



# MIRACLES

2025 - 2026

The Annual Magazine of

**THE GROVE SCHOOL - SARASWATHI KENDRA**

Affiliated to the Council for the Indian School Certificate Examinations (ICSE), New Delhi.

**“Where talent is encouraged and nurtured, expect miracles.”**



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

Phone: 044-49529480

Email: [saraswathikendra@gmail.com](mailto:saraswathikendra@gmail.com)

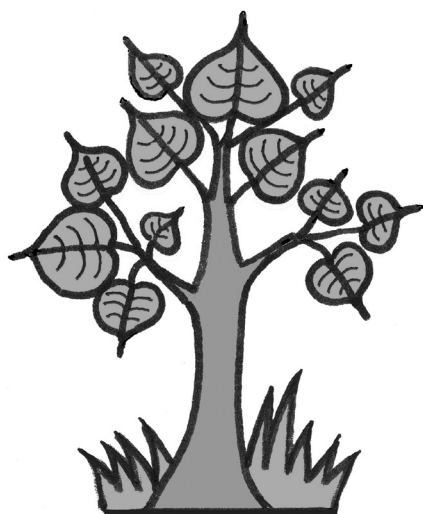
Website: [www.saraswathikendra.org](http://www.saraswathikendra.org)

# **MIRACLES**

## **2025 - 2026**

**The Annual Magazine of**  
**THE GROVE SCHOOL - SARASWATHI KENDRA**

Affiliated to the Council for the Indian School Certificate Examination (ICSE), New Delhi.



**“Where talent is encouraged and nurtured,  
expect miracles.”**

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

1 Eldams Road, Alwarpet, Chennai - 600018.

Phone: 044-49529480

Email: [saraswathikendra@gmail.com](mailto:saraswathikendra@gmail.com)

Websites: [www.saraswathikendra.org](http://www.saraswathikendra.org); [www.saraswathikendramagazine.com](http://www.saraswathikendramagazine.com)



“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 The Grove School - 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 on June 1, 2025. 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 2025 - 2026**

The staff and students of Saraswathi Kendra worked with exemplary dedication and collaborative spirit to produce the **Annual Magazine “Miracles 2025–2026”**. The publication serves as a structured platform to highlight and celebrate the diverse competencies of our students. **‘Miracles’** provides a comprehensive account of their notable achievements, experiences, and milestones throughout the academic year.

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

**Staff Representatives** :  
1. Mrs. T Usha  
2. Mrs. S. Niraja  
3. Mrs. Anju Agrawal  
4. Mrs. S. Sujatha

**Layout & Design** : Mr. R. Sathya Narayanan

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

## **THE PRESIDENT'S MESSAGE**

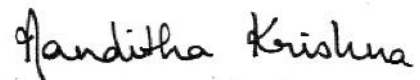
This academic year, Saraswathi Kendra was integrated with The Grove School. This is an important development since it now provides a chance to choose between the ICSE and NIOS streams.

From Saraswathi Kendra, 4 students appeared for the ICSE examinations in March 2026.

1 student (Std. VII) and 2 students (Std. V) have been integrated into the mainstream of The Grove School.

CISCE provides special concessions for special children.

Congratulations to Principal Mrs. S.M. Sujatha, Headmistresses Mrs. T. Usha and Mrs. S. Niraja 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**

On December 14, 2024 it was announced by the management of The C.P. Ramaswami Aiyar Foundation that Saraswathi Kendra would be integrated with The Grove School as the special wing of the School for children with learning disabilities and special needs. This integration is absolutely necessary as it now provides an opportunity to choose between the CISCE (The Council for the Indian School Certificate Examinations) and NIOS (National Institute of Open Schooling) streams. The parent body, The C.P. Ramaswami Aiyar Foundation has been affiliated to NIOS since 1991.

The final integration came into effect from June 1, 2025. CISCE is also student friendly towards children with special needs. As a result 4 students appeared for the ICSE (Class X) examinations in March 2026. 3 students have been integrated into the mainstream of The Grove School.

I congratulate Mrs. S.M. Sujatha (Principal) and her team from Saraswathi Kendra for giving the Institution a great and wonderful year and wish them all the very best in the years to come.



*Dr. Prashanth Krishna  
Correspondent  
Saraswathi Kendra*

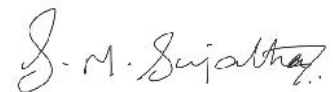
## THE PRINCIPAL SPEAKS....

The world is a collection of individuals, and world peace is the sum of individual peace. But what is individual peace? It is not something external — a phenomenon, a gift or something that money can buy. It already exists within us. It is our true nature.

Human beings are inherently guided by love, compassion, and peace towards all living beings. Yet, somewhere along the journey of life, we lose touch with this true nature. We forget what we once knew instinctively.

How do we rediscover what has been forgotten? By nurturing a deep belief in the divinity of the vast cosmos, through prayer, and by cultivating love and care for nature and the environment. By practicing compassion, empathy, and kindness toward all beings, we gradually return to our natural state of peace and joy.

Let us strive to let go of anger, jealousy, and hatred. In doing so, we reclaim our individual peace. When individuals become peaceful, that collective harmony grows into a powerful force — one that can dissolve conflict, rise above ego, and reduce wars and divisions. In this way, we can transform the world into a place of lasting peace.



*Mrs. S.M. Sujatha*  
*Principal*  
*Saraswathi Kendra*



# THE GROVE SCHOOL - SARASWATHI KENDRA

## ANNUAL REPORT FOR 2025 - 2026

A deep and abiding sense of gratitude has guided Saraswathi Kendra since its inception, continually motivating us to pursue excellence with clarity of purpose and unwavering dedication. This Annual Report encapsulates the key achievements, milestones, and learnings of the year under review, while also outlining the strategic direction and aspirations that will shape our progress in the years ahead. It reflects our continued commitment to fostering meaningful impact and advancing our mission with integrity and purpose.

The academic year 2025 – 2026 was a journey of learning, growth, and success for our students, and the key milestones and highlights of their achievements are proudly presented below.

### **ACADEMIC MILESTONES**

The academic year 2025 - 2026 was specially significant for us. We undertook focused efforts to transition into an updated scholastic framework, and we are pleased to share that many of our initiatives have seen remarkable success. The inaugural batch of ICSE students is set to appear for the CISCE Board examinations, underscoring our steadfast commitment to broadening educational pathways for our learners.

#### **2025**

##### **June 6**

The new academic year 2025-2026 commenced with enthusiasm, confidence, eagerness and commitment to build on the given opportunity. It began on a green and environmentally conscious note.

World Environment Day was celebrated with great enthusiasm, where students showcased their creativity and environmental awareness through thoughtfully designed charts.

##### **July 7 – 14**

Formative Assessment of Term I was conducted across all levels to revisit and revise the portions covered and to gauge students' understanding of the concepts taught.

- September 15 – 28** Term I Assessment was held across all levels. It served as an important academic milestone.
- September 29** Saraswathi Kendra closed for the quarterly vacation.
- October 6** Saraswathi Kendra reopened, marking the beginning of the second term.
- October 11** A Parent - Teacher Meet (PTM) was held to provided an interactive platform to focus on the holistic development of the students.
- November 10 – 18** The Formative Assessment of Term II was conducted across all levels, to revisit and revise the portions covered and to gauge students' understanding of the concepts taught.
- December 10 – 23** Term II Assessment commenced and served as an important academic milestone. These assessments allowed teachers to evaluate individual progress, identify learning gaps and provide timely remedial support wherever needed.
- December 26** Saraswathi Kendra closed for the half - yearly vacation.
- 2026**
- January 5** Saraswathi Kendra reopened marking the beginning of the third term.
- January 10** A PTM was held, serving as a valuable platform for meaningful interaction between parents and teachers, focusing on the overall growth and development of the students. The discussion facilitated a collaborative approach, enabling both parents and teachers to work together towards the students' continous improvement and well-being.
- January 30** A homam was performed to invoke the god's blessings, seeking knowledge, wisdom and intelligence for the Saraswathi Kendra students appearing for their board examinations.

- February 17** The Institution's inaugural batch of ICSE (Class X) students appeared for the CISCE Board examinations, marking a significant milestone in our academic journey.
- April 2 – 10** Term III Assessment commenced, serving as an important milestone, bringing the academic year to a close for all students.
- April 10** The last working day of the academic year for all students, marking the end of a truly great and memorable year.
- April 18** A PTM was convened to review each student's progress and milestones. As part of this process, a Personalised Learning Plan (PLP) was developed to address the individual needs, strengths and interests of every student.
- April 30** Last working day for staff of Saraswathi Kendra.
- May 1** Saraswathi Kendra closed for the summer vacation.

### **REMEDIAL CLASSES & ACADEMIC SUPPORT**

While strengthening academic preparation, we also continued our endeavour to equip students with the essential skills needed to navigate real-world challenges. At Saraswathi Kendra, we believe deeply that every child carries immense potential and with the right guidance and support, this potential can truly transform into exceptional achievement.

To further this, we have strengthened our systems and processes, offering remedial classes to provide personalised and tailored learning experience.

**Remedial classes** were conducted throughout the academic year 2025 – 2026 to support students requiring additional academic assistance. Students were identified for remedial support based on classroom observations and periodic evaluations.

These classes aim at strengthening foundational language skills, enhancing written expression, improving legibility and writing fluency.

**Special educators** adopted differentiated teaching strategies, simplified explanations, practice worksheets and revision activities to reinforce learning. Interactive activities such as guided reading, storytelling, phonics-based exercises and structured writing tasks were used to build confidence and clarity in language use. They followed the Individualised Education Plan (IEP) to support and improve the students' scholastic performance.

**Handwriting remedial sessions** focused on proper letter formation, spacing, alignment, posture and pencil grip. Students were guided through step-by-step practice using ruled worksheets, tracing exercises and timed writing activities to improve speed and neatness. Individual attention ensured that each learner progressed at a comfortable pace.

As a result of these remedial interventions, students showed noticeable improvement in language skills, handwriting neatness, classroom participation and overall learning confidence contributing positively to their academic progress.

## **NIOS ACHIEVEMENTS**

Since 1991 the parent body of Saraswathi Kendra, The C. P. Ramaswami Aiyar Foundation has been affiliated with the National Institute of Open Schooling (NIOS).

During the academic year, a total of **265** students were registered at the Senior Secondary level, and **180** students were registered at the Secondary level. With the steady rise in enrollment under the NIOS Board, Saraswathi Kendra continues to demonstrate its commitment to delivering flexible, inclusive and learner centered academic support systems.

In the NIOS Board Examination conducted in April 2026, both Senior Secondary and Secondary students performed commendably.

## **2025**

### **August 2 to September 6**

Personal Contact Programme (PCP), a five-week program for Secondary and Senior Secondary students, was held for the board appearing students. Demo classes were conducted to simulate the practical examination environment.

<b>September 1 – 11</b>	Revision I and Revision II examinations were conducted for board appearing students of Secondary as well as Senior Secondary II levels. These assessments aimed to measure their academic readiness and identify areas for improvement.
<b>September 12 – 27</b>	The NIOS Board Practical Examinations for both Secondary and Senior Secondary levels were held in full compliance with the stringent guidelines set by the Board. Students stated that the experience was both enriching and encouraging, as performing the experiments and activities firsthand deepened their understanding and enhanced their preparedness for the board examinations.
<b>December 1 to January 11</b>	Students of the Secondary and Senior Secondary sections registered for the <b>‘Pariksha Pe Charcha 2026’</b> initiative of the Ministry of Education and participated by submitting examination related questions.
<b>2026</b>	
<b>January 24 to February 28</b>	Personal Contact Programme (PCP), a five-week program for Secondary and Senior Secondary students, was conducted for the board appearing students. Demo classes were conducted to simulate the practical examination environment.
<b>February 23 to March 10</b>	Comprehensive revision examinations were administered for all board appearing-students across Secondary and Senior Secondary I & II levels.
<b>March 17 to April 2</b>	NIOS Board Practical Examination was conducted by adhering to the stringent guidelines set by the board.
<b>April 4</b>	A heartfelt farewell party to the Senior Secondary II students was organised by the Senior Secondary I students. The day, filled with both joy and nostalgia, featured inspiring speeches and thoughtful games that beautifully captured the emotions of bidding goodbye.

**April 4**

It was a touching celebration, marking the end of one chapter and the beginning of another chapter. The send-off shimmered with hope, urging our Senior Secondary II students to journey beyond horizons and chase the endless dreams that await them.

**THERAPIES & STUDENT SUPPORT SERVICES**

Beyond academics, renewed emphasis was placed on communication, collaboration and behaviour management. To enhance our support system, we engaged a speech therapist to address the varied communication needs of our students.

In addition, students continued to benefit from Dr. Dog Therapy, an animal assisted therapy, throughout the year, experiencing comfort, emotional support and a calming influence.

Psychological assessments were used to assess students' needs and facilitate timely support through qualified and specialised therapists.

**Counselling Support** through individual and group therapy has positively impacted on students' self-confidence, guided by our dedicated psychological team. Sensory integration and behaviour modification techniques have helped students participate more confidently in classroom activities. Group therapy sessions in the sensory room were the much loved and eagerly awaited part of the students' routine.

**Physical Training**, a specialised program, was aimed at helping students to channel their energy in a positive and productive manner. Through patience and creative methods, our physical trainers worked diligently to support students in achieving the goals set in their Individual Goal Plans (IGPs).

**Speech Therapy sessions** were conducted by a qualified speech therapist to address students' needs related to speech clarity, language development, articulation, comprehension and expressive skills. Students were supported through structured activities, visual aids and interactive exercises. Individualised goals were set for each student, and progress was regularly monitored in collaboration with psychologists and parents.

**Dr. Dog Therapy sessions** were an engaging approach to support students' emotional regulation, social skills, attention, and sensory integration. Interaction with the therapy dog helped create a calm and motivating environment, encouraging students to participate more actively in learning and communication activities.

These sessions were particularly beneficial in reducing anxiety, improving focus and fostering positive emotional responses.

These therapeutic interventions played a significant role in supporting the learning needs of students, promoting their overall development and inclusion within the school environment.

## **LANGUAGE EMPOWERMENT**

Since Tamil is the spoken language of Tamilnadu, it was introduced to strengthen students' reading and writing skills. **Learning Tamil** helped students develop functional communication skills for everyday situations such as expressing needs, following instructions and participating in social interactions.

Familiar sounds, words and cultural references made learning more accessible and comforting for students. The use of simple vocabulary, songs, rhymes, stories and visual aids supported language comprehension and retention.

To further support students, a range of structured and engaging **English language activities** were planned and implemented during the academic year. These activities were designed to improve listening, speaking, reading and early writing skills, while building confidence and interest in the language.

The programme is focused on phonics-based learning, vocabulary building, simple sentence formation and comprehension skills. Activities such as storytelling, picture reading, action songs, role play, flashcards, word games, rhymes and guided reading sessions were used to make learning interactive and enjoyable.

Special emphasis was given to oral language development, encouraging students to express themselves through short responses, naming activities and simple conversations. Continuous encouragement, positive reinforcement and regular monitoring helped students make steady progress in language acquisition.

## CO-CURRICULAR & EXTRA-CURRICULAR ACTIVITIES

Equal importance was also given to co-curricular and extra-curricular activities such as physical education, art, craft, dance, yoga and music ensuring holistic development.

### 2025

**June 21** The 11<sup>th</sup> International Yoga Day, celebrated by the students, embraced the theme '***Yoga for One Earth, One Health***'. It inspired them to realise that personal wellness, environmental responsibility and holistic health are not separate but powerful forces that together can shape a brighter and healthier future.

**June 23** The Investiture Ceremony presided over by our Correspondent, Dr. Prashanth Krishna, marked an important milestone as badges and sashes were bestowed upon the office bearers. Dr. Prashanth Krishna, in his inspiring message, encouraged them to uphold their duties with perseverance, loyalty and humility.

D. Himanshu and Sahana K. S. of Senior Secondary II were elected as the Head Boy and Head Girl respectively. Aindri Moorthy of Senior Secondary II was appointed as the Sports Captain, with P. Saai Lakshan serving as the Assistant Sports Captain.

Leading with dedication, Gulmohar House Captain Varshini Vishnuram and Vice-Captain K. Rithva; Neem House Captain Ramdarshan K. S and Vice-Captain S. Sai Sarvesh; Peepal House Captain S. E. Joshua Arokiaraj along with Vice-Captain Brinda K. K; and Tulsi House Captain M. Z. Mohammed Adnaan with Vice-Captain L. Trilokesh, consistently motivated their teams and steered their houses toward triumph. The office bearers solemnly pledged to uphold impartiality and honesty.

**July 1** The Rangotsav Art Competition allowed students to explore their creativity and bring out their artistic talents. Students enthusiastically participated in national level competitions and earned many prizes across categories

such as colouring, sketching, greeting card making, cartoon drawing, finger & thumb printing, mask making, tattoo designing and handwriting. Nilanjana Simran Raja of Preparatory II secured the 2<sup>nd</sup> place trophy in the colouring competition and won the coveted Astronaut Galaxy Projector.

Sahana K. S and Jayani Gautham Srinidhi of Senior Secondary II along with Brinda K. K of Senior Secondary I won the gold medal in the sketching competition. R. Sreenidhi of Senior Secondary II earned a gold medal in greeting card making while Prasanna B of Junior I won gold in finger & thumb printing. Abi M of Preparatory III clinched the gold medal in the handwriting competition.

In the colouring category, K. Rithva of Senior Secondary I, Anjana Prakash of Preparatory III, A. Ratha of Junior II and K. Sahasra of Junior I each won gold medals for their outstanding work. Prasanna B of Junior I earned the gold medal in the colouring competition under the Junior category. It is also a matter of pride that our students brought home eight silver medals and five bronze medals in multiple categories of the Rangotsav Art Competition.

**Twenty-five students** were selected for the International Round of Art Competition to be held in the month of February.

### **July 18**

**‘Taste and Trade Food Fest’** empowered our students to learn weights and measures, apply basic arithmetic skills and enjoy the fulfilment of earning through a day of hard work. The ‘Taste and Trade Food Fest’ ended as a memorable experience that encouraged students to learn, explore and believe in themselves. It was a perfect blend of taste, commerce, entrepreneurship and life skills.

### **August 14**

Ministry of Social Justice and Empowerment launched a nationwide campaign **“Nasha Mukta Bharat Abhiyaan”** designed to educate students about the dangers of substance abuse. As part of the initiative, students took out a rally, formed human chain and pledged to stay away from drugs. Essay writing and poster-making competitions were also organised to reinforce the message.

**November  
1 – 15**

**Janjatiya Gaurav Pakhwara**’ meaning ‘Tribal Pride Fortnight’ was observed to commemorate the 150<sup>th</sup> birth anniversary of the great tribal freedom fighter, Birsa Munda. Students participated in essay-writing and poster-making activities, honouring the rich heritage, culture and resilience of the tribes of Jharkhand. Their contributions reflected both respect and appreciation for India’s indigenous communities.

**2026**

**January 22**

The Annual Sports Day, a grand sporting spectacle, was held at the R.K.M. Cricket Ground, T-Nagar. The event was graced by the presence of Mr. S. Kevin Kumar, Action Director (PAN India) and a proud alumnus (2016 passout) of The Grove School, who joined us as the Chief Guest.

Every student participated with great enthusiasm, showcasing their athletic abilities and competitive spirit. The track and field events truly tested their stamina, skill, and determination. The winners were given medals, cups, certificates, and trophies, making the day a memorable and inspiring celebration of sportsmanship and achievement.

**February 5**

The Annual Day Celebration was held at R. R. Sabha, Mylapore, with Dr. E. S. Krishnamoorthy, Neuropsychiatrist, Founder & CEO of Buddhi Clinic, gracing the occasion as the Chief Guest. Students were recognised and felicitated for their outstanding achievements in both sports and academics. The programme was thoughtfully designed and executed, featuring an impressive array of musical, dance, dramatic and gymnastic performances presented in a seamless artistic sequence.

The thematic showcase on the ‘Five Landforms of Earth’ captivated the audience with its creativity and precision. The Annual Day Celebration stood as a proud and memorable occasion, reflecting the institution’s commitment to excellence and holistic development.

**February 12**

The International Rangotsav Art Competition was conducted on the School premises with enthusiastic participation from students across various categories. In the colouring category, K. Rithva of Senior Secondary I secured the first prize, winning the coveted mini projector along with a trophy. The second prize was awarded to Sahana K. S. of Senior Secondary II who received a big cricket kit and a trophy. The prestigious Art Maestro Award was presented to Abi M of Preparatory III for handwriting, Mukhti A of Senior Secondary I for colouring, Brinda K. K. of Senior Secondary I for sketching and R. Sreenidhi of Senior Secondary II for greeting card making. The international medal was conferred upon Mukhti A of Senior Secondary I for handwriting; Anjana Prakash of Preparatory III, K. Sahasra of Junior I, Prasanna B of Junior I and Adhav Balakrishnan of Primary III for colouring; Vishnu Dev S of Junior II and S. Nihilan of Preparatory I for sketching; and D. Sanjay of Pre-Secondary for cartoon making.

**February 16**

**Congratulations** to **Iniya R** of Senior Secondary II for publishing her book **“All My Quiet Was Blue”** at such a young age. Her work offers a beautifully intimate glimpse into the depths of the human spirit.

**SPORTS & ATHLETICS**

Within this nurturing and motivating environment, students were encouraged to participate in a wide range of intra-school and inter-school competitions. These opportunities helped them build confidence, broaden their knowledge and grow into well-rounded individuals.

**2025****June 27**

Real Sports Athletics Inter-School Competition was held at Jawaharlal Nehru Stadium Ground B, Periamet. Nilanjana Simran Raja of Preparatory II clinched gold in shot put, A. Prithika of Senior Secondary II won silver in the 800 metres race and P. Saai Lakshan of Senior Secondary II grabbed bronze in shot put.

- August 10** Nilanjana Simran Raja of Preparatory II won the gold medal in shot put at the CISCE Regionals with an impressive throw of 8.3 metres.
- November 29 - 30** A. Jashwaanath of Secondary secured second place in the 50 metres backstroke event at the Madras District Aquatic Association Meet. He also won third place in the 50 metres freestyle.
- December 21 - 23** Aindri Moorthy of Senior Secondary II won the gold medal in the Kyorugi Junior Female Under-68 kgs category at the 9<sup>th</sup> India TIA Open International Taekwondo Championship, held at the Biswa Bangla Convention Centre, Kolkata. She further made us proud by securing bronze in Individual Poomsae Junior Female BB Group 1 and in Speed Kicking.
- December 27 - 28** We Congratulate Jyotsnaa Parthasarathy, an alumna of Saraswathi Kendra, who won two gold medals for sparring pattern and one silver medal for group pattern at the National Taekwondo Championship 2025 held at Basha Garden, Mylapore.
- 2026**
- January 11** M. Amal Vel of Preparatory III successfully completed a 5 kilometres run at the Rubfila Palakkad Marathon.
- February 8** E. K. Supreeta of Junior II secured 3<sup>rd</sup> place in the North Zone District Level Silambam Championship 2026 held at Montfort Indoor Stadium, Santhome Higher Secondary School, Mylapore.
- February 9** M. Amal Vel of Preparatory III got promoted to 'Yellow Belt' in the First Grading Belt Promotion Examination conducted by C. P. Art Centre.

## CELEBRATIONS & CULTURAL EVENTS

2025

- July 10** Guru Purnima Celebration was a beautiful blend of devotion, culture and unforgettable traditional homage to our gurus. Blessings of Adi Guru Ved Vyasa were invoked, and heartfelt gratitude was expressed by the recitation of Guru Ashtakam and Thotakashtakam. The **animated** documentary “**Four Decades of Saraswathi Kendra**” captured the school’s remarkable journey and celebrated the pivotal role teachers play in every student’s growth.
- July 29 to August 12** International Tiger Day, International Lion Day, and International Elephant Day were observed on 29<sup>th</sup> July, 8<sup>th</sup> August, and 12<sup>th</sup> August respectively. Primary level and Junior level students marked the occasion by making face masks, while senior students deepened their engagement through a quiz that enhanced their awareness and by creating thought provoking drawings that reflected their concern for wildlife.
- August 14** The Krishna Jayanthi celebrations came alive with melodious songs and captivating dance performances that reflected the spirit of the festival.
- August 15** Independence Day celebrations began with our President, Dr. Nanditha Krishna, hoisting the National Flag. She delivered an inspiring speech aligned with the spirit of Bharat. The celebration included patriotic songs, spirited dance performances and inspirational speeches delivered by students that reflected the pride and unity of our nation.
- August 21** Madras Day was commemorated with a spotlight on the vibrant history of our city. Students enthusiastically presented songs and dances, beautifully portraying the richness of our cultural heritage. “**A Trip Down the Mylapore Lane**” served as the theme for the photography exhibition.

**August 26** Ganesh Chaturthi brought an air of devotion to our school campus, as students honoured the occasion with soulful songs and traditional dances that captured the spirit of the festival. They participated wholeheartedly, expressing excitement, curiosity and pride as they honoured Lord Ganesha.

**September 26** The Navratri Golu was thoughtfully designed around the theme of Tamil Nadu's village deities, offering students a glimpse into the state's vibrant folk traditions. The Lakshmi Kuber was the center of attraction in Golu. Depicting the divine guardians of wealth and prosperity, the setup was enhanced with traditional lamps, floral garlands, brass ornaments and artistic embellishments, creating a spiritually uplifting atmosphere.

Navratri was joyfully celebrated through devotional songs and traditional dances. The students were filled with excitement and delight.

**October 17** Diwali was celebrated with great joy and cultural vibrance. The campus came alive with colourful decorations, traditional lamps and festive artwork created by the students. Students presented a delightful array of performances, including devotional songs, classical and folk dances.

**December 24** Christmas was celebrated with warmth and festivity. The theme for the year was "**Indian Christmas**" featuring Santa dressed in traditional Indian attire. The Christmas tree, created collaboratively by the students, was especially meaningful as each leaf carried a student's thumbprint and name. Traditional Indian sweets added a cultural touch to the celebration, while a display on the old churches of Chennai stood out as a key highlight. Carols, dance performances, filled the atmosphere with cheer and the arrival of Santa with his goodies brought immense joy, becoming the highlight of the celebration.

## 2026

**January 14** Pongal was celebrated with great joy and cultural vibrancy. The celebration was graced by our honourable President Dr. Nanditha Krishna. Students performed traditional songs and dances that reflected the spirit of the harvest festival. The celebration was further enriched by the presence of folk artists, who presented traditional Tamil Nadu dance forms such as Karagattam, Mayilattam, Puliattam, Kolattam and Poikal Kuthirai offering students a glimpse into the state's rich heritage. One of the highlights of the event was the preparation of sweet Pongal on an open hearth, which added authenticity, sweetness and warmth to the festivities.

## OTHER IMPORTANT EVENTS

### 2025

**September 4** The visit to the **Officers Training Academy** was a remarkable and inspiring experience for our Senior students. The highlight of the day was witnessing the Passing Out Parade, a ceremony that left a deep and lasting impression on everyone present. The students were fascinated by the uniforms, commands and synchronisation. The visit not only enriched students' understanding of a disciplined life but also ignited a renewed respect for the armed forces.

**December 4** **'Ellie the Animatronic Elephant'** from 'People for the Ethical Treatment of Animals' (PETA) visited the school to educate students about the importance of avoiding elephant rides, circuses and other forms of entertainment while promoting empathy and compassion towards animals.

### 2026

**January 8** The students of Primary, Junior and Preparatory classes created Pongal greeting postcards for their classmates. They visited the Teynampet Post Office and posted their cards, giving them firsthand experience of how a post office functions.

**January 9** The young students were delighted to receive the Pongal greetings sent by their friends, delivered by the post-persons, complete with the official postal seal. This activity provided them with a meaningful life-skill experience.

## **EDUCATIONAL FIELD TRIPS**

**2025**

**October 15** A one-day educational field trip for Senior Secondary students was organised to **'Varma Farms'** Egattur. The trip offered a perfect blend of learning and fun. Students participated in activities that encouraged hands-on interaction with field work and farm life. It provided a refreshing break from everyday classroom learning.

**2026**

**March 16** A one-day educational trip to **'Farm Guru'** Sholavaram was organised for students from Junior II to Secondary. The visit combined fun with experiential learning, giving students direct exposure to sustainable agricultural methods. It was a delightful and unforgettable experience for all.

**March 18** Primary and Junior I students enjoyed a one-day educational field trip to the **'Chennai Rail Museum'** situated next to the Integral Coach Factory. The purpose of the visit was to inspire young learners with the museum's rich heritage, fun toy train rides and hands-on interactive exhibits.

## **AWARDS & TRAINING WITH RESPECT TO THE STAFF**

**2025**

**July 5 – 6** Ms. Reeba Shyrin S (Psychologist) successfully completed the official TA 101 Course certified by the International Transactional Analysis Association. The course facilitated deeper insight into students' behavioural dynamics.

**August  
30 – 31**

Ms. Poornima Lakshmi B (Psychologist) successfully completed the official TA 101 Course accredited by the International Transactional Analysis Association. The course equipped her with an integrative framework to support effective therapeutic engagement and intervention.

**October 25**

At the National School Counselors Award Conference, our school was proud to have three awardees:

- Mrs. S. Niraja, recipient of the ARISE Sigmund Freud Award.
- Ms. Poornima Lakshmi B, honoured with the ARISE Fritz Perls Award.
- Ms. Reeba Shyrin S was awarded the Emerging Career Counselor Award.

**October 29**

Mr. S. Narendiran successfully completed the ‘Accelerating Imagination Series 1’ on ‘Design Thinking & Arduino’. He had also enriched his professional expertise by completing the Aeromodelling, Rocket Science, and App Development courses offered by Chitti.

**November  
21–22**

Mrs. S. Jayanthi attended the State Level CRE Programme on “Curricular and Co-curricular Activities for Children with Multiple Disabilities” conducted by NIEPMD. The programme equipped her with valuable strategies and creative approaches to make classroom learning more enjoyable, interactive and inclusive for all learners.

**December 19**

Ms. Bala Aruna J attended the seminar on ‘Sacred Groves of South India’. The seminar was organised by C.P.R. Environmental Education Centre (CPREEC) and supported by the Ministry of Environment, Forest & Climate Change.

## INFRASTRUCTURE & RESOURCES

2025

**September 6** September 6, 2025 was the centenary year of Late. Mr. A.R. Jagannathan (September 6, 1925 - February 10, 2005) who was the President of The C.P. Ramaswami Aiyar Foundation, since 2001 till his demise in 2005.

**A. R. Jagannathan Children's Theatre**, The C. P. Ramaswami Aiyar Foundation was inaugurated, providing digital learning through large screen visuals. Its audio-visual format enriches classroom teaching and enhances students' understanding. Visual presentations, videos, animations and sound-based activities help simplify concepts and enhance comprehension, especially for students who find traditional classroom instruction challenging. Lessons delivered through multisensory methods have made learning more enjoyable and meaningful.

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

As we move into the next academic year in June 2026, we look forward with optimism and renewed commitment to supporting our students in reaching new milestones, embracing new opportunities and continuing their journey of learning and growth.

## OFFICE BEARERS OF THE ACADEMIC YEAR 2025-2026



D. Himanshu  
Head Boy



Sahana K. S.  
Head Girl



Aindri Moorthy  
Sports Captain



P. Saai Lakshan  
Assistant Sports Captain



Varshini Vishnuram  
Captain - Gulmohar House



K. Rithva, Vice-Captain  
- Gulmohar House



M. Z. Mohammed Adnaan  
Captain - Tulsi House



L. Trilokesh  
Vice-Captain - Tulsi House



Ramdarshan K. S.  
Captain - Neem House



S Sai Sarvesh  
Vice-Captain - Neem House



S E Joshua Arokiaraj  
Captain - Peepal House



Brinda K. K.  
Vice-Captain - Peepal House

## STAR STUDENTS OF 2025 – 2026



Dharanidharan T  
Primary I



Srinikesh Sriram  
Primary III



V. Dhanvanth  
Junior I



D. Pragathy Shree  
Junior II



Reddy Sai  
Preparatory I



Vedanth Sreeram  
Preparatory II



Sakshi Neelakandan  
Preparatory III



S. Athreya  
Topper Secondary  
(NIOS)



G. Nithish  
Topper Senior Secondary  
(NIOS)

## YOUNG ACHIEVERS OF 2025 - 2026



Nilanjana Simran Raja  
Preparatory II



Sakshi Neelakandan  
Preparatory III



M. Amal Vel  
Preparatory III



A. Jashwanth  
Secondary (NIOS)



Aindri Moorthy  
Senior Secondary II (NIOS)



P. Saai Lakshan  
Senior Secondary II (NIOS)



Varshini Vishnuram  
Senior Secondary II  
(NIOS)

## SPORTS CHAMPIONSHIP OF 2025 - 2026

Best House : **Gulmohar**

Runner-up House : **Tulsi**

HOUSE	POINTS
<b>Gulmohar</b>	251
<b>Tulsi</b>	213
<b>Neem</b>	175
<b>Peepal</b>	141

**GROUP PHOTOS**



**Primary I**



**Primary III**



**Junior I**



**Junior II**



**Preparatory I**



**Preparatory II**



**Preparatory III**



**Grade X (ICSE)**



**Pre-Secondary (NIOS)**



**Secondary (NIOS)**



**Senior Secondary I**



**Senior Secondary II**



**The Grove School**



**Team Saraswathi Kendra - 2025 - 26**

## ART WORK



V. Dhanvanth, Junior I



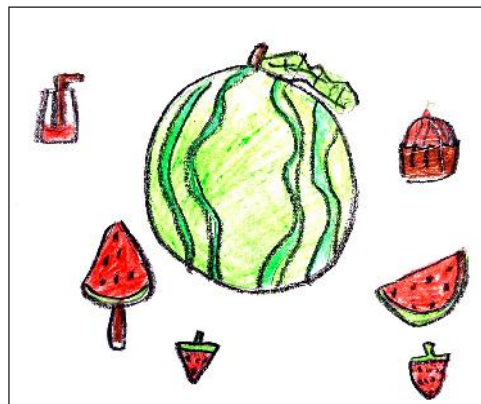
K. Sahasra, Junior I



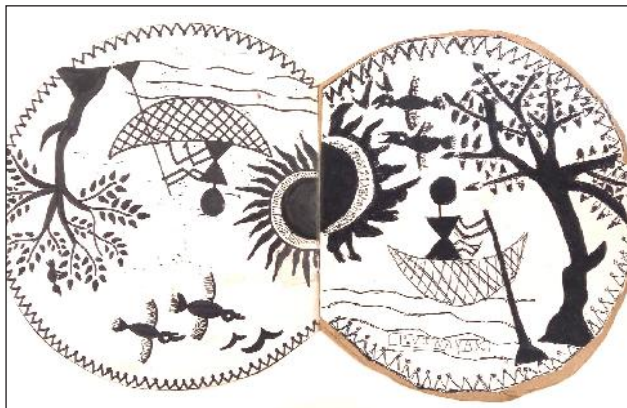
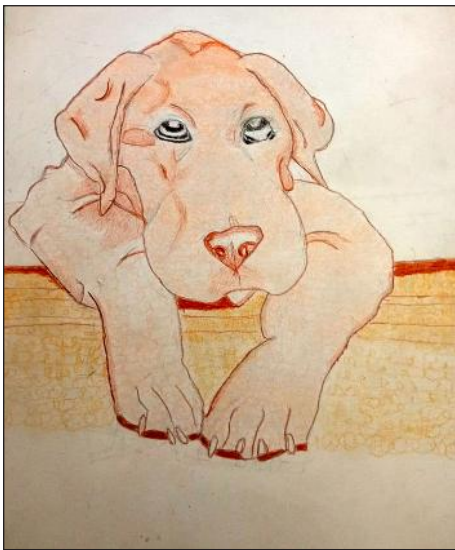
K. Sahasra, Junior I



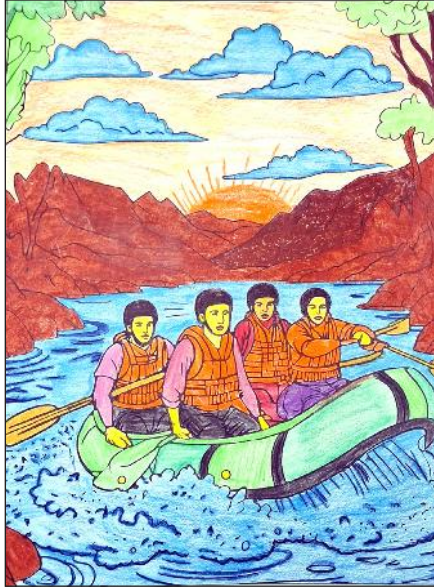
K. Sahasra, Junior I



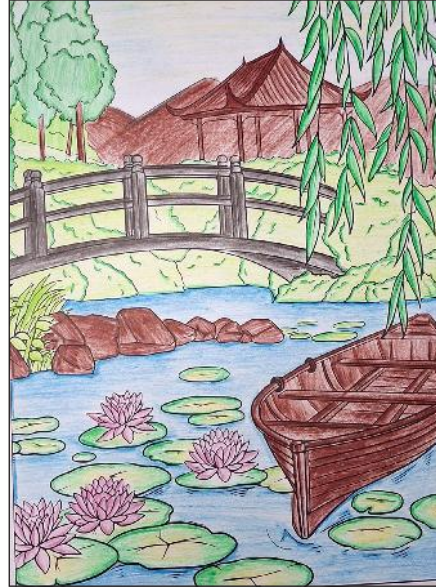
Reddy Sai, Preparatory I



P. Vinayak, Preparatory II



V. S. Megavarshini, Preparatory II



Abi M, Preparatory III



G. Tarun Kumaran, Pre-Secondary



S. Sai Charan, Pre-Secondary



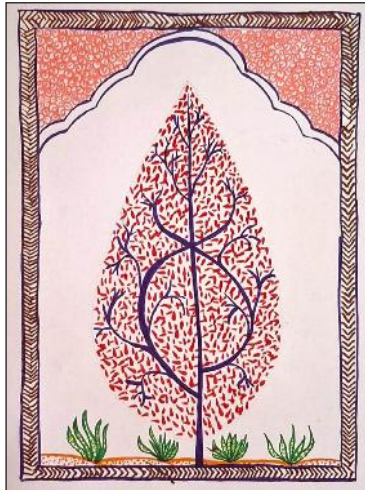
Sanjay D, Pre - Secondary



**Sanjay D, Pre - Secondary**



**Aditya Sriram Chilukuri  
Senior Secondary I**



**S. Tanushri, Senior Secondary I**



**Jayani Gautham Srinidhi, Senior Secondary II**



**Jayani Gautham Srinidhi, Senior Secondary II**

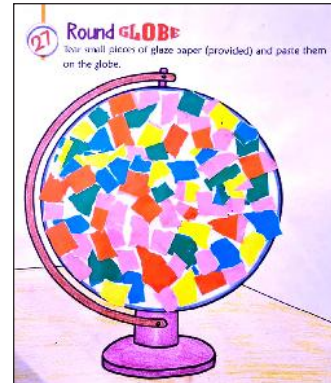


**S. E. Joshua Arokiaraj, Senior Secondary II**

## CRAFT WORK



**Dhaanya R. Baker, Primary I**  
Red Glaze Paper Bow



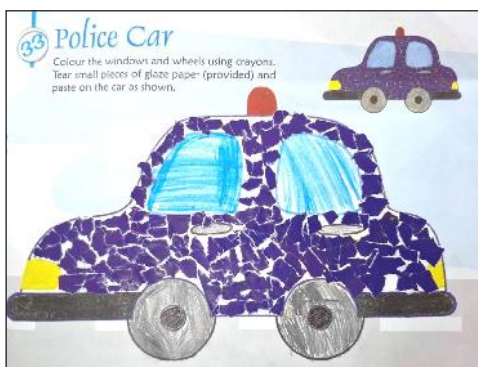
**Dharanidharan T, Primary I**  
Glaze Paper Round Globe



**S. Gurupavanesh, Primary I**  
Textured Sheet Yummy Strawberry



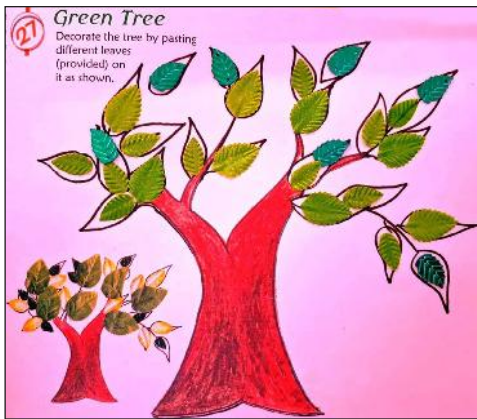
**Adhav Balakrishnan, Primary III**  
Finger Impression Octopus & Jellyfish



**Devesh M. Bhatia, Primary III**  
Glaze Paper Police Car



**N. Samara, Primary III**  
Fallen Leaves Birdie Tree



**S. D. Ganesh, Primary III**  
**Sequencing Green Tree**



**K. Sahasra, Junior I**  
**Pencil Shavings Garden**



**Prasanna B, Junior I**  
**Folded Circle House**



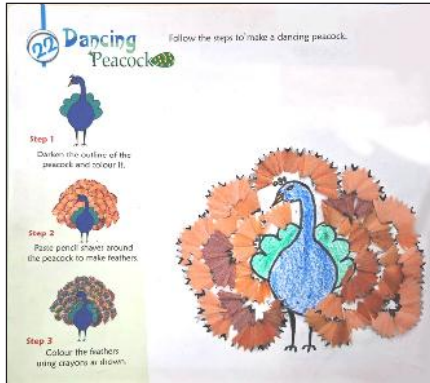
**V. Dhanvanth, Junior I**  
**Kite Paper Flower Vase**



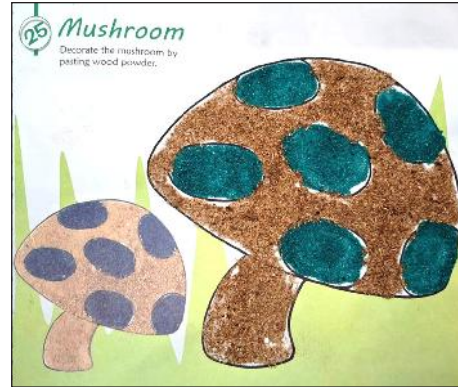
**S. Akhil Kumaaran, Junior I**  
**Glaze Paper Turtle**



**D. Pragathy Shree, Junior II**  
**Colouring & Woollen Thread Jellyfish**



**H. Ragul Krish, Junior II**  
**Pencil Shavings Dancing Peacock**



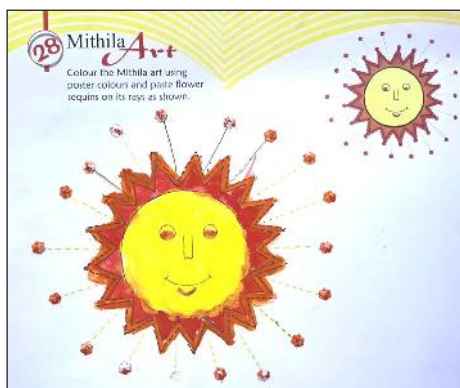
**S. Vishnu Dev, Junior II**  
**Wood Powder Pasting Mushroom**



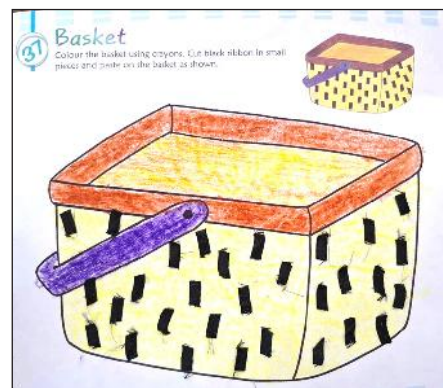
**Reddy Sai, Preparatory I**  
**Newspaper Coaster**



**S. Sai Alankrita, Preparatory I**  
**Jute Impression Garden**



**Smrithi Chandrasekar, Preparatory I**  
**Mithila Art**



**P. Vinayak, Preparatory II**  
**Crayon Colouring & Satin Ribbon Basket**



**V. S. Megavarshini, Preparatory II**  
**Different Colouring & Pasting Techniques**  
**Parrot**



**Manu Ashwin Kumar, Grade X (ICSE)**  
**Jean Bag**



**Sanjay D, Pre-Secondary**  
**CD & Pista Shells Photo Frame**



**S. Tanushri, Senior Secondary I**  
**Five Landforms Neckpiece**



**Fuzail Zarif, Senior Secondary II**  
**Tissue Bloom on Broomsticks**



**Ramdarshan K. S., Senior Secondary II**  
**Weaving**



**Sahana K. S., Senior Secondary II  
Backflow Smoke Fountain Incense Holder**

## ANNUAL DAY CELEBRATIONS - FEBRUARY 5, 2026











# ANNUAL SPORTS DAY - JANUARY 22, 2026







## EVENTS



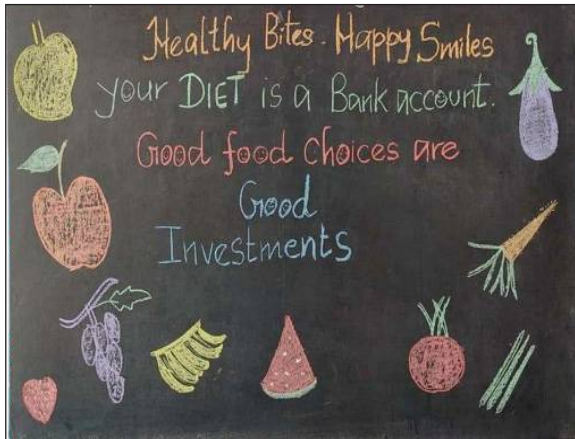
**International Yoga Day - June 21, 2025**



**Investiture Ceremony - June 23, 2025**



**Guru Poornima Celebration - July 10, 2025**



Taste & Trade Food Fest - July 18, 2025



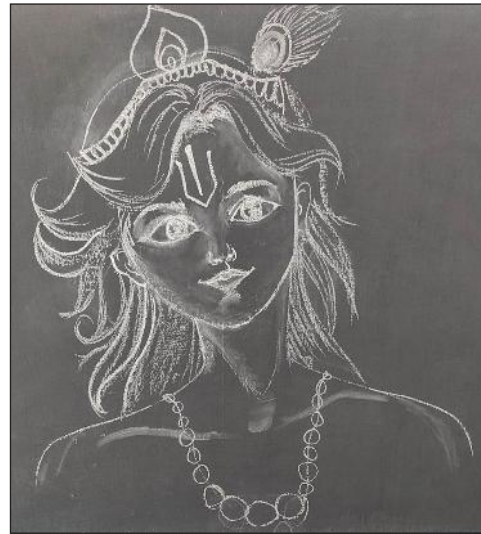
**International Tiger Day Celebration - July 29, 2025**



**International Lion Day Celebration - August 8, 2025**



**International Elephant Day Celebration - August 12, 2025**



**Krishna Jayanthi Celebration - August 14, 2025**



**Independence Day Celebration - August 15, 2025**



**Madras Day Celebration - August 21, 2025**



**Ganesh Chaturthi Celebration - August 26, 2025**



**Visit to the Officers' Training Academy (OTA) - September 4, 2025**

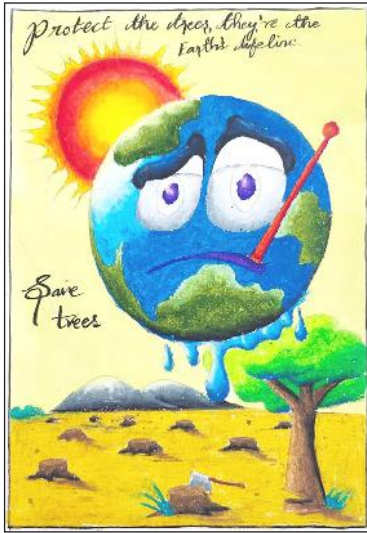


**Inauguration of A.R. Jagannathan Children's Theatre  
September 6, 2025**



Navratri Celebration - September 26, 2025

## NIOS EVENTS



**World Environment Day**  
June 6, 2025



**Nasha Mukta Bharat Abiyaan**  
August 14, 2025



**Janjatiya Gaurav Pakhwara, November 1-15, 2025**



Visit of 'Ellie the Animatronic Elephant' - December 4, 2025



Christmas Celebration - December 24, 2025



**Visit to the Post Office - January 8, 2026**



**Pongal Postcards - January 9, 2026**



**Pongal Celebration - January 14, 2026**



**Rangotsav Art Competition**

## LIFE SKILL CLASSES







**PERSONAL CONTACT PROGRAMME (PCP) CLASSES  
CONDUCTED AT NIOS STUDY CENTRE**



## ICSE BOARD PRACTICAL



## NIOS BOARD PRACTICAL





## THERAPY AND COUNSELLING



**Counselling in Progress**



**Speech Therapy in Progress**



**Dr. Dog Therapy**

## AWARDS AND ACCOLADES



**Aindri Moorthy, Senior Secondary II**  
**TIA Open International**  
**Taekwondo Championship**  
**December 21-23, 2025**



**Real Sports Athletics**  
**Inter-School Competition**  
**June 27, 2025**



**A. Jashwanth, Secondary,**  
**Madras District Aquatic Association Meet**  
**November 29-30, 2025**



**Amalvel M, Preparatory III**  
**Rubfila Palakkad Marathon**  
**January 11, 2026**



**E. K. Supreeta, Junior II**  
**North Zone District Level**  
**Silambam Championship**  
**February 8, 2026**



**Jyotsna Parthasarathy**  
**Alumnus of Saraswathi Kendra**

## EDUCATIONAL FIELD TRIPS



Varma Farms – October 15, 2025



**Farm Guru – March 16, 2026**

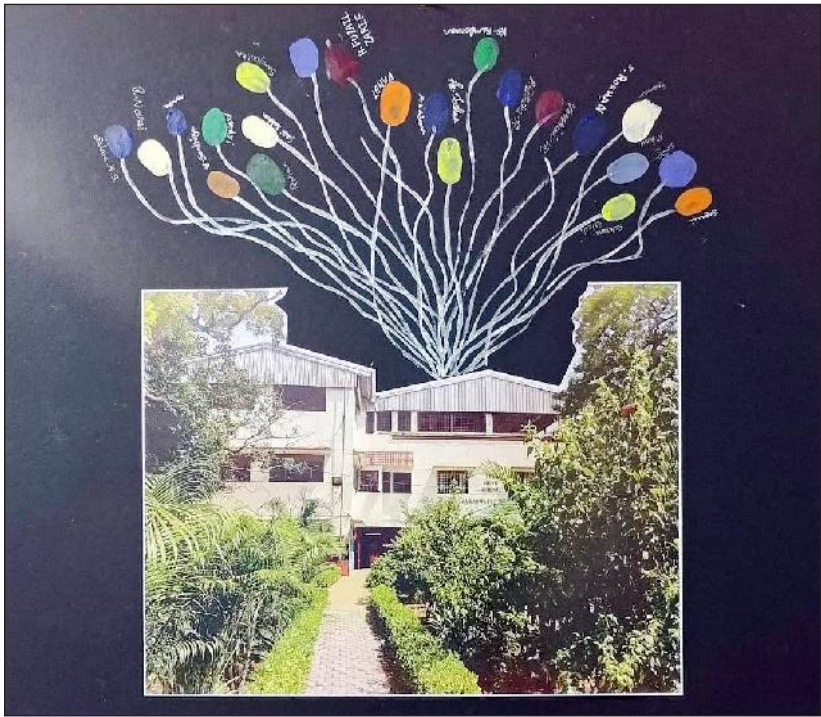


**Chennai Rail Museum – March 18, 2026**

## RED DAY CELEBRATION



FAREWELL PARTY OF SENIOR SECONDARY II - APRIL 4, 2026



## EXERCISE FOR HEALTHY TOMORROW

- Exercise is a way to remain active, fit and healthy
- We must exercise regularly to enjoy good physical health
- We stretch our muscles and strengthen our bones
- Exercise helps our brain to become super smart
- Exercise improves learning ability
- Exercise improves skin health
- Exercise teaches discipline, builds self - confidence
- Exercise boosts energy to perform an all-day long task
- Exercise helps to control and maintain a constant weight
- Exercise improves posture

**K. Sahasra**  
**Junior I**

## MOBILE - MY BEST FRIEND

I love my best friend - my OPPO mobile. After every rushing day at school, I get back home and be with my OPPO friend.

I love to watch "Emma - Janie"; "5 mins. Craft"; "Telepathy Challenge" and many other interesting videos. I play "Candy Crush Saga"; "Bubble Shooter" and learn too in useful applications like "Study"; "Writing Practice"; "Spell Bee".

Sometimes, it makes my eyes dry and drains my brain. So, I listen to my elders and switch my best friend 'OPPO' off.

Mobile teaches good things as well as bad things according to our usage. It helps me learn and relax.

**K. Niranjana**  
**Junior I**

## MY NEW YEAR'S RESOLUTION

This year, I decided to make a few resolutions to improve and challenge myself. My first resolution is to study better by completing my homework on time. Second is to reduce my screen time. I want to pursue healthy lifestyle by exercising and inculcating healthy eating habits.

The newest resolution is to help at home. I want to assist by cleaning my room and doing small chores. I want to be kinder to others and avoid arguing. I hope that these resolutions will make me a better person.

**G. Tarun Kumaran**  
Pre - Secondary

## ONE DAY EDUCATIONAL TRIP

My school organised a one-day educational trip to Mamallapuram. All students and teachers went by bus in the morning. We gathered at our school gate, boarded the bus and went singing - dancing to our destination.

Mamallapuram is a famous historical place. We saw rock carved temples, beautiful sculptures and magnificent beach. We visited the 'Shore Temple' and 'Arjuna Penance'.

The teacher explained the historical significance of the place and narrated the history of the place. We had lunch with our friends and took some rest. Learning outdoors had its own joy. After rest we tried pushing 'Krishna's Butter Ball' and rock climbing.

Before sunset, we returned to our school. The trip did come to an end, but it was enjoyable as well as very informative.

**R. Padmamalini**  
Secondary

## A DAY WITHOUT SCHOOL

A day without school is like a day without food,  
An empty plate; an empty mood.  
The morning stretches, long and wide,  
With nothing much to fill inside.

The clock ticks slow, the hours drag,  
Like hunger tugging at the bag.  
No lessons served in careful slices,  
No thoughtful words, no kind advices.  
A classroom hums like pots that steam,  
Cooking up each hope and dream.

Books are bread and facts are fruits,  
Sharp as flavour, sweet as root.  
Teachers stir the soup of thought,  
Serving skills that can't be bought.  
Friends are laughter, warm and sweet,  
Like sharing stories while we eat.

A day without school feels plain and bare,  
Like sitting at a table with nothing there.  
For minds, like stomachs, need their share,  
Of questions, answers, love and care.

So school is a feast, bright and cool,  
A banquet hall of golden rule.  
For learning feeds, us strong and wise,  
The truest meal beneath the skies.

Vishnu Adhokshaja S  
Grade X (ICSE)

## SCARS BENEATH THE SURFACE

I sit on the chair at Supercuts,  
Cape snap tight around my neck,  
Watching my reflection surrender to the hands behind me,  
Trusting your barber is quite a leap of faith.  
Steel gliding close to skin,  
Ear inches from the whispers of clippers,  
Eyes forced to stare forward while someone else shapes,  
The way the world will see you.

It's strange how we nod and say, "Just a little off the top",  
As if we are not placing our image, our confidence, our tomorrow,  
Into another person's steady grip.  
Trusting your equipment is different, but just as scared,  
An athlete laces up before a game in the NBA,  
Counting on the grip of rubber against polished floor.  
A gamer logs into Fortnite,  
Believing the controller won't freeze mid-fight.  
We trust helmets to hold, ropes not to snap,  
Screens not to flicker into silence.  
We believe machines will do what they were built to do,  
Because if they fail, so might we.

Trusting people, though, that's the deepest gamble,  
It's telling someone your secrets,  
And hoping they won't turn them into stories for someone else.  
It's handing over your softest fear, without a receipt or insurance.  
Trust is invisible currency, you can't see it,  
But you feel when it is spent,  
And you definitely feel when it's stolen.

A promise kept, feels like sunlight,  
A promise broken, echoes longer than thunder.  
And then there are trust issues,  
The quiet guards posted around the heart.

They don't shout, they watch,  
They replay old betrayals like security footage.  
Reminding you of every time the barber cut too much,  
Every time the tool fails mid-task,  
Every time a "forever" just lasted a season.

Trust issues build walls brick by brick carefully,  
Convincing you that safety means distance,  
That control means survival.  
But here's the paradox,  
We are wired to trust again,  
Even after lies,  
After dropped calls,  
And unkept promises.  
After sharp words,  
And sharper disappointments.

We still sit on chairs,  
We still pick up tools,  
We still hand our hearts across the table,  
And say, "Please be careful".

Because trust is a risk,  
Yes, but it's also a connection.  
And without it,  
We would all be standing alone,  
Holding our own scissors,  
Afraid to let' anyone else be near the mirror.

**Vishnu Adhokshaja S**  
**Grade X (ICSE)**

## BEFORE SUNRISE - A GLIMPSE INTO MILITARY LIFE

Recently I had the privilege of attending the 'Officers Training Academy (OTA)' Army passing out parade. The atmosphere was filled with pride and patriotism as the cadets marched with perfect discipline and coordination. Their movements were sharp, confident and beautifully synchronized, reflecting months of hard training and dedication. As a member of the Bharat Scouts and Guides, I was deeply impressed and inspired by the performance.

Watching them march with such precision reminded me of the values we upheld in Bharat Scouts and Guides - discipline, service and unity. The sound of the boots hitting the ground in unison made the moment unforgettable. This experience has not only strengthened my respect for the armed forces but also motivated me to strive harder in my own journey of service and leadership. It was truly an inspiring and patriotic event that I will always remember.

**S. Tanushri**  
**Senior Secondary I**

## HEALTHY WORK-LIFE BALANCE

A healthy work-life balance sounds fancy, but really, it just means not turning into a stressed-out robot. In today's world everyone's hurting; replying to emails at midnight, attending meetings during lunch and pretending to be "fine" with five hours of sleep.

But let's be real! Even our brain needs a coffee break sometimes. Balancing work and life are like gaming with 1% battery left. You are panicking, multitasking and hoping nothing CRASHES. The key is knowing when to log out and when to live. After all, no one wants to be the person who dreams about spreadsheets.

A healthy balance means working hard and enjoying time with family, friends or even just your snacks and Netflix. Some people call it self-care but really, it's about not letting work steal all your joy. Go outside, touch some grass, take naps without guilt and stop checking your boss's messages during meals.

In the end success isn't just about deadlines and promotions, it's about staying happy, healthy and maybe dancing to your favourite playlist after a long day. Because when life feels good, work does too. That's the real balance!

**S. Tanushri**  
**Senior Secondary I**

## THE REALITY OF REALITY SHOWS

"Reality Shows" let's be honest, nothing about them feels REAL! No one wakes up perfectly dressed, ready to argue or dance on cue. Most of the reality shows are carefully choreographed by producers who love adding a pinch of drama and a spoonful of fake tears.

Contestants suddenly become best friends, then enemies and then besties again all-in-one episode. Still, we can't stop watching! It's like eating chips we know is not good for us but it's too tasty to quit.

Some shows do bring out real talent while others make us wonder, how shouting in slow motion becomes a skill. Even the background music seems to have more emotions than the contestants. Finally, the reality of reality shows is that they are half-truth, half scripted and full of entertainment.

**A perfect recipe for laughter, suspense and guilty pleasure!**

**S. Tanushri**  
**Senior Secondary I**

## CUISINES OF INDIA

### **A Culinary Journey through Regions and Flavours**

Indian food represents a multifaceted fabric woven over five millennia of cross-cultural interactions and culinary development. This complex history reflects the blending of various people and cultures which has produced a wide range of tastes and local specialties.

It would be thus right to state that what we refer to today as "Indian Cuisine" is a blend of various culinary traditions. Each region of India has its own variations with its distinctive ingredients, ways of cooking and cultural practices that are unique and special.

### **History and Cultural Significance**

Indian food has a fascinating history, and its beginnings can be traced back to the ancient times when extravagant feasts were described in the revered texts of Vedas and Mahabharata.

But it changed dramatically over time. The trade routes that linked the sub-continent to the far-off places became the path to culinary transformation. The Mughals, the British, the Portuguese as well as the early colonist who brought aromatic spices left an indelible impact on Indian cuisine.

Similarly, influence of Indian food goes much beyond the Indian sub - continent. The Indian culinary art has left its impact on Southeast Asia, Britain and Caribbean cuisines.

Due to vast geographical variations, Indian cuisine varies from region to region. I am going to compile my journey of cuisine into four sub - headings - North, South, East and West.

## **Northern India**

The mouthwatering and world famous North Indian cuisine consists of tandoor cooked vegetables that are enhanced with yogurt and cream. Grains such as wheat are abundant in the region. So, naan and chappatis are staples served along with paneer tikka.

Born in Mughal Empire's imperial kitchens, Mughal cuisine delivered delicious treats enhanced with saffron, yogurt and fried onions. Kashmiri cuisine is influenced by the Central Asia. It offers more than thirty varieties of dishes which are prepared in a special way called "Wazwan".

The Wazwan cooking style is characterised by slow cooking, rich gravies and aromatic spices. Aromatic spices are boiled to give them a distinctive aroma. When one talks about North Indian food, Punjabi dominates my imagination. The delicacies like 'Sarson ka Saag', 'Mah ki Daal', 'Chhole Bhature' and 'Chhachh' rule the world. The idea of 'Dhaba' open eateries along the highways is well known for their authentic Punjabi taste.

Some renowned cuisine of Northern India Persian Kashmiri, Punjabi and Awadhi are famous for their 'dum cooking' style. It involves slow cooking of food in a sealed pot full of fragrant spices, ghee and local ingredients.

## **Southern India**

Food in Southern India is centered around griddle cooking. The flavours of tamarind, coconut and curry leaves enhance the taste of sambhars. Famous Hyderabadi dishes such as 'Biryani' or 'Korma' are influenced by Mughal cuisine. Karnataka's diverse cuisine exhibits a spectrum of food. Be it pure vegetarian food of Brahmin community or renowned specialties of Coorg influenced by the neighbouring Maharashtra and Goan cuisine.

Popular Chettinad cuisine from Tamil Nadu is known for its bold flavours. Freshly roasted and stone-ground spices combined with slow cooking develop into the rich authentic flavours of Chettinad region.

Moplah (or Mappila) cuisine is a unique and flavourful culinary tradition from the Malabar region of Kerala, deeply influenced by Arab, Persian, and local Kerala flavours. Middle Eastern influence is seen in the dishes like 'Biryani', 'Alisa' and various sweet treats. Kerala's ethnic blend produces mouthwatering dishes like 'Aapam and Stew', 'Ulli Theeyal' and unforgettable Banana chips.

### **Eastern India**

Bengali cuisine is widely known for the usage of mustard oil and peppers. The food has a delicate, yet unique flavour profile centered around freshly available. The freshly available is prepared in numerous ways - steaming, braising or stewing in variety of sauces made in mustard oil. The magnificent 'Rasgulla' which melts away in the mouth along with 'Mishti Doi' rules the heart of every Bengali.

Oriya cuisine is famous for its simple and subtle flavours. It is deeply influenced by the temple traditions, especially Lord Jagannath Temple in Puri. Oriya cuisine emphasises fresh seasonal ingredients.

Northeastern Indian cuisine is incredibly diverse and distinct from mainstream Indian food, thanks to its geography, tribal traditions, and influences from neighbouring countries like Myanmar, Bhutan, and Tibet. From bamboo shoots to fermented ingredients and deep umami complexity, Northeastern cuisine champion in firewood cooking for the smoky flavour.

### **Western India**

Rajasthani cuisine is one of India's most vibrant and royal culinary traditions, shaped by the desert climate and the legacy of Rajput kings. It ranges from lavish Royal cuisine to an equally elaborate vegetarian food of Marwar and Jodhpur. The famous 'Dal Baati Churma', 'Gatte ki Subzi' and 'Bhujiya' have melted every heart.

Gujarati cuisine is primarily vegetarian with a hint of sweetness. It balances the flavours of life - sweet, salty and spicy. A unique hallmark is adding jaggery in curries and dals. 'Undhiyu', 'Dhokla', 'Khandvi', 'Thepla', 'Khakhra' have taken the snacking world by storm. The balanced thali concept arose from Gujarat.

Dhansakh, a classic dish of Parsi cuisine, represents Zoroastrian culture. It is a wholesome, flavourful combination of lentils and vegetables cooked in aromatic spices. It is served with brown rice, caramalised onions and fresh salad.

Portuguese colonisation left its mark on Goan cuisine. It's famous for its coconut-based curries and tangy flavours. The sweet - sour flavour is balanced with tamarind, vinegar and jaggery. The must haves are 'Vindaloo', 'Xacuti', 'Sannas' and the layered dessert 'Bebinca'.

The Malvani - Konkani cuisine is a fusion of dishes. It's known for its fresh, vibrant flavors, coconut-based curries reflecting the tropical climate and cultural diversity of the Konkan region. Refreshing drink 'Solkadhi' made from kokum and coconut milk; 'Kombdi Vade' and sweet rice rolls 'Patholi' are dishes that must be tried.

## **Conclusion**

Much like everything else in India, cuisines of India are unique. Each region has its own exclusive ingredient, cooked in a unique way and served in a special manner. Exploring Indian cuisine is an endless journey filled with history, customs, flavours, and regional quirks.

The degustation made me realise that savouring the Indian culinary dishes involved the overall sensory experiences. The vibrant colours, bold yet balanced flavours, vast spice palettes, innumerable influences, wheat - based or rice - centric and street food, thalis or feast all represents the '**Living Food Museum**'.

Indian cuisine is truly unparalleled. It is an artistry on every plate tying us together with our history. It is simple but soulful. It is a symphony of spices, a celebration of diversity, and a journey through centuries of tradition—where every dish tells a story.

**“Experience Culinary Luxury beyond Compare”**

**K. K. Brinda  
Senior Secondary I**

### **HEALTHY WORK - LIFE BALANCE**

Healthy work and a balanced life mean giving time to both study, work and extracurricular activities. It is important to work hard in school and balance your schoolwork, hobbies that engage your time. With a little bit of hobbies, games, sleep and many more to keep our life super packed.

Life is not just working but also enjoying every moment. Life becomes more meaningful when we care for both our dreams and our well-being. For example: Skincare, making us do work and eat nutritious foods to live a peaceful life.

True balance is finding the middle path, working hard when it's time to work and resting fully when it's time to rest. Life is simple; don't get it complicated. Just enjoy every moment of "Healthy work and a balanced life".

**So, Keep Going!**

**K. Rithva  
Senior Secondary I**

## **IMPACT OF COMMERCIALS ON TEENS**

Commercials have a huge impact on teens. Some advertisements have positive and some have negative impact on them. Many advertisements make teens believe that buying certain clothes, gadgets or food will make them more happy, more satisfied or popular. This can lead to more wants to follow the viral and spending a lot of money on things that they don't need.

There are things which we should know and teach others. Everything which we see in the commercial is not real or will work, such as cosmetics or gadgets. But there are positive commercials on the other side which promote good habits and healthy environments.

Make teenagers watch those ads and make them understand that there are many positive things to learn from. So, taking a decision smartly, learning to think critically will help teenagers stay confident, wise and true to themselves.

**Put a Stop to this addiction!**

**K. Rithva**  
**Senior Secondary I**

## TICKLERS

1. Why did the mathematics book look sad?

**Because it had too many problems.**

2. Why can't you trust atoms?

**Because they make up everything.**

3. Why did the teacher wear sunglasses?

**Because her students were so bright.**

4. What do you call a fish wearing a bowtie?

**SoFISHTicated!**

5. How many tickles does it take to make an octopus laugh?

**Ten-tickles**

6. Why did the computer go to art class?

**To improve its mouse skills.**

7. Why don't we tell secrets on the playground?

**Because the slides may slip it out.**

8. How do you organise a space party?

**Yo Planet!**

**K. Rithva  
Senior Secondary I**

## HOW I SURVIVED A WEEK WITHOUT CRYING

I didn't decide to stop crying the way people decide things in movies. There were no announcements, no vows, no clean lines between before and after. It just happened the way bruises happen.... quietly. Noticed later, when it hurt to move.

The hospital was where I learned the skill first. Hospitals taught me how to hold my face still; it taught me how to look at the wall for a long time without needing it to look back. I sat in a chair that was designed to be wiped clean which made me feel like something temporary. Machines beeped with confidence, I didn't have. The nurses spoke in sentences that never finished emotionally. I learned that if you keep your eyes dry, people talk faster and leave sooner. Crying makes time expand; I didn't have room for that.

There was a clipboard. There is always a clipboard. Someone asked me questions that assumed I had answers ready. I answered like a person who had practiced being normal. I watched my hands instead of my thoughts. Hands are safer, they don't remember anything.

By day two the rule became clear, don't cry in public. Not in the hallway, not in the elevator, not near the vending machines where other people pretend to make decisions. Public spaces have an agreement written "feel later". I followed it badly but consistently.

My throat tightened and my jaws worked overtime. I swallowed things that weren't food. The news played on the screen mounted too high. Headlines rolled by with the confidence of people who had never met me.

Everything was urgent, everything was breaking, everything had already moved on. I watched disasters summarised in twenty seconds and thought so this is how feelings are supposed to behave, appear, peak and disappear. I didn't cry, I took notes mentally like a student learning how to pass.

Schools came back into my life in fragments. Not classrooms exactly, but the habits stuck from them. Sit up! Raise nothing! Don't interrupt! If you cry, excuse yourself, which really means 'vanish politely'. I remembered bathrooms with locked doors and the sound of paper towels tearing. I remember learning early that emotion is something you schedule around bells. That training worked. I was very good at surviving that week.

Poetry tried to get involved. It always does. Lines came to me, uninvited, half-formed, irritating. Poetry is annoying that way, it insists on saying things sideways. I refuse to write them down at first because writing makes things official. But lines stacked up anyway pacing around my head. Poetry doesn't care if you are tired, it doesn't care if you are in the hospital chair pretending to be a person with control. It taps you on the shoulder and says pay attention. I didn't cry. I memorised.

There were moments, I almost failed. In the waiting room, when someone laughed too loud. In the corridor when a stranger touched my arm to get past and apologised like he meant it. In those moments, I stared at signs. Signs are useful. They tell you where to go so you don't have to decide. I followed arrows like they were instructions for living.

By midweek, not crying felt less like strength and more like balance. Like carrying a full cup across a crowded room everyone else moved unpredictably. I focused on the floor, on numbers, on the ideas that if I made it to the end of the day intact that counted as something.

The hospital discharged me from certain rooms, but not from the feeling of being observed. I carried that observation into the street, into stores, into places where people talked about nothing with great seriousness. The public doesn't want my grief; it wants my participation. So, I participated. I nodded. I paid. I waited for my turn. I answered "fine" with appropriate timing. I read more news. I absorbed words until they filled the space where crying would have gone. Words are excellent substitutes. They stack neatly. They don't leak.

On the last day, the pressure shifted. Not broke - shifted. I realized surviving this week hadn't made me lighter. It had made me quieter. There're differences people don't talk about. Quiet looks impressive from outside. Inside it's crowded.

I didn't cry at the end of the week either. Not because I couldn't, but because the week had taught me something unromantic and useful. Crying is not the only proof that something mattered. Endurance counts too, even when it is ugly and stubborn and done without witnesses.

I survived that week the students pass classes. They don't understand by showing up, by following instructions, by keeping heads down, by saving the real questions for later. I survived it the way hospitals expect you to survive, stable, ambulatory, technically fine.

If this were poetry it would end with a clean line. It isn't. It ended the way the week did still standing, eyes dry, carrying everything forward because that was the assignment and I knew how to do school.

**Iniya R**  
**Senior Secondary II**

## SAY NO TO DRUGS

I didn't learn about drugs from posters. I learnt from hallways, from whispers, from the way certain names stopped being said out loud. I learned from desks that were empty and never came back. I learned from people who used to laugh loud and then learned how to disappear quietly. Nobody sat me down and explained it cleanly. It was more like watching something sink slowly while everyone argued about the weather. I remember school assemblies where someone told me to say "no" like it was a magic word. Like the syllables themselves had muscles. Like pressure respects politeness. I sat in a folding chair and nodded because that's what students do. Organise the correct answers. I didn't yet understand the questions.

Drugs don't arrive announcing themselves. They don't kick down doors. They show up the way exhaustion does, the way loneliness does, the way a bad idea sounds reasonable at the wrong hour. They show up when I want to quieten my head, when I want the noise to organise itself, when I want one feeling instead of twelve at the same time.

I have watched how drugs change the math of a person. How priorities get rearranged without permission. How days shrink. How promises get lighter, easier to drop. I've seen people explain themselves beautifully while actively falling apart. I have seen intelligence turned into an excuse. I have seen pain being turned into a routine.

The public conversation about drugs is loud and strangely shallow. Headlines shout. Debates perform. Everyone wants a villain or a miracle. Nobody wants to sit in the middle of it where things are boring and repetitive and hard.

Nobody wants to talk about the days that aren't dramatic, just quietly worse than the day before.

I do. Because that's where most of it happens. I say no to drugs not because I think I'm stronger than anyone else, but because I know how tired I get. I know how easily I want relief. I know how convincing shortcuts sound when I'm worn down and pretending, I'm fine. Saying "no" isn't heroic. It's maintenance. It's choosing the long inconvenience over the short escape.

I have seen how drugs borrow time from the future. How they ask for payment later with interest. I have seen people plan their lives around access instead of desire. I have seen rooms where the conversation loops and nothing new has been said, but everyone insists that something important is happening. I have seen how small the world can get.

There's a lie that drugs make people more themselves. What I've seen is people becoming narrower, not deeper. Reactions instead of choices. Habits instead of decisions. The self doesn't expand; it gets managed. Everything else becomes background noise.

When I say no, I'm not claiming moral clarity. I'm claiming self-preservation. I want my anger to be mine. I want my sadness to finish its sentence. I want my joy to show up uninvited, not scheduled. I want to remember conversations the next day. I want my problems to be real ones; not chemical ones layered on top.

School taught me how to resist peer pressure in theory. Life taught me it's quieter than that. It's one-on-one. It's internal. It's me alone with my own justifications. Saying no often happens without witnesses, no applause, no certificates. Just me deciding not to make my life harder than it already is.

I don't judge the people who say yes. I understand the reasons too well to pretend otherwise. But understanding doesn't mean following. Empathy doesn't require imitation. I can care and still refuse.

This isn't a slogan. It's not clean. It's not inspirational. It's practical. I say no to drugs because I want to stay present even when present hurts. I say no because disappearing for a while always costs more than it promises. I say no because I have seen what happens when no one does. I say no because my life, unfinished and messy and demanding still belongs to me.

**Iniya R**  
**Senior Secondary II**

## THE PRESSURE COOKER

In the corner of a modest room,  
Between a rusty fan and a borrowed dream,  
Sits a pressure cooker whistling in the language of expectations,  
They call it UPSC, JEE, NEET.

As if abbreviations made it lighter to carry inside,  
Syllables soak like stubborn lentils, thick and unyielding  
Dates, formulas, reactions and judgments all simmering together,  
In a broth of mock tests and rank predictors.

The flame is never low where parents tighten the lid each morning,  
With gentle words that weigh a ton, just one more year,  
You're so close, we believe in you.

Teachers add salt, coaching modules, test series, strategy sessions.  
Their markers squeaking like steam tried to escape,  
Outside the relatives tap the cooker's side,  
The neighbour's son cracked it, he got AIR 42,  
And the whistle screams as 4:00 AM alarm.

At coffee-stained notes and at the friend's wedding you didn't attend,  
At the childhood hobbies folded neatly into storage boxes labeled  
'after selection',

Inside dreams soften slowly, some turning tender and some dissolving entirely,  
These are the days when the lids rattle violently,  
When self-doubt fogs the kitchen walls.

When failure letters arrive like sudden power cuts,  
And yet somehow between breakdowns and breakthroughs,  
You learn the science of heat and pressure, though merciless can also transform,  
Not everyone who cooks is meant to be on a silver platter of ranks.

Some discover they were never lentils at all but wild seeds,  
Needing open soil instead of sealed steel, so if you're inside,  
Remember you are neither the whistle nor the flame,  
You are not the rank list pinned to the fridge.

You are the fireproof thing that survives cooking,  
And whether the lid opens to applause or quiet redirection,  
You are still more than what this pressure cooker could ever contain.

**Iniya R**  
**Senior Secondary II**

## **BEING OVER DEPENDENT ON TECHNOLOGY**

Using technology has become unavoidable today. The way we work, communicate or study, technology plays a major role in our lives. Computers and mobile devices have completely transformed our lives. But relying too much on external resources has limited our capabilities as a human being. Losing the ability to perform simple activities without technology is not a good sign..... it raises red flags.

What are the pros and cons of being dependent on technology?

Yes, it is an effective, efficient and convenient way of doing things. It is super-fast and saves ample time. It provides information within milliseconds which makes us work smarter and better.

But has it made my life easier? It sucks up all my energy. I strain my eyes scrolling through the device and end up losing precious sleep. Short reels offer quick entertainment, but their impact on attention span is making it harder for me to focus on my studies.

It has reduced my reasoning abilities and weakened my memories because of my overreliance on technology. I don't try memorising my parents contact number... Privacy invasion is always a risk. Personal data hacking or leaking is a frequent phenomenon.

Social media is an additional pressure point. Cyber bullying and friends' indifference lead to insecurity, isolation, emotional stress and depression. Physical and emotional health takes a toll. Act wisely, Act now!

**"The more we depend on screens, the less we see the world"**

**Jayani Gautham Srinidhi**  
**Senior Secondary II**

## HEALTHY LIFESTYLE

Lack of consistency means people struggle to reach their goals. This further causes self-doubt, demotivation, having a busy schedule, and not concentrating on the task you want to achieve. Small, consistent habits can lead to significant life changes through the power of compounding.

Never overhaul your lifestyle at once as it will be too overwhelming. Instead, try to do one or two small activities to keep ourselves productive. Consider the following to lead a healthy lifestyle:

- **Start small:** Start with small activities so that you are less overwhelmed and keep your day going.
- **Be consistent:** Consistency plays an important role in doing small habits. Doing regular activities and following up a schedule can help you stay on the right track.
- **Make it specific:** Always on whatever you want to pursue, have a clear mindset to crack the goal.
- **Try not to get demotivated:** Do not procrastinate on the task, since procrastinating can take a lot of your time, and your energy at the same time.

It is important to acknowledge that some small habits may not be suitable for a longer period and may require an ongoing effort to maintain a balanced lifestyle.

If you take small steps, you can see some progress over a certain amount of time. As a result, it shows how far you have come to reach your goal.

**Suggestions to start small:**

- Drink three glasses of water before 10 AM
- Clean your room every day before sleeping
- Make your bed neatly and walk outside at 6 AM
- Eat in the right quantity and quality
- Finish household chores

### **Overall Benefits:**

#### **Mental health:**

- It enhances your focus and you can think better: Being calm can make your focus grow wider as you are in a more relaxed state of mind.
- It reduces stress and anxiety: Taking baby steps will reduce your stress levels and anxiety.
- Increased self-discipline and motivation: Being self-disciplined and motivated is a very important key throughout life.
- Improved mood and mental clarity: Being at a good balanced state of mind will bring you peace and get clarified on the tasks you would like to do.
- Being self-aware: Self-awareness is the ability to understand your thoughts, emotions, and behaviour.
- Step by step increased self-esteem and confidence: Working out slowly can increase your self-esteem and confidence, which lead to a more positive self-image, and you will feel good about yourself.

#### **Physical benefits:**

- Day to day exercise: Exercising and working out on an everyday basis will help your body and your health become stronger and you will tend to sweat more. This will also increase your energy levels.

- **Better sleep quantity:** Sleeping for a good 7-9 hours is typically normal for people. An excess amount of sleep can lead you to diseases and other health issues such as heart disease, Type 2 diabetes etc.
- **Huge impact on learning and personal growth:** Small habits can significantly impact on learning and personal growth by fostering consistent practice, building knowledge, and developing self-discipline. Reading, journaling, meditating for 2 minutes improving critical thinking, are the tasks which will help you in the long run.
- **Balanced diet:** Small habits like healthy snacking, portion control or short exercise can contribute to weight management, reducing the risk, of obesity-related health issues.
- **Better time management:** Physical activity can help you improve your time management skills, making that easier to prioritize task and manage time effectively.

By prioritizing your mental and physical health, you can experience these benefits more, leading to a healthier, happier and more fulfilling life.

Habits can be broadly made into several types based on their nature and impact. These include the following:

1. **Motor habits:** These involve physical actions and movements, like walking, running, sitting, or maintaining a specific posture.
2. **Intellectual habits:** These are related to cognitive processes and how we think. They include things like observation, logical thinking, using reasoning, and making decisions.
3. **Habits of character:** These habits reflect our moral and ethical behaviours. They include honesty, trustworthiness, time management, and being a hard worker.

4. **Emotional habits:** These are patterns of emotional response and can be either positive for example: gratitude or negative for example: anxiety.
5. **Social habits:** These habits govern how we interact with others, including communication skills, how we present ourselves in a formal way, active listening, and making face to face interactions.
6. **Eating habits:** This category involves our food choices, how we obtain food, and our overall eating patterns.
7. **Financial habits:** These habits involve how we manage our money, (financial expenses) including spending, saving, and investing.
8. **Productivity habits:** These are patterns of thought and action that help us achieve our goals more effectively, such as time management and prioritizing tasks.
9. **Spiritual habits:** These are practices that promote spiritual growth, such as meditation, prayer, being religious, or engaging in activities with intention and regularity.
10. **Unconscious habits:** These are automatic behaviours that work without conscious awareness, like fidgeting or nail-biting and which should not be done on a regular basis.

Every single small step is valid, and consistency is the key in whatever task you would want to achieve in life. By just prioritizing your time well, and by following small habits which lead to a healthier tomorrow.

**Jayani Gautham Srinidhi**  
**Senior Secondary II**

## SELF-LOVE

Self-love means caring for yourself, accepting who you are and treating yourself with kindness. It involves respecting your needs, setting healthy boundaries and putting your well-being first.

How kindly you treat yourself sets the boundaries of self - love. Caring for yourself, accepting your flaws and focusing on your mental well-being promotes self-love.

I need rest so I take a break without feeling guilty. I won't look over my shoulders to check on the world. A well-rested, loved and healthy individual can spread kindness to the fast-paced, ever-rotating world.

**M. Z. Mohammed Adnaan**  
**Senior Secondary II**

## HANDLING ANGER & DISAPPOINTMENT

Anger and disappointment are common emotions that everyone goes through at some point or the other. Disappointment happens when our hopes or expectations are not fulfilled. It gives rise to sadness and when it grows, we start blaming someone or something for the current situation.

Disappointments slowly turn into anger which can make the situation worse. Disappointment transforms into anger mainly because of three reasons:

- High expectations
- Feeling that something is unfair
- Not having control over the situation

Handling these emotions in a healthy way is important. The best methods include pausing before reacting, taking deep breaths and giving yourself time to calm down, diverting your mind by doing your favourite activities or the things that you like.

Talking to a trusted person or writing down your feelings can also help analysing the situation behind disappointment. It makes it easier to manage anger. I conclude by emphasizing that disappointment often leads to anger but with patience, self-awareness and calm thinking, we can handle both emotions in a mature and positive way.

**A. Prithika**  
**Senior Secondary II**

## THE POWER OF TIME MANAGEMENT

Time is one of the most valuable resources in our life. Once time is gone, it never returns. Therefore, learning how to manage time properly is very important for students as well as adults.

Time management means planning and organising our time so that we can complete our task efficiently. Students who manage their time well can balance their studies, hobbies and rest without feeling stressed.

One of the biggest benefits of time management is that it increases productivity. When we plan our day, we know exactly what to do and when to do it. This helps us avoid wasting time on unnecessary activities. It also helps us finish our work on time and improves our performance at school.

Good time management reduces stress. When students leave all their work for the last minute, they feel anxious and tired. But if they follow a proper schedule, they can complete their tasks calmly and confidently.

To manage time effectively, students can make a daily timetable, set clear goals and avoid distractions such as excessive use of mobile phones. Even small habits like waking up early and starting work on time can make a big difference.

In conclusion, time management is a powerful skill that helps students succeed in their academic as well as personal lives. If we learn to value and manage our time wisely, we can achieve our goals and make our future brighter.

**R. Sreenidhi**  
**Senior Secondary II**



[www.saraswathikendra.org](http://www.saraswathikendra.org)

[www.saraswathikendramagazine.com](http://www.saraswathikendramagazine.com)