**Principal's Message**

Dear Students, Parents, and Well-Wishers,

Welcome to our school’s official website. As the principal, I take great pride in leading an institution that is deeply rooted in academic excellence, moral values, and spiritual growth. Located in the heart of Ernakulam town, our school is committed to nurturing the intellectual, emotional, and ethical development of every student who walks through our doors.

We are proud to uphold and promote the timeless values of Bharatheeya culture, instilling in our students a strong sense of identity, heritage, and responsibility toward their nation. Alongside academic rigor, we emphasize the importance of moral and spiritual growth, fostering a learning environment that encourages the holistic development of each child.

Our aim is to develop young minds that are not only intellectually proficient but also deeply patriotic, committed to the ideals and progress of our great nation. Through various initiatives and activities, we strive to cultivate a deep sense of love for the motherland, inspiring students to become responsible citizens who contribute positively to society.

This website is a reflection of our continuous efforts to keep you informed about our initiatives, achievements, and the vibrant life of our school community. I encourage you to explore and stay connected with us as we work together to shape the future of our children.

With warm regards and best wishes,

DINTO K P  
Principal

M .A,(Economics) M SC(Psychology), B.Ed  
PG Diploma in Child counselling & International Language

Member of NCERT

Academic & CBSE coordinator BVN Schools

Joint Secretary Kochi Metro Sahodhaya

**President's Message**

Dear Visitors,

It is with immense pride that I extend a warm welcome to the official website of Saraswathi Vidyanikethan Public School, Elamakkara, Ernakulam. Our school, one of the premier institutions in Kochi, stands as a beacon of quality and value-based education, an embodiment of the vision of Rashtra Dharma Parishath. Inspired by the guiding principles of Vidyabharathi, Akhil Bharatheeya Shiksha Sansthan, we are dedicated to shaping young minds through holistic education, deeply rooted in our nation’s cultural and moral values.

As an educational and charitable trust, Rashtra Dharma Parishath remains committed to empowering students with the tools of knowledge, character, and patriotism. Saraswathi Vidyanikethan is not just a center of academic excellence but also a nurturing ground for cultivating virtues that prepare our students for life’s challenges, making them not only successful professionals but also responsible citizens.

We believe in fostering an educational environment where our students grow intellectually, morally, and spiritually, aligned with the rich traditions of Bharatheeya culture. Through rigorous academics, a values-based curriculum, and co-curricular activities, our goal is to ensure that every student of Saraswathi Vidyanikethan emerges as a confident, compassionate, and socially conscious individual.

I invite you to explore this website and discover how our school, with the support of Rashtra Dharma Parishath, is contributing to the future of our nation by nurturing the next generation of leaders.

With best regards,  
**P. Kuttikrishnan**  
President, Rashtra Dharma Parishath

**Sisuvadika: A Holistic Approach to Early Childhood Education**

The *Sisuvadika* concept, introduced by Vidyabharathi, is a comprehensive model of early childhood education rooted in the ancient Indian wisdom of *Pancha Kosha Vikas* (the development of the five sheaths or layers of human existence). This approach emphasizes the overall development of the child, focusing not only on academics but also on physical, emotional, intellectual, and spiritual growth.

The *Pancha Kosha* model, derived from the Upanishads, outlines five essential layers of human development:

1. **Annamaya Kosha (Physical Development)**: Emphasizing the importance of physical well-being, *Sisuvadika* incorporates activities that promote the child's health, coordination, and motor skills. Play-based learning, physical exercises, and proper nutrition are given priority to ensure the child's physical growth is nurtured in a healthy and balanced way.
2. **Pranamaya Kosha (Energy Development)**: This layer refers to the child's vitality and energy. Through practices like breathing exercises, yoga, and outdoor activities, *Sisuvadika* helps children harness and channel their energy in a positive manner, building a sense of inner balance and vitality.
3. **Manomaya Kosha (Mental and Emotional Development)**: The mental and emotional well-being of children is crucial. *Sisuvadika* focuses on activities that develop the mind and emotional intelligence, helping children manage their emotions, build social relationships, and foster empathy and compassion. Storytelling, art, and group activities play a significant role in nurturing emotional growth.
4. **Vijnanamaya Kosha (Intellectual Development)**: Intellectual development is fostered through structured learning experiences that encourage curiosity, critical thinking, and problem-solving skills. *Sisuvadika* blends traditional knowledge with modern teaching methods to develop a child's intellectual abilities, focusing on holistic learning rather than mere rote memorization.
5. **Anandamaya Kosha (Spiritual Development)**: The ultimate aim of education in *Sisuvadika* is to foster inner joy and peace, helping children connect with their higher self. Through prayers, moral stories, and a strong emphasis on values such as truth, non-violence, and respect for all beings, children are guided toward understanding the spiritual dimension of life.

The *Sisuvadika* model represents Vidyabharathi's commitment to preserving and promoting traditional Bharatheeya values while incorporating modern educational methodologies. By focusing on the overall development of the child through the *Pancha Kosha* framework, *Sisuvadika* aims to produce individuals who are not only academically proficient but also physically fit, emotionally stable, intellectually curious, and spiritually grounded.

This holistic approach ensures that children receive a well-rounded foundation, preparing them for lifelong learning and growth, and instilling in them a deep sense of culture, values, and love for the nation.