# **MIRACLES**

2019-2020

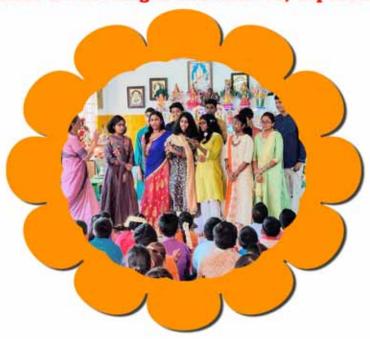


Affiliated to National Institute of Open Schooling (NIOS)
AI-190005

# The Students' Annual Magazine of SARASWATHI KENDRA LEARNING CENTRE FOR CHILDREN

Celebrating 35 Glorious Years (1985 - 2020)

"Where talent is encouraged and nutured, expect miracles."



The C.P. Ramaswami Aiyar Foundation 1 Eldams Road, Alwarpet, Chennai - 600018.

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"The school shall have served its purpose best, fulfilled its object effectively, if, in addition to the teaching of the three R's and all the things that go by the scholastic name, the wonderful niceties of life are also inculcated, without which man as a gregarious animal would be written down in history as a failure.

Let the school be the centre, the nucleus, the focus, radiating not distrust, not factions, not a spirit of partnership, but the spirit of oneness and harmony towards conjoint effort and the fulfilment of conjoint purpose and the reaching towards that goal for which all of us are yearning."

Dr. C.P. Ramaswami Aiyar



#### **About Saraswathi Kendra Learning Centre for Children**

Saraswathi Kendra Learning Centre for children was established in January 1985 by The C.P. Ramaswami Aiyar Foundation to help children with autism, dyslexia, learning disabilities and other similar problems. This institution is named after Late Mrs. Saraswathi Pattabhiraman (November 3, 1910 - December 6, 1984). It was the first full time institution of its kind in India when it was established. Saraswathi Kendra uses innovative teaching methods and therapies and takes a holistic approach to education. Every child in Saraswathi Kendra is a special person who is given specialised attention.

The C.P. Ramaswami Aiyar Foundation is an accredited academic institution of the National Institute of Open Schooling (NIOS), which has made it possible for so many children, who could not have graduated from main stream school, to complete their basic education. There are several professionals in the field of performing arts and sports besides young people who work in mainstream careers who were students of Saraswathi Kendra.

Saraswathi Kendra gives free or subsidized education for children from very less privileged backgrounds.

#### THE SKLC EDITORIAL BOARD

The editorial board of Saraswathi Kendra Learning Centre worked with great passion, enthusiasm and spirit to bring out **the Students**' **Annual Magazine** "MIRACLES 2019 - 2020", reflecting and celebrating the skills of our young prodigies.

**Chief Editor** : Mrs. Sangeetha Venkatesh, Principal

Editor & Compiler : Mrs. Hema Rajagopal

**Art Work** : Mrs. S. Prema

**Craft Work** : Mrs. S. Sujatha

**Layout & Design** : Mrs. T. Pichulakshmi

**Publisher** : The C.P. Ramaswami Aiyar Foundation

#### PRESIDENT'S MESSAGE



I am happy to see the growth of Saraswathi Kendra Learning Centre for Children, both in numbers and in achievements. We probably have produced more celebrities – musicians, dancers, sportspersons, etc. – who have made a mark in their fields at the state, national and international levels.

Over the years, Saraswathi Kendra has provided a variety of new therapies, such as a soft room for children with problems of large motor coordination, a sensory room for

young children, indoor games and exercises for fine motor coordination, alternate therapies in art, music, movement and dance and animal assisted therapy or the Dr. Dog programme. We do not follow fixed textbooks - the curriculum is moulded for the special needs of each child.

Simultaneously, we have also provided a platform for young professionals in the worlds of sports, music, dance, etc., whereby they can stagger their studies even as they continue their special talents in their chosen field.

Our affiliation to the National Institute of Open Schooling (NIOS) goes back to 1991 and the number of registrations have increased every year. This year we have also provided coaching in science and mathematics for those who wish to take up these subjects for NIOS.

In Saraswathi Kendra, every child is a special person who can be moulded to bring out his / her best talents. Going by the principle that everybody has the potential to shine, we have provided every help and facility to our students to shine in their chosen field. Saraswathi Kendra has grown from strength to strength, giving hope and strength to parents and children.

Dr. Nanditha Krishna

fanditha Krishna

President

The C.P. Ramaswami Aiyar Foundation

#### HONORARY SECRETARY'S MESSAGE



SARASWATHI KENDRA LEARNING CENTRE FOR CHILDREN (SKLC) was the first institution started for children with learning disabilities, autism, dyslexia, hyperactivity etc., helped with solutions to all learning problems of the children. The magazine brought out by the organization has given a platform to the students to exhibit their talents through articles, poems, pictures, jokes etc. SKLC is the well-known learning centre for children with learning disabilities. I take this opportunity to congratulate the

Principal, Mrs. Sangeetha Venkatesh and the Teachers who are responsible for the success of SKLC and would also like to mention that without the able guidance of Dr. Nanditha Krishna, President and Mr. Prashanth Krishna, Executive Director of The C.P Ramaswami Aiyar Foundation, it would not have been possible to execute the programme with success. I congratulate the team for their dedicated services to the children and to the society.

My prayers to Almighty to bless the organization to continue their services successfully in the years to come.

M. Bargavi Devendra

Honorary Secretary

The C.P. Ramaswami Aiyar Foundation

#### From the ED's Desk...



In 2020 we have completed 35 glorious years with several achievements and all this would not have been possible without our team of dedicated staff in the foundation and SKLC. Mrs. Sangeetha Venkatesh has taken over as Principal from this academic year. We have grown tremendously in numbers and receive several enquiries.

SKLC has probably produced more celebrities than any other institution in various fields like sports, theatre, music, dance, art etc. Since our affiliation to the National Institute of Open Schooling (NIOS) in June 1991, it has provided many children with learning disabilities an

opportunity to have alternate schooling and successfully complete their education with a X<sup>th</sup> and XII<sup>th</sup> pass making them eligible for college and increasing their chances of being employable. The next category of students we take in are those who wish to pursue other activities they are passionate about to give them a more flexible option of completing their Class X & Class XII. As an NIOS affiliated institution we offer many subjects - science, arts, commerce & others. This enables the children to choose a variety of subjects of their choice. Apart from academics SKLC gives equal emphasis to sports, physical activity, extra curricular activities, and various therapies such as art therapy and animal assisted therapy.

It is our wish that every child who completes his/her tenure in SKLC turns back and says "My days in SKLC were the best days of my life". Just because someone does not shine in academics, does not mean that they can not shine in life. Every child has a great potential to shine in his/her own field of interest.

The good wishes of our current as well as past students, and parents have created positive vibes which is why we are where we are and we look forward to your continuous support to Saraswathi Kendra Learning Centre.

I wish to place on record our appreciation of Mrs. Sangeetha Venkatesh and her team of dedicated staff who have strived hard to achieve a lot for the growth of this great and wonderful institution.

Mr. Prashanth Krishna

Executive Director

The C.P. Ramaswami Aiyar Foundation

## From the desk of the Principal...



The smile that flickers on baby's lips when he sleeps - does anybody know where it was born?

Yes, there is rumour that a young pale beam of crescent moon touched the edge of a vanishing autumn cloud, and there the smile was first born in the dream of a dew-washed morning.

Guru Rabindranath Tagore

Dear Readers,

The timeless beauty of Guru Rabindranath's poetry reminds us that the simple joys and pleasures of life, especially of childhood are already endowed within us by nature itself. Growing up is inevitable but foregoing such joys is not. The staff at Saraswathi Kendra Learning Centre (SKLC) work hard to make each child smile, each child feel good - just the way they were meant to. In the following pages we bring out the talents of our children through their various works on poems, essays, arts, crafts etc. These are just a sample. We as staff, sometimes see more powerful and inspiring stories in the seemingly mundane everyday activities of our children, be it in the prayer assembly, the playground or in the classrooms. As you go through these pages, do join me in your thoughts to thank the wonderful and committed staff of SKLC who enable our children to shine by being who they are.

Mrs. Sangeetha Venkatesh Principal Saraswathi Kendra Learning Centre for Children

# SKLC Annual Report - 2019-2020

We are happy to highlight the activities of SKLC for the academic year 2019 - 2020:

- 1. From the academic year 2019-2020 onwards, Mrs. Sangeetha Venkatesh took over as Principal.
- 2. In the current academic year, Saraswathi Kendra had 174 students. There are 26 teachers, 2 psychologists, 1 administrative officer and 2 front office staff.
- 3. The NIOS admission was conducted in two phases. The first phase of admission for the secondary and senior secondary classes was completed in September 2019. The second phase went on till March 2020.
- 4. The NIOS board practical exams are conducted at SKLC twice in the academic year, in September, and again in March.
- 5. SKLC also conducts Personal Contact Programme (PCP) classes, demonstration classes for practical subjects (twice a year), and On Demand Exams (practical exams) of NIOS throughout the year.
- 6. The SKLC students achieved 100% pass in the secondary and senior secondary NIOS examinations held both in April 2019 and October 2019.
- 7. Besides academics, alternate therapies such as yoga, art, craft, theatre, dance, puppetry, movement therapy and animal assisted therapy are conducted on a regular basis at our centre.
- 8. Art therapy, play therapy, brain gym, eurhythmy and individualized counselling are regularly conducted by our psychologists under the guidance of our Chief Psychologist, Mrs. S. Niraja. This helps the students cope with emotional, behavioral and academic problems.
- 9. The computer section is used regularly by teachers to help children understand their lessons better. It is used extensively to conduct NIOS exams and classes.
- 10. The Home Science department has a laboratory with facilities for teaching cooking, baking and interior decoration.
- 11. The art and craft departments work in full swing to bring out the latent creative side of the students.
- 12. Students from Stella Maris College, Women's Christian College, Madras University who are doing their under-graduation and post-graduation in Psychology and Social Work do their internship at our centre as part of their curriculum requirements and project work.
- 13. Mrs. Usha Shankaran, a volunteer with RASA and Mrs. Bhuvana Viswanthan help us with movement therapy and dance therapy for the primary and junior students.
- 14. Mrs. S. Niraja, SKLC Chief Psychologist completed her first level (7 modules) in Waldorf education in June 2019.
- 15. Mrs. Sangeetha Venkatesh, received her Rehabilitation Council of India Certification (RCI Certification) as a certified special educator in November 2019.

- 16. Our teachers Mrs. V.G. Radha and Mrs. G. Kumudhini completed an online course from The National Program on Technology Enhanced Learning (NPTEL) in remedial instruction for primary school children with specific learning difficulty in January 2020.
- 17. Our emagazine www.saraswathikendramagazine.com updates the activities of the students on a regular basis.

#### **Young Achievers:**

#### 1. Charanya S (Senior Secondary II)

Ranked 66<sup>th</sup> in India, Charanya has been playing professional tennis for 7 years. She got her first title in 2018 for under 18 doubles in Hyderabad followed by being a runner up in the same year, in the under-16 singles in Rohtak. In 2018, she was a runner up for singles in Jalandar and in Jaipur.

#### 2. Chirag Nahar (Senior Secondary II)

He Started playing tennis at the age of 6. He was a winner in one inter-school tennis tournament and for two titles in state level tennis. Apart from tennis he won two football league matches and one-5 on 5 Tournament winner in 2 inter-school volley ball tournaments and a finalist in Kho-Kho in district level.

#### 3. Sai Diya Balaji (Senior Secondary I)

She was ranked  $4^{\rm th}$  in the latest state ranking and ranked 107 in all India AITA in girls under 16 category. A passionate tennis player, she has been playing state, national and international Junior ITF tournaments representing Tamilnadu and India for 4 years. She was a winner in both singles and doubles in girls under-14 2018. She won many titles.

#### 4. Arnav Sathyanarayanan (Senior Secondary II)

Arnav started swimming at the age of 10 at YMCA club. With passion for the sport, he won the second place in 4x100M free style relay representing the Marina club in 2017. He has represented the school for 50M breast stroke, 50M butterfly stroke, 50M free style and was placed fourth overall.

#### 5. S. Lavanyaa (Senior Secondary II)

Ranked 43<sup>rd</sup> in India, Lavanyaa has been playing tennis for 7 years. She won her first title in 2018 for under 18 doubles in Hyderabad, followed soon by a title in Rohtak under the same category. She has been a runner up in 2018 - In singles in Bhubaneshwar, under 18 in Jaipur and Gurgaon respectively in 2019.

#### 6. Brajesha (Senior Secondary II)

With passion and hard work, Brajesha has been pursing shooting as a sport from the age of 15. He has won 12 gold medals, 15 silver medals, 6 bronze medals through state, south zone, prenationals and nationals. He represented SKLC three times in inter-school meets. Brajesha has represented our institution in the Pondicherry first inter-school meet.

#### **Events**

2019	
June 3	The institution reopened for the staff.
June 13	The Institution reopened for the students with a prayer.
June 21	International Yoga Day was celebrated with yoga
	demonstration by the students of SKLC. The theme was "Yoga – Fit Body Fit Mind".
June 30	The second phase of assessments and admissions were held
	for the current academic year.
July 2	Rangotsav- festival of colours, a nationwide art, drawing, hand
	writing and painting competition was conducted. Many
	children emerged as winners.
July 4	Elections were held for choosing the student office bearers.
	Dr. V. Mohan, Assistant Director & Head, Department of
	Classical Languages, C.P.R. Institute of Indological Research
	was the electoral officer.
July 5	Our students participated in the Kids Athletic Championship
	- Talent Research Development held by Ramachandra
	University, Porur, Chennai.
July 6	The centre students participated in the football event at the
	Sishyamitra Cultural held at Sishya School, Adyar.
July 10	The investiture ceremony for the elected officer bearers was
	held. Dr. Nanditha Krishna (President, CPRAF), Mr. Prashanth
	Krishna (Executive Director, CPRAF) and Dr. P. Sudhakar
	(Executive Director, CPREEC) handed over to the elected office
	bearers their respective badges.
July 13	Our senior boys participated in the Decathlon Inter-School
	Football Championship.
July 16	Guru Purnima, our teacher's day was celebrated with a puja
	and entertainment programme by the students.
	Mrs. V. Anuradha, our Biology teacher attended Wipro's
	Earthian Sustainability Education Programme held by C.P.R.
	Environmental Education Centre.
July 18 & 19	Our students participated in the APL Global School Cultural

Fest SYNERGY. T.C.A. Mukundan of secondary II won the  $1^{\rm st}$  prize in the event - The Lone Survivor (ship wreck). Brajesha, Varun Gwalani and Arnav Sathyanarayanan won the  $1^{\rm st}$  prize

	in Retro Gaming. Mrs. Chitra Nandakumar, Mrs. S. Prema, Mr. R. Mukesh, Mrs. S. Niraja and Mrs. Jayashree Krishnan
July 22	accompanied the students.  Mrs. S. Jayanthi, Administrative Officer, SKLC also a teacher, attended the NIOS induction programme held at NIOS regional
	centre, Triplicane, Chennai.
July 25	The students participated and won prizes in the global art competition.
August 2	Our students participated in the Sanghvi Kantital Doshi
	Cultural Fest - Paramapara, which was conducted by GTA
	Vidya Mandir, Neelankarai, Chennai.
August 3	SKLC was the overall winner for the 11 <sup>th</sup> consecutive year in
	Soroptomist Interschool Talent Contest. The students won the first prize in oratory, art, drama, quiz and music.
August 15	Independence day was celebrated with a march past and flag
	hoisting by our President, Dr. Nanditha Krishna who delivered
	a wonderful speech on water conservation and rain water
A 4 F	harvesting.
August 15	Our Dr. Dog – Dr. Tulasi participated and won a medal in the Great Indian Dog Show.
August 17	Mr. Prashanth Krishna, our Executive Director and NIOS
	coordinator of CPRAF, attended the Annual NIOS Coordinator
	Meeting held at Omega International School, Kolapakkam.
	Mrs. S. Jayanthi, our administrative officer, in-charge of NIOS
August 18 to 20	also attended the program.  Our students participated and won prizes in Advantage
August 10 to 20	Dyslexia in events like art, solo music and group music, dance, kolam and storytelling.
August 20	The students of junior I to junior III were taken to the CPRAF
	library to give them an actual experience of a library. Mrs. Rajeswari, Mrs. Kumudhini and Mrs. Radha Gurusamy accompanied them.
August 22	Krishna Jayanthi was grandly celebrated with enthusiasm by
	the students.
August 22	As part of Madras Day celebrations, a photo exhibition was held
	on the important and historical architectural buildings of the
	city. Our centre students enjoyed the information they gained
	from the exhibition at Shakunthala Art Gallery.
August 28	The post-graduate students of Psychology from Madras
	University visited SKLC as part of their educational institution visit.

August 30 Ganesh Chathurthi was celebrated to invoke blessings on the students. The day started with a pooja followed by a cultural programme. The 35th Annual Sports Day was held at Rajarathinam Stadium. September 6 Mr. P. Ravi, NIOS Regional Director was the chief guest. Gokul Srinivas (our student now), an olympic medalist was the guest of honor. September 8 Our primary teacher Mrs. Pattu was given the 'Best Teacher Award' by the Lions Club. September 13 Our students participated and won in the all India Coloring and Hand-Writing Competitions conducted by Rainbow Art Centre. September 15 Suvan Ramanathan of senior secondary I, won the bronze medal in the Sweet Science Inter-Club Boxing Championship held by Combat Kinetic, Porur. The quarterly exams were conducted. September 19 to 30 September 22 Our Senior boys bagged the third prize in the inter-school Zee Zoo classic foot ball tournament. Term I concluded. September 30 October 1 Term II began. October 4 Navarathri was celebrated in a grand manner. The students contributed to the occasion by getting golu dolls from home. October 6 to 12 SKLC closed for Navarathri vacation. October 8 Vijayadasami Puja was performed at SKLC. November 2 & 3 Mrs. Hema Rajagopal, Mrs. E. Sadhana, Mrs. Jayashree Krishnan and Mrs. E. Sarala attended the state level continuing Rehabilitation Education Programme organized by Vijay Human Services in collaboration with NIEPMD. The programme was hosted by SKLC on the premises of C.P.R. Environmental Education Centre. November 6 Kaivalam Foundation held a demonstration of weaving techniques for the NIOS students. November 8 to 9 Our teachers, Mrs. E. Sadhana, Mrs. Jayashree Krishnan and Mrs. S. Niraja (Chief Psychologist) attended the Madhuram Narayan Centre Seminar on Interventional Approaches of Autism Spectrum Disorder. The seminar was organized by Vijay Human Services. November 11 to 30 Inter-house cricket, badminton, throw ball, khokho, art, craft and cookery competitions were held.

November 12 The students of junior II to preparatory III visited the Blue cross of India. Mrs. Kumudhini and Mrs. Anuradha accompanied the students along with Mrs. Sangeetha Venkatesh, Principal. November 16 & 17 Mrs. Hema Rajagopal, Mrs. E. Sadhana, Mrs. Jayashree Krishnan and Mrs. E. Sarala attended the state level continuing Rehabilitation Education Programme organized by Vijay Human Services in collaboration with NIEPMD. The programme was hosted by SKLC in its premises. December 4 A football match was conducted between The Grove School and Saraswathi Kendra Learning Centre. SKLC emerged as the runner-up. December 5 Project Day was conducted by SKLC for primary, junior and preparatory level students. December 6 & 7 Our teachers Mrs. Hema Rajagopal, Mrs. E. Sadhana and Mrs. Jayashree Krishnan along with the Principal Mrs. Sangeetha Venkatesh attended a workshop on ADHD Interventional Strategies, held by Institute of Mental Health, Kilpauk. December 11 to 20 The half-yearly exams were conducted. December 13 to 15 Mrs. E. Sarala attended a 3 day CRE programme on skill training for persons with disabilities, in Pondicherry. December 16 to 20 Our Chief Psychologist Mrs. S. Niraja held a workshop on art therapy, healing techniques and meditation for our teachers. December 20 Christmas celebrations were held. December 21 SKLC closed for christmas vacation. 2020

January 2	SKLC reopened for the final term.
January 9	The NCC cadets of D.G. Vaishnav College held a talk and show
	on "Ill-effects of Mobile Phone Usage".
January 14	Pongal was celebrated in a grand and traditional manner.
	Mayilattam, Karagattam, Poikalkuthirai, Puliyattam and
	Silambattam were performed by professional artists.
January 24 & 25	Mrs. Hema Rajagopal attended a workshop on Autism Spectrum
	- Its management, at SRM Hospital, Kelambakkam, Chennai.
January 27	A Homam was conducted for the students appearing for the
	board exams in April 2020.

February 7	The 35 <sup>th</sup> Annual Day was celebrated in a grand manner with the students staging a fantastic performance in the various entertainment programs. Mrs. Padma Srinath, Educational Psychologist and Former Teacher of Vidya Mandir Senior Secondary School, honoured us by being the chief guest.
February 9 & 10	SPARDHA Maths and English talent competitions were held.
February 10	The Students of Stella Maris College held art, craft and essay competitions as part of their internship programme.
February 12 to 16	The senior students went on an excursion to Hyderabad. It was a great and wonderful tour of the city with fun and entertainment. They were accompanied by Mr. Prashanth Krishna, Executive Director, Mrs. Sangeetha Venkatesh, Principal, Mrs. Chitra Nandakumar and Mr. R. Mukesh.
February 14 & 15	Mrs. Sadhana Ekambaram and Mrs. Jayashree Krishnan attended a state level CRE workshop on dealing with intellectual difficulties at Institute of Mental Health, Kilpauk.
February 17	Students from the preparatory II level were taken on an educational trip to Kanchipuram. They visited a weaving unit, and temples known for their painting and architecture. They also visited the Shakunthala Jagannathan Museum of Kanchi.
February 20	Revision exams began for the secondary & senior secondary NIOS students.
February 24 & 25	Shankar Nethralaya conducted a comprehensive eye check up for all the students of the centre.
February 28	Our junior and preparatory students participated in the annual day of RASA.
February 29	Mrs. S. Niraja, Chief Psychologist attended a workshop on 'Parents Understanding Dyslexia', organized by Institute of Mental Health, Kilpauk.
March 7	For the first time ever a meeting was arranged by the centre to address the doubts of our external NIOS students.
March 11 & 18	The NIOS board practical exams were conducted for secondary & senior secondary internal and external students.
March 20	Last working day of SKLC.
March 21	Due to the outbreak of the Covid-19 or SARS-COV-2 pandemic the institution closed. The academic year 2019-2020 came to an end.

# THE STAR STUDENTS OF 2019 - 2020

S.No.	Name	Level
1	Deeksha Prabhu	Primary II A
2	A. Sashankk	Primary II B
3	S. Vishnu Adhokshaja	Junior I A
4	Fuzail Zarif	Junior I B
5	H. Harry	Junior II
6	D. Pavithran	Junior III
7	Chhavi Modi	Preparatory I
8	Mohammed Ayaan	Preparatory II
9	P. Ved Kumar	Preparatory III
10	G. Trinayana	Pre - Secondary
11	K. N. R. Manjukesh	Secondary I
12	M. Shiva Guru	Secondary I I
13	S. Aksheya	Senior Secondary I A
14	I brahim Arafat	Senior Secondary I B
15	V. Shashank	Senior Secondary II A
16	Anirudh Gupta	Senior Secondary II A
17	G. Chitrabanu	Senior Secondary II B
18	R. Sudha varshini	Senior Secondary II B
19	R. Dhashalini	Senior Secondary II C
20	H. Yashwanth	Senior Secondary II C
21	T. C. A. Mukundan	Senior Secondary II D

# NIOS Top Performers in 2019

S.No	Name	Level	Month
1	Pon Sai Krithik	Secondary	April
2	Sai Diya Balaji	Secondary	April
3	Mukta Anand (One shot batch)	Secondary	April
4	Nandan	Secondary	October
5	S. Rohit	Sr. Secondary	April
6	Meghna Yadav	Sr. Secondary	October

# **Trophy**

Best House	Horse House	428 Points
Runner up House	Leopard House	413 Points

#### LET'S KNOW ABOUT SPIDERS

Spiders play an important role in nature without spider no insect population can be in control. Spiders are found in most of the continents except Antarctica. Spiders do not belong to the family of insects. They belong to the family of arachnids. There are more than 10,000 species of Spiders. There fangs inject -insect parlaying type of venom . Some spiders have enough venom to kill mice, snakes, bats and birds.

Why do spiders look scary?

An called arachnophobia is common condition in half the population of India because of at bites and the fear of allergies, the spiders scare people. I am fascinated to read more about them and how spiders sense the movement of its prey. I like to share more and more information about these mysterious species.

Nimay Rao Preparatory I

#### SEVEN DAYS IN HEAVEN (MAURITIUS)

The excitement was attending my cousins wedding and the golden opportunity to be with my family and to visit one of the most beautiful Island called Mauritius surrounded by the vastness of the Indian ocean and filled with lush sugar cane plantation. This vacation was most memorable and exciting because of the functions and quality time spend with my uncle, aunt and my cousins from the US whom we were meeting after 4 years. We had such a lovely time enjoying the tropical climate, beaches with beautiful sunset coral reefs and shallow waters. Port Louis is the capital which is the most happening spot of Mauritius. One side of the road is the modern part of the city and the other side is older market with wholesale shopping stores.

We spent a day which was exciting and fun as there were many water activities taking place like parasailing, tubing etc., and to continue the thrill we went to a private island called "I le aux cerfs" where we spent the day till 5 and while returning, the highlight of the day was to see a waterfall at close range and feel the spray of the fresh water 'oh what a day bit was!'. We stayed in a place called flic en flac in a penthouse facing the sea and centre where local cuisine was available the most common cuisine is the bakery items because of the French influence. Mauritus is ten times the size of Singapore with lots of things to see and do. My vacation was coming to an end so fast that I came back with a heavy heart but with wonderful memories.

Ankita Avula Preparatory II

# **GROUP PHOTOS**



Primary



Junior I



Junior II



Junior III



Preparatory I



**Preparatory II** 



**Preparatory III** 



22



Secondary I



Senior Secondary I



Secondary II



Senior Secondary II



**Student Council Members of SKLC 2019 - 2020** 



 $SKLC\ Students\ on\ excursion\ to\ Hyderabad$ 



Team SKLC 2019 - 2020



Team SKLC on Annual Sports Day - September 6, 2019. Mr. P. Ravi, Regional Director (NIOS) was the Chief Guest.



Team SKLC on the 35<sup>th</sup> Annual Day Celebrations with the Chief Guest Mrs. Padma Srinath, Educational Psychologist on February 7, 2020.

# **SPORTS DAY & ANNUAL DAY 2019-2020**

















#### **HIGHLIGHTS**



SKLC celebrated International Yoga Day.



SKLC won the Best School Award in Global Event and Colouring competition.



Gokul Srinivas (Olymic Medalist) received a prize from Mr. P. Ravi (Chief Guest) on Annual Sports Day.



In the Puzhal Football League Match held during October, Mohammed Ayan won a medal in the under 15 category.



SKLC hosted a skill development programme for people with multiple diabilities. The programme was conducted by NIEPMD and Vijay Human Services.



SKLC celebrated Krishna Jayanthi in August 2019.

# **ART WORKS**



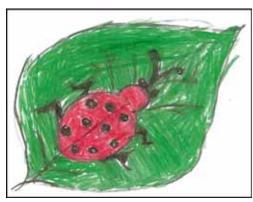
Deeksha Prabhu, Primary II



Nalin M, Primary II



Padmamalini, Primary III



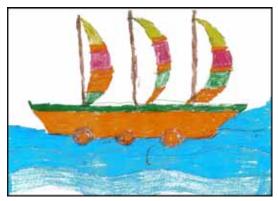
Shashank, Primary III



Fuzail Zarif, Junior I



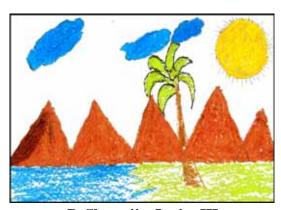
B. Pavithran, Junior I



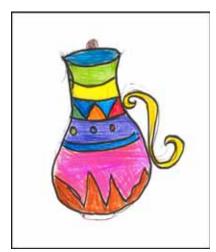
Bhavana Sathish, Junior II



 ${\bf Joshua\, Arockearaj, Junior\, II}$ 



D. Sharmija, Junior III



Sandhiya V, Junior III



Deepak Selvam, Preparatory I



V. Devshri, Preparatory I



D.V. Arjun, Preparatory III



Sricharan, Preparatory II



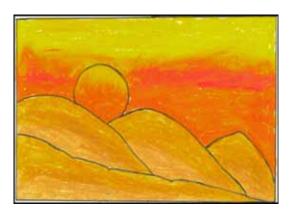
Aamira, Preparatory III



Bharath Raj, Preparatory III



Trinayana, Preparatory IV



Uditha Wankhede, Preparatory IV



Puja Dorai, Secondary I



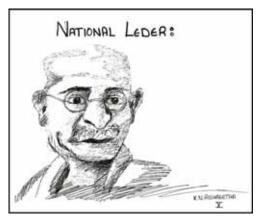
M. Vidya Sagar, Secondary I



Kezhia Abraham, Secondary I



S. Avinash, Secondary II



K.N. Rishreetha, Secondary II



K.K.A. Vadhula Desikan, Secondary II



Dhurai Pandi, Senior Secondary I



Suvan Ramanathan, Senior Secondary I



Abishek Rao, Senior Secondary I



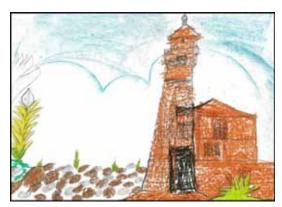
S. Aksheya, Senior Secondary I



M. Nishkaemya, Senior Secondary I



Chitra Banu, Senior Secondary II



V. Shashank, Senior Secondary II



H. Vaishnavi, Senior Secondary II



Anirudh Gupta, Senior Secondary II



S. Lavanya, Senior Secondary II

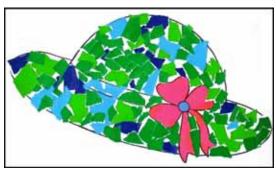


Vasudha Sridhar, Senior Secondary II

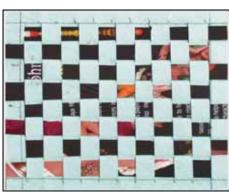
#### **CRAFT WORKS**



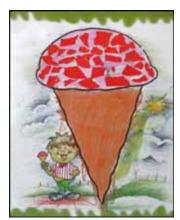
Chumki Art A. Shashank, Primary II



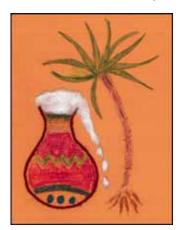
Paper Collage Art Navaneeth, Primary II



Paper Collage Art Navaneeth Guru, Primary II



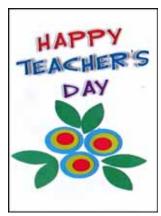
Paper Collage Art Navaneeth Guru, Primary II



Art Deeksha Prabhu, Primary III



Art Padmamalini, Primary III



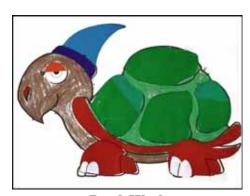
Greeting Card
Darshan Pandey, Junior I



Different Material Sticking P. Rithik, Junior I



Stripling Work Sarveshwaran R, Junior I



Patch Work Vishnu Ad Lokshaja, Junior I



2 D Work B. Pavithran, Junior I



Sequence Work Harry H, Junior II



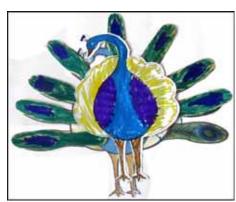
Sand paper Art Joshua Arockearaj, Junior II



Greeting Card Yajnesh, Junior II



Saw dust Work Sai Lakshan, Junior II



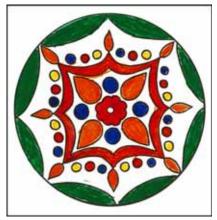
Ice Cream Stick Work K. Navjoth, Junior III



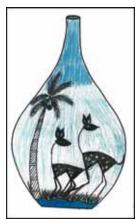
R. Neeraj, Junior III



Wax Resist Art Sreenidhi R, Junior III



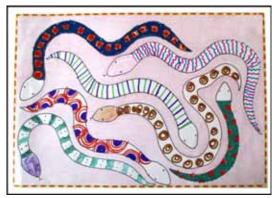
Mandala Rangoli Art Pavithran D, Junior III



Warli Art in Bottle Sreenidhi R, Junior III



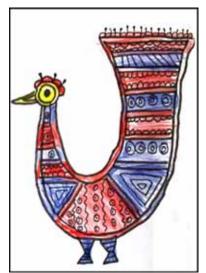
Sequence Work B. Ashwatha, Preparatory I



Pattern Painting R. Vishal, Preparatory I



Clay Work Deepak Selvam, Preparatory I



Madhubani Painting Devshri V, Preparatory I







Pencil Lead Powder Shading Art

Aswin Subash, Preparatory II



Our students show interest and dedication in a lot of other creative activities apart from academics and sports. As a result of which, Sugadevan from Preparatory I made a model by himself of rain water harvesting and explained its process to other students during the assembly. This initiative helped to spread awareness amongst the children about the water crisis that is currently prevailing in our city, the necessity and the ways to save water.

## MY FISH PLAY

It has been my long time wish to have some pets. After a long waiting time I finally got my pet. My fishes. I have fish in two tanks. I feed them twice a day. I thought of an broken ship and a tree toy for the fishes to play hide and sick I enjoy making lego structures. My latest addition to the tank is two storey structures 1st for the fishes to hide and play. 2nd floor is for the balloon fishes and betta fishes. My favorite past time is watching the fish play. I love there the first floor as the bigger Gourami, Rainbow and fish like shark fish are kept there.

It's my favourite relaxed time now a days.

C.L. Pranav Preparatory III

## MY ACTIVITIES AT SKLC

I am in preparatory 3. In my class there are nine students. We have activities like PT, Craft, Art, Music, Crea shakthi 'Theatre', Environment education Chess, Yoga, Counselling, Dance, Tailoring and pet therapy. In my class we have four subjects like Maths, science, social science and English. We have cultural activities like sports day and Annual day.

- ◆ P T We play games like football, Cricket, Basketball, Doddgeball, Coco and shuttle.
- Crea shakti We play games and act and that brings out the best in us.
- ♦ Environment education We learn about natural and the ways to well.
- ♦ Counselling We do some brain exercise, play in the magical land clay, we also have a blue light. It's one of the most relined atmospheres.

All these 3 activities are included to help us in our holistic development.

A.J. Nithyashree Preparatory III

## MY FAVOURITE PLACE

I live in Adyar, my favourite place is Odyssea. It's a book store.

I love going to the basement and look through the colourful bookshelves I always find a book I have not read.

I also buy chocolates sometimes my grandfather also comes and he buys margarines and books.

I am so lucky to have a treasure store near me.

Ved Kumar Preparatory III

#### MY HOBBY

I am N. Aashritaa from Preparatory –I. My hobby is painting. I love to paint. I draw some picture according to my imagination. Then I would look for colour combination. After deciding on which colour to be used I would start painting the picture and finish it. Sometimes I would frame/laminate those painting. I enjoy painting.

N. Aashritaa Preparatory I

## STOP BEING JUDGEMENTAL

If you are too judgmental, you might focus only on the negatives and miss out on some of the finer qualities your friends might possess. People don't necessarily have to fit into your image of a good person. There are many other ways in which people can be good. Also, If every person in your life fits into your definition of good, chances are that all the people in your life will be alike. If you are open in your views, life will shower on you an abundance of friends.

Another important aspect of friendship is understanding that we all grow and change. Since we continue to grow we continue to evolve. Hence, It is important that you don't judge people by their past actions. Always give them another chance see them with mortality. What friends do for us cannot be described in words. It is important for us to have friends but many of us find it difficult to strike up a friendship.

G. Bharath Raj Preparatory III

## MY DREAM DESTINATION

My dream destination point is to visit Bangkok. It is the city of joy and land of smiles. In Bangkok have many entertainment places like, Mall, shopping complexes, park, beach, Temples and very tasty food like mango sticky rice added with coconut milk and tasty desserts etc. Thai people are very pious people. They look very beautiful and fit because of the healthy foods like fruits raw vegetables Thai steamed raw vegetables Thai steamed rice etc. I have heard so much about this magical city that it keeps remanding me to pack just go.

G. Subbulakshmi Preparatory III

## TRIP TO NEW DELHI

Have you ever spent a cold, Christmas day in Chennai?

You are right never.

But this time I enjoyed the coldest Christmas ever in New Delhi.

My grandma lives in New Delhi. Each year I visit her during summer vacations.

This time my mother and her sisters planned a grand get together at grandma's place in New Delhi this winter. Which means my cousins and I enjoyed a great time together. As soon as I stepped out of Indra Gandhi International airport a cold gust of wind blew over me. My mother handed me and my sister a protective jacket.

In Delhi where the pleasant day temperatures are at 15°C Night temperatures dip to as low as 2°C. The very next day was my birthday. All my brothers and sisters were present to wish me and celebrate together.

The very next day was the 24<sup>th</sup> of December Christmas evening. We spend the entire morning decorating the huge Christmas tree which we had bought along .By the evening it was all ready. We all stepped out into the cold Christmas Evening and ice cream.

We came back home to watch the movie Frozenz covering ourselves with warm and cozy. The next morning my little cousins and I were happy to find a huge gift from Santa for each of us under the tree. I know very well that my mother bought them when we stepped out for I ce cream. In the evening we went to the neighborhood mall to enjoy the celebrations.

On 26<sup>th</sup> mother and grandma had important bank work in central Delhi so I went along with them and saw several important buildings in the heart of Delhi. The Parliament house, Jantar Mantar Reserve bank of India, which was my grandma's officer. I also saw Rashtrapathi Bhavan Vijay chowk and India gate, where the annual republic day parade is held.

I was lucky to see the group of Army soldiers riding on Horses heading for rehearsal. We spent the rest of the days lazing around and eating tasty dishes made by my grandmother some of these were makki ki roti, saroonka saags and much more. On the day of return our flight was delayed by more than 3 hours owing to heavy fog in Delhi. I finally reached Chennai to a warm climate. My new Delhi trip was the best trip this year.

D.V. Arjun Preparatory III

## RUNNING RACE - HOW IT CHANGED ME

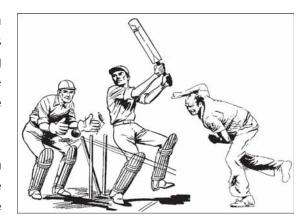
Running is very good for humans in many different ways. Training for races is also fun. It can done by men and women, girls and boys at any age. That's the hardest thing to do, and it's the thing that keeps me running. I've won many races which is always fun. I was one of the running in primary and middle school. I played well in 400 metres and relay race. I used to be proud to wear the winner jacket. Running allows me to focus on my dreams and goals that stand in front of me. I can never look back at what is behind me, because my feet are taking me to a moving paradise where nothing else matter. Whenever I run, all of the negativity in my life disappears in an instant.

Showparnika Pre-Secondary

## CRICKET! THE WAY I LIKE IT!

As I get up in the morning there is an excitement I feel! Oh! Yes! It's India Vs Australia Cricket match that evening waiting for 7 p.m. to see my favourite cricketers play. The day rolls and the time is up for the match.

I see the cricket stadium with bright green grass and the pitch flat and smooth. The stadium stand fully packed with all the fans cheering and waiting for the toss.



India wins the toss and choose to bowl as always.

There is excitement happiness and expectations. All my players enter the stadium tall and strong. My favourite bowler are Bumra, Bhuvanaswar Kumar, Jadeja, Ashwin, Hardick and Chahal. India fields awesome! feel sad for a four or six and the cheer is high on getting a wicktet. The bowling go on and Australia manages to get reasonable runs.

India got to chase and win the match. KL Rahul, Shikhar Dhawan, Rohit Sharma, Hardick Pandiya, Dinesh Karthik and my all time favourite Virat Kholi all lined up to bat. Bating beings and my heart looks for great runs. I cheer up for a six and four, some balls goes with ones and zero runs too. Yes there goes a catch and feels sad. The next player comes and our hope built up they hit and trash and with the match. That's wonderful.

A fantastic feel! Cheers to India!

Not always it's a win

Sometimes we lose
I t's the effort and tough fight that matters
Winning is a proud feel!

That's the way I like cricket!

That's my favourite sport.

S. Shricharan Preparatory III

## HOW CAN YOUNG CHILDREN CONTRIBUTE TO INDIA'S FUTURE

The role of youth in nations building very important in other words, the intelligence and work of the youth will take the country on the pathway of success. As every citizen is equally responsible, the youth is too. They are building blocks of a country.

The youth is important because they will be our future .Today they might be our partiers, tomorrow they will go on to become leaders. The youth are very energetic and enthusiastic. They have the ability to learn and adapt to the environment. Similarly, they are willing to learn and act on it as well to achieve their goals.

Our youth can using social reform and improvement in sociality. We cannot make do without the youth of a country furthermore the nation requires their participants to achieve the goal and help in taking the country towards progress.

There are many ways in which we can help the youth of our country to achieve their potential for that the Government must introduce programs that will help in fighting off issues like unemployment, poor education institutes and more to help then proper without any hindrance.

Similarly, citizens must make sure to encourage our youth to do better in every field. When we constantly discourage our youth and don't believe in them, they will lose their spark. We all must make sure that they should be given the wing beneath their wings to fly high instead of bringing them down by trying chains to their wings.

Furthermore equal opportunities must be provided for all issues irrespective of caste, crud, gender, race, religion and more there are various issues of nepotism and favoritism that is eating away the actual away with as soon as possible. We must make sure that every youth has the chance to prove themselves worthy and that must be offered equality to all.

In short, our youth has power to build a nation so we must give them the opportunity. They are the future and they have the perspective which the older generation lacks. Their real and enthusiasm must be channelizes properly to help a nation prospect and flourish.

A. Aamira Preparatory III

## THE MAGICAL MOVEMENT IN MY SCHOOL

The magical movement in this school is what I wished to share with all. From the day I joined till date, I have immense happiness being a student here.

One of the magical movements here is the way, The teachers and others treat me and not to forget, My friends, Something outstanding which have never experienced before.

The teacher here encourages every student in all the extracurricular activities. The one class which I have not experienced before is the counselling period. In this class I just wait for the day eagerly where I get the best experience. I am lucky to have such a warm and friendly atmosphere.

C.K. Pratiksh Pre-Secondary

## KALARIPAYATTU - MY PASSION

Kalaripayattu is an Indian martial art and fighting system that originated is modern day Kerala. Kalaripayattu is also mentioned in the vadakkan pattukal ballads written about the chekavar from the Malabar region of Kerala. The meaning of Kalari is the "Practice in the arts of the battle Fields". The founder according to ancient was lord Vishnu's disciple Parasuram who won an avatar of lord Vishnu. It originated in Kerala and was practiced by waivers of Kerala and is consider the oldest martial art.

I started going for Kalari in 2016 and it has helped me in many ways. It helped me to become stronger and helped me both mentally and physically. Mentally I was able to concentrate more on lessons. Also I am confident that it I have to defend myself in a difficult situation I will be able to protect myself and in a push. I also can injure my opponent. I have learnt how to use the long stick (Nedunthadi) short stick (Muchan) and knife (Daggar). I alone going for these classes and since it has helped me in many ways. It has become my passion for me and I enjoy their classes a lot.

Tulasi Pre-Secondary

#### MY BESTIES

At the end of the day, I think everyone just looks be fit to be able to find someone who celebrates you for who you are. More often then not, these people are those in love with the some odd things you are, and the camaraderie (Friendship and brotherhood) found in that is a feeling indescribable. It's the feeling that this troop of monkeys brings you, one of safety, comfort and adequacy that makes them your besties.

Uditha Pre-Secondary

## INFLUENCE OF SOCIAL MEDIA IN OUR LIVES

Social media is being popular in our lives today. Anything that is vastly expanded has both positive and negative related to it. The power of social media has its effect on each individual. Some feels it as a boon where as other feel it as a curse.

#### Positive effect of social media:

- Employers can reach out the potential role seekers.
- ♦ And online shopping can be done through Amazon, Flipcart, and also for business, Like Uber eats, Zomato and Swiggy etc., can be done.
- ♦ You can send pictures, make videos or collage in face book, Instagram, what's app, Twitter etc.
- ♦ You can study online like Byju's app through social media.

#### Negative effects of social media:

- Many psychologists believe on social media that my many people get depression and come under anxiety due to social media.
- And the children get poor mental cause due to social media by watching cartoons, playing games, which can divert their mind from studies.

Sreelakshmi Secondary I

## WATER CONSERVATION-AN INDIVIDUAL RESPONSIBILITY

Water is the driving force and every drop in our world counts. It is an essential element to all forms of life on earth. Pure water is the world's first and foremost medicine. But only 3% of water on Earth is fresh water and only 0.5% is available for drinking.

Today every continent in this world is affected by the acute water shortage and more than 1.2 billion people lack access to clean drinking water. Now, In India we need to think whether the scarcity is due to shortage or due to the lack of adequate management system. We can go on discussing this, but we can never get the solution. The Solution lies in our own hands. We the people.



We need to understand that the preservation of water is the obligation of each one of us. We need to care for the water bodies like tanks and lakes avoid abuse of ground water and adopt the correct preservation of surface water. No government authority or institution can help us in saving water unless we ourselves desire to do so. Lets us not give up and handle this global threat with measures like rain water harvesting, sustainable water usage, encourage regeneration of forest and OFCOURSE raising awareness of water conservation. One thing for sure is the easiest, to start it in our home, with ourselves, rather than sitting tight for someone else to begin conserving. Let us, as an individual, initiate in conserving.

At last this one line comes to my mind.... It takes a lot of blue that is, water, for the planet to stay green.

Trinayana Pre-Secondary

## MEDICINAL PLANTS AROUND US

It is very important to have medicinal plants around the house as they can be used whenever needed. Here are a few plants that have the highest medicinal value.

- **1. Tulsi:**For over the centuries Tulsi (the queen of herbs) has been known for its remarkable healing properties.
  - ♦ Tulsi is taken as the herbal tea.
  - ♦ The oil extracted from the Tulsi is mostly used in the herbal toiletry. Its oil is also used against the insects and bacteria.
  - ♦ The Tulsi is the effective remedy for the severe acute Respiratory Syndrome. Juice of its leaves gives relief in cold, fever, bronchitis and cough.
- 2. Aloe Vera: The aloe vera grows only under the sun with well drained dry or moist soil. The sap from aloe vera is extremely useful to speed up the healing & reducing the risk of infections for:
  - ♦ wounds
  - ♦ cuts
  - ♦ burns
  - reducing inflammation
- **3. Thyme**: It is mostly known for its strong antiseptic nature. It is useful for the treatment of Congestion and cough
- **4. Peppermint:** Peppermint is sometimes regarded as 'the world's oldest medicine'. Peppermints are naturally high in manganese, vitamin A and vitamin C. Crushed leaves rubbed on the skin help soothe and relax the muscles. Peppermint leaves are used to:
  - cure upset stomachs
  - ♦ inhibit bacterial growth
  - ♦ treat fevers
- **5. Amla** (Gooseberry): In traditional Indian medicine, amla is used to promote longevity, and enhance digestion, treat constipation, reduce fever, purify the blood, reduce cough, alleviate asthma, strengthen the heart, benefit the eyes, stimulate hair growth, enliven the body and enhance intellect.
- **6. Ginger**: Ginger is a popular ingredient in cooking, and especially in Asian and Indian cuisine. It has also been used for thousands of years for medicinal purposes. The health benefits include relieving nausea, loss of appetite, motion sickness, and pain.

- **7. Carrom seed plant (ajwain):** Ajwain seeds are rich in fiber, minerals, vitamins and antioxidants. They can even be chewed raw, added to water or tea to extract maximum benefits from them. Instant relief from acidity and heart burn.
- **8. Sandal wood (chandan)**: The Chandan is an evergreen tree and can attain a height of four to nine metres. Chandan is also known as sandalwood and the oil obtained from this tree is used to treat many skin diseases like acne. Dysentery and gonorrhea can also be treated using the oil.
- **9. Turmeric (haldi):** Turmeric is an herb which is grown in South Asia. It is a very important spice in our country and it is generally cleaned, boiled and then dried to give a yellow color powder which is then used as a spice. In Ayurveda, turmeric is used for curing many ailments. Milk with turmeric powder is known to help with body aches and distress.
- **10.Long pepper**: Long pepper is a perennial climber which is well known because of its fruit. The fruit of this plant is used as a spice and for seasoning purposes. It is fragile, scented and has numerous leaves. It is used for enhancing digestion and metabolism of food.

Sree Lakshmi Secondary I

## INFLUENCE OF SOCIAL MEDIA IN OUR LIVES

Nowadays social media has become a major part of our lives. Social media is equally good / bad for people; But I t is based on how you use them. More young stars have been consumed by it. Half of their day they spend scrolling down their feed. Through that they lose sleep, improper timing of meals, becomes an addiction. The positive thing about social media is we can be connected through it from any part of the world. We can learn different things, spread awareness etc through social media. It is just a part of our daily schedule which we spend time talking to people who we want to get connected to. But never get addicted or consumed by social media we can use it in a wise way to teach the younger generations to use it in a better and safer communication source. Use social media to spread awareness, show humanity to others, motivate and appreciate others. Never use social media to entertain users to watch junks and unwanted news and information. Keep our school media's safer, secure, more encouraging, healthy source of communication media.

Abraham Keziah Secondary I

## TIME TO READ AND......

#### Believing in yourself

- 1. Believe you can and you're halfway there.
- 2. You have to expect things of yourself before you can do them.
- 3. It always seems impossible until it's done.
- 4. Don't let what you cannot do interfere with what you can do. John Wooden

#### Cultivating a success mindset

- 5. Start where you are. Use what you have. Do what you can. Arthur Ashe
- 6. Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential. *John Maxwell*
- 7. The secret of success is to do the common things uncommonly well. *John D. Rockefeller*
- 8. Good things come to people who wait, but better things come to those who go out and get them.
- 9. Strive for progress, not perfection.
- 10. I find that the harder I work, the more luck I seem to have. Thomas Jefferson
- 11. Success is the sum of small efforts, repeated day in and day out. Robert Collier
- 12. Don't wish it were easier; wish you were better. Jim Rohn
- 13. I don't regret the things I 've done. I regret the things I didn't do when I had the chance.
- 14. There are two kinds of people in this world: those who want to get things done and those who don't want to make mistakes. *John Maxwell*

#### Overcoming procrastination

- 15. The secret to getting ahead is getting started.
- 16. You don't have to be great to start, but you have to start to be great.
- 17. The expert in everything was once a beginner.

#### Hard work

- 18. There are no shortcuts to any place worth going. Beverly Sills
- 19. Push yourself, because no one else is going to do it for you.
- 20. Some people dream of accomplishing great things. Others stay awake and make it happen.
- 21. There is no substitute for hard work. Thomas Edison
- 22. The difference between ordinary and extraordinary is that little "extra."

- 23. You don't always get what you wish for; you get what you work for.
- 24. It's not about how bad you want it. It's about how hard you're willing to work for it.
- 25. The only place where success comes before work is in the dictionary. *Vidal Sassoon*
- 26. There are no traffic jams on the extra mile. Zig Ziglar
- 27. If people only knew how hard I've worked to gain my mastery, it wouldn't seem so wonderful at all. *Michelangelo*

#### Not making excuses

- 28. If it's important to you, you'll find a way. If not, you'll find an excuse.
- 29. Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresea, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein. H. Jackson Brown Jr.

#### Perseverance

- 30. Challenges are what make life interesting. Overcoming them is what makes life meaningful. *Joshua J. Marine*
- 31. Life has two rules: 1) Never quit. 2) Always remember Rule #1.
- 32. I've failed over and over again in my life. And that is why I succeed. *Michael Jordan*
- 33. I don't measure a man's success by how high he climbs, but how high he bounces when he hits the bottom. *George S. Patton*
- 34. If you're going through hell, keep going. Winston Churchill
- 35. Don't let your victories go to your head, or your failures go to your heart.
- 36. Failure is the opportunity to begin again more intelligently. Henry Ford
- 37. You don't drown by falling in the water; you drown by staying there. Ed Cole
- 38. The difference between a stumbling block and a stepping-stone is how high you raise your foot.
- 39. The pain you feel today is the strength you will feel tomorrow. For every challenge encountered there is opportunity for growth.
- 40. It's not going to be easy, but it's going to be worth it.

K.N.R.Manjukesh Secondary I

#### LETS HAVE FUN

1. What is dirty after washing?

Ans: Your bath water.

2. Do you know what you can hold without ever touching it?

Ans: A consecration.

3. If you feed me, I like. If you give me a drink, I die what am!

Ans: Fire.

4. What is your, but is used much more often by your friends?

Ans: The rain.

5. What falls down but is never injured?

Ans: The rain.

6. What disappears the second you start taking about it?

Ans: Silence.

7. What's got feathers but no wings?

Ans: Your pillow.

8. What spends all the time on the floor but never gets dirty.

Ans: Your shadow.

Why can't the Trex clap?

Ans: Because he's extinct.

10. Who earns money without walking a single day?

Ans: Watchman.

11. Why do people build new house?

Ans: Because it's impossible to build old houses.

12. Who eats a lot of iron without getting sick?

Ans: The rust.



M. Vidhyasagar Secondary I

## MISSION POSSIBLE.....

- 1. What goes up and down stairs without moving?
- 2. Give it air and it will live; give it water and it will die.
- 3. What can you catch but not throw?
- 4. I run, yet I have no legs. What am I?
- 5. Take one out and scratch my head, I am now black but once was red.
- 6. What goes around the world and stays in a corner?
- 7. What gets wetter the more it dries?
- 8. The more there is, the less you see.
- 9. They come at night without being called and are lost in the day without being stolen.
- 10. What kind of room has no windows or doors?
- 11. I have holes on the top and bottom. I have holes on my left and on my right. And I have holes in the middle, yet I still hold water. What am I?
- 12. I look at you, you look at me, I raise my right, you raise your left. What is this object?
- 13. It has no top or bottom but it can hold flesh, bones, and blood all at the same time. What is this object?
- 14. The more you take the more you leave behind.
- 15. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
- 16. What can fill a room but takes up no space?
- 17. No sooner spoken than broken. What is it?
- 18. If you have it, you want to share it. If you share it, you don't have it. What is it?
- 19. You can't keep this until you have given it.
- 20. Take off my skin, I won't cry, but you will. What am I?
- 21. What can go up and come down without moving?
- 22. What do you fill with empty hands?
- 23. What do you serve that you can't eat?
- 24. What goes up and never comes down?
- 25. What has to be broken before it can be used?

### **ANSWERS:-**

- 1. Carpet
- 2. Fire
- 3. A cold
- 4. A nose
- 5. A match stick
- 6. A stamp
- 7. Towel
- 8. Darkness
- 9. Stars
- 10. A mushroom
- 11. A sponge
- 12. A mirror
- 13. A ring
- 14. Footsteps
- 15. River
- 16. Light
- 17. Silence
- 18. A secret
- 19. A promise
- 20. An onion
- 21. The temperature
- 22. Gloves
- 23. A tennis ball
- 24. Your age
- 25. An egg

Vadhula Desikan Secondary II

## WHAT IS FUN ACCORDING TO ME

- 1. My idea of fun is to play football all the time I like to watch movies. I like to drink glucose. I like to eat Pani puri. I like to tease Rohit my best friend. I like to watch C.B.I movies. I like to see Vijay movies. I like to play with dogs. I like to listen to Kuthu songs. I like to use mobile phones and tabs.
- 2. I like to go many new places like Hyderabad, Munnar, Bangalore and Coimbatore. I like to eat Hyderabad Biscuits. I like to go to paragliding in Mussorie. I like to eat paneer Roti and I dli podi. I like to go Ooty and go to tea estate. I like to take selfies with my friends. I like to go to Tiger safari. I like to go to trekking. I like to play with my friends. My hobby is to cut pictures of Vijay and stick it in my rough note book. I like to play with dogs.

Tejomaya R Senior Secondary I

## RAINWATER HARVESTING

Water is the most precious resource on earth. We require water to meet our needs like drinking, Washing and cleaning, Apart from this, water is most crucial for agriculture and industries.

As water is a limited resource, it is currently being exploited to meet the needs of inversing population, industrialization and agriculture. It is essential for each of us to do our bit to conserve water.

Where do the rainwater go?

Most of the time the rainwater that falls on our roof and concrete pavements flows through storm water drains and sewer line systems and becomes run off. Runoff is water that flows from the land into water bodies such as streams, lakes and rivers. By installing a RWH system, we can not only capture rainwater and store it for later use but also recharge the groundwater. They can be installed in houses, offices, parks and schools.

A rainwater system basically consists of a water storage tank installed below the ground or tanks at the side of the house or building. A filter to strain debris in the water such as leaves or dirt from entering the water tank. Pump is a necessity for systems buried underground.

## Advantages:

- Reduction of urban flooding
- Recharging of local aquifer such as wells.
- Ensuring water availability in water scarce zones.

Though water is a renewable resource, it is scare. The need of the hour is efficient water management, hence it is important we conserve water ion every possible way.

Mohammed Ayaan Senior Secondary I

## INFLUENCE OF SOCIAL MEDIA

Here is my take on influence of social media on the teens of our generation social media has its pits and peaks on each and every individual who uses there depending on their character and style.

For an extrovert, social media might pull there into unnecessary issues, meet new people who may not be of the best choice and might ruin their lifestyle. For an introvert, social media might give them exposure to the outside world and bring out their talents, get them to open up.

Social media works new different mysterious ways into each person's mind. It is biggest root cause to bullying, hopes, expectations, jealousy and other unwanted feelings. Majority of these issues lead up to teens falling into depression and makes it very hard for them to get out of it due to constant view and looks of peers.

As many disadvantages it has, it also has many advantages such as creating awareness, giving exposure to the teens, making it an advertising and even business platform. Majority of news and information are passed on through social media.

Social media is a beautiful platform it not misused.

Rithika Suresh Senior Secondary II

## SOCIAL MEDIA

Social media remains most talked about things these days. Many debates are going on regarding t5he fact that social media is a boom or a bane. We have the access to any kind of information at just a button push away. It is very difficult to imagine our lives without social media today. Some feel social media is a boon where others feel that it is a curse.

We cannot ignore the fact that social media is one of the biggest elements that is present in our lives today. We can get any information, talk to anyone at the corner of the world in a much faster way. Social media is one of the engaging elements that is present in the life of the young teenagers. Social media has for reaching impact on the teenagers as they are the one who are mostly active on social networking sites. Social media is a collection of websites, Applications and other flat form that enables us to share or create content and also helps us to participate in social networking. People feel that social media has destroyed human interaction with a rapid rate and has modified modern human relationships but there are others who feel that it is a blessing and has connected us to every part of the world.

It is a fad these days to be on social networking sites. If you do not have a digital presence then for some people you do not exist. The ever rising pressure of being on social networking sites is affecting the teenagers in a big way. This is very high considering that they have to give to me to study, Physical activities and other beneficial activities like reading etc. It leaves a very less time for these activities. There are some serious issues that arise out of this like lack of attention span, minimum focus, anxiety and complex issues. We now have more virtual friends than real ones and we are losing human to human connection day by day. There are other dangers as well like leaking of personal information to complete strangers, sex offenders, etc.

Social media is widely used to create awareness for cause that is important for the society. Social media can also help noble cause by NGOS. Social media can also be a strong tool for business promotion and marketing. As a student you must balance everything like studies, Sports and social media, properly to give a fuller life. Users should use their own discretion on the usage of social networking.

Kaamini Senior Secondary II



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