

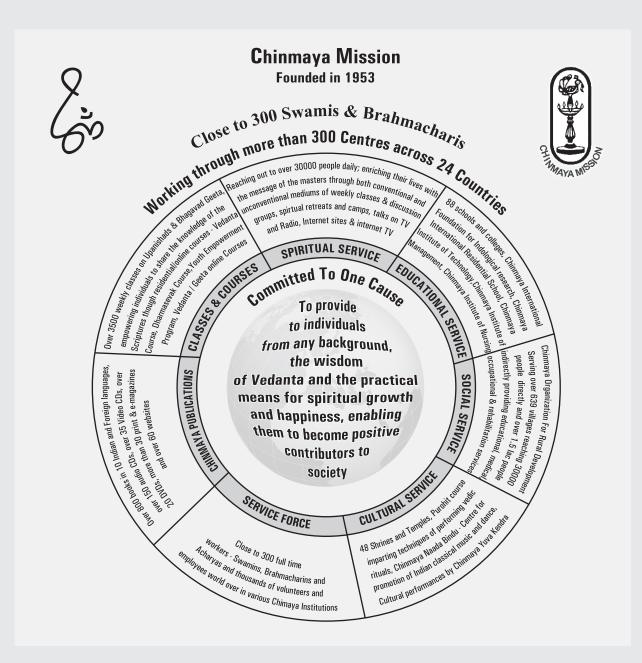
CHINMAYA INTERNATIONAL RESIDENTIAL SCHOOL



Determined to be



Parents' Handbook 2022-2023



"Need of the Hour"

'He is called a man of culture, who can meet calamities with unshaken faith in his own ideals, who in joys and sorrows, in successes and failures, can live up to his ideals, unruffled. Let us discipline all our physical contacts. Let us regulate our emotional transactions. Let us systematize our intellectual evaluation of things and beings, of circumstances and happenings - the means and the end. This is true education. We are striving for total cultural uplift of our community. Coordinated and disciplined activity undertaken in a chorus of devotion to our sacred culture is the prime need of the hour.'

Swami Chinmayananda



Chinmaya International Residential School Management

The School is an undertaking of the Central Chinmaya Mission Trust, Mumbai and is managed by the Board of Directors

> Pujya Swami Chinmayananda Founder

Pujya Swami Swaroopananda Chairman

Swami Anukoolananda Resident Director

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The CIRS Value System

A set of simple but strict rules that guide our daily functions; all actions and decisions taken by and on behalf of CIRS need to conform to these core values

- 1. Placing the interest of the student first
- 2. Quest of quality in everything
- 3. Treating people with respect and dignity
- 4. Highest standards of integrity
- 5. Fierce pride in my country
- 6. Thanking the Lord for all that He has given us

...always and every time

Pujya Gurudev Swami Chinmayanandaji's Vision

CIRS Philosophy

An individual differs from others due to his vision of life which includes his values and ideals. To develop the right vision in our children, is to create a generation of truly educated, refined and noble citizens, equipped and inspired to serve the world in various capacities, thereby fulfilling their lives.

The purpose of education is the overall unfolding and gentle blossoming of the child at the physical, emotional, intellectual and spiritual levels of his/her personality.

True education complements academic excellence with character and personality development. CIRS makes an earnest attempt to provide the best environment where the student can unfold within and shine without. In a nutshell, we shape children with socially acceptable norms and by doing so, we make them the torch bearers of our value system.

Param Pujya Gurudev Swami Chinmayanandaji Our Founder

Message

Never before in our national history did the best minds of India move out in such spectacular numbers to serve communities in distant foreign lands, living amidst unusual climates, strange food habits, peculiar social customs and confusing cultural environments. Everywhere, young Indians are scoring success with their performances in science and technology, commerce and art. We salute them for all their excellence and wish them even greater success in their professions.

Those who have gone abroad with their families try to amalgamate their Indian way of life with the lifestyle of their adopted countries. At times, such attempts create pressures and conflicts over moral values and cultural patterns. The children see one thing at home and meet contradictory situations outside the home. Because of this bi-cultural experience, they run the risk of picking up attitudes potentially dangerous and sometimes suicidal to their future happiness and success.

I am glad my suggestions are now fully accepted both in India and abroad. CIRS will provide an environment that will help integrate the best of each culture. It will be a cultural home away from home for our growing children.



Send us your children. Let them have one to six years of cultural adventure during their 11-18 years of age. Let us give them a chance to understand and absorb Indian culture and heritage and return to the countries from which they come to us, to continue their studies. Let us build up sufficient knowledge and taste in them to feel a sense of pride and belongingness to our Indian heritage.

I wish you all success.

Hari Om.

Swami Chinmayananda

Param Pujya Guruji Swami Tejomayanandaji

Message

The purpose of education is manifold. Literacy and employment are its primary aims. Another purpose is to make students capable of living their lives fully at all levels of their personalities. They should be able to face the numerous challenges of life and carve out a purposeful future for themselves. At yet another level, the purpose of education is to groom students in noble cultural values. In the absence of this culture, knowledge itself and material prosperity can become a weapon of destruction instead of a means of blessing to humanity. Higher still than this aim is to create a thirst for greater knowledge in students, so that they discover the mysteries of nature and the world around them.

The Chinmaya International Residential School at Coimbatore imparts education to students from India and abroad. Keeping all the aforesaid in view, children get modern education in an atmosphere of rich Indian culture.

Pujya Gurudev Swami Chinmayananda had laid the foundation of this school in Coimbatore a few years ago. He attained Mahasamadhi in August 1993. To realize his cherished dream of

this school is now the sacred duty of us all - his disciples, devotees, followers and admirers. Let us come together and pay our respectful homage to Him in making the Chinmaya International Residential School a reality. May He shower His grace and blessings on us to make this project a great success.

In the service of the Lord,

Swami Tejomayananda



Pujya Swami Swaroopanandaji Our Chairman Message

"Determined to be Responsible"

"With great power comes great responsibility", goes the famous adage.

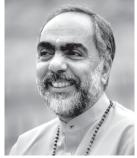
Nature created us with abundant potential within, and endless possibilities outside, probably lying lifeless at the moment, only waiting to be tapped into manifestation. Our nation expects of us, its citizens, our best. Mother nature demands of us, her children, our deepest sensitivity.

As students and staff of CIRS, let us be 'Determined to be Responsible', making right choices that would impact our personal evolution, advance our nation's prosperity and serve the cause of the world's well-being.

Fulfilling this lofty vision was Pujya Gurudev Swami Chinmayanandaji's dream for CIRS. We shall manifest it. We Can! We Must!

Hari om!

Swami Swaroopananda Chairman, CIRS



Pujya Swami Anukoolanandaji

Resident Director

Message "Determined to be Responsible"

We belong to the generation that is spoilt with choices. Multitudinous variety of food, fashion, entertainment, travel, living space, education, career and gadgets baffle our minds. Either hopelessly stupefied or immensely shocked, we become ill-equipped to make the right decisions. As a society, in spite of such voluminous variety, we still feel insecure and unfulfilled. Many a time, our own choices havoc disaster upon us.

To make responsible choices is the only way to the redemption of life – both personal and social. To make right choices calls for a distinct clarity in vision, an inspirational purpose, immense level of courage, unbending strength of character, abundant gentleness of heart and unending enthusiasm.

It was Pujya Gurudev Swami Chinmayanandaji's vision for CIRS to create such heroes of tomorrow, who will be 'Determined to be Responsible' and have all these qualities imbedded in them.

I wish the entire CIRS family all success in their endeavour to fulfil this noble vision.

Hari Om!

Swami Anukoolananda Resident Director, CIRS



Aims and Objectives of CIRS

- To prepare the students to live their lives fully and successfully by imparting to them the vision of life (Jnanam Knowledge).
- To instil in the students the **spirit of service** in all walks of life to become responsible citizens of the future (Seva Service).
- To make the students capable of **facing challenges in life efficiently** and carve out their own future (Kaushalam Efficiency).
- To provide a **balanced life oriented school programme** by incorporating progressive techniques, learning theories and methodologies.
- To provide a conducive environment to learn and live the right values and appreciate the glory of our culture.

CIRS Motto

कटिबद्धा वयं सर्वे लक्ष्यं साधयितुं वरम् । शिक्षायास्त्रिविधं यद्वै ज्ञानं सेवा च कौशलम् ॥ kaṭibaddhā vayaṁ sarve lakṣyaṁ sādhayituṁ varam। śikṣāyāstrividhaṁ yadvai jñānaṁ sevā ca kauśalam।।

We are all well prepared to reach the goal of our studies, which is to gain Knowledge (total vision of life) with which we can serve the world efficiently.

CIRS 'SWAD' - 'School With A Difference'

What makes the difference ?

The Chinmaya Vision Programme is a complete wholesome approach to education, embedded into the School curriculum to give the child the right vision to face the world.

A glimpse of the four aspects of the CVP programme is seen below :



Prayers

प्रार्थना Prārthanā

असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्माऽमृतं गमय ।
 – – – – – – – – – – – – –
 शान्तिः । शान्तिः । शान्तिः ।

om asato mā sadgamayal tamaso mā jyotirgamayal mṛtyormā'mṛtam gamayal om śāntiʰl śāntiʰl śāntiʰl

Oh Lord! Lead me from falsehood to truth. Lead me from darkness (ignorance) to light (knowledge). Lead me from death to eternity. Om Peace ! Peace !

School Prayer

हे प्रभो आनन्द दाता ज्ञान हमको दीजिये। शीघ्र सारे दुर्गुणों को दूर हमसे कीजिये॥ हे प्रभो... लीजिये हमको शरण में हम सदाचारी बनें। ब्रह्मचारी धर्म रक्षक वीर व्रतधारी बनें॥ हे प्रभो... प्रेम से हम गुरुजनों की नित्य ही सेवा करें। सत्य बोलें झूठ त्यागें मेल आपस में करें॥ हे प्रभो... निन्दा किसी की हम किसी से भूलकर भी ना करें। दिव्य जीवन हो हमारा तेरा यश गाया करें॥ हे प्रभो...

School Prayer

Transliteration and Meaning

he prabho ānanda dātā jñāna hamko dījiye | śighr sāre durguņom ko dūr hamse kījiye || he prabho|| lījiye hamko śaraņ mem ham sadācārī banem | brahmacārī dharmarakṣak vīravratadhārī banem || he prabho|| prema se ham gurujanom kī nitya hee sevā karem | satya bolem jhūṭh tyāgem mel āpas mem karem || he prabho|| nindā kisī kī ham kisī se bhūlakar bhī nā karem | divya jīvan ho hamārā tere yaś gāyā karem || he praho ||

O Lord, the bestower of happiness, please bless us with knowledge. Please remove all our wrong tendencies quickly. Take us in your protection so that we become people of good conduct. May we become self disciplined and be the upholders of dharma. May we take up and fulfil powerful vows. May we ever with love serve our teachers and elders. May we speak the truth, give up the false and be friendly to all. May we not talk ill about anyone to anyone even by mistake. May our life become divine. May we always sing Your glories.

शान्ति मन्त्रः śānti mantrah

अ सहनाववतु । सह नों भुनक्तु । सह वीर्यं करवावहे । तेजस्वि नावधीतमस्तु ।
 मा विद्विषावहे ॥
 अ शान्तिः । शान्तिः । शान्तिः ।

om sahanāvavatul saha nau bhunaktul saha vīryam karavāvahail tejasvi nāvadhītamastul mā vidviṣāvahaill om śāntiḥl śāntiḥl śāntiḥl

We pray to the Supreme Lord

that He may protect both of us; that He may nourish both of us

that by His grace, both of us put forth our best efforts

that we sharpen our intellect towards brilliance

without creating misunderstanding between us.

While we study, may we be free of disturbances from :

natural phenomena (heat, cold, rain, etc), living beings around (animals, humans, etc) and

my own self (disease, sleep, restlessness, etc.)

Om Peace! Peace! Peace!

Indian National Pledge

India is my country. All Indians are my brothers and sisters.

I love my country and I am proud of its rich and varied heritage.

I shall always strive to be worthy of it.

I shall give my parents, teachers and all elders respect and treat everyone with courtesy.

To my country and to my people, I pledge my devotion.

In their well being and prosperity alone lies my happiness.

Jai Hind!

Chinmaya Family Pledge

We stand as one family, bound to each other with love and respect.

We serve as an army, courageous and disciplined, ever ready to fight against all low tendencies and false values within and without us.

We live honestly, the noble life of sacrifice and service, producing more than what we consume and giving more than what we take.

We seek the Lord's grace to keep us on the path of virtue, courage and wisdom.

May thy grace and blessings flow through us to the world around us.

We believe that the service of our country is the service of the Lord of Lords, and devotion to the people is the devotion to the Supreme Self.

We know our responsibilities. Give us the ability and courage to fulfill them.

Om Tat Sat.

Indian National Anthem

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जन गण मन अधिनायक जय हे भारत भाग्य विधाता।
पंजाब-सिन्धु-गुजराट-मराठा-द्राविड-उत्कल-बंगा॥
विन्ध्य-हिमाचल-यमुना-गङ्गा-उच्छल-जलधि-तरंग।
तव शुभ नामे जागे। तव शुभ आशिष मागे।
गाहे तव जय गाथा।
जन गण मंगलदायक जय हे भारत भाग्य विधाता।
जय हे जय हे जय हे
जय जय जय जय हे॥
```

jana gaṇa mana adhināyaka jaya he bhārata bhāgya vidhātā pañjāba-sindhu-gujarāṭa-marāṭhā-drāviḍa-utkala-baṅgā vindhya-himācala-yamunā-gaṅgā-ucchala-jaladhi-taraṅga tava śubha nāme jāge tava śubha āśiṣa māge gāhe tava jaya gāthā jana gaṇa maṅgaladāyaka jaya he bhārata bhāgya vidhātā jaya he jaya he jaya he jaya jaya jaya jaya he

Thou art the ruler of the minds of all people, the dispenser of India's destiny.

Thy name rouses the hearts of Punjab, Sindhu, Gujarat, Maratha, of the Dravida, Odisha and Bengal The name echoes in the hills of the Vindhyas and Himalayas, mingles in the music of Jamuna and Ganges and is chanted by the waves of Indian Ocean. They pray for the blessings and sign thy praise. The saving of all people waits in the hand. Thou art the dispenser of India's destiny and victory forever!

- Sri Rabindranath Tagore

Indian National Song

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वन्दे मातरम् । (२)
सुजलां सुफलां मलयज-शीतलाम्
सस्य-श्यामलां मातरम् वन्दे मातरम् ॥
शुभ्र-ज्योत्स्ना-पुलकित-यामिनीं
फुल्ल-कुसुमित-द्रमदल-शोभिनीं
सुहासिनीं सुमधुर-भाषिणीं
सुखदां वरदां मातरं
वन्दे मातरम् ॥
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vande mātaram! (2)
sujalāṁ suphalāṁ malayaja-śītalām
sasya-śyāmalāṁ mātaram vande mātaram ||
śubhra-jyotsnā-pulakita-yāminīṁ
phulla-kusumita-drumadala-śobhinīṁ
suhāsinīṁ sumadhura-bhāṣiṇīṁ
sukhadāṁ varadāṁ mātaraṁ
yande mātaram ||
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Salutations to you, O Motherland ¹ You are the land of abundance: abundance of water, abundance of food, abundance of naturally beautiful breeze from the mountain. The land cooled by the dark green of the crops and foliage That land whose dark nights are lit by the serene glow of the moon The land that is adorned by the fragrance of flowers and the lotus You are the land of smiling faces, the land of pleasant voices, showering your people with joy and blessings! Salutations to you, O Motherland!

- Sri Bankim Chandra Chatterji

Chinmaya Vidyalaya Geet - चिन्मय विद्यालय गीत

चिन्मय विद्यालय लायेगा नवीनता। चिन्मय विद्यालय लायेगा एकता। भारत माँ के लाल हम एक राग गायेंगे। तन अनेक प्राण एक भाव एक गायेंगे। (चिन्मय विद्यालय)

कर्म–धर्म प्रेम की ज्योत को जलायेंगे। विनम्रता मनुष्यता सहिष्णुता सिखायेंगे। रूढ़ी रीति–नीति और मूढ़ता मिटायेंगे। सुमधुर स्वर्ग–सी सभ्यता बनायेंगे।

(चिन्मेय विद्यालय)

भक्ति ज्ञान श्रद्धा के महत्व को बतायेंगे। विद्युत गति से हम परिवर्तन लायेंगे। सर्वक्षेम के स्वर्ण बीज को हम बोयेंगे। वसुधैव कुटुम्बकं की भावना फ़ैलायेंगे। मुस्कुराते रहो सदा छंद को हम गायेंगे। भारतीय संस्कृति को खूब हम सजायेंगे। (चिन्मय विद्यालय) Chinmaya vidyalaya layega naveenta Chinmaya vidyalaya layega ekata bharat maa ke lal hum ek raag gayenge tan anek pran ek bhav ek gayenge Chinmaya vidyalaya

Karma dharma prem ki jyot ko jalayenge vinamrata manushyata sahishnuta sikhayenge roodhi reeti neeti aur moodhata mitayenge sumadhura swarga si sabhyata banayenge Chinmaya vidyalaya

bhakti jnana shradhake mehatwa ko batayenge vidyut gati se hum parivartan layenge sarava kshema ke swarna beej ko hum boyenge vasudhaiva kutumbakam ki bhavana phailayaenge muskurate raho sada chanda ko hum gayenge bharatiya sanskriti ko khub hum sajayenge Chinmaya vidyalaya

We, the children of Bharat, different in bodies, and yet, one in life and spirit, sing in one voice that ... Chinmaya Vidyalaya will bring forth novelty and innovation Chinmaya Vidyalaya will bring about unity and integration We, the children of Bharat....

We shall light the wonderful lamp of duty, righteousness and love We shall impart the marvellous values of humility, humanity and accommodation We shall remove the tenacious entanglements of erroneous customs, distorted conventions and mistaken beliefs We shall build a social order that matches that with the heavens

We shall declare and demonstrate to the world, the glories of devotion, knowledge and faith We shall bring about transformation in and around us with lightning speed We shall sow the golden seeds of univesal wellbeing We shall disseminate the spirit of 'the world is one family' We shall always and every time sing (live) the tunes (motto) of 'Keep Smiling' We shall most gloriously beautify the culture of our Bharat (with our attitudes and actions)

New Year Song

(Composed by Pujya Guruji Swami Tejomayananda)

क्षणं प्रतिक्षणं यन्नवं नवम् । तच्च सुन्दरं सच्च तच्छिवम् ॥१ ॥ वर्षनूतनं ते शुभं मुदम् । उत्तरोत्तरं भवतु सिद्धिदम् ॥२ ॥

kṣaṇaṁ pratikṣaṇaṁ yannavaṁ navam | tacca sundaraṁ sacca tacchivam | 11 | varṣanūtanaṁ te śubhaṁ mudam | uttarottaraṁ bhavatu siddhidam | | 2 | |

That which is ever new and fresh, that alone is good, real and beautiful. May this New Year bring you greater and greater goodness, happiness and success.

Birthday Song

(Composed by Pujya Guruji Swami Tejomayananda)

जन्मदिनमिदम् अयि प्रिय सखे शन्तनोतु ते सर्वदा मुदम् ॥ प्रार्थयामहे भव शतायुषी ईश्वरः सदा त्वां च रक्षतु ॥ पुण्यकर्मणा कीर्तिमर्जय जीवनं तव भवतु सार्थकम् ॥

janmadinamidam ayi priya sakhe śantanotu te sarvadā mudam Prārthayāmahe bhava śatāyuṣī īśvarassadā tvām ca rakṣatu|| puṇyakarmaṇā kīrtimarjaya jīvanaṁ tava bhavatu sārthakam||

O' dear friend! On your birthday, I pray, 'May all auspiciousness fill your life and may you remain ever blissful'. We pray that you live a long life. May God always protect you. May you attain fame by doing noble deeds. May you live a fulfilled life.

Morning Prayers

गणपति-प्रार्थना - ganapati-prārthanā

ॐ गुणानां त्वा गुणपतिग्ं हवामहे कविं क<u>वी</u>नामुपमश्रवस्तमम्। ज्<u>येष्ठराजं</u> ब्रह्मणां ब्रह्मणस्प<u>त</u> आ नः शुण्वन्नूतिभिस्सीद सादनम् ॥ ॐश्री महागणपत<u>ये</u> नमः ॥

om gaṇānā̈m tvā gaṇapa॑tigm havāmahe ka॒vim ka॑vī॒nāmu॑pa॒maśravastamam| jye॒ṣṭha॒rāja॒m brahma॑ṇām brahmaṇaspata āna॑ḥ śr̯nvannū॒tibhi॑ssīda॒ sāda॑nam|| om śrī mahā॑gaṇapataye॒ namaḥ||

We pray to you, the Lord of the Gods and all of us. You are the seer among the seers, the nourisher of all of us, the one who shines among the glorified.

You are the protector of all Sacrifices and the one who is the Lord of all chants.

We invoke your presence at this altar of worship. May you be pleased with our incantation and take your seat at this altar.

महामृत्युञ्जय मन्त्रः - mahāmṛtyuñjaya mantraḥ

om tryambakam yajāmahe sugandhim pustivardhanam urvārukamiva bandhanāt mrtyor-muksīya mā'amrtātl

O! Three eyed one (Lord Shiva)! The virtuous! The one who brings prosperity! I meditate on thee. Please liberate me from the bondage of death and bless me with immortality.

Morning Prayers गायत्री-मन्त्रः - gāyatrī-mantraḥ

30 भूर्-भुवस्-सुवः । तत् संवितुर्वरेण्यं भर्गों देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

om bhūr-bhuvas-suvahl tat saviturvarenyam bhargo devasya dhīmahil dhiyo yo nah pracodayātll

Oh Lord! You are the three worlds (waking, dream & deep sleep). You are resplendent and supreme. You are the greatest among the divine. We meditate upon your brilliance. May you brighten our intellect.

ॐ पूर्णमदः - om pūrņamadaķ

om pūrņamadah pūrņamidam pūrņāt-pūrņamudacyatel pūrņasya pūrņamādāya pūrņameva-avasisyatell om sāntihl sāntihl sāntihl

That (Truth/Brahman) is whole. This (Self/Atman) is whole. From that whole (Truth), this whole (Self) has risen. From that whole, when this whole is removed, wholeness still remains. Om! Peace! Peace! Peace!

Prayers Before Studies श्री सरस्वती-वन्दनम् - śrī sarasvatī-vandanam

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि । विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

sarasvati namastubhyaṁ varade kāmarūpiṇi| vidyārambhaṁ kariṣyāmi siddhirbhavatu me sadā||

O'Devi Saraswati! I prostrate to thee. Please bless me. O' fulfiller of desires. I am beginning my studies. May I always succeed.

श्री गुरु-स्मरणम् - śrī guru-smaraņam

समस्त-जन-कल्याणे निरतं करुणामयम् । नमामि चिन्मयं देवं सदुरुं ब्रह्मविद्वरम् ॥

samasta-jana-kalyāņe niratam karuņāmayam| namāmi cinmayam devam sadgurum brahmavidvaram||

Salutations to Sadguru Swami Chinmayanandaji, the best among knowers of Brahman, who is all compassionate and remains ever engaged in the welfare of all people.

Prayers Before Meals

ॐ प्राणाय स्वाहा ।	om prāņāya svāhāl
ॐ अपानाय स्वाहा।	om apānāya svāhā
ॐ व्यानाय स्वाहा ।	om vyānāya svāhā
ॐ उदानाय स्वाहा ।	om udānāya svāhā
ॐ समानाय स्वाहा।	om samānāya svāhā
ॐ ब्रह्मणे स्वाहा ।	om brahmaņe svāhā

I offer this food to the five vital life energies **prāna**, **apāna**, **vyāna**, **udāna and samāna** that sustain life by carrying on the vital functions of respiration, elimination, circulation, thinking and assimilation respectively

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः प्राणापान-समायुक्तः पचाम्यन्नं चतुर्विधम् ॥

aham vaiśvānaro bhūtvā prāṇinām dehamāśritaḥ prāṇāpāna-samāyuktaḥ pacāmyannam caturvidham|| (Bhagavad Gita 15 : 14)

It is I (the Lord), having become the Vaishvanara (fire), abide in the body of beings, and associated with Prana and Apana, digest the four-fold food.

ब्रह्मार्पणं ब्रह्महविः ब्रह्माग्नौ ब्रह्मणा हुतम् ब्रह्मेव तेन गन्तव्यं ब्रह्म-कर्म-समाधिना॥

brahmārpaṇaṁ brahmahaviḥ brahmāgnau brahmaṇā hutam brahmaiva tena gantavyaṁ brahma-karma-samādhinā|| (Bhagavad Gita 4 : 24)

Everything is the manifestation of the Lord. This is explained as, "The lord is the act of offering, the Lord is the offering, the Lord offers in the fire, which too is the Lord, the Lord is the goal. Thus, this act of yajna takes us to the Lord."

Prayers After Meals

मङ्गल-श्लोकः - maṅgala-ślokaḥ

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मङ्गलं कौसलेन्द्राय महनीय-गुणाब्धये।
चक्रवर्ति-तनुजाय सार्वभौमाय मङ्गलम्॥
सियावर रामचन्द्र की जय।
ॐ हर हर नमः पार्वतीपतये
हर हर महादेव।
श्रीसद्गुरुनाथ महराज की जय।
```

maṅgalaṁ kausalendrāya mahanīya-guṇābdhaye cakravarti-tanujāya sārvabhaumāya maṅgalam siyāvara rāmacandra kī jai om hara hara namaḥ pārvatīpataye hara hara mahādev śrīsadgurunātha maharāja kī jai

Let all be auspicious with the Lord of the Kosala (Lord Rama), the illustrious ocean of virtues, the son of the great king (Dasharatha) and the sovereign of the Universe.

Glory / Victory to the Lord of Sita, Shri Rama. Glory / Victory to the Lord of Mother Parvati, Shri Mahadeva. Glory / Victory to our Guru, Pujya Gurudev Swami Chinmayanandaji.

Peace Invocation स्वस्ति मन्त्रः - svasti mantraḥ

ॐ स्वस्ति प्रजाभ्यः परिपालयन्ताम् । न्याय्येन मार्गेण महीं महीशाः ॥ गोब्राह्मणेभ्यः शुभमस्तु नित्यम् । लोकाः समस्ताः सुखिनो भवन्तु ॥ काले वर्षतु पर्जन्यः । पृथिवी सस्यशालिनी ॥ देशोऽयं क्षोभ-रहितः । ब्राह्मणाः सन्तु निर्भयाः ॥

om svasti prajābhyaḥ paripālayantām| nyāyyena mārgeṇa mahīm mahīśāḥ|| gobrāhmaṇebhyaḥ śubhamastu nityam| lokāḥ samastāḥ sukhino bhavantu|| kāle varṣatu parjanyaḥ| pṛthivī sasyaśālinī|| deśo'yam kṣobha-rahitaḥ| brāhmaṇāḥ santu nirbhayāḥ||

May goodness prevail in the society. May people tread the path of justice / righteousness. May the cows & the wise men be always protected. May everybody be blesses with happiness May there be good & timely rains. May the Earth yield good crop. May my land be freefrom war and calamities. May the wise man be fearless.

कल्याण-प्रार्थनाः - kalyāṇa-prārthanāḥ

सर्वेषां स्वस्तिर्भवतु । सर्वेषां शान्तिर्भवतु । सर्वेषां पूर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥ सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु । मा कश्चित् दुःखभागु भवेतु ॥

sarveṣām svastirbhavatu| sarveṣām śāntirbhavatu| sarveṣām pūrṇam bhavatu| sarveṣām maṅgalam bhavatu|| sarve bhavantu sukhinaḥ| sarve santu nirāmayāḥ| sarve bhadrāṇi paśyantu| mā kaścit duḥkhabhāg bhavet||

Oh Lord! May good happen to all. May there be peace to all. May there be prosperity to all. May all progress. May all be happy. May all remain healthy. May all see goodness. May no one ever become unhappy.

Language Policy

1. The second and third languages of a student shall be decided in consultation with the parents and the student by the language panel at the time of interview. For classes V to VIII, the student should take Sanskrit either as second or third language.

2. Once the languages have been decided, they cease to be optional and the students are expected to continue learning the same in the forthcoming years.

3.However, if a student wants to change his/her second or third language for any genuine reason, he/she will be allowed to do so only in classes V and VI.

4. Change of language is not automatic on request. It is subject to the availability and the aptitude of the students. The language teachers concerned will advise, guide and decide based on the observation and scrutiny of the student's language skills, while keeping in mind the benefit and the academic progress of the student concerned.

5. Finally, change of language is permitted in consultation with the HOD and on recommendations from the concerned language teachers.



School Uniform / Turn Out Code

Uniformity is the cornerstone of living in a residential school. The following is designed to inculcate and maintain this uniformity. The students may bring to School only the items mentioned in this kit. Students will not be allowed to keep any item not conforming to the given list.

- The school uniforms worn by students should be of the right fit, neat and properly ironed.
- Shoes should be properly polished and maintained neatly everyday.
- Boys are not permitted to wear uniform shirts without pockets.
- Students are permitted to wear their color/ white house T-shirts and dark blue shorts as per the schedule.
- Students should wear sports shoes or the specific shoes for the respective games during the games time. Wearing sandals during these activities is not permitted; casual slippers are permitted only in the dorm.
- For any outing, students should wear jeans and outing Grey T-shirts.
- Boys are strictly prohibited from sagging their pants. Wearing thin or small shorts like boxer shorts is considered inappropriate.
- Hair should be neatly combed. Use of gel or hair setters for having raised hair styles are prohibited.
- Growing long hair, beard or side burns is not permitted for the boys.
- Girls should use black hair slides, clips and hair bands to tie their hair neatly and will not be allowed to bring any dress that is sleeveless, transparent or with low neck.
- Students are not permitted to wear necklaces, bracelets or rings except on Sundays or with festival dress. (No Silver, Gold and Diamond)
- Personal dresses should strictly adhere to the decorum and decency expected by the school.
- Torn jeans / shred jeans or similar wear are not permitted.
- Students are expected to write the Name and Roll No. on all their items with permanent markers.
- Students should not have tinted hair when they come to school after holidays.
- Transgression of rules will result in items being returned to the parent. If the offence is repeated, the item will be donated to charity.
- Students are expected to wear Indian traditional dress during Indian festivals in accordance with the school schedule.

Dress / Material Kit

S.N	lo Particulars	Nos		S.N	lo Particulars	Nos	
a)	Common Kit for Boys and Girls			Co	ntd. Common Kit for Boys and Gi	rls	
1.	Outing T-Shirts	2 Nos	١	38.	Parents Photo	1	
2.	School Uniform	6 Sets	8	39.	Air Bag	1	
3.	Arati dress	6 Sets	School	40.	Suitcase	1	
4.	Colour House T-Shirts	6	ि	41.	Permanent marker to write your name and		
5.	White House T-Shirts	2	Provided		Roll. No on all items	2	
6.	Blue game shorts	6	rovi	42.	School Bag	1	
7.	School Sweatshirt	2	1	43.	Nail Cutter	1	
8.	School Tracksuit	1)	44.	Cotton Buds	3 Pkts	
9.	Full pants / Jeans (No slim fit allowed)	6		45.	Hair Comb	2	
10.	Bermudas/ Shorts (Knee length or below)	6		46.	Umbrella	1	
11.	Traditional Dress	4					
12.	Vests / Undergarments	12		OP	TIONAL		
13.	Underwear	12		47.	Dettol / hand Sanitizer	1	
14.	Hankies	10		48.	Nasal Decongestant (Eg: Vicks) Tube / bottle	1	
15.	Bath Towels	3		49.	Pain reliever - Ointment / Spray	1	
16.	Hand Towels	2		50.	Band Aid	12	
17.	Personal Night Dress	2		51.	Bicycle	1	
18.	Bed Sheets	4		b) (only for Boys		
19.	Pillow Covers	4		1.	Shirts	4	
20.	Blanket / Quilt	2		2.	T-Shirts	10	
21.	Sweater / Pullover	2		3.	Swimming Trunks	1	
22.	Wind - cheater (Jerkin)	1		4.	Shaving kit for Senior boys	1	
23.	Sun Cap	1		5.	Plain white socks (calf length)	12 Pairs	
24.	Good Quality Rain Coat	1		c) (only for Girls		
25.	Full Length Rubber sheet For Bed Wetters	1		1.	T-Shirts - loose and long	4	(optional)
26.	Executive Sewing Kit	1		2.	Salwar Suits	4	
27.	Torch	1		3.	Gagra Choli	1	
28.	Water Bottle	1		4.	Half-Saree, Lehenga etc., with accessories	1 (optional)	
29.	Bathroom Slippers	2 Pairs		5.	Kurtis (Long covering hip in length)	6	
30.	Shoe Lace Black	2 Pairs		6.	Slips (White/black/skin color)	12	
31.	Sports Shoes	2 Pairs		7.	Swim Suit Single Piece	1	
32.	Sandals	1 Pairs		8.	Trainers (Std V/VI) Sports Bra (White/black/skir	n colour) 6	
33.	Black Leather Shoes (with lace for boys & buckle for girls)) 2 Pairs		9.	Bathrobe Knee Length	1	
34.	Spectacles (if used)	3 Pairs		10.	Hair Band / tick tack Clips / Clips (Black Colour) 5 Pkts.	
35.	Small Lock and Key	3		11.	Skirt Knee Length (or Longer)	2	
36.	Photograph of Family Deity / God	1		12.	Saree and Accessories for Senior Girls	1	
37.	Colour Socks	12 Pairs		13.	Plain White Socks (Ankle Length)	12 Pairs	

Tucks / Eatables

The school provides wholesome variety food; standardized for all the students and staff on campus. Therefore;

- a. Students are **not** allowed to keep eatables in the school premises.
- b. Visiting parents / guardians are **not** allowed to bring any eatables with them and/or invite their wards to eat with them in the cars.
- c. Any special food on health grounds such as threptin / protein biscuits, dry fruits etc. shall be provided by the School after ratification from the Medical Centre of the School.

Consequences for default :-

- a. The first instance, all materials shall be distributed to charity and parents will be informed.
- b. At the second instance, the material shall be distributed to charity and the student shall not get his / her Sunday tuck in School for the whole term.
- c. At the third instance, the student shall be suspended from the School.

Toiletries

- a. The student should bring all toiletry items required for the whole term at the time of reporting to school in the beginning of the term.
- b. The student is **NOT** allowed to use cosmetics, nail polish,eye-liner,lipstick, sparkles, eye shadows, blusher, hair dyes, hair gel, colour kajal and coloured lenses are strictly not allowed.
- c. The student will not be allowed to receive any toiletry item from home during the term ; If required, the student shall be supplied toiletry items by the school during the term. The choice shall be limited to those specified by the School from time to time.

Cash / Valuables

We have children from the best strata of society. To safeguard their possessions, the school has formulated the following rules. Strict adherence of these rules is required. Accordingly-

- a. The School cannot arrange for the safe keeping of any valuables, and therefore, it is desired that students do not bring any valuables with him/her.
- b. Cash left over from the journey from home to school shall be handed over by the student to the resident house parent immediately on entry into the dorm; the cash shall be credited to the student's personal account.
- c. Any cash found with the student thereafter shall be confiscated and donated.
- d. Students may keep only the following items at their own responsibilities:
 - i. One still camera.
 - ii. One MP3 player or I-pod ONLY audio. No screens allowed.
 - iii. One wrist watch. Smart watches are not permitted.
 - iv. One pair of ear-rings; studs (not droplets) for girls.
 - v. One hair dryer.
 - vi. One necklace, one pair of bracelets, one ring for girls.
 - vii. Basic model mobile phone.

Any other item found with the student shall be taken and sent back to the parents.

Miscellaneous

- 1. Medicines: Only children who need special health attention with permission from the Medical Centre can bring medicines for the whole term. Parcels are strictly prohibited without permisssion during the term.
- 2. Books: In order to avoid confusion, it is essential that if a student requires any external reference book, the respective subject teacher has to ensure that the book is handed over to the student through them, and not through any other means. Parents are requested to cross check with the concerned subject teacher, if necessary.
- 3. After the holidays no parcels will be entertained. All keys must be handed over to RHP/RHM before going home to avoid forgetfulness in bringing them while coming back to school.
- 4. Children are permitted to read books appropriate to their age. School bans and confiscates books that are inappropriate to their age.

Fee Payment Plan

S.No	. Particulars	l Term	ll Term
1.	Period	Apr - Sep	Oct - Mar
2.	Fee becomes due on	Jan 1	Jul 1
3.	Last date of payment	Feb 28	Aug 31
4.	Last date for intimating withdrawal entitling non-payment of fee for next year.	Dec 31	None

- 5. Withdrawal of student during the academic year shall entail payment of fee for the full year i.e. both the terms.
- 6. Payment made after the last date of payment shall entail a penalty of Rs. 100/- per day for each day of default.
- 7. Non-payment for a period of 30 days after the last date of payment shall result in an automatic removal of the student's name from the school enrollment.

Registration

The school office is open for registration throughout the year, and we accept registrations for five years in advance. The date of the admission test is intimated to the registered candidates well in advance. The school Information and Registration forms are available as a free download on our website **www.cirschool.org**

Leave, Visiting and Outing

Ours is a fully residential school and our calendar includes a number of child centered activities. Every time a child leaves the school, he/she is missing out on an opportunity to learn and have fun. Children whose parents/guardians cannot visit them feel left out when they see their friends go for an outing often. The frequent and unscheduled outings also make it difficult for us to plan suitable activities.

The following rules are designed to help you to help us :

- a. The school shall allow leave only for the marriage of a sibling of the student, only for a maximum of 3 days.
- b. Students are allowed to go out with parents/guardians only twice a year after the Parents' Meet and Sports' Meet; permission shall not be granted for any other occasion.
- c. Students shall be allowed for visit /outing only with persons as specified in the list in the following page.
- d. Students are allowed to go for the Sunday outing after breakfast at 9:00am and must return to the campus before 7:30pm.
- e. Guardians other than parents must carry an authorization in writing in the prescribed form on page 36, from the parents to meet and/or take the child out. The authorized person is totally responsible for student's behaviour outside the CIRS campus on these days.

- f. First default for late return shall result in an automatic disallowance of the next outing; second default shall mean no outing for the remaining term.
- g. Students should not bring any parcel / packet while returning after an outing.
- h. The school reserves the right to deny permission to any student going with a guardian / another parent if the school finds that the child is not sufficiently taken care of by the guardian / another parent.

S.No	Particulars	i) Own child/ward	ii) Other children/wards
a)	Parents of student	Allowed	Allowed: one (only for Junior School)
b)	Local Guardian on School record	Allowed	Not Allowed
c)	Elder sibling of student (Above 18 years of age)	Allowed	Not Allowed
d)	Drivers	Not Allowed	Not Allowed
e)	Any other person	Not Allowed	Not Allowed

Persons authorised to pick up and drop students

List of Outing Dates June 2022 - May 2023

These dates are listed for information and convenience of travel arrangements. There shall be no outing on any date(s) not listed here.

S.No	Day /Date	Remarks
1	Sunday, July 31, 2022	All Classes
2	Sunday, August 28, 2022	All Classes
3	Sunday, September 25, 2022	All Classes
4	Wednesday, October 12, 2022 to Sunday, October 16, 2022	As per the Anand Utsav schedule
5	Sunday, November 27, 2022	No outing owing to ensuing Winter Vacations
6	Sunday, January 29, 2023	No outing owing to preparations for Khel Mela
7	Wednesday, February 8, 2023 to Sunday, February 12, 2023	As per the Khel Mela schedule
8	Sunday, March 26, 2023	All Classes
9	Sunday, April 23, 2023	Only for Classes IX -XII CBSE and IB (Except students appearing for final IB Exams in May 2023)

Note: The dates provided above are purely tentative. Changes in dates will be made based on the prevailing situation in the state and will be informed to the parents in advance.

Outing Authorization Form (Only for Junior School) Action Notes

1.For persons other than the parents themselves and local guardians on school record.

2. The form must reach the school by post/ in person / e-mail to principal@cirschool.org not later than two working days before the day of the outing.

To, The Principal, CIRS, Coimbatore

Dear Madam,

May I request you to allow my child_____

Roll No._____ of Class _____ to go out on (Day & Date) _____

from (time) _____ to _____with Sri / Smt. ______who

will accompany my child throughout the outing and has undertaken to take responsibility of the conduct of my child from the time of his/her leaving the CIRS campus to returning to School, as per the schedule.

Relationship of the guardian

to the student _____

Name of Parent :

Place :

Date :

Outing Acceptance Form (Only for Junior School)

Ι,		acc	ept to undertake the
responsibility of acc	companying the student		,
Roll No	studying in class	throughout the o	uting and of
the conduct of the ab	pove named student of CIRS	during the entire tenure	of the outing. I shall
also ensure that he/s	he does not indulge in any act	tivity and / or behavior n	ot proper as per the
rules of CIRS.			
Signature of Author	ised Person		
Name of Authorise	d Person		
Day &Date :			
Contact Address_			
Contact Number :	Res:	Mobile :	
For CIRS Office U	se Only		
Request received o	n- Date	Time	am/pm
Allowed / Not Allowe	əd		
Marked to RHP - Go	opikalaya / Madhavalaya / G	Govindalaya / Krishnala	ya

Policies regarding parcels from Parents / Guardian

- a. Parents are requested to seek permission from the school authority before sending any parcel/packet either by post/courier or through any visitor.
- b. Parents are requested not to bring any parcel/packet to the campus before any outing.

Policies regarding late reporting after vacation

Late reporting to the School after the vacations makes the student miss the requisite introductory and revision time and the child set back from day one. Additionally, it creates problems for the teachers as the child has to be tutored separately in an effort towards making up for the academic loss.

The School Calendar gives, well in advance, the date of reopening of the school after the vacations to facilitate travel bookings. Therefore it is imperative that every student reports to the school on time after the vacation. Else,

a. For the first misdemeanour, the child shall be charged a fresh admission fee.

b. if the offence is repeated, the child will not be allowed to attend school and will be sent home.

Breach of Discipline

1.Smoking/consumption of alcohol in any form/use of tobacco in any form/use of drugs/non-veg food/mobile phone/ viewing objectionable materials is strictly prohibited inside the school campus and when on an official visit/ trip on behalf of the school. Anybody found violating this rule will be expelled without notice.

2. School does not allow any inappropriate and unhealthy relationship/behaviour between opposite genders. Any violation of such rules will lead to strict disciplinary action/expulsion.

3. A student found guilty of using unfair means / malpractice / cheating of any kind in any assignment / examination / test will be dealt with very firmly and shall face severe consequences.

4. A student found guilty of any serious breach of discipline will be summarily expelled from the school without any liability on the part of the institution. The school will in no way be liable to return any part of the fee paid by the student.

5. CIRS strictly restricts the usage of smart phones for all students on the campus.Due to the COVID situation, students were allowed to use their personal smart phones. However, now students will be permitted to use only basic model without internet facility for calling purpose.

CIRS Important Dates 2022-23

SUMMER VACATION 2022			
Arrival at CIRS Campus			
Monday, June 12, 2022 New Students of all classes arrive in campus by 10:00 am			
Wednesday, June 14, 2022	Old Students of all classes arrive in campus before 7:30 pm		
ANA	AND UTSAV CIRS FAMILY MEET 2022		
Monday, October 10, 2022	Parents arrive after lunch at 1:00 pm		
Wednesday, October 12, 2022	Students accompany parents for outing after 12:30 pm		
Sunday, October 16, 2022	Students arrive in campus before 7:30 pm		
	WINTER VACATION 2022		
Depa	rture from CIRS Campus after 9:00 am		
Saturday, December 3, 2022 All Classes			
Arrival at CIRS Campus before 7:30 pm			
Thursday, January 5, 2023 All Classes			
KH	EL MELA CIRS SPORTS MEET 2023		
Tuesday, February 7, 2023	Parents arrive at 8:00 am		
Wednesday, February 8, 2023	Students accompany parents for outing after 12 noon		
Sunday, February 12, 2023	Students arrive in campus before 7:30 pm		
	SUMMER VACATION 2023		
Departure from CIRS Campus after 9:00 am			
Tuesday, May 9, 2023 Wednesday, May 24, 2023	Classes V to VIII Classes IX to XII and IB (except final IB students)		
Arrival at CIRS Campus before 7:30 pm			
Wednesday, June 28, 2023	All Classes		

Note: The dates provided above are purely tentative. Changes in dates will be made based on the prevailing situation in the state and will be informed to the parents in advance.

CIRS PHONE NUMBERS & EMAIL IDS

	Office (0422)	E-mail
Resident Director	2613 303	residentdirector@cirschool.org
Director (acad & admin)	2613 303	directoraa@cirschool.org
Principal	2613 303	principal@cirschool.org
Secretary to Principal	2613 303	admissions@cirschool.org
HM & IB Coordinator	2613 308	hm@cirschool.org ib@cirschool.org
DHM	2613 304	dhm@cirschool.org
Academic Administrator	2613 310	academics@cirschool.org
Spiritual Guide	2613 412	spiritual@cirschool.org
Finance Manager	2613 318	financemanager@cirschool.org
Manager	2613 313	manager@cirschool.org
Medical Centre	2613 330	doctor@cirschool.org
Accounts Office	2613 320	accounts@cirschool.org
Students' Account	2613 321	fees@cirschool.org
Travel Desk	2613 323	travel@cirschool.org
Dispatch	2613 317	dispatch@cirschool.org
ASHRAM		
Chinmaya Gardens	2613 493	chinmayagarden@gmail.com

SCHOOL CONTACT DETAILS

Ph No : 0422 2613300, Fax No : 0422 2615725, Website : www.cirschool.org

Student Dormitory Contact Details

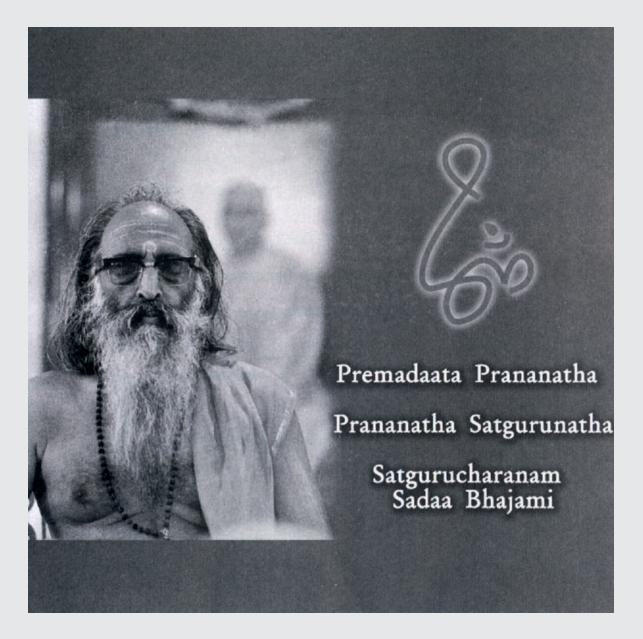
Resident House Parent / Resident House Mother Contact Number for Emergency Use Only

Dormitories		Tel. No. (0422)	Mobile No.
GOVINDALAYA Ground Floor	RHP RHM	26 13 387	96008 61583
First Floor	RHM	26 13 388	93844 66016 93604 61579
KRISHNALAYA	RHP	26 13 391	93604 61584
Ground Floor	RHM	26 13 391	93646 06011
First Floor	RHM	26 13 392	93646 06010
KESHAVALAYA	RHP	26 13 395	93604 61587
First Floor	RHM	26 13 398	93604 61567
Ground Floor	RHM	26 13 396	93604 61581
MUKUNDALAYA	RHP	26 13 399	93604 61585
Ground Floor	RHM	26 13 399	93614 61570
First Floor	RHM	26 13 400	84388 06013
MADHAVALAYA	RHP	26 13 403	93604 61580
First Floor	RHM	26 13 404	93646 06012
GOPIKALAYA	RHP	26 13 410	93604 61569
Ground Floor	RHM	26 13 411	73970 06018
First Floor	RHM	26 13 397	93604 61590
RADHIKALAYA	RHP	26 13 383	93604 61582
Ground Floor	RHM	26 13 384	93602 61510
First Floor	RHM	26 13 389	93604 61588

CIRS EXAMINATION SCHEDULE 2022 - 2023

Name of the Exam	Beginning	Ending
I Term End Exam for I and II IB	Friday, September 9, 2022	Wednesday, September 21, 2022
I Term End Exam for classes V to XII CBSE	Monday, September 12, 2022	Wednesday, September 21, 2022
I Pre-Board Exam for classes X and XII CBSE	Thursday, November 10, 2022	Thursday, November 24, 2022
II Preboard Exam for classes X & XII CBSE	Saturday, January 14, 2023	Tuesday, January 24, 2023
I Mock Exam for II IB	Monday, February 20,2023	Saturday, March 4,2023
Annual exam for I IB	Thursday, March 2, 2023	Thursday, March 16, 2023
Annual Exam for classes IX and XI CBSE	Monday, March 6, 2023	Thursday, March 16, 2023
Annual Exam for classes V to VIII	Thursday, March 16, 2023	Saturday, March 25, 2023
II Mock Exam for II IB	Monday, March 20, 2023	Saturday, April 01, 2023





PAYMENT OF FEES

Fee can be paid

A.i) Through a cheque demand draft favouring "CCMT A/c International School" payable at Coimbatore.

Postal Address Finance Manager, Chinmaya International Residential School, Swami Chinmayananda Lane, Nallur Vayal Post, Siruvani Road, Coimbatore - 641114.

(or)

A.ii) Through the School's online payment portal by using the link below for the online payment:

https://easycollege.in/cirs/school/stuindex.aspx

B) Fee payment can also be done through Credit Card / Debit Card / Net banking. It is preferrable to use net banking since credit and debit cards attract transaction charges and also there is a ceiling for the amounts. However kindly note GST is applicable for all the above said modes of Payment.

C) Cash deposit directly into the School account will not be accepted.

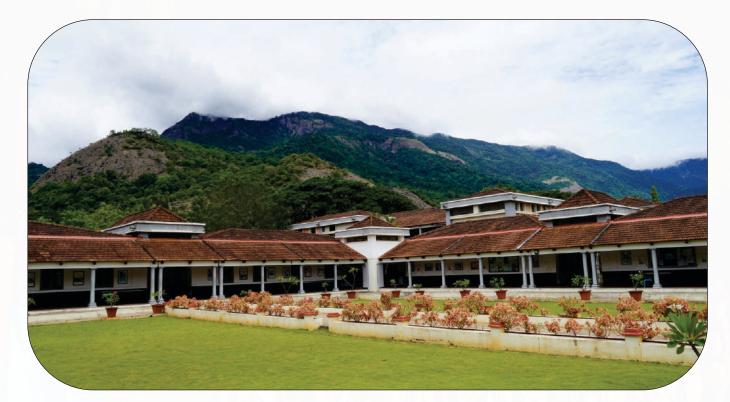
Note :

- 1. No cash will be accepted under any circumstances.
- 2. Receipts will be issued by the school after the reconciliation of the amounts.
- 3. The original challan of school fee deposit should be forwarded to the school.

Official Courier : DTDC, DHL

Guest Accommodation

The Chinmaya Mission Ashram adjoining the school campus offers limited accommodation for parents and visiting guests. The accommodation can be booked directly at chinmayagarden@gmail.com



CHINMAYA INTERNATIONAL RESIDENTIAL SCHOOL



Affiliated to IB & CBSE Swami Chinmayanada Lane, Nallur Vayal Post, Siruvani Road, Coimbatore - 641 114, Tamil Nadu, India Phone : 91 - 422 2613 303, Fax : 2615 725 Web : www.cirschool.org, e-mail : admissions@cirschool.org



Central Board of Secondary Education



BRITISH COUNCIL International Dimension in Schools (IDS) Q.o