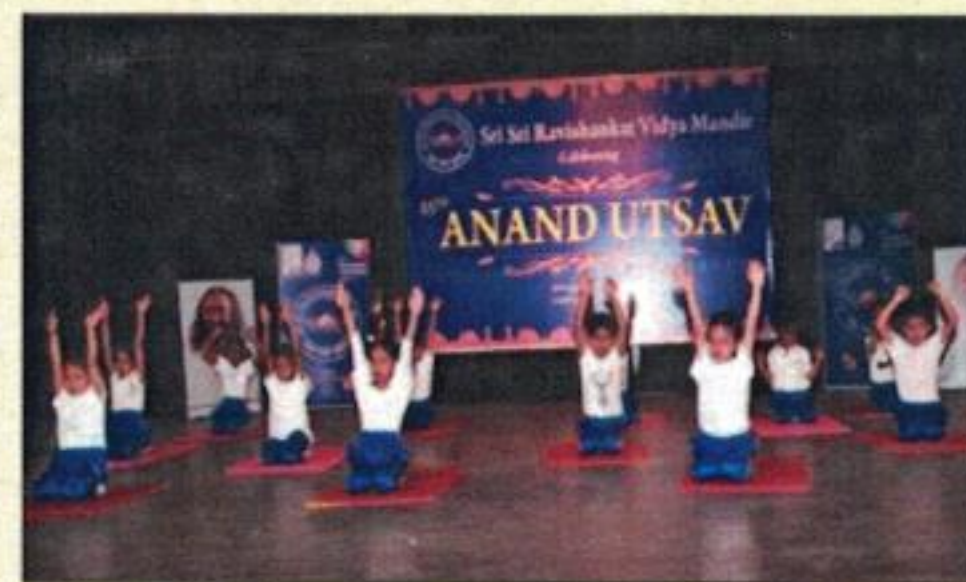


International Yoga Day Celebration



International Yoga Day in collaboration with public and private schools.

ANAND UTSAV 2079- 15TH ANNUAL PROGRAMME



A journey towards excellence.

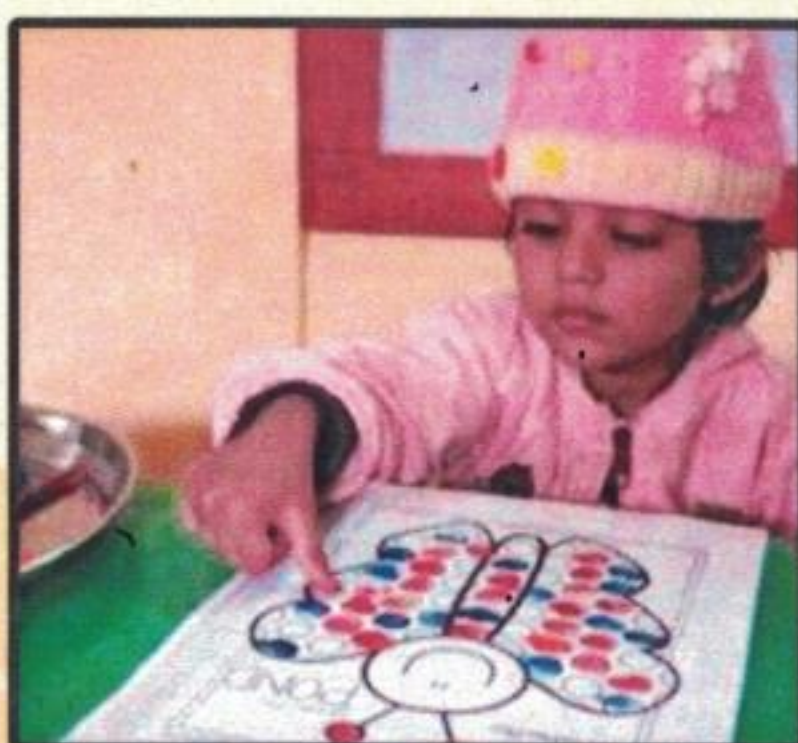
Life Skills

Quite often we focus too much on the academic progress of our children and lose track of the basics. After all, what is the use of understanding quantum physics if you don't know how to clean yourself, follow a healthy diet or socialise with friends? Domestic skills are essential life skills that reflect independence and involvement in the home and community life. It helps you create a smooth living experience through self-care and lead a healthy and fulfilling life.



Art & Craft

Creativity is seeing what everyone else has seen, and thinking what no one else has thought. Art and craft is a great way for children to express, explore and learn. It provides students great opportunity to display artistic skills and creative ideas.



Know Your Child (Parenting Session)

Behind every child who believes in himself is a parent who believed in them first.



Creative Writing

Unhealthy Diet Consequences

In today's date, people are so busy that they don't have time to look after their diet. People mostly consume junk food due to their busy schedule or to save their time. As of now, it's been going for over several decades, which has massively impacted the human health in critical terms. Unhealthy diet disrupts our digestive system and weakens it.

Unhealthy diet has mostly affected today's children, which is leading to childhood obesity. It is the extreme weight-gain at a small age due to unhealthy diet of course. In such case, mostly guardians are to blame. Specifically, we know why. Scientifically, it is found that if a healthy person starts gobbling up unhealthy food just for 5 days, it is enough to alter the way the body processes nutrients. It may also lead to long term problems like obesity. Just 5 days of eating diet high in fat, your muscle ability to breakdown glucose is disrupted. You often get haggard from small physical activities.

This unhealthy diet has high satisfactory value. Therefore, it has become an addiction. Some people cannot go easy on their health and indulge their own health with such unhealthy lifestyle. But we definitely know how to reduce the unhealthy eating of people. We should exercise regularly, eat healthy food and maintain discipline to control frequent urges to eat unhealthy.

-Ayush Yadav (Grade: X)



The Era of Technology

The era in which we are currently living in is called the technological era. Everything that we see currently is mostly based on technology. Technology has become a very important factor in everyone's life.

Everybody these days has a mobile phone. Countries like Iceland have 99% of their population using internet. Robots are used in restaurants instead of waiters. Basically, technology is growing in a rapid rate. Countries like Japan are being called 'Countries of Future' due to their technological advancements. But is technology really safe? There is a popular conspiracy among the crowd that robots will take over the world. And this might be true. Even a famous scientist named Stephen Hawking also predicted this.

Humans are getting dependent on technology day by day. It's not that technology doesn't have benefits.

Technology has developed to the point where we can basically do anything by pressing some buttons. To sum it all up, technology is very beneficial. It has helped us a lot. But we shouldn't be so dependent on it. Otherwise, the conspiracies might turn into dreadful realities.

-Shreyan Kafle (Grade: IX)



The Way Back Home

Once upon a time, there lived a family of four; father, mother, a son and a daughter. They also had a cat and a dog. Generally, cats and dogs fight with each other but they were friends. They used to eat and play together with the kids.

One day, the gate of the house was mistakenly left open. Both the cat and the dog planned to go out. They decided to roam around the city and come back quickly. They went through many roads. They saw many interesting things. But later they got separated and realized that they reached a place far away from their home. They couldn't find the way back home. The family members thought that the pets ran away. They even searched for them but couldn't find them. Many months passed.

One day, the cat and the dog met on a way while searching for food. They both had become very thin and weak. They recognized each other and cried. They decided to find the way back home. They took a way and saw the family members passing by. The kids recognized them. This way, all of them returned home to live a happy life.

-Samrat Poudel (Grade: V)



Poem



Investigating the Spaceship

A spaceship landed near the river
I was stunned as it dropped,
I rushed to my friend the scientist
And took him to the spot.

We entered the spaceship
And we sat side by side,
I sat on the pilot's seat
And said, 'Let's take a ride'.

The friend was curious to see the aliens
So he said, 'Let's find them'
We searched and searched inside the ship
Until we found them.

The aliens were diagnosed,
We both were stunned and shocked
That how short and tiny they were
And green in color they looked.

-Swati Shah (Grade: VI)



My Imaginary Friend

Thought I would be all alone,
Until my imaginary friend came at my home
Playing together all day,
Making special sculptures with clay
Thinking no one can separate us,
Eating stuffs full of sauce
Making our room dirty
But, would again clean it back happily
Would help me to stay happy
But would again leave sadly
Together creating unique meme
Was now just a unfinished dream

-Stuti K.C. (Grade:VIII)

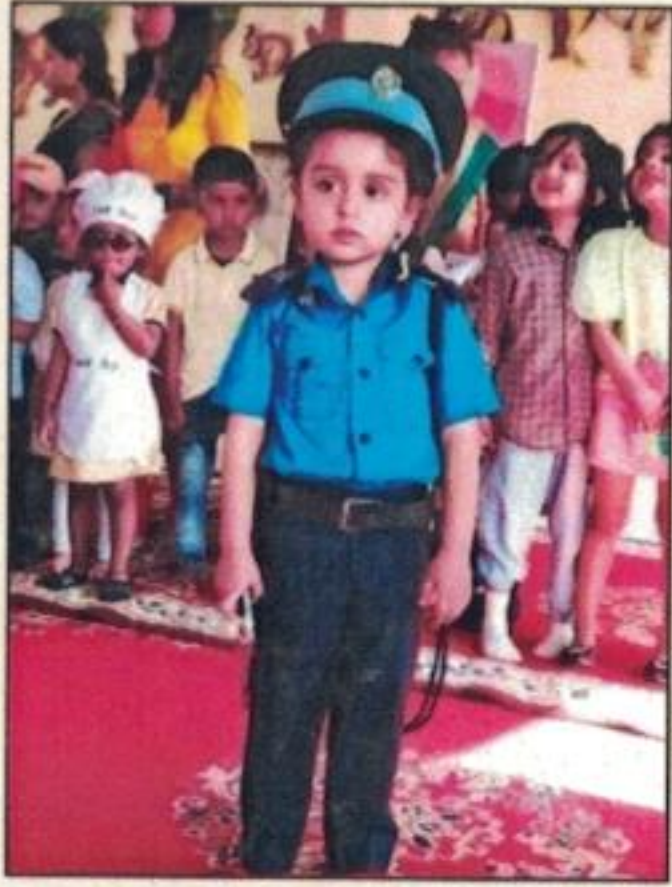
Speaking With Colours

'A painter has the universe in his mind and hands'.
-Leonardo Da Vinci

The students keenly participated in the natural colour painting event. It provided a great opportunity for everyone to learn to make colours using natural ingredients. Painting is a way for the children to convey ideas, express emotions and explore. The children could express their creativity with their hands while feeling the cool and squishy texture of colours.



Get up, Dress up, Show up



Mud Play

Mud Play Activity enhances the personal, social and emotional development of the child. Mud Play encourages team work, vocabulary, sharing, confidence, expression of thoughts and fine motor skills.

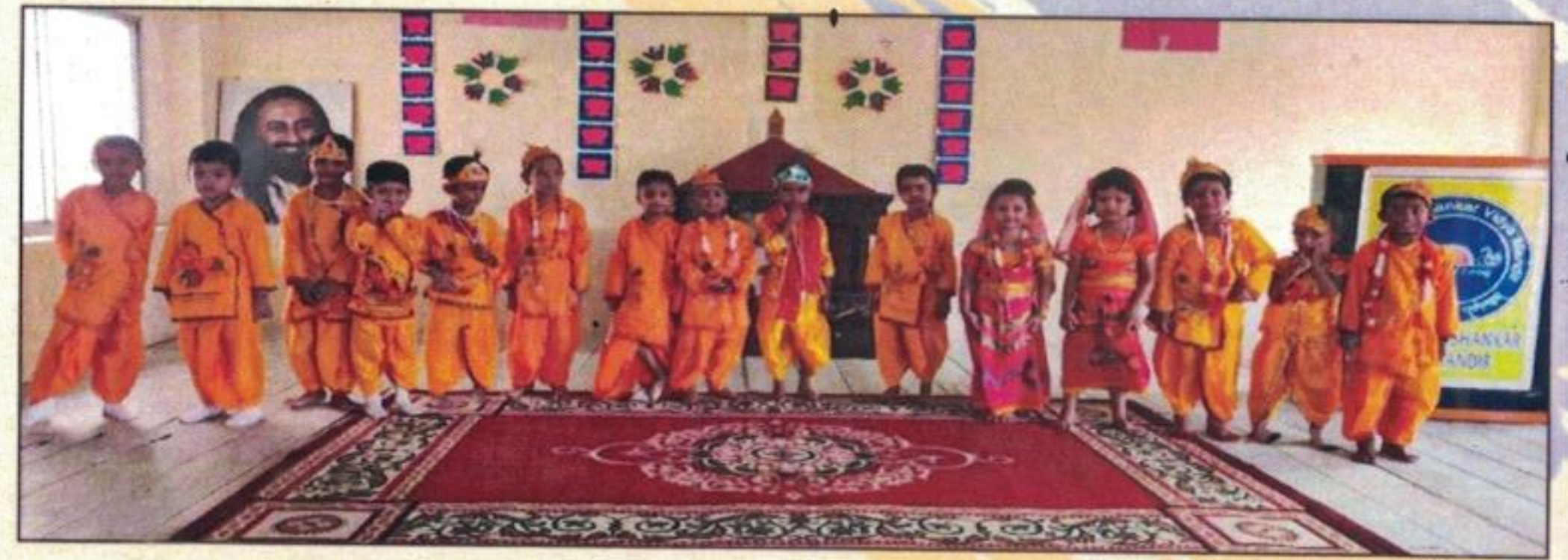


Field Trips

Field trips are a major part of our curriculum. It enables the students to be confident, social, to explore, gain experience and make good memories.



Krishna Janmastami



On the auspicious occasion of Krishna Janmastami, the students appeared in endearing attires as Lord Krishna and Radha. Krishna Janmastami is celebrated to mark the birth of Lord Krishna. It symbolizes love, compassion and tenderness.



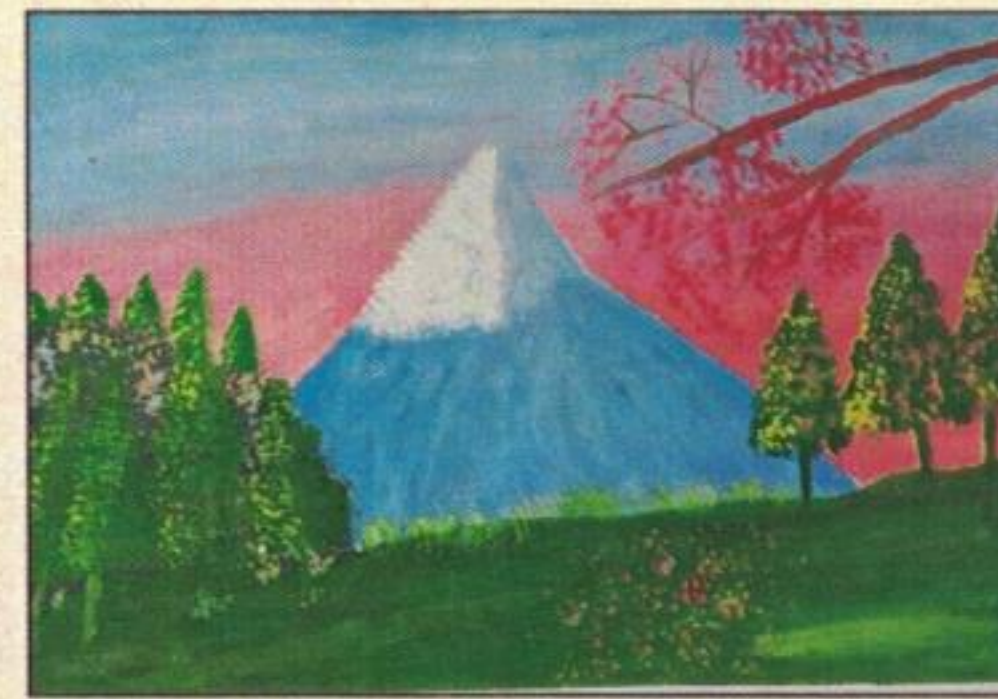
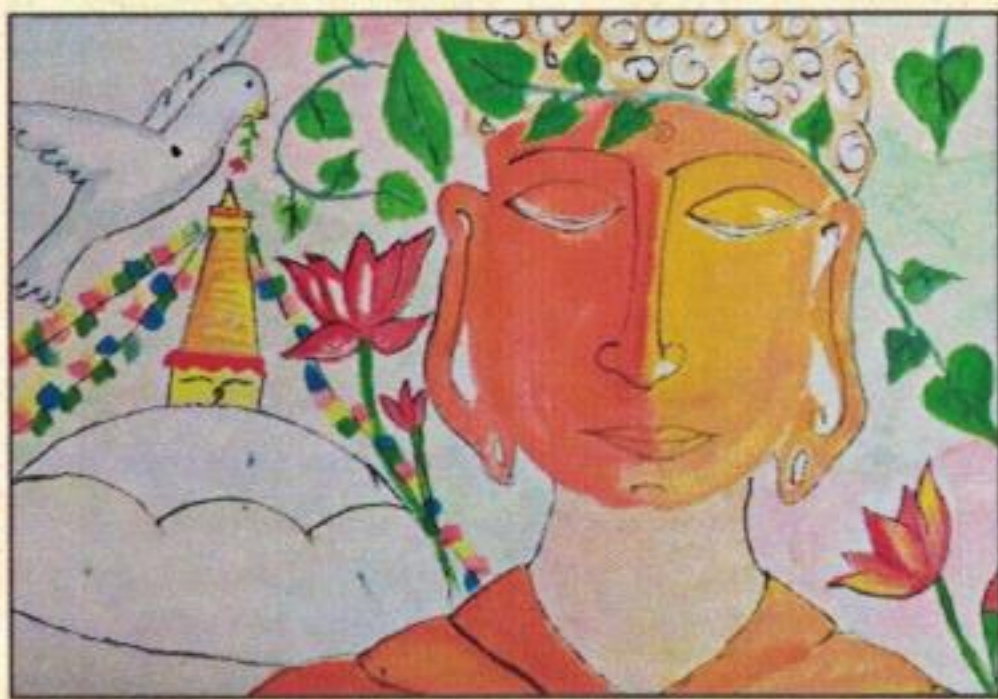
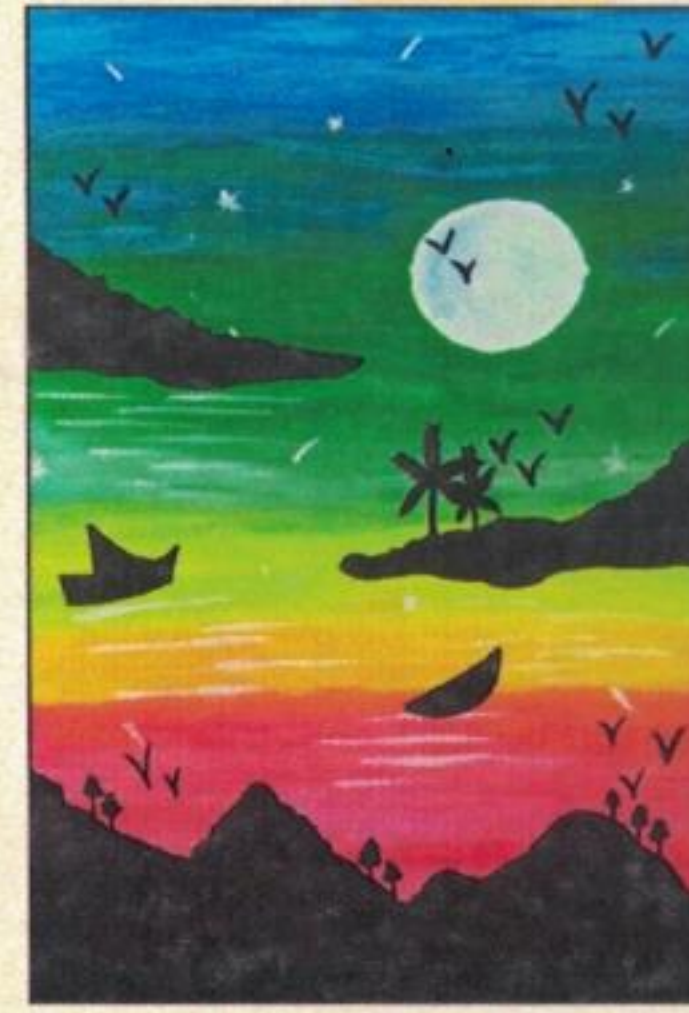
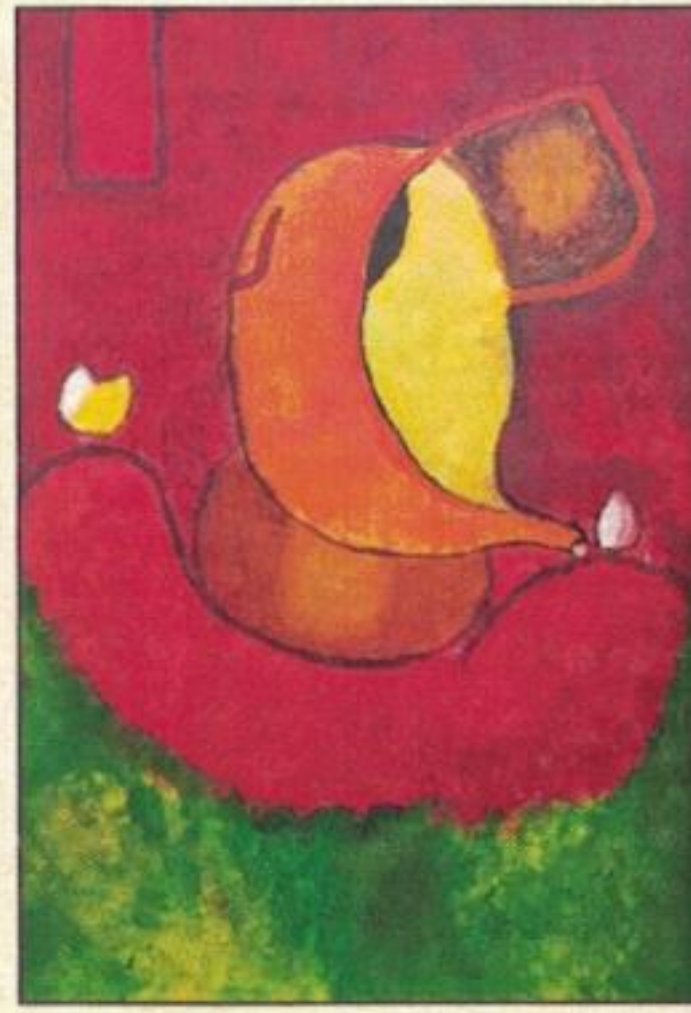
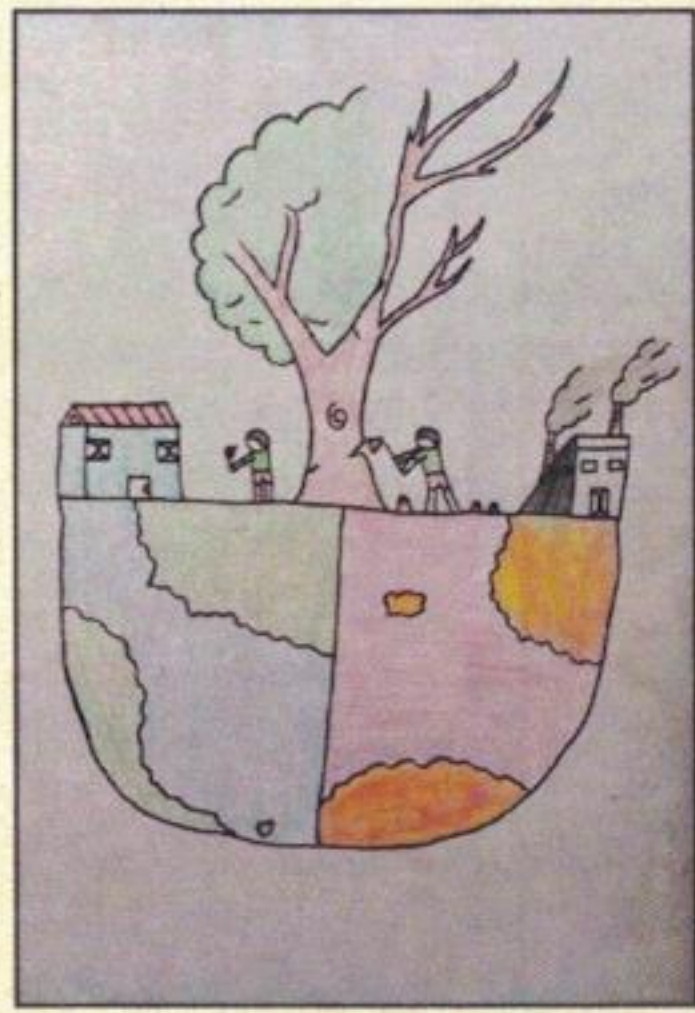
Vedic Mathematics Workshop

Sri Sri Ravishankar Vidya Mandir, Biratnagar organized Mathematics training and seminar. Vedic Mathematics is a collection of Methods or Sutras to solve numerical computations quickly and faster. It was organized for all the interested students, teachers and parents. The master trainer Dr. Yogesh Chandna was sent here through SSRVM Trust, Bangalore, India. He is a self-driven action-oriented professional with over 25 years of experience in the field of education.



Sopan- The Soul of Art

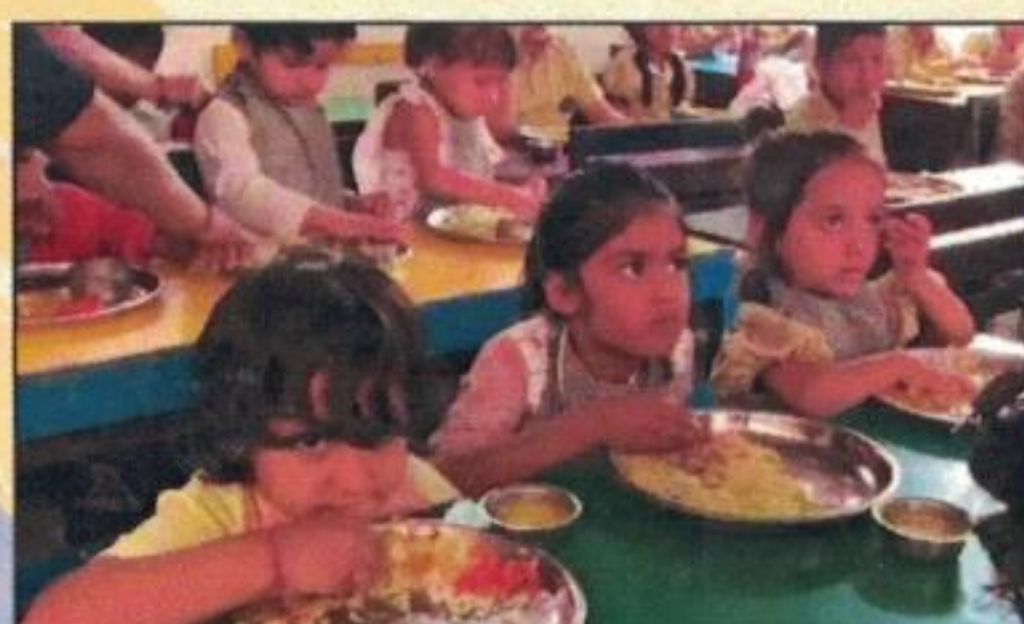
A Joint Venture Programme With Educational Administration Division, Biratnagar



On 28th of January, 2023, we were overjoyed to organize an art exhibition, Sopan- The Soul of Art, in co-ordination with Educational Administration Division, Biratnagar Metropolitan City. Around 135 students from 42 schools, both private and government, successfully participated in the event.



Annadata Shukhi Bhawa



When you eat food with your hands, you naturally feel more connected to your food since there isn't any mediation of spoon. According to Ayurveda, when we touch the food, the nerve endings of our fingers send signals to our brain which lets the organs to produce digestive juices. It aids and eases digestion and adds an extra sense that helps you appreciate your food.

Why is Yoga Called a Discipline?




Yoga can be taken as one shot solution to all the ailment of a human whether it is mental issues or physical strength as yoga helps one to liberate himself to the best of his physical and mental status. The different Kriyas (Asana) like Pranayam, Bhujangasana, Kaamalasana has been the source of bringing calmness in one and giving best physical state of one's body.



Features of our School

- To nurture and develop each child's unique talent.
- Satvik Food.
- Activity Based Learning.
- Child and Family Friendly Environment.
- Integrated learning activities with Public and Private Schools.
- Self Development programmes from the internationally acclaimed ART OF LIVING.
- Includes Yoga, Meditation and Chanting.
- Teacher's Training Programmes.
- Career Counseling.
- Workshops and Micro Teaching Sessions are indulged.
- Computer Classes in Collaboration with Digi School Global, affiliated to NCC (UK).
- Safe and secure environment.
- Stress free education along with modern techniques.

Sanskar & Sanskriti is the moto of SSRVM.

 **Sri Sri Ravishankar Vidya Mandir**
Banjara Chowk, Shahid Marg, Tinpaini,
Biratnagar -2

 www.ssrvmbrt.org
 nepal.biratnagar@ssrvm.org
 [ssrvmbrt](https://www.facebook.com/ssrvmbrt)
 [ssrvm biratnagar nepal](https://www.youtube.com/ssrvm)
 **+977 9842047547/ 572268**