



MIRACLES

2024 - 2025

The Students' Annual Magazine of SARASWATHI KENDRA

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



The C.P. Ramaswami Aiyar Foundation
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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 Rs 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

Saraswathi Kendra was established in 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.

Saraswathi Kendra has been merged with The Grove School. It is now the special wing of The Grove School. The Grove School is affiliated to CISCE - Council for the Indian School Certificate Examinations. Those children who are unable to appear for the ICSE / ISC exam may be recommended for the NIOS (National Institute of Open Schooling) exam instead.

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



THE SARASWATHI KENDRA EDITORIAL BOARD 2024 - 2025

The staff and students led by Mrs. T. Usha, Mrs. S. Niraja and Mrs. Anju Agrawal of Saraswathi Kendra worked with great passion, enthusiasm, and spirit to bring out the **Students' Annual Magazine "Miracles 2024 - 2025"**, reflecting and celebrating the skills of our young prodigies. Miracles chronicles the remarkable achievements, experiences, and triumphs of the students.

Chief Editor : Mrs. S.M. Sujatha, Principal

Layout & Design : Mr. R. Sathya Narayanan

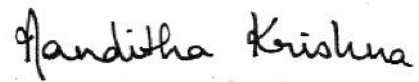
Publisher : The C.P. Ramaswami Aiyar Foundation

THE PRESIDENT'S MESSAGE

This year was a year of fun and games. The Sports Academy began coaching our students and this resulted in cups and kudos. As usual, art and craft, music and dance, theatre and sports were all given equal importance with classwork, and shone in every field. Well done.

The senior students of Saraswathi Kendra are being prepared for the ICSE examinations. The Board has become student friendly with special concessions for special children. This is a welcome development.

Congratulations to our Principal Mrs. S.M. Sujatha, Headmistresses Mrs. T. Usha and Mrs. S. Niraja (also Chief Psychologist) and all their colleagues, for giving our children a wonderful year.



Dr. Nanditha Krishna

President

The C.P. Ramaswami Aiyar Foundation



THE CORRESPONDENT'S MESSAGE

As I reflect on another remarkable academic year at Saraswathi Kendra, I take immense pride in the accomplishments of our students, teachers, and the entire community of the institution. The academic year 2024-2025 holds special significance as we have undergone a lot of good changes for the institution. Over several decades, we have nurtured generations of students, empowering them to excel in academics, sports, and the arts.

Academically, we have expanded our curriculum by introducing new subjects and integrating technological advancements, ensuring our students are well-prepared to thrive in a rapidly evolving world.

As we conclude another remarkable academic year, we step into the future with renewed purpose and vision, upholding the values that have defined Saraswathi Kendra since its inception. I eagerly anticipate a new academic year filled with fresh opportunities, remarkable accomplishments, and even higher aspirations for our students.



*Dr. Prashanth Krishna
Correspondent
Saraswathi Kendra*

THE PRINCIPAL SPEAKS....

Life is full of challenges. While I recognise that the younger generation is highly intelligent and adaptable, I also feel that some challenges have either been overlooked, ignored, or simply brushed under the carpet.

One such challenge is climate change. Are we doing enough? Have you ever thought about the future of our planet? If so, let us take action by practising the three Rs: Reduce, Reuse, and Recycle. Let's start right here on our campus, consciously adopting sustainable habits. Let every corner of our campus embrace green practices and reflect their benefits.

Another major concern is mental health, particularly issues such as depression and anxiety. A significant contributing factor is social media comparison and gadget addiction, along with academic and peer pressure. Remember, each of us is gifted in a unique way. Identify your talent, nurture it, and step away from the negativity of body shaming, unhealthy comparisons, and anything that diminishes your self-esteem. Most importantly, always maintain open communication with your parents and teachers, and do not hesitate to seek support from school counsellors.

Additionally, we often witness a lack of compassion and empathy, leading to discrimination and prejudice based on abilities. How many of you have ever helped a friend in distress? Have you shown kindness to a differently abled student with a physical disability? Have you supported a fellow student struggling with a learning difficulty?

It is crucial to foster an inclusive classroom, where children with special needs learn alongside their peers, regardless of their disabilities.



What can we do? These students can learn with you—at their own pace and with a strong support system. By adopting an individualised approach while integrating them into mainstream education, we can develop the knowledge and skills to appreciate and embrace differences. Something to reflect on, isn't it?

Before I conclude, I would like to remind you all that true education helps us break down barriers, face challenges, and find solutions. It promotes mutual respect and understanding, reinforcing the belief that this world belongs to everyone.

Let us work together towards a more inclusive, compassionate, and sustainable future.



Mrs. S.M. Sujatha
Principal
Saraswathi Kendra

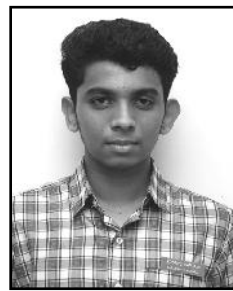
OFFICE BEARERS OF THE ACADEMIC YEAR 2024-2025



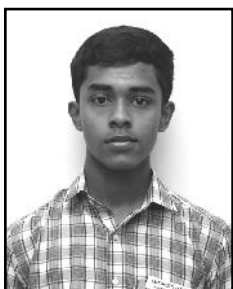
Avyakt Vignesh
Head Boy



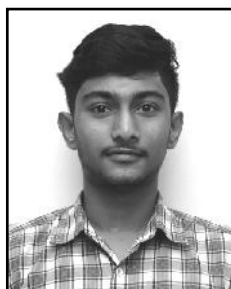
Kyraa Anand
Head Girl



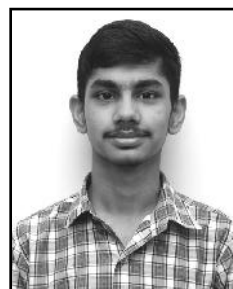
Ashwin Subash
Sports Captain



Sugadevan P
Assistant Sports Captain



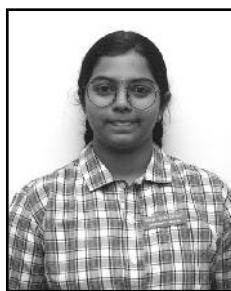
R. Vishal
Captain, Leopard House



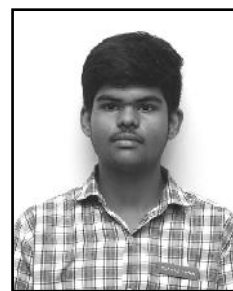
D. Himanshu
Vice - Captain, Leopard House



L. Ayush
Captain, Horse House



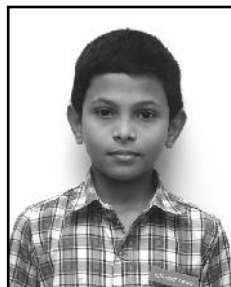
K.S. Sahana
Vice - Captain, Horse House



S. Syed Samsudeen
Captain, Tiger House



Saai Lakshan P
Vice - Captain, Tiger House



Reddy Sai
Captain, Deer House



Ragul Krish
Vice - Captain, Deer House



STAR STUDENTS OF 2024 – 2025

| S. No. | Name of the Student | Level |
|--------|---------------------|---------------------------------|
| 1 | K. Sahasra | Primary III |
| 2 | Reddy Sai | Junior I |
| 3 | Shlok Mathur | Junior III |
| 4 | Syed Hisham Azeez | Preparatory I |
| 5 | M. Abi | Preparatory II |
| 6 | S. Nivedana | NIOS Topper Secondary |
| 7 | J. Jayakripha | NIOS Topper Senior Secondary |

SPORTS CHAMPIONSHIP OF 2024 - 2025

| | | |
|-------------------------------------|---|-------------------------|
| Best House | : | Leopard |
| Runner-up House | : | Horse & Tiger (jointly) |
| Best Sports Boy - Primary | : | B. Siddharth |
| Best Sports Girl - Primary | : | K. Niranjana |
| Best Sports Boy - Junior | : | Raghul Krish H |
| Best Sports Girl - Junior | : | Ritika Jeevanandham |
| Best Sports Boy - Preparatory | : | Amalvel M |
| Best Sports Girl - Preparatory | : | Sakshi Neelakandan |
| Best Sports Boy - Secondary | : | Rayanth Krishnan R |
| Best Sports Girl - Secondary | : | R. Nilanjana |
| Best Sports Boy - Senior Secondary | : | Ashwin Subash |
| Best Sports Girl - Senior Secondary | : | Aindri Moorthy |

| House | Points |
|---------|--------|
| Leopard | 331 |
| Horse | 317 |
| Tiger | 317 |



YOUNG ACHIEVERS

| S. No. | Name of the Student | Level |
|--------|---------------------|------------------------|
| 1 | R. Nilanjana | Preparatory I |
| 2 | Amalvel M | Preparatory II |
| 3 | Sakshi Neelkandan | Preparatory II |
| 4 | Jashwaanath A | Pre - Secondary (NIOS) |
| 5 | Aindri Moorthy | Senior Secondary I |
| 6 | Saai Lakshan P | Senior Secondary I |
| 7 | Varshini Vishnuram | Senior Secondary I |
| 8 | V. Dhevsree | Senior Secondary II |

SK ANNUAL REPORT FOR 2024 - 2025

A heart filled with gratitude is all that we knew since the very existence of Saraswathi Kendra (SK) and that is what gave us the ambition of marching forward with passion in all our endeavours. This report contains the achievements and experiences made during the year gone by and at the same time setting the path for greater accomplishments in the years to come.

We are happy to present the activities of Saraswathi Kendra during the academic year 2024 - 2025.

Along with academics, renewed focus was given on conversation, collaboration and behavioral management to make the integration of knowledge and skills into a holistic approach to students' development. In addition, equal importance was given to physical activities, art, craft, dance, and music.

By providing a conducive and encouraging environment, the students were mentored to participate in a variety of intra and interschool activities/competitions. It enabled the students to grow in confidence, knowledge & enhance their all-round development. Apart from individual activities, group activities were also conducted.

Students of Saraswathi Kendra enjoyed an academic year filled with friendship, teamwork, competitions, presentations, and learning.

2024

June 10

SK opened for all levels. The new academic year commenced with enthusiasm, confidence, eagerness and commitment.

June 21

The 10th International Yoga Day was celebrated by the students and the staff. The theme was "Yoga for Self and Society".

All the asanas performed, focused on the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment.



June 25

The Investiture Ceremony was held and presided over by our Correspondent Dr. Prashanth Krishna. The office bearers were conferred with badges and sashes. Dr. Prashanth Krishna advised them to embrace their duty with perseverance, loyalty and humility.

R. Avyakt Vignesh of Senior Secondary II was elected as the Head Boy, and Kyraa Anand was elected as the Head Girl. Ashwin Subash of Senior Secondary II was given the responsibilities of the Sports Captain along with Sugadevan P as the Assistant Sports Captain, L. Ayush as the Horse House Captain, along with K. S. Sahana, the Vice – Captain; R. Vishal, the Leopard House Captain along with D. Himanshu, the Vice – Captain; S. Syed Samsudeen, the Tiger House Captain along with Saai Lakshan P as the Vice – Captain had the authority to lead their houses to victory. Reddy Sai of Junior I was elected the Deer House Captain along with Raghul H as the Vice – Captain.

The oath of impartiality, integrity and honesty was taken by the office bearers.

July 1 to July 5 Mid - Term Assessment was conducted to evaluate students' learnings and to support with remediation.

July 10

Rangotsav Art Competition was held to motivate students to express their creativity. It was conducted to bring out the artistic potential of the student and thereby boosting his/her morale.

Art Merit Trophy was bagged by K.S. Sahana of Senior Secondary I. Gold medals in Colouring Competition were clinched by V. Dhevsree of Senior Secondary II, Jayani Gautham and Sandhiya V of Senior Secondary I, Mukthi A of Secondary, Shashankk A of Preparatory II, Saicharan S of Junior I and K. Sahasra of Primary III. Gold medal for Handwriting Competition was given to M. Abi of Preparatory II.

Five students won silver medals, and four students received bronze medals in various categories of the Rangotsav Art Competition.

- July 14** Jashwaanath A of Pre – Secondary (NIOS) secured first place at 50m back stroke and third place in 50m freestyle at Tamil Nadu State Swimming Competition 2024 held at SDAT Aquatic Complex, Velachery, Chennai.
- July 22** Guru Purnima was celebrated to reinforce the values of respect and gratitude towards the teachers among our students. A cultural event was organised to highlight the significance of education and mentorship. Songs and dances were performed in honour of educators who inspire the students to reach their fullest potential.
- July 20 to August 24** Personal Contact Programme, a five week program, for Secondary and Senior Secondary students, was held. Demo classes were conducted to simulate the board practical examination environment.
- August 4** V. Dhevsree of Senior Secondary II won the second place in Kaaladi Kuthu Varisai Paada Uthi Thiranand, third place in Kuzhu Paada Thiranat State Level, and Kaaladi Kuthu Varisai Championship 2024 held at Youth Hostel, Adyar.
- August 9** Annual Sports Day, a magnificent sports extravaganza, was organised at RKM Cricket Ground, T-Nagar. Sports develop a sense of friendliness among the children and accentuates on team spirit.
Fun games were organised for primary students. Every student participated with great fervor to showcase her/ his athletic prowess.
The track and field events tested their mettle. Winners took away medals, cups, certificates, and trophies as a souvenir of the memorable day.
- August 12** National Library Day was celebrated to commemorate the birth anniversary of Padmashri Dr. S.R. Ranganathan, the 'Father of Library Science'. A fancy dress competition based on the acclaimed literary characters was held for the students from the primary level to the preparatory level. The crux of the programme was the delivery of famous quotes by these timeless iconic characters.



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| August 13 | World Lion Day was observed to raise awareness about the conservation issues faced by lions and to celebrate the beauty and significance of these iconic big cats. Students presented poetry, articles and a puppet show about 'The Jungle King'. A quiz competition was held to educate the students about 'The Mighty Lion'. |
| August 15 | Independence Day was celebrated with the hoisting of the national flag by Dr. Nanditha Krishna, President, The C.P. Ramaswami Aiyar Foundation. An inspirational speech was given by her to mark the 'Viksit Bharat' campaign. Embracing our freedom meant understanding our responsibilities towards each other and working together harmoniously while respecting each other's space and individuality. Students participated with patriotic fervour and zeal. |
| August 21 | An English creative writing competition was held to bring out the students' proficiency in English writing skills. The students tried to articulate their thoughts and performed astoundingly. |
| August 22 | Madras Day Celebration focused on the vibrant history of Madras. Students presented lively songs and dances to showcase the rich cultural heritage. 'A Trip Down the Memory Lane' was planned for the students. The video presentation assisted the students to visualize the past with reference to the present. |
| August 26 | Krishna Jayanti was celebrated with the Primary level and Junior level students dressed as Krishnas and Radhas. Melodious songs, mesmerising dance performances and playful stories of Lord Krishna set the festive ambience on the campus. |
| September 1 to September 14 | Revision I and Revision II examinations were conducted for the students appearing for the board exams. |

| | |
|--|--|
| September 6 to September 14 | Quarterly exams were held across all levels. |
| September 14 | <p>Gagner Sports Inter School Athletics Meet was held at Rajarathinam Stadium, Egmore, Chennai.</p> <p>Aindri Moorthy of Senior Secondary I clinched a gold medal in shotput and secured a bronze medal in long jump.</p> <p>Saai Lakshan P of Senior Secondary I, bagged a silver medal in shotput.</p> <p>R. Nilanjana of Preparatory I secured a bronze medal in shotput.</p> |
| September 20 to October 07 | NIOS Board Practical Examinations for Secondary and Senior Secondary levels were conducted by adhering to the stringent guidelines set by the board. |
| September 21 | SK closed for the quarterly vacation. |
| October 3 | SK reopened for Term II. |
| October 5 | A Parent Teacher Meeting was held to provide an interactive platform to focus on the holistic development of the student. |
| October 9 | ‘Shree Jagannath Temple’ of Puri, Odisha was the theme of the Kollu. The idols of Lord Jagannatha along with his siblings Balbhadra and Subhadra were placed in the sacred sanctorum. Navratri Celebration was a wonderful show of rigour and colourful vibrancy. Classical dance performances and soulful bhajans performed by students mesmerised one and all. |
| October 12 | Vijayadashami puja was held to mark the end of Navratri festivities. |
| October 24 | <p>One Day Educational Field Trip was organised for the students from Primary to Pre – Secondary levels.</p> <p>Primary II & III, along with Junior I students visited Guindy Children’s Nature Park and Anna Centenary Library. The young readers were captivated by the extensive children’s literature section.</p> |



Junior III and Preparatory I students spent a very stimulating day at Chennai Rail Museum – ICF, and Tamil Nadu Police Museum. From vintage engines & coaches to the passage of the state’s law enforcement agency was enthralling.

Preparatory II and Pre – Secondary students spent a day learning about the secrets buried in the mighty Bay of Bengal at The India Seashell Museum. Visit to the Cholamandalam Artists’ Village provided a glimpse into the world of contemporary art. An hour spent at Blue Cross of India inculcated a sense of responsibility, compassion and empathy towards stray animals.

November 5 Students of Preparatory II and Senior Secondary I, successfully completed and submitted projects on ‘Sustainability of Water’, ‘Waste Management’ and ‘Biodiversity’ conducted by WIPRO Earthian 2024 – 2025 in association with C.P.R. Environmental Education Centre.

November 9 Real Sports State Level Athletics Meet was held at Jawaharlal Nehru Stadium, Ground B, Periamet, Chennai. R. Nilanjana of Preparatory I bagged a gold medal in shotput. Saai Lakshan P of Senior Secondary I secured a silver medal in shotput. Varshini Vishnuram of Senior Secondary I secured a bronze medal in long jump.

November 23 A one day educational trip for Secondary and Senior Secondary students was conducted to establish a connect with cultural heritage. Students travelled to see The Shakunthala Jagannathan Museum of Kanchi, Kanchipuram. Kanchi Kudil transported the students to the glorious past. The awe-inspiring display of revered epics ‘Ramayana’ and ‘Mahabharata’ at Sri Kanchi Kamakoti Peetam Museum instilled innumerable life lessons. Visit to the temples and museums sparked the curiosity of students and developed a tangible connection with the history of Tamil Nadu.

| | |
|---|---|
| December 7 | <p>MK School of Athletics Inter School Competition was held at Madras Christian College, Tambaram, Chennai.</p> <p>Aindri Moorthy of Senior Secondary I clinched a gold medal in shotput, a silver medal in long jump and a bronze medal in 100m.</p> <p>Saai Lakshan P of Senior Secondary I clinched a gold medal in shotput.</p> <p>Varshini Vishnuram bagged a silver medal in 100m.</p> <p>Amalvel M and Sakshi Neelakandan of Preparatory II won a silver medal in Medicine Ball Throw competition.</p> |
| December 9 to December 13 | <p>Bhartiya Bhasha Utsav 2024, a week-long celebration of the birth anniversary of C. Subramania Bharati (Bharathiyaar), was held. Bharathiyaar's lyrical brilliance, fierce advocacy for equality and commitment towards nation, enriched the persona of the students. Dwelling in the diversity and beauty of Indian languages left an indelible impression on budding students.</p> |
| December 11 to December 20 | <p>Half-yearly exam was held for all the levels.</p> |
| December 20 | <p>Christmas celebration is a potpourri of Christmas carols, stories and dances. A Christmas tree was beautifully decorated along with the dazzling nativity scene. The boundless joy of celebrating the festival was visible on the faces of all.</p> |
| December 21 2025 | <p>SK closed for the half-yearly vacation.</p> |
| January 2 | <p>The final term began.</p> |
| January 11 | <p>A meeting was held to provide an interactive platform for the parents and the teachers. The meeting was to review the milestones achieved by the students.</p> |



- January 13** The harvest festival Pongal was celebrated with the traditional games on the campus. Students discovered the joy of playing Pallankuzhi, Pachai Kudirai, Kanna Moochi, Anj Kall, Urri Addi, Kola Kolaiya Mundrika and many more. A kolam competition was held to showcase creativity and teamwork.
Pongal prepared on an open hearth was served to the students and staff.
- January 24 & January 25** Sprint 2025, PSBB Inter School Athletic Meet was held at Jawaharlal Nehru Stadium, Periamet, Chennai. Aindri Moorthy of Senior Secondary I secured a bronze medal in Shotput with a terrific throw.
- January 25 to February 28** Personal Contact Programme (PCP) classes were conducted to guide the board appearing students of Secondary and Senior Secondary levels. Demo classes were organised on Saturdays to stimulate the board practical examination environment.
- February 4** International Rangotsav Art Competition was held. Thirteen finalists participated in the Colouring Competition and the result is awaited.
- February 10** A Homam was performed for the board appearing students of Saraswathi Kendra to invoke the blessings of God to do well in the board exams.
- February 14** The Annual Day Celebration was held at R.R. Sabha, Mylapore. Mrs. Kanchanamala S.H., Principal, Vidya Mandir Senior Secondary School, Mylapore, Chennai was the Chief Guest. The welcome address was delivered by Dr. Prashanth Krishna, Correspondent. Students were felicitated for their excellence in sports and academics. Mrs. Kanchanamala inspired the audience with her address and congratulated the students and staff at the end of the program for the wonderful event.
The celebration was beautifully conceptualised. Fine display of music, dance, drama and gymnastics in an artistic carousel orchestrated by the students was marvelous. The

tri-lingual epic 'The Legend of Jagannath' captured the hearts and attention of the audience. The students kept the audience engaged with their stellar performances.

The Annual Day celebration was truly a matter of grandiose and pride.

**February 20
to
February 28**

ICSE Class IX Examination was held for the four students who are integrated into the ICSE stream.

February 21

A one day Excursion to Mahabalipuram was organised for Secondary and Senior Secondary level students. The excursion engaged students in a variety of team building exercises and fitness activities. It was an unforgettable and enriching experience.

February 22

Maharajapuram S. Ganesh Viswanathan, an alumnus of Saraswathi Kendra, was awarded the "Outstanding Musician Award 2025" by IIT Kharagpur AIFC.

**February 26
to
March 12**

Revision examinations were conducted for the students appearing for the board exams.

February 28

A Parent - Teacher Meeting was held for Pre – Secondary (ICSE) students. It served as a vital forum for sharing information on the students' academic progress, behavioural development, and overall well-being.

March 3

The Pre – Secondary (ICSE) students began their journey as Secondary (ICSE) students. This will be the first batch to appear for the ICSE Board Examination in 2026. Grade X classes started in full swing.

**March 17
to
April 2**

The NIOS Board Practical Examinations were conducted by adhering to the stringent guidelines set by the board.



| | |
|-------------------------------------|---|
| April 5 | A Farewell Party for the Senior Secondary II students was organised by the students of Senior Secondary I. The sweet day was filled with motivational speeches and games. We wish the Senior Secondary II students all the very best as they go out into the world. |
| April 2 to April 13 | The Annual Exam was held for all the levels. |
| April 19 | A Parent Teacher Meeting was held to review the milestones achieved by the students. A Personalised Learning Plan (PLP) was drafted to meet the needs and interests of each student. |
| April 22 to April 30 | Remedial Classes were conducted to provide students with the opportunity to revise and redo at their own pace. These classes helped in bridging the gap between understanding and learning. |
| April 30 | Last working day of the Saraswathi Kendra staff for the academic year 2024 – 2025. |
| May 1 | Saraswathi Kendra closed for the summer vacation. |

GROUP PHOTOS



Primary II



Primary III



Junior I



Junior III



Preparatory I



Preparatory II



Pre-Secondary (ICSE)



Pre-Secondary (NIOS)



Secondary





Senior Secondary I



Senior Secondary II



**Team Saraswathi Kendra 2024 - 2025, on Annual Day with
Mrs. Kanchanamala S.H., Honourable Chief Guest.**

ART WORKS



Adav Krishna, Primary II



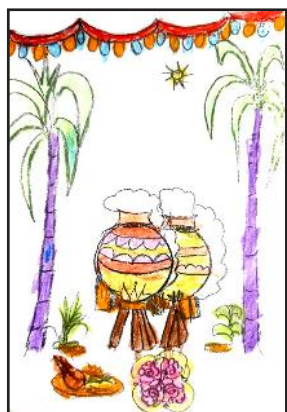
Adav Krishna, Primary II



B. Prasanna, Primary II



B. Prasanna, Primary II



Rasika Jeevanandham, Primary II



Srinikesh Sriram, Primary II



B. Siddharth, Primary III



K. Sahasra, Primary III



K. Sahasra, Primary III



Mitravinda S, Primary III



Raghul Krish H, Junior I



Reddy Sai, Junior I



Reddy Sai, Junior I



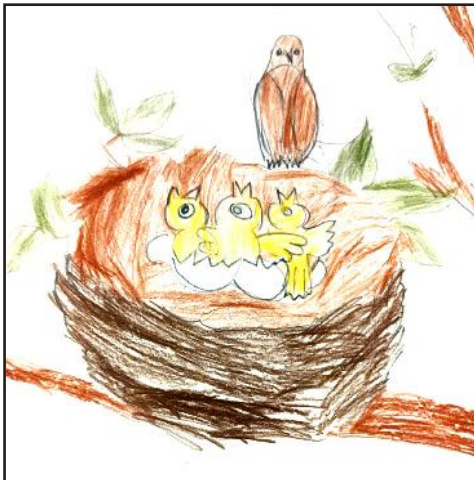
M. Nalin, Junior III



M. Nalin, Junior III



Smrithi Chandrasekar, Junior III



S. Nihilan, Junior III



S. Nihilan, Junior III





S. Nihilan, Junior III



Tarun Kumaran G, Junior III



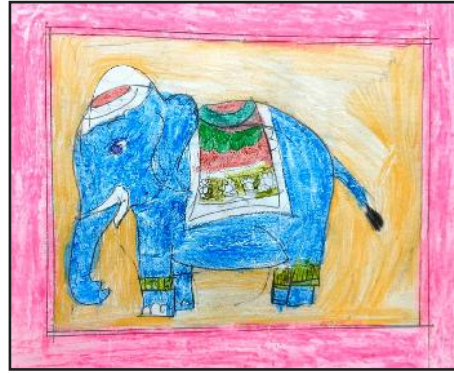
Tarun Kumaran G, Junior III



S. Nihilan, Junior III



Vidhusha Karthick, Junior III



Harshana Vinu, Preparatory I

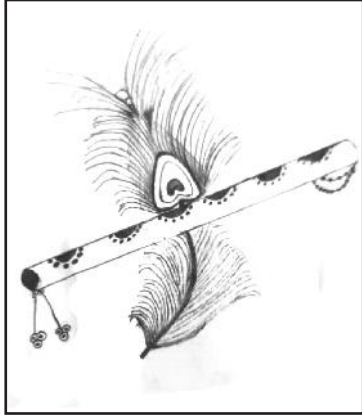


Syed Hisham Aazeez, Preparatory I



Vinayak P, Preparatory I





V.S. Megha Varshini, Preparatory I



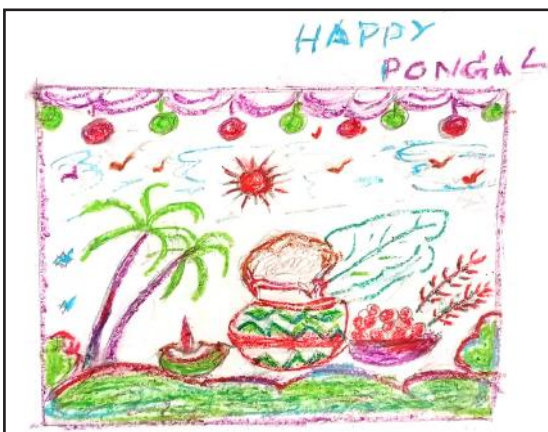
Vinayak P, Preparatory I



Anjana P, Preparatory II



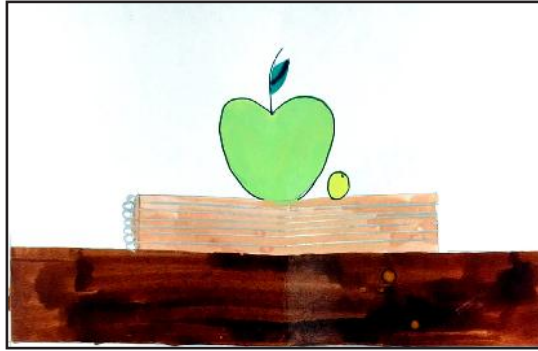
M. Abi, Preparatory II



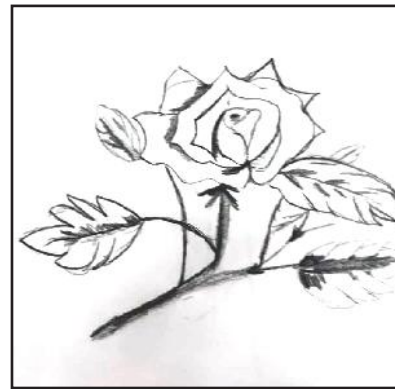
S.K. Tharun, Pre - Secondary (NIOS)



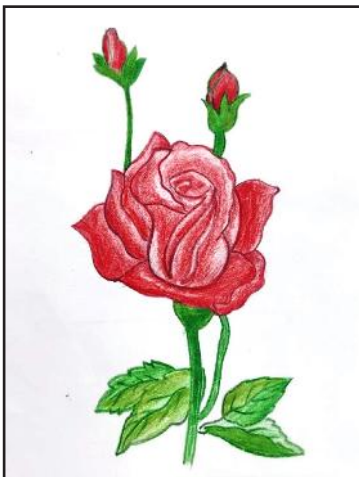
Havirdhan N, Secondary



S. Tanushri, Secondary



Joshua Arokiaraj S.E., Senior Secondary I



K.S. Sahana, Senior Secondary I



M.Z. Mohammed Adnaan
Senior Secondary I



Ramdarshan K.S.
Senior Secondary I

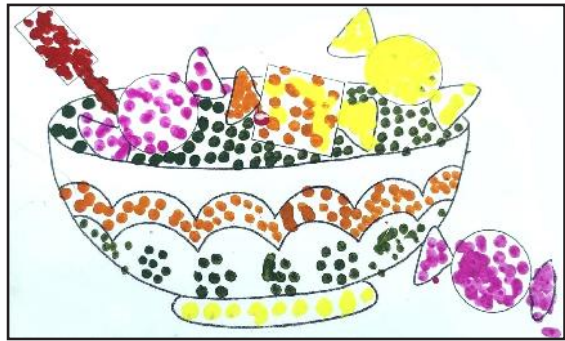


Group Art by Preparatory II Students

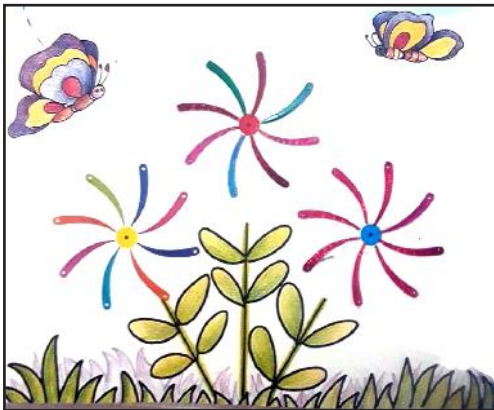
CRAFT WORKS



B. Prasanna, Primary II
Straw Roof of the Hut



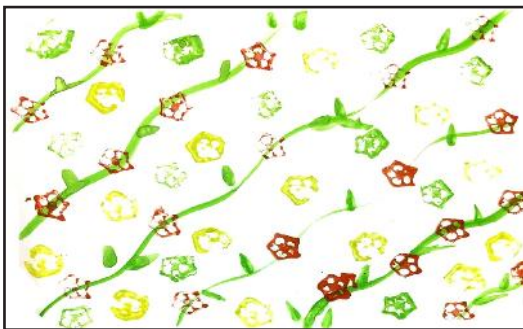
Devesh M. Bhatia, Primary II
Buds Work



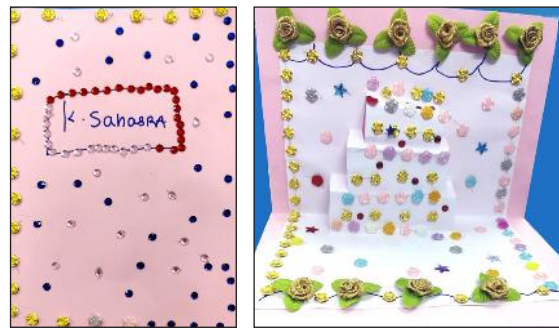
Srinikesh Sriram, Primary II
Sequins Work



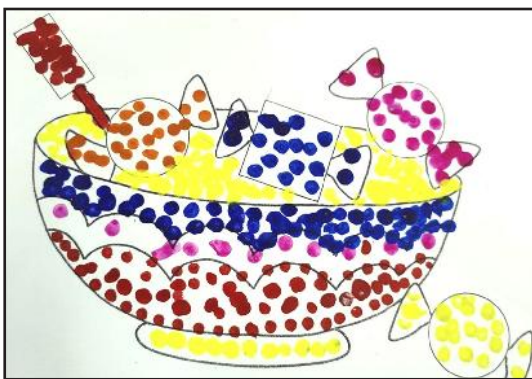
K. Niranjana, Primary III
Paper Collage Work



K. Niranjana, Primary III
Vegetable Print



K. Sahasra, Primary III
Greetings Work



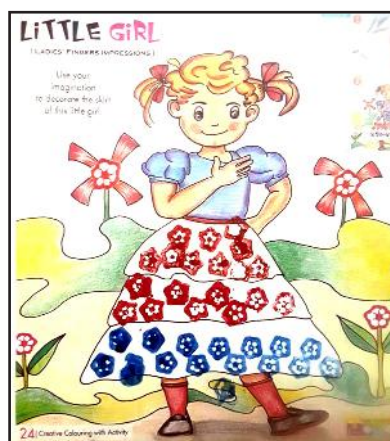
K. Tanusiya, Primary III
Buds Work



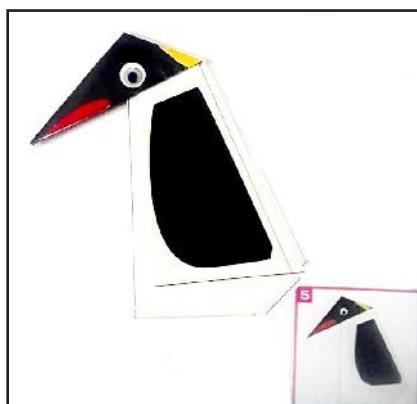
M. Aarav, Primary III
Pencil Shavings' Tree



Sanjay Chakravarthy, Primary III
Cardboard Apple



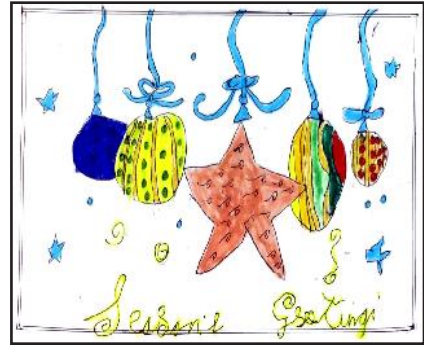
Mahalakshmi, Junior I
Ladies Finger Impressions 'Little Girl'



Raghul Krish H, Junior I
Folding Paper Penguin



Reddy Sai, Junior I
Sticks and Grass Home



Reddy Sai, Junior I - Greeting Card



Reddy Sai, Junior I - Paper Bouquet



Reddy Sai, Junior I - Paper Coaster



**Reddy Sai, Junior I
Paper Collage Work**



**Reddy Sai, Junior I
Paper Frame**



Reddy Sai, Junior I - Pencil Holder



Reddy Sai, Junior I - Paper Bag



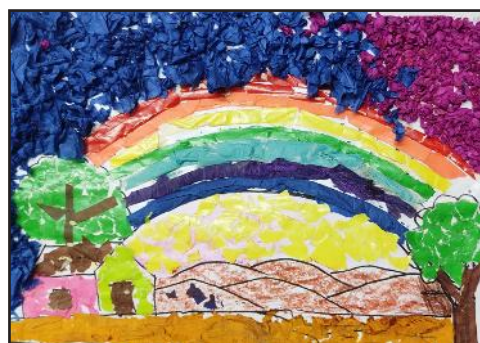
**M. Nalin, Junior III
Paper Mat**



**M. Nalin, Junior III
Greeting Card**



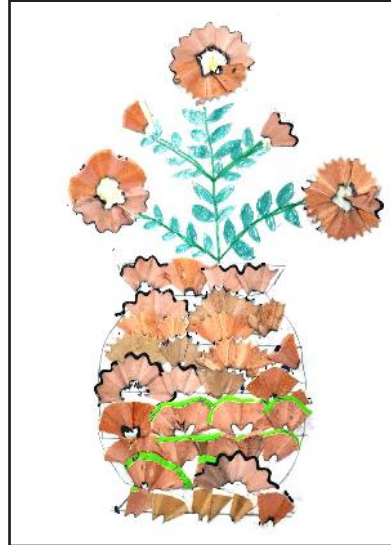
**M. Nalin, Junior III
Paper Bouquet**



**M. Nalin, Junior III
Paper Collage Work**



M. Nalin, Junior III
Pencil Holder



M. Nalin, Junior III
Pencil Shaving Work



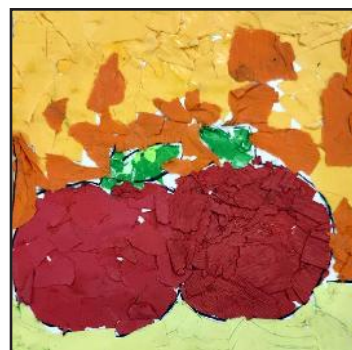
Smrithi Chandrasekar, Junior III
Buds Work



S. Nihilan, Junior III
Pencil Shavings' Flower



S. Nihilan, Junior III
Pencil Holder



Tarun Kumaran G, Junior III
Paper Crush Work



Tarun Kumaran G, Junior III
Pencil Holder



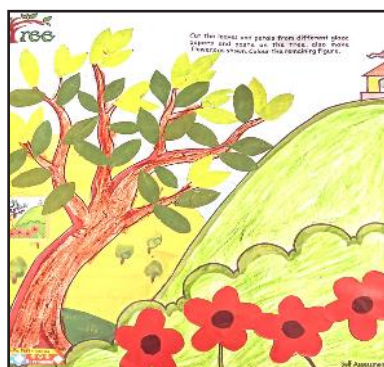
Vidhusha Karthick, Junior III
Woollen Pastings



Harshana Vinu, Preparatory I
Vegetable Print



Syed Hisham Aazeez, Preparatory I
Wax Crayon Colouring 'Lion Face'



Vinayak P, Preparatory I
Paper Cutting Tree



Vinayak P, Preparatory I
Gift Box



V.S. Mega Varshini, Preparatory I
Diya Decoration



V.S. Megha Varshini, Preparatory I
Stone Craft



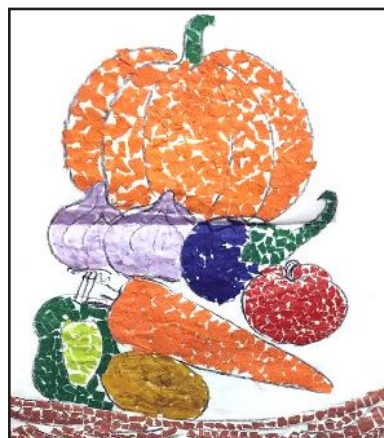
V.S. Megha Varshini, Preparatory I
Stone Craft



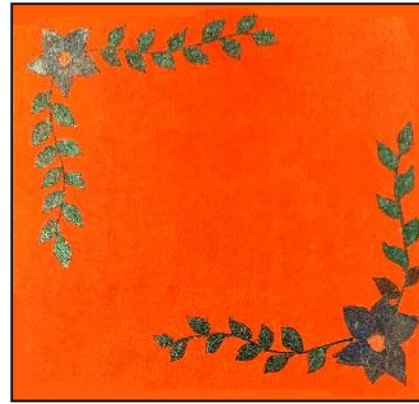
Kavya Sivashankar, Preparatory II
Greeting Card



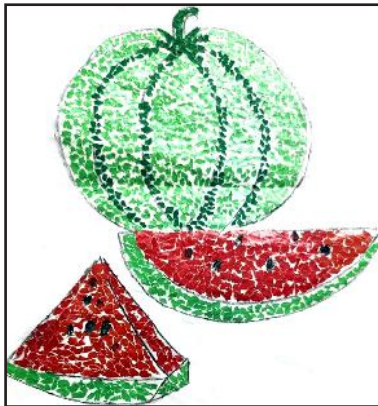
Kavya Sivashankar, Preparatory II
Greeting Card



Kavya Sivashankar, Preparatory II
Mosaic Work



**M. Abi, Preparatory II
Greeting Card**



**M. Abi, Preparatory II
Mosaic Work**



**Sakshi Neelakandan, Preparatory II
Greeting Card**



**Sakshi Neelakandan, Preparatory II
Greeting Card**



**Sakshi Neelakandan, Preparatory II
Paper Bouquet**



Sakshi Neelakandan, Preparatory II
Vegetable Print



S.K. Tharun, Pre - Secondary (NIOS)



K.K. Brinda, Secondary
Greeting Card



P. Sivanambi, Secondary
Greeting Card



Jayani Gautham Srinidhi,
Senior Secondary I, Greeting Card



K.S. Sahana, Senior Secondary I
Vegetable Print



**M.Z. Mohammed Adnaan, Senior Secondary I
Paper Collage Work**



**Paper Toran by the
Primary Level Students.**



**Paper Toran by the
Preparatory Level Students.**

SUPW



**Ananya Swaminathan,
Pre - Secondary (ICSE)**



**Manu Ashwin Kumar,
Pre - Secondary (ICSE)**



**Raghavasimhan T.C.,
Pre - Secondary (ICSE)**



**Vishnu Adhokshaja S,
Pre - Secondary (ICSE)**

ANNUAL DAY - FEBRUARY 14, 2025





ANNUAL SPORTS DAY - AUGUST 9, 2024





EVENTS



International Yoga Day - June 21, 2024



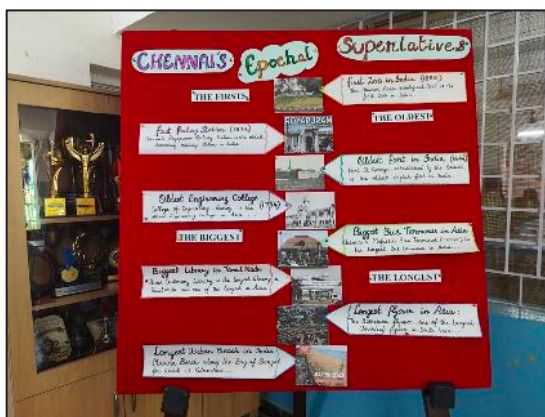
Investiture Ceremony - June 25, 2024



Literary Fancy Dress - August 12, 2024



Independence Day Celebration - August 15, 2024



Madras Day Celebration - August 22, 2024



Navratri Celebration - October 9, 2024





Christmas Celebration - December 20, 2024



Senior Secondary Level



Traditional Games - Pallankuzhi

Pongal Celebration - January 13, 2025

Pongal Celebrations - January 13, 2025

Traditional Games



Anj Kall



Kanna Moochi





Bharathiyaar Week Celebration - Students celebrate with the 'Food of India'.



**Rangotsav International Competition,
February 4, 2025 by P. Sivanambi, Secondary.**

THE HOME SCIENCE LABORATORY







Personal Contact Programme (PCP) Classes

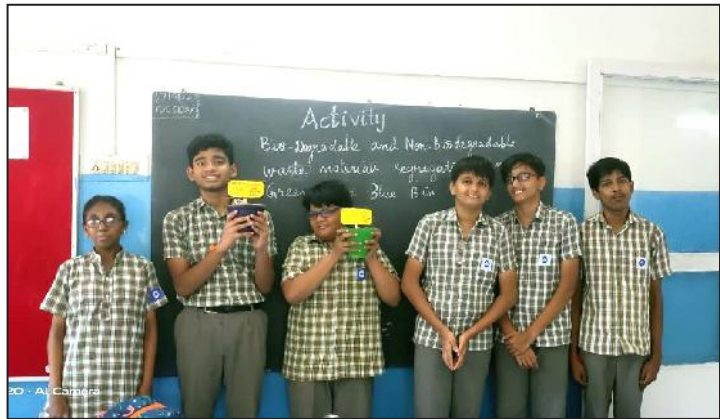


**Working Model of Sustainable Village - Pandipuram,
by M.A.M. Pandydurai, Senior Secondary I**



Science Walk, Preparatory II

ACTIVITY CLASSES



AWARDS AND ACCOLADES



**V. Dhevsree, Senior Secondary II
Kuzhu Paada - 2024**



**Aindri Moorthy, Senior Secondary I
Bronze medal in Shotput Sprint - 2025**





**Maharajapuram S. Ganesh Viswanathan, Alumnus of Saraswathi Kendra
had received the outstanding Musician Award 2025.**

EDUCATIONAL FIELD TRIP



Primary & Junior I Level Students visited the Children's Park, Guindy on October 24, 2024.



Junior III & Preparatory I Level Students visited the Chennai Rail Museum on October 24, 2024.





Preparatory II & Pre - Secondary Level Students visited the India Seashell Museum on October 24, 2024.



Secondary & Senior Secondary Level Students had a one day field trip to Kanchipuram on November 23, 2024.

MY CAT

My cat is the best cat,
A happy cat is she.
She drinks milk,
A good cat is she.
You are my baby cat,
A mush cat is she.

K. Sahasra
Primary III

MY PET

My pet animal is a Tiger. I want tiger as a pet because it is fast.
If I get an Elephant as a pet, I may like it because it is big.
If I get a Lion as a pet, I may like it because it roars.
But I want a tiger as my pet.

Ivan Salvi
Junior I

MY SCHOOL

My school's name is Saraswathi Kendra. My teacher teaches me to be kind and confident. There is a big playground in my school. I like to play there. I love my school very much.

A. Ratha
Junior I



MY DOG

My dog is my friend. My dog's name is Pita. It guards my house and plays with me. Pita is a good dog.

Pita misses me when I come to school. It waits for me. It loves me a lot. I love him too.

Reddy Sai
Junior I

MY SCHOOL

My school is beautiful. It has trees, plants and garden. It has playground to play. It has a park for little children. My teacher takes me around the school to show beautiful things.

I have friends at school. I learn and play with my friends. I eat lunch with my friends. I love my school.

M. Nalin
Junior III

A PLACE I LIKE TO VISIT

Have you played a board game? I have and will continue to. Do you know about 'The Board Room'? It is a place which has lots of board games.

When I went there for my 9th birthday, I played many board games with my friends and family. My favourite board games are Revolution, Catan and Azul. I love to play these.

I have visited 'The Board Room' many times. It challenges me, entertains me, puzzles me yet mesmerizes me. It is my favourite place!

Shlok Mathur
Junior III

MY DAILY ROUTINE

I wake up at 6:30 am. I brush my teeth and wash my face. I get ready for school. I eat breakfast. I go to school to learn.

I eat snacks in the evening. I complete my homework. Sometimes, I go to my grandparents' house.

My parents teach me good manners. My parents are my world!

Smrithi Chandrasekar

Junior III

WHEN I GROW UP

My name is Vidhusha and my creativity skill is writing. But when I grow big, I want to be a Chef. I have always dreamt about being the best chef in the world.

I love cooking. I help my mother in the kitchen by beating eggs, sprinkling spices or stirring soups. I help by doing simple activities daily. Recently, I went to a restaurant with my family. We were served with amazing food. I had a chance to meet the chef. He advised me to practice and keep learning.

I know that it will take a lot of hard work and practice. One day, I want to have my own restaurant. Not just any restaurant, a Michelin - Starred restaurant. I am ready to make my dream come true!

Vidhusha Karthick

Junior III



MY BEST FRIEND

My best friend is Vinayak. He is very kind to me. We study together. He is good to everyone. He loves to write with Hausser pen. He draws and loves to colour. I am happy to play with him at the school.

Syed Hisham Aazeez
Preparatory I

MY FAVOURITE BOOK

My favourite book is "Harry Potter". I love all the books written on him. He is my favourite character. I like Harry Potter because he works hard. He fights for goodness. He is not scared of evil.

I feel happy to see Harry Potter movies. He looks real and I connect with him. We both are students and are responsible young adults.

V.S. Mega Varshini
Preparatory I

MY SCHOOL

I like to go to school for studying. It is a good place to learn and make friends. I am new to the school, but I have made few good friends. I look forward to talking to them and spend time with them.

My friends' study in different classes. So, I meet them during lunch break and in dance class. I love sports and am participating in inter - school competition. I feel that I am growing up in every sphere.

I love all my teachers. I know that they care for me. I take care of them by completing my work on time. Want to know my favourite subject? It's mathematics! Don't be surprised as I am on my way to be an all - rounder.

R. Nilanjana
Preparatory I

MY SIBLING

My sibling is my sister Varsha. We are twins. She is my best friend. We do everything together. We draw together, study together and play together.

I share all my secrets with her, and she does the same. We always laugh a lot when we are together. I look forward to spending time with my twin sister. She is my best sister.

Vinayak P
Preparatory I

MY FAVOURITE BOOK

My favorite book is Bhagwad Gita. It is one of the holy books of Hinduism. It was written about five thousand years ago by Maharishi Veda Vyasa. Bhagwad Gita is a chapter from the epic Mahabharata.

Bhagwad Gita is the essence of conversation between Lord Krishna and Arjuna on the battlefield about duty and action. It has eighteen chapters and seven hundred verses. These verses are the teachings of Lord Krishna to the mankind.

Bhagwad Gita is a treasure trove of wisdom. It contains valuable insights into how to live life. It provides details of how to do work without any desire of fruit. All our activities should be done with a mindset of getting nothing in return.

Lord Krishna's teachings liberate us from the shackles of desires, wishes and wants. Bhagwad Gita is one of the most widely read classics of the world. It has become a part of life of the countless men and women everywhere. Bhagwad Gita is a "Way of Life".

Sashankk A
Preparatory II



MY NEW YEAR'S RESOLUTION

My new year's resolution is to wake - up early. I am going to Grade X this year. I need to use my time effectively. Waking up an hour early will give me time to complete my pending homework. I will be able to pack my bag according to the timetable. I can arrange my things neatly before I leave for school.

I can also make time to visit the temple in my apartment. The visit will provide physical as well as spiritual workout. This will fill me with positive energy. I will have time to sit and eat the breakfast prepared by my grandmother.

An hour early will boost my performance, elevate my tidiness quotient and still provide time to relish the delicious breakfast. I do need to rush and catch my auto for school. But an hour early will provide satisfaction. My new year's resolution is to add another hour to complete my work beautifully.

Ananya Swaminathan
Pre-Secondary (ICSE)

A VALUABLE LIFE SKILL

According to me, swimming should be an essential skill that everyone should learn. I love swimming from one end of the pool to another. It calms my mind, and I focus on the designs made on the walls of the pool.

Swimming strengthens heart and body. It is a good cardiovascular workout. It freshens my mind and uplifts my mood instantly. Various swimming exercises enables me to breathe under water. It is a skill that everyone should know.

Drowning is one of the most common causes of accidental death. When I know the art of swimming, then I cannot drown. Swimming keeps me healthy, calm and active. So, let's swim!

Manu Ashwin Kumar
Pre-Secondary (ICSE)

THE POWER OF SLEEP

When we sleep, our body goes into complete rest. Long and deep sleep gives proper rest to our mind and body. After brushing and bathing, our body awakens completely, and we feel energetic.

I take care of my sleep pattern. I go to bed at 10 pm daily. My parents make sure that I do not sacrifice my precious sleep time on gadgets. My deep sleep recharges me with energy and power.

I can go about my daily routine with enthusiasm and vigour. I don't slow down or feel tired. School activities become a breeze for me. The power of sleep is on my side. Don't ignore the basic needs of your body - eat well, exercise moderately and sleep deep.

Raghavasimhan T.C.
Pre-Secondary (ICSE)

MY NEW YEAR'S RESOLUTION

Everyone may have one or two new year's resolutions, but I have a few lined up for me. I have lot cutout for me, and I am willing to go the extra mile.

My first resolution is to get better in Football. I love the game of football and Messi. I am planning to give my best to football. My second resolution is an extension of my first.

To get better in football needs a better me! I need to get in shape to train hard. Nobody is body shaming me or calling me names. It's my conscious decision to shed some flab and focus on building stamina. I am aiming to win trophies and medals, so this is the year to channelise my energy into the game.



My final resolution is far away from football. I want to be the narrator of the English Annual Play. To realise this dream, I am putting extra effort on enunciation, diction and modulation. I want to contribute my best for my school's annual day celebration.

So many resolves are lined up for the year. I am planning to follow them passionately. New year's resolution is made to be followed.

S. Vishnu Adhokshaja
Pre-Secondary (ICSE)

THE POWER OF SLEEP

The power of sleep is good for our health. Sleep relaxes our mind and our body. I feel fresh and relaxed when I start a new day. I feel healthy and energised. Sleep brings good dreams into our minds. Beautiful dreams keep me happy throughout the day. Sleep is good for our heart too. Rest is needed for all.

"Sleep is Powerful"

Deeksha Prabhu
Pre-Secondary (NIOS)

WELCOMING NEW YEAR

I do not burst crackers or go to restaurants with my family for a countdown. I go to my grandma's house to welcome new year. My whole family will come there, and my aunts will make tasty food to celebrate the new beginning. My mother will bake a cake for everyone.

I wear new dress in the evening. We all will eat, play and talk till it's 12 o'clock midnight. Next day, we start our year by visiting temple. The whole family will go out for lunch. I prefer wearing traditional attire with flowers in my hair and celebrating with my family to celebrating with friends in hotels. I love being surrounded by my loved ones.

S. Kanishka
Pre-Secondary (NIOS)

MY FAVOURITE FOOD

Young students like pasta, pizza, milk shakes. Fast food or junk food which is easy to swallow is liked by all. But my favourite food is sambhar - rice.

My mother makes tasty sambhar - rice. Sambhar tastes different each day. She will add different vegetables, and I enjoy a new taste. I am learning to cook sambhar like her. It's a long way to go. Till then, I am relishing her cooking. No junk food can replace the nutritious, delicious comfort food - "Sambhar Rice".

Ram K
Pre-Secondary (NIOS)



INDIAN ARMY

Kargil War in 1999, Pakistan Army had taken over India's territory at Line of Control. The invaders had captured the high peaks of Himalayas and started raining hell on Indian Army. Numerous Indo - Pak war had left Pakistan bleeding, but mischief makers cannot live without menace. This was another escalation by Pakistan Army into the Kargil district of Jammu & Kashmir.

Operation Vijay was launched by the Indian Army in response to the infiltration bid by Pakistan Army. Indian Army worked together with Indian Air Force to flush out the Pakistani forces. Cunningly, Pakistan forces had set up their artillery division in the mountains and rained bullets from above.

Indian Army faced devastating losses initially but "Seva Paramo Dharma" which translates into "Service Before Self" turned the tables on the invaders.

Heavy mobilisation and troop movement began on 18th May 1999. Indian brave hearts won the invincible peak of Tololing. Indian Air Force kept pounding the hide outs of Pakistan forces. Indian Army scaled the icy-heights and recaptured Jubar Heights in Batalik and Tiger Hill.

Pakistan Army took the drubbing and was criticised by the World on instigating war. Under International pressure, Pakistan was forced to make a statement conveying the need to respect the Line of Control. Indian Flag fluttered proudly on the quaint hills of Kargil sector. Kargil War Memorial proudly salutes the braves who made the 'Supreme' sacrifice for their beloved country.

"Jai Hind"

Arjun S
Secondary

MY NEW YEAR'S RESOLUTION

Taking a vow or a resolution is the first step towards the desired outcome. I am at an important juncture of my academic career and a teenager. The cusp of varied inclination had put me in doldrums. The new beginning coaxed me to choose a way for me.

My new year's resolution is to limit my time on social media. I am unwilling to do away with social media, but I am ready to compromise. I am going to prioritise academics and put in substantial effort to achieve the grades I am yearning for.

My new year's resolution doesn't include renunciation of social media. I am planning for a healthy balance of entertainment and academics. It wouldn't be easy but banking on my resolve is the only solution.

M. Hariharan
Secondary



MINIMISING CARBON FOOTPRINT

When people think about pollution and things that emit carbon, they think about cars. While it is true but there are many other underlying reasons too such as drivers, mechanics etc. Improper maintenance and usage of an engine takes a toll on the perishable parts of the engine. The gaskets, O-rings, seals and bushings bear the brunt of neglect.

Efficiency of a car engine is directly proportional to the combustion of fuel. An incomplete combustion leads to bellowing black smoke from the exhaust. Apart from the usage of fossil fuels, which adds onto carbon footprint, stress on engines significantly add carbon into the atmosphere.

Blaming the government or pointing fingers at others for the pollution doesn't make much difference. We have seen it in past and present. Every individual must take the matter into their own hands. Every action counts and makes a difference. Make your actions accountable!

Rishab Ikshaan Sekhar
Secondary

THE ART OF FOOD PRESENTATION

Placing food on the plate before serving is an Art! Either the plate of food is for a family member or for a customer. The perfect and elegant arrangement makes the food more appealing.

Food preparation brings out the taste and flavour of the dish. Food presentation brings out the aesthetics. Dishes are tasted first by the eyes. After passing this test, the food is up for various tasting levels. Culinary chefs have invented numerous plating techniques. Few of these techniques are:

- α. Landscape Technique
- β. Free Form Technique
- χ. Hide and Seek Technique
- δ. Nordic Look Technique
- ε. Bathing Technique
- φ. Super Bowl Technique
- γ. Futuristic Technique

I, being a student of Home Science, love experimenting with all the plating techniques. But my favourite is 'Futuristic Technique' which allows me to put my heart and art on the plate. I am fond of garnishing my food platter with edible flowers such as rose, honeysuckle, lavender etc.

"Keep Cooking!"

K. Rithva
Secondary



IF I COULD CHANGE....

If I could change something, I would flush out the toxicity within us. We are eager to judge people. We judge based on religion, caste, colour or other traits. We don't have the patience to know the other person. People around me talk about love, peace, friendship. Yet, start speaking ill at the very first available opportunity.

What can I expect from them? Can I expect them to have a meaningful relationship? Will they spend time to learn about the other person? Will they ever know the beautiful inside?

We fail to see the most beautiful emotion - Empathy. It is our most prominent emotion. An emotion which helps us to connect with each other. An emotion which provides meaning to our existence.

We fail to see its beauty because we are pre - occupied in visualising the physical and material differences. Differences, what differences? I laugh as well as cry on this foolishness. We are the same.

"Just peep into the soul!"

Sadhana Magesh
Secondary

THE BANK HEIST

It was raining in Texas and streets were flooded. Suddenly, there was a call from the bank. Police were shocked....who can think about robbing a bank! Streets and lanes were submerged in water. How did the robbers flee?

Police started the investigation at the earliest. The first question was how did the robbers enter the secured facility? The clue pointed towards the break - in from the toilet window.

Where were the bank security personnel? They were guarding the front door of the bank. Everyone must have been relaxed by the lower footfalls aided by the climate. Police concluded that the robbers took their own sweet time to complete their job. Investigation hit the roadblock when police couldn't find the escape route.

It was back to square one. How did the robbers flee with the loot in submerged streets? The case had garnered numerous eyeballs. Television reporters were holding media trials and had zeroed in on insiders' job. The dedicated detective, Sarvesh, went through the clues and photographs one - by - one.

Several hours of skillful evaluation pointed towards an incomplete task. Detective Sarvesh went to the crime scene. He glanced around and nodded his head. He walked steadily towards the broom closet. Creaking - clacking, the door opened.

To everyone's amazement, the loot was neatly stacked inside the closet. Robbers were unable to carry the loot. So, they kept it in broom closet for safe keeping. Hurrah to detective Sarvesh, he saved the day again!

S. Sai Sarvesh
Secondary



MY FAVOURITE FESTIVAL

My favourite festival is 'Panguni Uthiram', a Hindu festival celebrated in the month of Panguni. It is a day to celebrate the wedding of Lord Shiva and Goddess Parvathi. It is also a day to celebrate the birth of Lord Ayyappan.

Panguni Uthiram is a nine-day festival. It starts by hoisting the festival flag, Kodiyettam, at the kodi maram in front of Sri Kapaleeshwarar Sannadhi. The flag symbolises the spiritual energy of the temple.

The beautifully decorated idols of Lord Kapaleeshwarar and Goddess Karpagambal are mounted on therotsavam (chariot) and taken around the temple.

The Lord Kapaleeshwarar and Goddess Karpagambal are taken around in clockwise direction (Pradakshinam). This is repeated with different vahanas over the next nine days.

The Arupathimoovar festival is the most important procession. It is named after the sixty - three Nayanar saints. All sixty - three Nayanar idols follow the Lord Kapaleeshwarar idol.

The Lord Kapaleeshwarar is depicted holding a bow while seated on a throne with the Goddess Karpagambal. Brahma is depicted as driving the 'ther'. The chariot is decorated with flowers and statues. Rathotsavam is the major event which attracts lakhs of devotees. The huge gathering waits to pull the 'ther'. Panguni Uthiram festival is celebrated with pomp and gaiety which marks the conclusion of Brahmotsavam festival.

Panguni Uthiram is my favourite festival because entire Mylapore comes alive. The festive atmosphere, chanting of mantras and amalgamation of tradition with heritage has always intrigued me. I love the positivity, spirituality along with the aromas of flowers, incense sticks and food.

P. Sivanambi
Secondary

IMPORTANCE OF FOOD PRESENTATION

As much as people say that 'don't judge a book by its cover', seventy percent of what makes the food appetising. Before tasting food, all other sense organs kick into action, preparing the mouth what to expect.

The presentation of food itself is a key ingredient to making the taste memorable. Many signals, from all sense organs, are sent to the brain to register what the food seems like before having a taste. It is very similar to the first impression of a person; it must be strong and positive.

When we go to a restaurant the first thing, we do is to glance around to see the ambience and the food being served to other people. In most cases, if the food caught our eye, we tend to order the same dish. We also take it all in all the smell, and this invokes a strong sense of hunger.

All this put together equates to a delicious meal. If even one of these elements is not appealing, it can result in not liking the meal or even the restaurant. The bombardment of our sense organs by various elements of food makes a meal tempting and etched in our memory. The enticing presentation of food is as vital as the taste itself.

"Bon Appetit"

Aindri Moorthy
Senior Secondary I



THE ART OF FOOD PRESENTATION

The art of food presentations involves using various techniques to elevate the dishes' visual appeal. Serving food is more than just putting ingredients on the plate. Presentation is an intricate way of arranging colours, textures, shapes and sizes on the plate.

The foundation of food presentation is plating, garnishing, colour and texture innovation. It is a necessary last step in the cooking process. It influences our senses and emotions making us more likely to enjoy the meal and remember it for long.

A meal is a culmination of excellent cooking with quality ingredients, artistic arrangement of food on the platter and unforgettable garnishing with floral colours and sauces. Every morsel provides nutrition to the body and fuels our mind. Before we dive in to the aromatic, spicy, succulent and indulgent meal; let's work towards making our plate a work of Art!

Fuzail Zarif
Senior Secondary I

BEING COLLEGE READY

In the quiet dusk of summer's end,
When twilight hues and dreams blend,
A new chapter waits with pages white,
To fill with hopes and future bright.

The days of high school drift away,
As we stand upon the brink today,
A world of knowledge calls our name,
An uncharted path, a new acclaim.

We have packed our bags, our hearts prepared,
For challenges ahead, we have cared,
Each book and note, each lesson learned,
A beacon bright, a torch that burnt.

The classroom blooms with promise grand,
A realm where mind and passions stand,
With every lecture, every test,
We'll strive to be our very best.
From late night cramming, papers due,
To finding paths that feel brand new,
Each moment shapes the days we face,
In this vast academic space.

Iniya Ramesh
Senior Secondary I



ODE TO THE LIBRARY BOOKS

In the quiet corner of a room so still,
Where time bends softly to a gentle will,
There lies the treasure of a boundless sea,
A world of whispers in the book's decree.

With ink and paper, dreams take flight a new,
Each page a canvas, painted with a view,
The minds of ages etched in timeless lines,
A universe in script, where wisdom shines.

From ancient scrolls to modern, crisp designs,
The saga of our species intertwines,
A tale of heroes bold and villains grim,
The essence of our lives in words so dim.

Each chapter holds a thousand worlds in place,
A glimpse into another time and space,
The magic of a story's gentle art,
Transforms a simple text into a heart.

Through trials and triumphs, love and loss, we sail,
Each book is a beacon when our spirits pale,
The wisdom of the ages speaks to all,
From lofty heights to valleys that we fall.

So let us honour this great gift each year,
The books that guide us through both joy and fear,
On this special day, let's lift a cheer,
To stories that we hold so ever near.

So, here's to books, our faithful, timeless friends,
Whose magic never falters or just ends,
A big poem for a day that sings their praise,
And honours their enchantment through the days.

Iniya Ramesh
Senior Secondary I

PUT A LID ON CYBER BULLYING

Cyberbullying is an illegal act committed to harm, torture and target individuals. It happens on social media. Bullies lurk on these platforms to satisfy their ego.

Cyberbullying leaves an individual harassed and exhausted. Usually, this leads to depression. Young adults getting trapped into the vicious cycle of depression is completely unacceptable.

Society must play a vital role in putting a lid on cyberbullying. Social media Moguls must ascertain that nobody should feel uncomfortable on their platforms. Cyber bullies cannot run amok ruining lives. They must be answerable.

U. Nimay Rao
Senior Secondary I

MY ACCEPTANCE

I do admit my mistake and will do everything possible to reform. I have spread falseness, to my admission, with no justification. I vow hereafter, I never will spread any rumours on media. In the upcoming days, I will try to improve and reform friendship with all.

I am extremely overwhelmed to state here that I would take actions to rectify but under a single condition. "Let there be no closed doors. Let there be openness and transparency." Isn't this the primary requirement of an everlasting friendship?

I assure you that I would lay strong foundation of our friendship on respect, regard, and admiration. I would end my acceptance declaration with an assurance of trustworthiness to all.

U. Nimay Rao
Senior Secondary I



CARE WITH LOVE

When someone in the family falls sick, all the members of the family get upset. After the initial hesitation of accepting, family members start feeling lost. So many questions pop - up with no confirmed answers.

I went through the same scenario when my mother was unwell. On seeing my mother in pain and discomfort, I cried and felt alone. Then I made up my mind. I felt a new surge of energy within me. I decided to help.

I started helping my mother in daily chores. I focused on keeping the house neat and tidy to elevate her mood. I stopped bothering her about my studies and homework. I struggled to complete everything, but I never gave up.

I started accompanying her to the doctor's clinic. This made her very proud of me. She realized that I may be young, but I was her support system. I kept encouraging her to be brave and strong.

My little things and few words made her recover fast. Gradually, she regained her strength and returned to her old self. Till date, she says jokingly that I consoled her using all the motivational phrases she once used on me. She was elated that I heard and adhered to her teachings.

This life lesson taught me a very valuable lesson. No one can be absolutely prepared for crisis. And nobody is too young to handle. We just have to care with love.

D. Pavethran
Senior Secondary I

PUTTING A LID ON CYBER BULLYING

Cyber bullying people on the Internet is really bad ,
because it can hurt their feelings, and they will be sad.
These attacks on others can mess with people's mental health,
so why do it since it will not get you any personal wealth.

Passing negative comments makes people lose confidence for a while,
And steal one's beauty from their smile.
Cyberbullying groups need to remember one thing,
It is knowing their limits which is not just a fling.

Cyber bullying needs to be condemned,
For people in society to fit,
Discouraging these acts and cracking down,
Will help put the lid.

Tanush Mot
Senior Secondary I



PUTTING A LID ON CYBER BULLYING

Bullying is a subject which should never be tolerated. It keeps changing its form like a slithering reptile but the ill - effects remain the same. Cyber bullying is the same phenomenon but packaged new by technology. It has far - reaching capabilities, destroying the peace and confidence of the victim and skipping the punishment.

Cyber bullying happens online and it's safe to say that it happens across the board. Celebrities, artists, businessmen, housewives, students, law personnels whoever is online would have experienced some form of bullying or the other.

Disgruntled people sitting in a dark corner of their house, have taken the responsibilities of being a bully. These under confident individuals, blend their unrealistic fantasies with their narcissism, and fire ruthless salvos which shakes the world of their victims.

These bullies don't have the guts to face the world or do what their victims are capable of. They are highly insecure, driven by fear and compartmentalised.

I, being a generation Z, spend more time online. World interlinked by web holds a special place in my life. But cyber bullies add a distasteful and disgusting flavour to the internet.

I would urge the law makers and policy makers to make strong laws against all forms of bullying. No one should be allowed to negatively affect the lives of others.

I believe that if I cannot add to someone's life, let me not be the person who takes something away from him/ her. I wish that the law can hear my plea.

"Enough is enough"

Aashritaa N
Senior Secondary II

BEING COLLEGE READY

I am elated about joining the college as it is a big step forward. I am about to finish my schooling, and all my actions are directed towards my college education. I am studying hard to get good grades which will help me enroll in the college of my choice.

I have set my heart on Bachelor of Commerce (B.Com). I do fear leaving my best friends behind. We, Gen Z's, are always connected to each other but spending the whole day around my friends is priceless.

I am trying not to think about the school. Leaving a place which I treated as 'home away from home' is going to be very difficult. I know that transitions are hard, and I will be visiting the school quite often.

Everything is changing and I need to gear myself for the college. My school wants me to be emotionally strong, venture out, make new friends and earn accolades. The last year in the school fills you with apprehensions about the unknown future.

The numerous years spent at the school has sown the seed of confidence and made me ready to explore the world by myself.

Here I am, college ready, with few more months left at the school.

Akshay L. Chandran
Senior Secondary II



A VALUABLE LIFE SKILL

There are lot of life skills which are important for our survival such as stress management, financial management, cooking and cleaning skills, communication skills and so on. But the most valuable life skill is 'Self - Love'.

Most of us are unaware of the concept of self - love. We do love ourselves but self - love is a skill to learn. We are with ourselves forever, but we care more about the people around us. We tend to forget about and ignore 'I'. Therefore, it needs to be learnt to be remembered. I want to learn, implement and see its impact on whole.

Everybody has problems, nobody is problem free. Every stage of our lives comes with a set of problems, be it academic, personal, professional or developmental. How we perceive it, tackle it and resolve it is based on our knowledge, environment and qualities. But being less harsh, judgmental on us and more forgiving should be the step taken. How many of us do it? Here comes the skill set "Self - Love"!

Mind is a powerful tool. It can create us as well as can destroy us. Mind can effectively mask the sorrow, exaggerate the joy and pump adrenaline at the right moment to make you invincible. When we are equipped with wonderful machineries, then why not be appreciative? We keep showering others with beautiful, worded petals but keep all the brick - bats for oneself. Are we teaching ourselves some tough love? No!

Belittling oneself is not equivalent to motivation. The world around us is busy giving opinions and observations. Be kind and encouraging to yourself. It's okay to make an error. I will be more vigilant the next day.

Comparisons are the thief of Joy. Social media platforms give direct access to other people's life. Most of the social media users are battling some form of depression. Instead of cherishing their moments, people are busy comparing and grumbling. These individuals need a dosage of "Self - Love".

To love others and the world, I need to love myself. If I cannot shower love on me, what do I have for others? Try loving yourself and be your best friend. Hope it brings positive changes in your life too.

R. Avyakt Vignesh
Senior Secondary II

MY NEW YEAR'S RESOLUTION

Is new year's resolution for weaklings? No, not at all! New year's resolution is made to remind ourselves of the fleeting time. Years quietly glide by us without even waiting to bid adieu. The promises made to us, resolutions, stick with us throughout the year.

I, without fail, make few resolutions every year. Do I succeed? Few yes, but not always. I start with dedication and intense focus but gradually it wanes. My resolutions make me determined, and I feel a sense of pride pursuing it.

I am into 'Silambattam'. Every year I promise myself to train harder. I pursue it whole heartedly. I continuously remind myself that it is for my own good. Training harder will assist me when I face a stiff opponent.

I make a resolve to learn something new each year. I keep adding skills to my kitty. A chance should be given to something new. I invest my time and abilities to master something new. This year's resolution is to expect perfection from myself but to be lenient with others. I am working towards leniency.

"Let's keep wishing"

V. Dhevsree
Senior Secondary II



IF I COULD CHANGE SOMETHING

The world has been through a lot of changes from its beginning. It changed from being a drifting rock to a planet filled with living things. From hot, burning planet, Earth, our home cooled down to become 'Blue Planet'. It is the Goldilocks of all.

Here, apes evolved as intelligent human beings; flatlands turned into mammoth mountains; bushes and shrubs paved way to dense forests filled with gigantic trees. The terrestrial, aquatic and aerial animals brought myriad of colours, sounds, shapes and sizes.

Is the transformation of Earth complete? What do you think? In my opinion, change is the only constant. Every moment, Earth is evolving, visible or not and so are the homo sapiens, we.

From nomads to settlers, human has come a long way. History details the progress of civilisation. But are we moving towards the right path? The world has grown exponentially in technological innovation, connectivity and medicine making our life easier and better. But are we faring better than our ancestors?

Morally, no! I am seeing a decline in the moral values. The moral compass may reject half the population. Look around you, people taking advantage of gullible, complete disregard of elders, scheming to trap innocents, not a penny's respect for nature, and utter disgrace to humanity. Individuals wrapped in their cocoon of pleasure, longevity and selfishness is drowning the beautiful world into murky waters of chaos.

I get anxious when I hear news on television. My sixth sense waits for something horrible done by my fellow earthian. I am aware that we are turning into monsters. We cannot stand each other, cannot tolerate animal world and even cannot exist without scarring the beauty of nature. What have we turned into!

If I could change something, I would change jealousy into appreciation; insecurity into confidence; procrastination into persistence and pride into humility. I don't want the world to turn into a bitter place. Earth is the only rock provided for more than eight billion people. Can't we change from bitter to better?

My life's journey should not be marred by others' neglect or greed. A precious gift of life on a Goldilocks planet is algorithmically impossible. Work together in making our world a better place for all.

G. Nithish
Senior Secondary II

A VALUABLE LIFE SKILL

Communication is needed on day - to - day basis. It plays an important role in every person's life. Be it verbal or non - verbal, communication is a powerful tool. I vouch for communication being a valuable life skill.

To understand each other, to clarify a misconception or to express our emotions, communication provides a perfect pathway. When communication is a two - way path, it signals the involvement of two hearts and souls. The heart - to - heart talk between a mother and her child, the step - by - step planning between a commander and his soldiers or an interaction between a teacher and her students, this is communication.

The various ways of communication can soothe a hurt heart, can connect with a lost individual or may ignite a doubt between friends. I want to master the art of communication to connect with my loved ones on a busy day. I believe in sharing my memories with my school friends when far away. I need to update my school about my achievements because it is a place where I found myself. To do all this and more, the invaluable life skill is 'Communication'.

R.D. Sasmitha
Senior Secondary II



THE POWER OF SLEEP

Sleep is very important aspect of our lives. Many young people consider sleep as a wasteful habit. They feel that they may MISS something important if they fall asleep. But these youngsters have forgotten "Early to Bed, Early to Rise; Makes a person healthy, wealthy and wise."

Scientifically, human beings should sleep for eight hours. Getting proper sleep transforms their lives. But not getting enough sleep leads to anxiety, anger, lack of concentration, lethargy etc.

Being a 'Night Owl' is a fashionable phrase exponentially used by Gen Z. Being awake night - after - night is not a matter of fashion but concern. It interferes in decision making and hampers the cognitive skills. The exhaustion endangers everyone around the sleep deprived individuals.

Energised and calm state of mind can be achieved by proper rest and sleep. Healthy life will pave the way for healthy work - life balance. Sleeping is a sacred ritual which must be followed religiously.

A dear friend quipped:

"Life is meaningless without sleep"

Sripriya H
Senior Secondary II

POWER OF POSITIVE AFFIRMATIONS

I have always been a huge supporter of positive affirmations. I believe in positivity, positive influence on environment and positive outlook. Thinking positively helps to connect with the higher realm where positivity influences our mind and life.

Here are few ways to reinforce positive affirmations:

- α. Listening to bhajans: This stimulates one's mind and body to vibrate at the same frequency as other surrounding elements. This unison reverberation is an absolute bliss.
- β. Meditation: This detaches one's mind and body. Emphasis is given on mind to calm and relax it. A cool mind can move mountains coolly.
- χ. Gratitude: The practice of gratitude ties one to one's beginnings. Being grateful makes one compassionate to other fellow beings.
- δ. Manifestation: By sending positive vibes in the environment, nature comes together with destiny to manifest it. All affirmations impact positively. The boomerang returns bearing gifts manifold.

Get into the habit of affirmations. These power packed affirmations would transform one's life for a greater good.

Sruti Sridhar Bharadwaj
Senior Secondary II



MINIMISING CARBON FOOTPRINT

We measure the Carbon footprint by measuring the amount of carbon produced by our actions. Burning of fossil fuel by driving a car or by using an LPG cylinder for cooking produces carbon dioxide. The more we use, the more greenhouse gases we produce.

Volcanoes, earthquakes, tsunamis add onto the carbon footprint. These natural causes are impossible to control. But human being can take responsibility for his/ her action and ensure corrective action. Few simple changes can contribute greatly towards the planet health.

A vegetarian diet greatly reduces an individual's carbon footprint. Meat products have larger carbon footprints per calorie than grain or vegetables.

Houses can shift from the conventional sources of energy to solar energy. Green energy will cut carbon emissions. Refrigerators are one of the largest users of household appliance energy. Washing clothes in warm water in washing machines adds to our carbon footprint. Washing clothes in cold water, once per week, can reduce carbon emissions substantially.

Personal transportation like cars, motorcycles etc. ramp-up the carbon emissions manifold. Walking, using bicycle, carpooling or using public transport helps in cutting carbon emissions.

Reducing food waste, choosing energy - efficient lighting, unplugging devices, using cold water to wash clothes all assist in reducing one's carbon footprint. Small steps will pave the way for bigger changes. Let's take the first step for a greener tomorrow!

Ved P
Senior Secondary II



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