



RAMAKRISHNA MISSION VIDYALAYA

(A CBSE Affiliated English Medium HS Boys' School Aided by Govt. of Tripura)

Viveknagar, Tripura West – 799 130, Tripura

Phone: +919402120873; Mail: vidyaviveka@gmail.com; Web: www.rkmv.edu.in

School Code: 05608; Affiliation No.: 2020007

Dear student,

Greetings and best wishes of the Bengali new year 1427!

Hope, you are safe and sound staying at your home. COVID-19 has put forward the entire human race into an unprecedented challenge. In modern warfare between nations, the common citizens do not fight the battle but the soldiers do. But today in the battle against this deadly virus each one of us is a soldier and we need to fight together to win the battle. Social distancing, frequent hand washing with soaps, boosting our immunity etc. are our weapons to fight this pandemic battle against CORONA virus and I am 100 percent confident that one day the virus will be defeated by our collective efforts.

I understand how much you are missing your Vidyalaya and how much difficult it is for you to stay away from your beloved friends, teachers, playgrounds and this serene campus for these long days of lockdown! The entire campus is missing you too and eagerly waiting to rejoin with you. But at this changed circumstances, as I mentioned earlier, we must stay at home to stop spreading of the virus. Always remember the golden words - 'prevention is better than cure'.

Today, your Annual result is being published in Vidyalaya website. Many congratulations for your brilliant performances! Publication of Annual Result puts an end to the academic year 2019-2020. Tomorrow our new academic session will begin. As the lockdown period is further extended to 3rd May 2020, we have made an elaborate plan to start online classes for you even in absence of text books. For that we need your WhatsApp number. If you don't have personal WhatsApp number, share your parents' WhatsApp number. Therefore, don't forget to fill the Google Form attached with the Result Page.

This lockdown has forced us to stay at home. Now this condition can be seen from two different perspectives. One, being trapped in a prison like animals in cage, with no friends, no party, no play; or the other, like an astronaut far away from home and attraction of mother earth, spending months after months in a small Space Station with hundred difficulties to perform regular day to day activities but highly engaged in some noble work – from which all of us are benefitted. Now the choice is ours. Remember the title of the famous book by Jeff Keller - 'Attitude Is Everything: Change Your Attitude... and You Change Your Life!'

So, to take the best out of this lockdown period I have a few ideas or suggestions which I wish you to follow along with your regular studies.

First, have you ever wondered that each one of you have a sophisticated laboratory at your home where someone is engaged in consistently experimenting with hundreds of different items like spices, oils, grains, vegetables, so on and so forth and everyday coming with new results! Yes, I am talking about your kitchen. This is the best time to learn some cooking lessons from your mother. YouTube will also help. Prepare an item completely by yourself and serve it to all. Swami Vivekananda loved cooking and definitely your endeavour in this new venture will please him!

Mission for Achievement Statement of our Vidyalaya

"By 2022, while our nation approaches the 75th years after Independence, the School aims to produce more active, involved, expressive students with high moral values and dedication for the nation. The students will be facilitated with more digital classrooms along with student friendly teaching-learning atmosphere. We will move one step forward to make the School campus more clean and green."



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Second, nowadays most of the urban dwellers are late risers. If you are, I would suggest you to experience an early rising at least for one day. To do so, go to bed by 10.30 at night. Set your alarm at 5.00 AM. After waking up wash your face and go to the roof to see the sunrise. Play some morning ragas like Lalit, Bhairav, Bibhaas, Ahir Bhairav, Bhatiyar etc. in the background and think of a new day with a new sun and a new start. Think that, by the power of mighty sun one day everything will be alright. I am very much sure that you will like this experience and would not be able to stop it.

Third, it is said that we do not live in this world for so many days, we actually live one day and repeat the same day again and again. It is therefore, very important for us to live that one day properly. This lockdown is a unique opportunity for us to form or reform our habits. To do so prepare a detailed daily routine. Try your best to follow that for the next 21 days to make it permanent.

Fourth, as Swami Vivekananda said we are always surrounded by millions and billions of microbes but they can't harm us because of the defense mechanism of our body which is known as immunity. To boost our immunity protein, vitamins etc. rich food and regular physical exercise are of great help. Don't forget to include at least an hour of rigorous physical exercise in your daily routine.

Fifth, as our body is strengthened by physical exercise, so our mind is strengthened and sharpened by mental exercise. You should not forget to allot some time in your daily routine for chess, math magic like brain games to entertain yourself as well as strengthen your intellect.

Sixth, the theory of flow says when challenge is low, boredom is created. So always engage yourself with some work – may be physical or mental. This is the best time to learn to do all your personal works like room cleaning, cloth washing, utensil cleaning etc. which generally your parents or maid servant performs for you. Create new avenues in your hobbies like music, painting, dancing, gardening and also their photos and videos can be shared with your friends.

Seventh, you can join some online educational courses and learn something new. There are many platforms which are providing tutorials at free of cost or at minimal price. We will share about some of these platforms time to time through the WhatsApp group.

Follow all the guidelines issued by the Govt. Have faith in Sri Sri Thakur, Maa and Swamiji. May by their grace everything will be fine. I sincerely pray to the almighty for your wellbeing.

Yours affectionately,

(Swami Vidyamritananda)

Principal

Date: 14th April 2020

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