



# The Sarvalokaa Residence – My Space

March - April 2026

*Yoga – Calm, Mindful Practices that Enhances Flexibility, Focus, and Inner Balance*

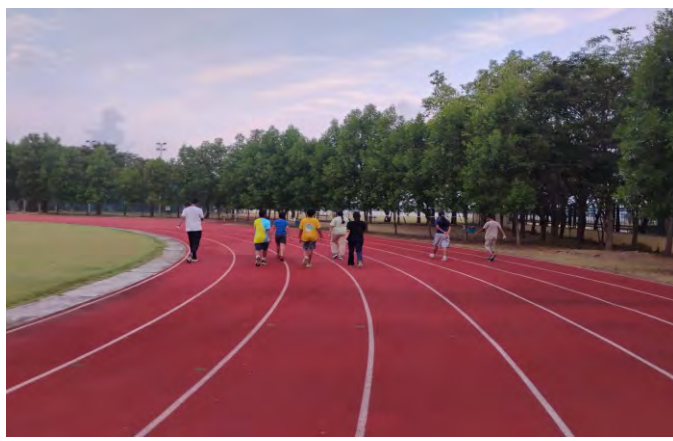
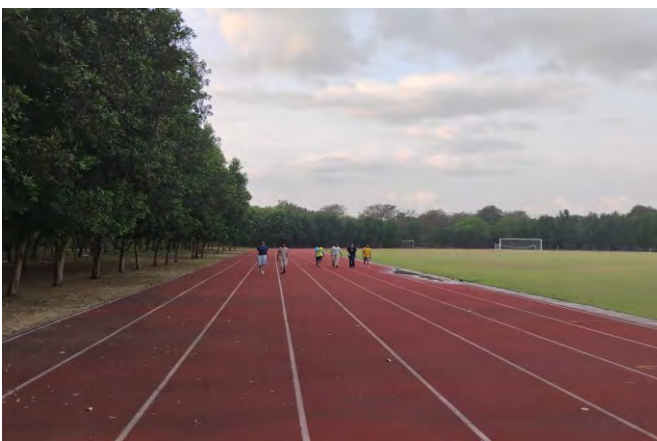


Practicing yoga before school helps the learners start the day with a calm and focused mind. It improves concentration, flexibility, and posture, while reducing stress and anxiety. Meditation also boosts energy levels, helping the learners to feel more alert, confident, and ready to learn.

~ Shwetha, AS Level

## *Morning Work out*

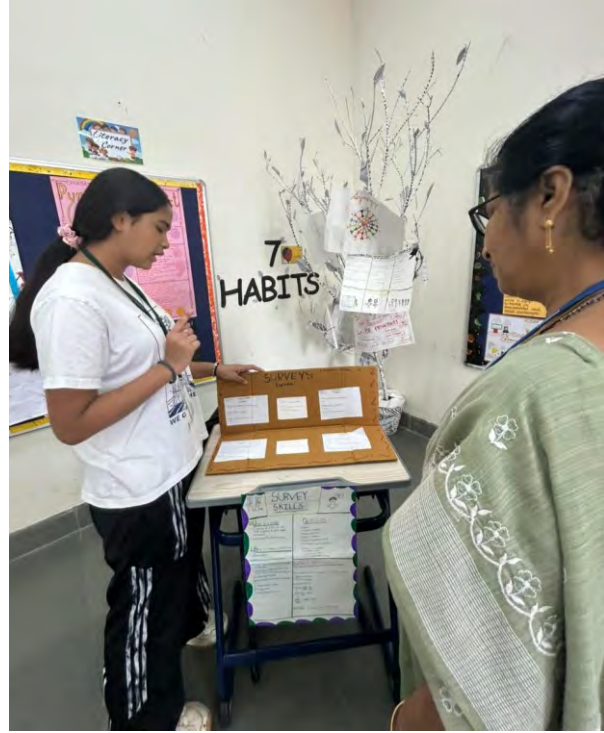
**Morning Workout – *Power-packed Routines that build Strength, Stamina, and Confidence***



Morning workouts before school help the learners feel more active and refreshed throughout the day. It improve physical fitness, increase energy levels, and sharpen focus in class. Regular exercise also reduces stress, boosts mood, and builds Confidence.

- Rudhran – Grade - 9

# LLC – Learner Led Conference



We believe that education is not just about absorbing information, but about mastering the ability to explain and apply it. This term, our Learner-Led Conference (LLC) served as a brilliant showcase of this philosophy, moving beyond the classroom to bridge the gap between theoretical science and real-world application.



-Tushar Sevin – Grade 6

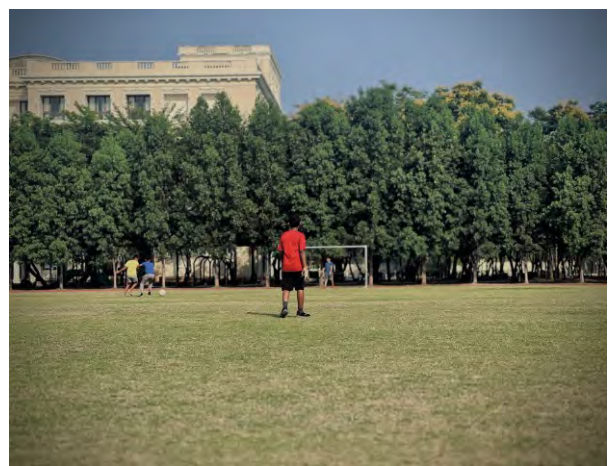
## *Monthly Outing – A trip to Mudaliarkuppam*



The hostel outing to the Mudaliarkuppam Boat House was a memorable and entertaining experience for everyone. The picturesque scenery throughout the trip made it unforgettable. The thrilling boat ride and pleasing environment of the island was unique and spectacular.

~ Tushar, Grade 6

## **Outdoor Games – *Energetic Play that builds Teamwork, Skill and Pure Fun***



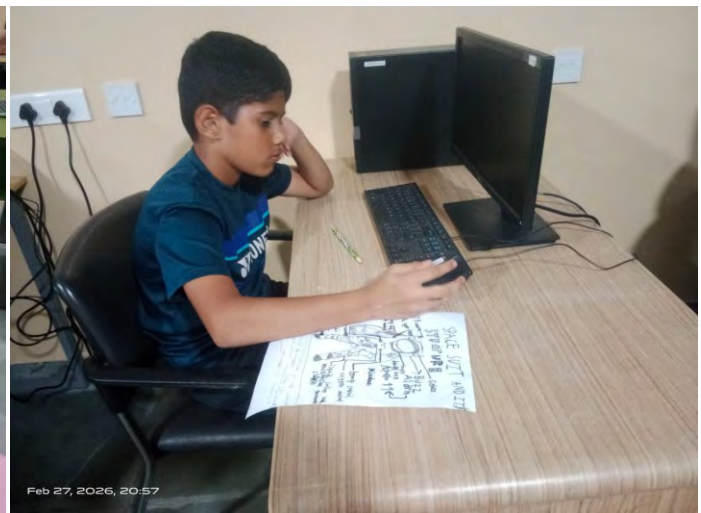
Outdoor games help the learners to stay physically active and healthy while having fun. They improve strength, coordination and stamina. They assist in developing teamwork, leadership, and social skills. Playing outdoors reduces stress, refreshes the mind, and encourages a balanced and active lifestyle.

**~ Anirudh Dogra, Grade - 5**

*Study Time – Focused and Discipline Sessions that support Learning and Academic Growth*



## Study Time – *Focused and Discipline Sessions that support Learning and Academic Growth*



The study time helps learners improve their understanding and memory of subjects. It builds discipline, boosts confidence, and prepares them for exams and challenges. Regular study habits also reduce stress and support better academic performance. It also teaches learners how to manage their time properly, stay focused, and develop responsibility towards their learning. Over time, consistent study makes difficult topics easier to understand and help learners achieve their goals with confidence.

~ Shwetha, AS Level

## After-School Activities - Cycling – *Enjoying nature and sports!*



Afterschool activities help the learners to stay physically active and healthy while having fun. They improve strength, coordination and stamina. They assist in developing teamwork, leadership, and social skills. Playing after the school hours reduces stress, refreshes the mind, and encourages a balanced and active lifestyle.

~ Riddhi, Grade 7

## Farming – Hands in Soil, Hearts in Nature



Spending time farming feels very special to me because it is not just about growing plants, but also about growing memories together. Working side by side, helping each other, and seeing the results of our hard work makes me feel proud and happy. It teaches me patience, responsibility, and the value of teamwork. For me, farming is a peaceful time where I can connect with nature.

~Victor, Grade – 7

## Star of the Month – December 2025- January 2026



The star of the month, Riddhi of Grade 7, and this system allows the learners to manage daily chores in an organized, responsible and disciplined way. This motivates us to plan our tasks well, manage time effectively, and complete our work regularly. Every single learner is appreciated for their efforts toward their betterment through this system.

~ Riddhi, Grade 7

## Meals – A Time for Taste and Togetherness



Meals play a vital role in our daily lives, as they provide the energy we need to learn, play, and stay active. Sharing food with friends makes mealtimes even more enjoyable, filling them with laughter and cheerful conversations. Eating healthy, nutritious food helps our bodies grow strong, keeps our minds alert, and supports us in staying energetic throughout the day.

~ Kevin, AS Level

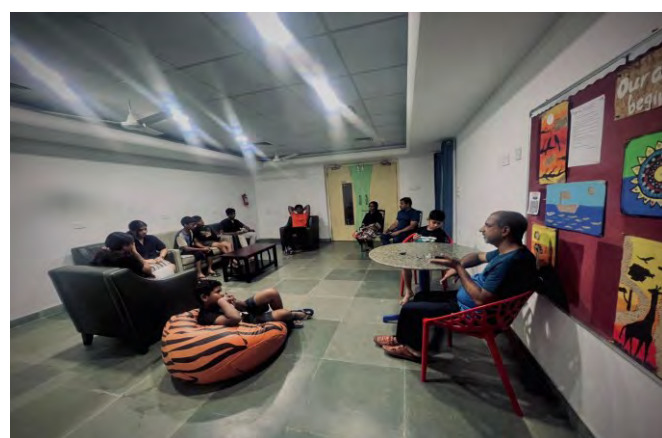
## Movie Time – Fun on the Big Screen



Movie time was a delightful and refreshing experience for the group, giving them an opportunity to unwind and enjoy a film together. We shared laughter, created joyful memories, and truly appreciated each other's company. It served as a pleasant break from our daily routine, leaving us feeling relaxed, refreshed, and happy.

~Tushar, Grade 6

## Monthly Meeting



A regular monthly meeting helps the residence to reflect on past experiences and set clear goals for the upcoming month. In this meeting, learners and the hostel parents have raised their concerns, struggles and suggestions for the improvement of themselves and the residence's enhancement to the Vice Principal. This practice improves planning, accountability, and keeps everyone focused, motivated, and aligned with future objectives.

~Rudhran, Grade 9

## *Farewell to Kailash - A Goodbye to the Graduate*



On March 14<sup>th</sup> 2026, the residence said its goodbye to the collaborative and caring graduate M.K.Kailash who left the hostel for his higher studies. The farewell was filled with a blend of emotions. It created a vacant spot in all the residents' hearts as the residence said its final goodbye to Mr.M.K.Kailash.

~ Tushar, Grade 6

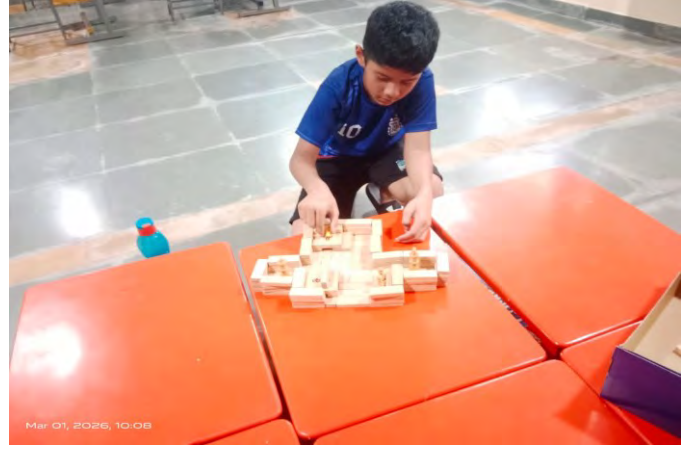
## Art Fete – a labyrinth made from portraits



The Art Fete was a vibrant and captivating showcase of creativity, filled with magnificent and visually pleasing paintings, intricate sketches, and expressive portraits. Each piece reflected remarkable talent and imagination, drawing admiration from every visitor. The stalls were lined with charming and memorable souvenirs, offering unique keepsakes that beautifully captured the spirit of the event.

~ Srivatsa, Grade-3

## TV Time & Indoor games



Creating a balanced environment for residential life involves relaxation with social engagement. Our TV time and indoor games sessions are designed to provide learners with a well-deserved break while fostering community spirit.

~ Srivatsa, Grade-3

*As we wrap up another wonderful academic year, we want to extend our heartfelt gratitude to our parents for your unwavering support and partnership. Together, we've watched our learners grow, learn and achieve remarkable milestones. While we bid a fond farewell to this chapter, we are already buzzing with excitement to welcome you to the next academic year. We look forward to new adventures, deeper discoveries and continuing our journey of excellence Together!*

*“Wishing all our learners and their families a refreshing summer break filled with joyful adventures and well-deserved rest.”*



***Thank You..***

