723 Isha Vidhya volunteers including 24 monks from the Isha Yoga Center and 3 corporate teams (comprising 250 employees) participated in the 7th edition of the Chennai Marathon.

This year 63 fundraisers raised close to ₹21,00,000.

Stalwarts, Mr. M. Alagesh and Mr. Rathnavel Kanagavelu raised over ₹1,65,728 and ₹1,50,853 respectively and were declared ‘Change Runners’ as they raised more than ₹1,50,000.

After the formation of new state and capital, 152 Isha Vidhya supporters participated in the Amravati Marathon 2019 for the first time in 5K, 10K and 21K categories.
Isha Vidhya Tuticorin and Vanavasi celebrated Annual Day recently. Dr. Vijaya Rengan, a leading neuro-psychiatrist and Dr. Pethukani, a renowned gynecologist were the guests of honor at Isha Vidhya Tuticorin. Dr. P. Kumar, Joint Director (Syllabus) SCERT, Chennai was the chief guest at Isha Vidhya Vanavasi. They presented achievers with prizes amidst well-wishers and applauding parents.

At both schools, the children, with able support from teachers, put together an entertaining program of classical and folk dance, English and Tamil plays, a mime performance, and display of Taekwondo (Korean Martial Arts) and Sillambam (Martial Arts from Tamil Nadu).
Teachers in all Isha Vidhya schools have been of immense support to students in preparing for the 10th, 11th and 12th Std. board exams. Students were segregated into toppers, above-average and below-average. Specially prepared revision tests were conducted for each. Slow learners were provided with quiet study areas and extended study time till 8 p.m.

Special classes were conducted before and after school hours, and included Saturdays and Sundays. Students were counselled daily. Also, teachers met with parents to ensure that a tension-free atmosphere was created at home and the children were fed healthy food.
20 Yatra Foundation representatives participated in a cycling campaign across South India to raise funds for Isha Vidhya. From Aalapakkam they cycled to Isha Vidhya Cuddalore with 50 of our students accompanying them from Ayyampettai village. After a warm welcome, they interacted with students at the science lab, bonded over lunch and even played a game of volleyball. They also met their sponsored students. It was heartening to see foreigners (Australian) participating in a cycling campaign to raise funds for kids they had never met. We were delighted to hear their positive feedback and experience of our school. Thank you and we look forward to your next visit.
A Bharatanatyam performance by Ms. Lakshmi Parthasarthy Athreya was organized by SPIC MACAY* at Isha Vidhya Dharmapuri. Over 150 students from 5th - 10th Std. attended.

While Ms. Athreya danced, she also explained the various mudras used in Bharatanatyam so that the children could understand, appreciate and cherish the finer aspects of the dance. Last year, SPIC MACAY presented a Kathak dance performance which has inspired many students to experiment with dancing.

We are deeply grateful to SPIC MACAY for bringing such performances to our school.

* SPIC MACAY – the Society for the Promotion of Indian Classical Music and Culture Amongst Youth, is a voluntary organization which promotes Indian cultural heritage by promoting Indian classical music and dance, folk dance, crafts and other aspects of Indian culture.
Recently 20 executives from DXC Technologies visited Isha Vidhya Cuddalore and spent the day interacting with the students, learning about the Math lab, Power English classes and more. DXC Technology is playing an important role in our delivery of education to underprivileged rural kids by sponsoring scholarships for 1500 students. For a first time visitor our schools are quite a surprise. The facilities in our schools are quite unusual for a rural school and the quiet confidence of our students immediately engages the attention of the visitors. We were happy to receive the feedback that the visit was an unforgettable experience for the DXC executives.
Ms. Aswini Seeniraj, an Army officer, conducted a career guidance session at Isha Vidhya Cuddalore for senior students.

Her story is inspiring. She was awarded the Presidential Medal for the best NCC cadet, participated in the Republic Day parade, and gave up a lucrative career in IT to join the armed forces. Through sheer grit and willpower she is now an officer in the Army Ordinance Corps, Srinagar.

She allayed fears of being in the army. She gave guidance on various job opportunities in the three armed services and also how to apply for various posts. By the end of the program, many expressed their desire to join NDA.
Sharing glimpses of other events.

Crafting Colours - Dharmapuri

Stringing Flowers - Dharmapuri

Barclays Chennai Volunteers

Good Habits Good Behaviour - Dharmapuri

Monoprinting - Dharmapuri

Shapes Day - Cuddalore
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www.ishavidhya.org