



JEEVANA NEWS LETTER



2015-2016

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FROM THE DIRECTOR'S DESK

It gives me immense pleasure to inform you all that Jeevana has successfully completed another year and is all set to commence its new session with renewed enthusiasm and commitment to impart quality education to its students. The Principal, along with her able team, has worked relentlessly and untiringly over the past year to ensure that students continue to transform to become good citizens. Though the main focus is academic excellence, a number of programs like Mindspark, Extramarks, ASSET and the like are in place to harness the talents of children. We are also encouraging the children to explore their skills in debating, sports and music. We are continuously attempting to sculpt our students to succeed in every challenge they are faced with.

This summer, the school is organizing camps in Tennis, Yoga and Table Tennis. I am sure the students who have opted for this will find this enjoyable and refreshing.

It is my humble opinion that one of the greatest gifts that parents can give their children is 'quality time'. In the last year, we were faced with a few problems related to discipline. The easiest way that some parents and teachers fathom to deal with this is to scream, shout and possibly use physical methods. As you are all aware, this is not the philosophy of the school and in the long run never yields good results. The Principal, Heads and teachers have spent many hours counseling children and we are happy to see that there has been significant improvement. However, the students also spend significant time at home and it is also the duty of the parents to spend time and counsel their children. In the US, there is a terminology called 'tough love'. Always letting our children do what they want would be easy and we probably feel that they would love us more! Sometimes, we need to stand firm and counsel them. I also would like parents not to burden the children with their own ambitions and dreams. As parents, we need to understand that our children may have their own vision for their future and guide them to their destination. Please join hands with us to provide our children with the knowledge and skills that will give them an identity of their own.

Michael Korda, an English-born writer and novelist who was Editor-in-Chief of Simon & Schuster in New York City, quotes 'One way of keeping the momentum going is to constantly have greater goals' and that is what we have always been striving at our school.

Wishing you all the best in the coming year.

DR. RAMESH SUNDARAM

INVESTITURE CEREMONY - INVESTING IN THE FUTURE

The future of any society depends on the labour of the young and the wisdom of the old. Though all of our students are special, all cannot become Prefects or Head boy or Head girl. Our polling policy takes into consideration not only the academic credentials of a student but also his or her levels of discipline and empathy. The polling allows all the faculty members of Senior section to mark each student in various criteria. Having totalled the points and having deliberated over the final choices, 22 Prefects, a Vice Head Boy, a Vice Head Girl, a Head Boy and a Head Girl are chosen. These students comprise the student body that is responsible for various tasks around the campus, ranging from maintenance of discipline to hosting the intra-school competition.

The d-day arrived on 26th of June 2015, when the event was to be held under the patronage of our Chairman and the Correspondent in absentia, while the Advisor, the Principal, the Administrator and Counsellor, the CE, the Heads, the HODs and the Coordinators graced the dais. The special Chief Guest of the day was Mr Sriram Janak, a renowned wildlife photographer and engineering graduate who took the road less travelled to traverse hardy terrains through the length and breadth of the country and capture the sublime beauty of the wild. The audience for this event comprised students of classes 8 and above. The ceremony started with a prayer, followed by a brief speech by the Administrator and Counsellor introducing the Chief Guest. The Chief Guest spoke briefly on his vocation. After this, it was time for the investiture ceremony to proceed, with the Principal administering the pledge of loyalty to the student body and pinning the respective badges on their lapels. The event concluded with the distribution of cash prizes to the students of classes 10 and 12 of the previous academic year, who had brought laurels to the institution by securing centums and achieving other landmarks. It was a moment of great pride and joy when the State second rank scorer, Parvathy, came on to the stage to accept the cash prize and spoke a few words sharing what had motivated her to secure the milestone. Thus, the event ended on a high note leaving the dignitaries on stage and the audience feeling optimistic about the ensuing academic year.

MS. K. S. LAKSHMI

SPORTS DAY REPORT - SENIOR SECTION

Rudyard Kipling might have called Triumph and Disaster as imposters, but the Jeevanites clearly set much store for winning. They ran themselves ragged. They slipped, stumbled and some even fell. All in the quest for reaching the tape first. It was an absolute storm on 1st September, 2015!

The 4 houses stood in readiness for the March past in uncharacteristic silence. Perhaps they were nervous? Even as a smattering of parents trickled in, the parade began.

There was no evidence to suggest that the students had had only three days of practice. To say that they marched smartly would be an understatement. Then the oath was taken. Our Advisor, Mr. Ananthan declared the Sports Meet open (and later brought it to a close).

On came the junior most of the senior section(Class 5) for their 'drills'. They seemed to have imbibed well the school motto of doing regular stretches. Classes 6,7 and 8 followed suit. The concept was the same but the methods were different. The kids performed their exercises with a lot of verve. The zest with which they dished out their calisthenics was infectious and the audience broke into spontaneous applause.

Learning is a continuous process to which there is no culmination. The students of Jeevana learn Yoga and Karate from a very young age. The more enthusiastic among this multitude had signed up for a special demonstration on this memorable day. The 'Bruce Lees' of the school with their Khatas and action packed demos gave the audience goose pimples, whereas the young yogis seemed to have borrowed a leaf or two straight out of Patanjali's Yogasutra!

In the end, as is always the case, it was the running events that captivated the imagination of all and sundry. Whether it was Class 5 or Class 12, be it the girls events or the boys, the kids simply ran away with the honours. Yes, only a few got the medals and many had to go home empty handed. But they could all hold their heads high because they had given off their best and had competed well.

The prize distribution may have been lengthy, but the students didn't mind. They applauded all along and till their palms burned. In true Jeevana tradition there were no lengthy, boring speeches from Chief Guests! It was a day when action spoke louder than words.

MR. DASARATHY

SPORTS DAY – III & IV

Our Field Days were the most awaited by the students of Std III & IV. Sports Day is an important event in the calendar of every school. Sports themselves have a vital role in making a child physically and mentally sound. Children were ready to prove their sportsmanship.

Games and Sports teach discipline to students. They also develop the spirit of sportsmanship and students derive a lot of pleasure by playing games. It also inculcates the quality of team spirit in them. Students learn the qualities of leadership and unity. Generally games are played in every school. In our school we have a very big playground where students play games regularly.

Preparations for the celebration of the Sports Day were made much in advance. There was a big gathering on that day in our school. The students who excelled in games were given prizes by the Chief Guest. The Parents were also invited to attend the programme. This year our Annual Sports Day was celebrated on the 17th July, 2015. The Chief

Executive, Mr. Sunder Rajaram, had kindly agreed to preside over the function. The Sports Day started with a memorable and colourful ceremony. First of all the Chief Guest unfurled the flag and declared the sports meet open. After this there was a drill by the students in their beautiful smart dresses. Aerobics was awesome with rhythmic music blended with marvellous moves. The photographer captured the wonderful moments. There were many track events –Running Race, Skipping, Lemon N Spoon, Hoop race and Ball-throw. These were very interesting and well-organized. The spectators continuously cheered the participants. Our Sports days are designed to be fun, exciting, challenging and rewarding.

MS. NALINI SRIDHAR

SPORTS DAY - STANDARD I AND II

Sports Day is the most important event in the academic calendar of a school. Jeevana has a sprawling playground and our children stretch, jump and play about in this wide area. We believe in the adage “sound mind in a sound body”. So we have stretches and games on all working days. Sports Day of a school is the culmination of all the physical activities that take place in the academic year. Our Sports Day was on 24th July, 2015 and the day was bright with favourable weather conditions.

Our Chief Executive, Mr. Sunder Rajaram hoisted the National Flag and school flag and declared open the events. The children performed the Mass drill wonderfully. They were looking colourful in their sports attire. The team events followed next. There was Bon Voyage, Obstacle Race, On the Beach, Good Habits, Cricketing Jeevanites, Zigzag Race, Know your World, Relay Race and Balancing game etc.

Sports Day is not about running and winning cups and medals. It teaches the children learn tolerance, team spirit, patience, cooperation, love and they learn to rejoice in other's success. As teachers always rejoice in training our small ones for all such events, our Sports Day was a grand success due to the combined effort of all of us and His Almighty's blessings.

- MS. RAMYA SHIVAKUMAR

SPORTS DAY - KINDERGARTEN SECTION

It was that time of the year again. December had come and with it all the joys of Christmas

It's a season of great joy and a time of God showing his great love for us. It is a time of healing and renewed strength. The wonderful celebration mood has been activated around the gardens of Jeevana. The day 23rd December,2015, started with a beautiful carol and a thoughtful prayer which was followed by wonderful activities that represent Christmas.

First came the Snowman. Building a snow man is winter's greatest pleasure as there is a lot of joy and love in doing so.

Next came the candy canes which represent purity and innocence just like our small children who stride along with their cute candy walk.

Flowers have meanings associated with them and are a part of the most important occasions in our life. Our beautiful flowers of Jeevana made a pretty bouquet of flowers spreading its beauty around.

Kindergarten is all about building a practical scenario for kids to learn the various aspects of life. 'Sprint and sparkle' was one such activity where our kids were made to match pictures with the decorations of the Christmas tree.

Parties bring celebration and joy not only among adults but also among little ones. Our tiny tots were getting ready for their Yuletide party.

The wreath is one of the most popular decorations during the Christmas season hung on our front doors as a sign of welcome. Our little Jeevanites were seriously engaged in decorating wreaths to welcome their guests in this activity.

Christmas has no meaning without cakes. So our little bakers were happily involved in baking yummy cakes for the celebrations.

Christmas gifts evolve bringing the importance of sharing and developing good friendship. 'Foster friendship' is one such activity that enhanced the significance of sharing among the young hearts.

The celebration came to a closing point with an end note implying the significance of sharing and the merriment of celebration irrespective of culture and diversity.

- MS. LOGAMBIKAI SRINIVASAN

INTRA - SCHOOL COMPETITION- EVENTFUL DAYS!

Intra-school events conducted every year by class 12 kick-started in style on 22nd of June, 2015 and ended on 24th of June, 2015 . The events encompassed a veritable cornucopia of events catering to all age groups across the three sections of the Kindergarten, the Junior section and the Senior section. The events were designed keeping in mind the level of interest observed and the ability of the age group. Hence, the teeny tots of LKG had Colouring and Recitation, while the Upper KG had an additional event of Clay modelling.

Class 1 participated enthusiastically in Paper folding exercising their motor skills deftly. Familiar words reverberated across the arena in Rhymes Recitation, while little hands dabbled in colours in Drawing and colouring . Kids love to dance and those who could really shake a leg or two did so in the Dance event.

Is there anyone who doesn't like to listen to a good tale? Kids have the freshest imagination and Students of Class 2 had the opportunity to enthrall all with their story- telling skills.

Drawing and colouring, Dance and Greeting card making events were jam packed with kids. There were those who created their own masterpieces in the Drawing event ; then

there were those who swayed and sashayed in the Dance event and some left hallmarks of excellence by way of Greeting cards. What a day!!

Class 3 excelled in Cursive writing competition which was compulsory for all. Moulded the clay following their flights of fancy in Clay modelling. Filled the venue with sonorous sounds as they contested in Light music and left their mark by way of Book marks in Making a Bookmark event.

The senior most in Junior section, students of class 4 were not far behind as poems resonated beautifully in Poetry recitation, while waste turned into most wanted objects in their hands in Art from Waste. Their feet synchronized to music in Dance competition and their brains squirmed and puzzled over questions in the Gk Quiz.

Moving on to Senior section, a new event called Quilling was introduced to class 5. It is the art of fashioning any objet d'art [objects of art] using special paper. While singing their hearts out in Singing competition was a breeze, the mandatory Handwriting event was done rather well, too.

When it came to class 6, Quilling and Greeting card making were the events that splashed the arena with designs and color that seemed to come alive in their little hands. When it came to play acting they proved their prowess in Role play.

Class 7 put their skills in arguing to good use in Turn Coat, speaking for and against a topic. Quilling made its presence felt again, while the modern art of exercise combined with the most ancient health practice in the form of Aerobics and Yoga.

Class 8 put to practice what they had been learning as part of their co-curricular activities in Aerobics and Yoga, while a few decided to try something far from monotonous in Mono-acting. Drinking out of mud pots may have gone out of vogue among most but painted pottery is considered quite aesthetic in appeal by many. Pot painting was an event that generated quite a lot of interest among many.

Posters are as ubiquitous in India as mosquitoes and stagnant water. While the latter is more to do with lack of civic responsibility, the former serve to take our minds and eyes off the stagnant water and the mosquitoes! Is poster making an art? Participants from class 9, surely, turned them into one in Poster making. Quilling, Pencil shading and Jewellery making events had a large turnout. JAM, one of the toughest events on stage, had the participants in a jam frequently. However, it was all pure fun nevertheless.

While clicking photographs with in the campus is prohibited, rules were relaxed a bit when it came to the Photography event. Students of class 10 were allowed to capture inanimate things in the campus through their lenses. Some students chose the canvas to express themselves in Painting, while a few decided to willingly put themselves in a spot by participating in Shipwreck.

Class 11 had just one event that gave them an opportunity to to put themselves in the shoes of their teachers as they took classes in a subject of their choice using the audio visual medium.

Winners that stood first, second or third were given medals. The whole competition spanning three days was a resounding success once more as students of class 12 proved their mettle yet again.

MS. K. S. LAKSHMI

ANNUAL DAY PRESENTATION – STD VIII

Students of Std VIII celebrated their Annual Day focusing on Patriotism as they had this special day on 26th January, 2016. It was a great show by the students, which took the audience to Utopia. The audience was spell bound, when the girls started the show with a few memorable tributes to all leaders and Jawans in the form of songs.

The students showcased a spectacular performance bringing out their talents in the form of Oyillatam, Mime show and girls dazzling in white dress, dancing to the tune of 'Jai Ho'.

The Tamil Skit which needs a special mention, enlightened the soul of everyone about the advantages and disadvantages of social media, while the English play invoked a deep thought about honesty.

The great show came to an end leaving a great impact on everyone's mind and creating an awareness about the social Media and the role of youngsters in building our nation!

To build a beautiful nation – AN INCREDIBLE INDIA

MS. JULIET

ANNUAL DAY PRESENTATION - STD VII

Annual day celebration is one of the everlasting, joyous occasions in a student's life. The roles they take up and the activities they perform create a deep impression in their mind. It also paves way for bringing out the hidden potentials of the students. Celebrating Annual Day section-wise helped not only the students to stage their talents but also the teacher to know more about the students' skills and talents.

Annual days for class VII were celebrated on 8th January, 2016 and 13th January, 2016 respectively. Invoking the blessings of God, the programme started with a short welcome note, followed by a musical feast by VII std girls. "Music pours purity in soul" – The melodious song of our students entered our ears and permeated our souls. "Cleanliness is next to Godliness" – Boys presented a MIME SHOW highlighting the theme "SWACHH BARATH" to keep our surroundings clean and green. Their performance was appreciable and thought provoking.

Students are techno-savvy now. It was mind blowing to see our students in traditional costumes of Tamilnadu intending to highlight the theme of health and hygiene through a traditional art of singing called Villupattu. Our girls of VII std portrayed various “Thanks giving” celebrations from the world to express their gratitude to the harvest that makes their life prosperous. Our students enacted one of the historical plays of Shakespeare, 'Julius Caesar'. Their performance and attire transported everyone to 4th century B.C., envisioning the fall of Julius Caesar in the words of Shakespeare.

The boys once again made a spectacular appearance with a MIME SHOW to maneuver the attention of audience towards their inspiring theme of “success strategy”. To pay homage to our motivational leader of India, Dr. A.P. J. Abdul Kalam our students presented a dance. Their dress was very attractive and was in the colours of our flag. Not only their dress but also their performance was extraordinary. Barathanatiyam is India's divine treasure of art. Our girls of Std VII performed an exhilarating performance of this art and showcased its divinity.

The programme came to an end with a note of leave-taking. Once again the Annual performance became a memorable one in the evergreen book of Jeevana.

MS. ALAMELU PRIYA

ANNUAL DAY STD - VI

The Annual Day which was celebrated in the month of October, this year was slightly different from the other Annual Days. The idea behind conducting such Annual Days was to increase the chance of participation of the students. Every child got an opportunity of participating in at least two events. Students were happy. So were the parents.

The program, as usual began with a prayer to the Almighty. Undoubtedly, the vocal troop took us to a musical world. The English skit brought the cricket players on the stage with their entertaining performance. The Rainbow skit highlighted the equal importance of all the seven colors. The Mime not only took us to the age of Asoka but also gave us the message on the strength of non-violence. The presentation on Swachh Bharat portrayed that, “Cleanliness is next to Godliness”. There was another presentation that focused on Gandhiji’s philosophy of “Being the change to witness the change.” The Tamil skit, was unfailingly informative, thought provoking and humourous. The Western dance stole the tradition of this soil with a renewed spirit. The event came to an end with National Anthem. The whole show created an unforgettable and everlasting happy memory in the hearts of students, parents and teachers.

MS. ARUNA MANIKANDAN

ANNUAL DAY STD - V

Annual Day.... A day to celebrate the past achievements and look forward to the journey ahead.

The month of September was chosen this year for Std V to exhibit and showcase their

talents. The function started with an invocation to the Almighty. The classical vocal presentation which was in synchrony was followed by a mind provoking chat show.

The girls of Std V were dressed in pink gowns and rocked the stage with their fantastic dancing abilities. They fascinated the audience with an Italian folk dance.

The foundation of all great success and achievement is self-confidence which was excellently portrayed through a mime. This was followed by an English skit which revealed the most important value – 'Sharing is a gift'. The folk dance by the boys impelled the audience to relish the Indian form of dance.

The dialogue delivery and the sense of humour set in the story of the Tamil skit was helpful to convey the information 'Do Good Be Good.'

The programme ended with our traditional dance of Bharathnatiyam.

MS. S. RAJALAKSHMI

ANNUAL DAY - STD IV

Std IV students celebrated 68 years of independence for the Annual Presentation. Many of us take freedom for granted and tend to forget the hardships and sacrifices our forefathers of freedom went through.

The show started on 14th August, 2015, with one of Mahakavi Bharati's songs as a vocal presentation. Through Pattimandram, the students expressed if freedom is very much essential for students. "Satyameva Jayate, the dance performance with a song on the power of speaking the truth enthralled the audience. Students presented anecdotes of two of the greatest leaders (Rabindranath Tagore and Lal Bahadur Shastri) of Indian freedom struggle. Everyone was mesmerized by the energetic performance for the "Fifa World Cup Anthem of South Africa 2010". The Mime spoke the unspoken truth that we should respect nature and preserve it. Freedom for animals was insisted by the skit to prevent animals being caged. The show ended with the thematic song exposing our nation's pride and inspired us to live in peace and harmony. The presentation conveyed that we should live with compassion and highest standards of cleanliness and hygiene. Surely, each person who watched the show would have said to their heart, " This is my India. A great country, a land of peace, prosperity and truthfulness where no one is afraid of speaking the truth and where there is no corruption. It will be a country where women are respected and people from all religions co-exist and where every citizen is proud to be an Indian."

MS. NALINI SRIDHAR

ANNUAL DAY - STD III

Students of Std III celebrated Children's Day for their Annual Presentation. It was a tribute to the great man Pandit Jawaharlal Nehru and his genuine love for children. The celebration of 'childhood', 'innocence', and 'future' is what Children's Day is all about.

First Thanksgiving Feast play was about being grateful to each other. Chinese Music with melodious rhythm and tune captured the audience's attention. Children exhibited their creativity and imagination by expressing what they felt seeing the moon. Girls brought out the rustic charm as though we were visiting a meadow through the dance for the song 'Ussele Ussele' from Srinivas's album.

Anecdotes of Jawaharlal Nehru depicted his love for children. A fun-filled learning scenario was brought alive by the dance from 'Tare Zamin Par' and the medley of games played by kids. Students showed how to be responsible through the skit 'Be Responsible' insisting on taking responsibility for our thoughts, words and deeds. Spectators were spell-bound watching the incredible performance on FIFA World Cup 2014 theme song. Various characters from various fairy tales appeared on stage together leaving smiles on the faces of all present. The whole show left us with a message of Pandit Jawarharlal Nehru. We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.

MS. NALINI SRIDHAR

ANNUAL DAY CELEBRATIONS - STD I AND II

Jeevana believes in giving equal opportunity to all her students.

The unique feature of our school is that each and every child is given roles which suit their age group. The Annual Day Programme was planned in such a way that it brought out the innate talents in the child. The October month of 2015 was a grand festive month for the Junior Section. We had our Annual Day Celebrations for all the 14 sections of standard I and II. The programmes were based on "Nature". The skits were mainly focussed on conservation of our natural resources like forests, trees, flora and fauna. The dances were also a feast to the eyes and every second the children were brimming with joy and enthusiasm. As we had organised the events section-wise, one could sense the underlying competitive spirit in teachers and students. The determination and the hard work are well appreciated.

Parents were very supportive and they helped us to add that extra shine to the programme by giving their best in decking up their children beautifully. Children were dazzling in their beautiful costumes. All in all, we had a great sense of satisfaction watching and enjoying our little ones exhibiting their talents on stage. We will cherish these wonderful moments for many more years to come.

MS. RAMYA SHIVAKUMAR

KINDERGARTEN ANNUAL DAY PRESENTATION - 2016

As the year 2016 started off with a positive note, so did our Annual Day celebration. Though training children under 5 was a really challenging job the outcome of it was simply superb. It was really heartwarming to see all the Dolls of Jeevana singing and dancing their part in

a very professional way. The celebration was enhanced with the blessings of the Lord Almighty and the onlookers were taken right away to the land of children's fairytale by our children of UKG. Our journey started with the all time favourite 'The Ugly Duckling' where this particular tale was enacted by our children bringing out a very interesting moral that looks don't matter which is a very essential thought for all of us about how to not lead a judgmental life. Both "The Lion and the Hare" and "The Elves and the Shoemaker" stories brought out the importance of helping each other highlighting the truth that it's the size of our hearts that determines the strength of us in helping each other and not if we are big or small in appearance. "Goldilocks and the Three Bears" was another tale bringing out the significance of obedience. The three little pigs was enacted by our children that depicted the universal concept of staying brave and confident whatever the consequences may be. The final note ended with a spectacular music from the Musicians of Bremen.

The next performance by our LKG children geared up with useful healthy tips to live a happy and long life which was demonstrated in detail. Next came the dolls parade where all kinds of dolls all over the world were brought in front of our eyes giving a feel of real life journey around the world. Children love pastries and Patisserie was one such performance that fulfilled its purpose of enlightening the audience with the varieties that they have in the world of pastry. Kerala a beautiful city known as 'God's Own Country' was yet another performance that left the audience spell bound with its beauty and natural resources. Glimpses of Goa also proved one such eco friendly ride to the beautiful land known for its beaches and tradition.

Teachers have the very important responsibility of shaping up the lives of young, impressionable children. Our Annual Day preparation with these little saplings of Jeevana was one such responsibility in which we experienced great pride and joy.

MS. LOGAMBIKAI SRINIVASAN

A CONSPECTUS OF THE 'SOFT SKILLS' SESSION

The sequence of the session:

1. Started the session on soft skills for the boys of 5th and 6th standard on 19th February, 2016, with a motivational prayer which is as follows:

Today is an incredible day! Success, prosperity and abundance in many different forms have naturally found their way into my life today. I gratefully enjoy their manifestations throughout my day and happily share their blessings of abundance with many others in order to bring happiness to their day as well.

2. **Impel children to explore what's the reason or motive of the session.**

Children were given a chance to guess what the session was all about. This was done to enhance their curiosity.



3. Explanation of the importance of communication:

Verbal and Non-verbal communication

Verbal communication:

Effective verbal or spoken communication is dependent on a number of factors. Clarity of speech, remaining calm and focused, being polite, having sincerity and following some basic rules of etiquette, will all aid the process of verbal communication.

Non-verbal communication:

- An activity was conducted (Dumb Charades) to explain the importance of gestures and body language.
- Importance of the following was explained:
- Gestures, body language, facial expressions, eye contact, clothing, body movement [It was emphasised that moving around was prohibited]

4. Use of magical words:

Thank you, sorry, excuse me and please.

5. Say 'No' to prejudice:

- Started this aspect of the session with an activity (Used colorful marbles to do this activity and involved children in this activity.)
- Explained that mocking is prohibited.
- Asked some children to come forward and share some of their bitter experiences when somebody had made fun of them.
- Explained that everyone was special and unique and that they should learn to appreciate the uniqueness not make fun of it.

6. Good touch and bad touch:

- A few children shared some of the incidents that irritated them.
- Explained touching others' head, beating, pinching, etc. are prohibited.
- Explained the importance of empathizing.

7. At last badges were given to those children who had behaved well in the session. This was selected by the student leaders of the session. (6 leaders – one boy from each section)

8. Feedback on the session from children:

- By the end of the session children wrote their feedback about the session which was a mélange of various comments, a few of which are as follows:
- It was very useful to know about the importance of verbal and non-verbal communication.
- It was interesting to have activities.
- Knew about the importance of eye contact while speaking.
- Felt extremely happy to receive the badge.
- Would like to have few more sessions like this with the activities.
- Understood that it's bad to mock.
- Understood that it is important to empathize.

MS. S. RAJALAKSHMI

REPORT ON SOFT SKILLS SESSION

Soft skills play a vital role in students' day-to-day life. Our school gives a lot of importance to soft skills, therefore, we have conducted different sessions on the same for various levels.

The session that was assigned to me for classes 5 and 6 girls on 19th February, 2016, was 'Good and Bad Touch' and 'Body language'. It started with a small activity on gestures and children were explained about different postures and the importance of body language.

Many were really not very sure about the bad and confusing touches which were clearly explained and a few children cleared their doubts on the same. It was very interactive and they were asked to give their feedback ,too.

MS. AKILA

**FEED BACK REPORT ON THE SOFT SKILL SESSION
“HEALTHY RELATIONSHIP BETWEEN BOYS AND GIRLS”
for class 7 on 23rd February, 2016**

The Session Commenced with a Prayer

A Mind Map Paper was distributed and students wrote their views and discussed

Who is your Friend?

Why do you need a Friend?

Is my friend Distracting?

Am I transparent about my friendship to my parents?

If not jot down reasons.

How far my friend support me to grow towards my goal?

Why do Elders restrict boy-girl friendship?

- 50% of the boys said that they do not like girls. Rest of the 50% said that the elders restrict because they might go wrong.
- All the Girls said that they might get into wrong problems.
- They also said that as a good friend they had instructed their friends not to get involved in any such problems.
- They said that their friends are guiding them in studies but are also distracting by always talking about movies and gossiping.

They found the Session :

- Informative
- Intersting
- Learn to be a true good friend
- They wanted more sessions.

MS. KAVITHA RAJENDRAN

SPECIAL SESSIONS - JUNIOR SECTION

Children of this age group need constant monitoring as they are full of energy and enthusiasm. Learning takes place each and every second they spend in school. School is a second home for these kids. But taking care of such age group children is a Herculean task and it is our duty to make them aware of safety measures to take care of them physically and mentally. So our Principal had organised some special sessions.

Special sessions are really valuable inputs to young children, and values instilled in a special atmosphere with modern gadgets will be very effective. We had special sessions

on "Safety" conducted by Ms. Nalini Sridhar and Ms. Logambikai on 14th December, 2015. Children enjoyed the sessions and found it beneficial and they promised to follow the tips regularly.

MEDICAL CAMP

Our school organized a medical camp for the students on 5th November, 2015, and all the children underwent medical check up. The visiting doctors gave us useful tips to take care of the eyes and the teeth of the little ones. Some children were also advised special treatment to rectify some minor ailments. They were advised to eat less chocolates and more vegetables and fruits to stay healthy.

- **MS. RAMYA SHIVAKUMAR**

A REPORT ON MUSICAL CONCERT

All children have special talents that need to be noticed and nurtured so they will do well in school and in their later lives. Jeevana is one such place where the students' talents are identified and brought out in the form of a presentation. Jeevana provides an environment in which the child can demonstrate his / her potential or aptitude to learn and perform.

A musical concert was organized by our school on the evening of 4th September, 2015. The air was charged and the atmosphere electric as the auditorium reverberated with the cheering and clapping of the audience who had gathered to witness the much awaited musical show. Santhana Gopalakrishna of class 9-A gave a special semi-classical programme and enthralled the audience with his melodious voice.

S.R. Aakash of std VIII-C was another student who was encouraged by the school to present a solo performance. His songs included the songs of EV. Raamakrishna Bhaagavatar, T. N. Baala and Annamaacharya. H. Subasree (XI-B) and her brother H. Abinav Shankar (VII-B) were another duo to showcase their musical talents. The coordination of the Mirdhangam played by Abinav Shankar with other musical instruments and the voice of Subhashree were fantabulous.

The school also celebrated Thiyagaraja Aradana in remembrance of Sri Thiyagaraja. The students started with the Pancharatha Kriti, which is a set of five kritis in Carnatic classical music. The Pancharathna Kritis are written in praise of the Hindu deity, Rama. Watching these concerts was quite magical from the beginning and it invoked a wide range of feelings and emotions and appreciation for the beauty of sound in us. Much of the success of this music lay in the faithful rendering of the performance. In this respect, these students were able to bring out the spirit of Sri Thiyagaraja's music. Any Jeevanite will definitely look forward to viewing such concerts in the forthcoming years.

MS. ALICE

MY MEET WITH THE HONOURABLE DELEGATES OF UN!

Working as a journalist at the “IIMUN- Madurai Chapter” was a very dear and interesting experience for me. Being the senior-most in our group, I had the invaluable chance of leading a very talented and hard-working students of Jeevana and of being lead by one of the most charming and charismatic teachers of mine, Ms.Padma Chandrashekar . Now, I will try to put forth “our” experience at the IIMUN Conference in the best words possible! It seems like such an ephemeral period of time now that I think about it. First day, everyone was excited and we all were dressed like we were at a very important meeting with the President of a country! A beautiful invocation ceremony and then some valuable tips and advice to the participants were given by the director of IIMUN. The Conference was then declared open by the Chief Guest. Skipping the details, the participants were told 'bout topics that were going to be discussed and debated upon by the delegates in the next 2 days of conference. Ending on a light note, the director told the delegates that these 2 days were for them not just to soak in knowledge but to make new friends and to have fun. Now, the second day, we were supposed to be dressed in traditional clothes. The Conference commenced. The delegates representing various countries debated fiercely and it looked like standard 7 to college going students were all the same from the country that they were representing! Being a journalist, I got the chance to fire questions at them on the third day of the press conference. I got a few interviews from the delegates too. Though there were only three days, we had real fun and got to make some really good friends. The third day ended with the prize distribution ceremony, we didn't win.....alas.....but that doesn't erase the wonderful memories and the learning experience that all of us had. One gets better at anything only with practice and practice, is another word for good and bad experiences.

DEVRAKSHITA MISHRA (XI-C)

MY EXPERIENCE IN IIMUN

“My experience in IIMUN was an eye-opener on the working of the United Nations.”

I had an opportunity to represent Jeevana at the IIMUN Conference - Madurai Chapter. Having little knowledge about the conference, I attended it with my nine fellow participants and my trainer, Mrs. Padma Chandrasekhar. On reaching KMR International School, where the conference took place, I came to know that about 250 students were participating in it.

The opening ceremony on the first day couldn't have been any better. The school welcomed the students with open arms. The conference on the second day gave me an authentic feeling of really representing Thailand in the United Nations. Students, who were delegates of countries, debated fiercely on the topic of 'Drug Abuse'. This debate continued on the third day too. Due to the shortage of time, each and every one of us didn't have our say.

The last day of the conference witnessed the making of our resolution. According to me, forming the resolution was the best part of the conference for I got to know more about how the governments of all other countries work. Just like a country, I established multilateral cooperation with the other delegates from Madurai and Kerala as well.

The prizes were distributed in the closing ceremony which was conducted later that day. It dawned on me that it was not winning prizes but the knowledge I gained was all that mattered. The time spent at the IIMUN Conference was exhilarating, educating and entertaining. It was truly an eye-opener on the working of the United Nations.

D. KAVYA MITCHI (IX-C)

IIMUN

Hi,

Some of my friends and I went to the Indian International Model United Nations [IIMUN] conference on 24th, 25th and 26th of July, 2015. It was a conference based on major problems faced by the world like food crisis in Africa, Child abuse, Nigerian crisis etc. On the 1st day the Executives gave speeches and talked about rules and regulations. Each student represented a country and had to talk about the problem given to him/her. The conference was very exciting and I came to know about the foreign policies of various countries. The conference also gave opportunities to the delegates to share their ideas to reduce the problems in the world. We had periodic breaks between the conferences to refuel ourselves with energy. When the conference ended, the delegates took selfies and it was real fun. It was a good experience and I would like to go next year too.

R. KEERTHANA SRIJA (VIII-D)

AN INTERACTIVE SESSION WITH DR.KIRAN BEDI



On 12th January, 2016, we had an opportunity to pay a visit to Thiagarajar College to participate in the 'Interactive Session with Dr.Kiran Bedi'. We were told that she was to give a speech on the topic "Early Leadership". The ten of us of class 11C set off in our school van to the Thiagarajar College. After getting settled in the auditorium, we witnessed Dr.Kiran Bedi, the first women IPS Officer, a renowned Tennis

player, an active socialist, entering the stage with such simplicity that we were surprised.

After the welcome addresses, she got the microphone to begin her speech. To our surprise, it was not the expected long, boring speech, but actually an inspiring account of her life and the way to success.

She never stood in one place while interacting with us. The way she talked, moved, behaved, inspired us a lot and made the session more interesting. She said that it was not just her life history, but her experiments with life for the sake of humanity. We understand and remember things better when said in points rather than paragraphs. She did the same. She listed out the messages she wanted to convey along with her narration of the incidents that took place in her life. The first lesson was to be a good human being and not to see variations in the name of religion. She wanted religions to be considered and understood as faiths and hopes, and not as narrow walls. The second lesson was that parents choose our type and way of education...they make us. So she said, "Whatever you get...make the best out of it." The third lesson was 'Not to waste time'. She said that the most important task is, 'Time Management'. During her tennis practice, she used to do her home work while waiting for her turn at the Tennis court.

She neither wasted time nor money. She reads books whenever she has time. The fourth lesson was the need to gain a good position in society. She cited, "If you are somebody, you can help somebody. If you are nobody, you can help nobody." She explained how important it is to earn a position where you will be able to help others. And the fifth lesson was about decision making. She wanted us to take our own decisions which ought to be wise, and to be firm and clear in what we want to do. We were then allowed to question her to clear our misgivings. For one such question, she discussed smashing the obstacles that hinder our pathway to success. When she was young, her long hair was bothering her when she was in a Tennis match. She immediately cut her hair to her convenience. And in another incident, she hit a boy who eve-teased her. She wanted us to behave in the same way. She wanted us to shatter the barriers we come across (whatever or whoever it is), so that we could achieve our goals. Many thoughtful questions were asked and were answered admirably by her. Since she had to catch the flight to meet the Prime Minister, she had to leave soon. At the end, we got the chance to pose for a picture with her. It was fun attending the session and inspiring to be motivated by her.

SAI PRIYA DARSHINI (XI-C)

TO FOLLOW YOUR PASSION....

One of the most unique features of Jeevana is the 'Prefect ship'. When googled for the meaning of 'Prefect', it directly translated into 'Leader'. Though most say it is a tough job, being a leader is quite simple. The important feature that makes a leader is Inspiration. A leader is always inspired by something and then becomes an inspiration for others. There are many leaders by whom anyone can be inspired. But most of them that we know belonged to a different generation and we are unable to relate to them. This is where

Jeevana helps its students. Every year during the Prefects - Swearing –in ceremony, we are introduced to inspiring people of the present age, people to whom we can relate. This year we had Mr. Sri Ram Janak. For a person of his stature, I would say he was the epitome of humility. A very simple, yet an extraordinary person. You must be wondering what makes this person unique. Sri Ram Janak is a wildlife photographer. The photos that he clicks through his lens are what I would like to define as ‘mind-blowing’. He is a nature lover who sees the world through his lens and also gives us a beautiful glimpse of the scenes he sees through it. He complements each of his photos with beautiful poetic verses. Some may wonder what is so special in a wildlife photographer. The fact that he followed and follows his Passion is what sets him apart. The main thing that he wanted to convey to us was

FOLLOW YOUR PASSION....

To keep your dreams alive and never to lose hope if you don't achieve them. If you fail it is not the end of the world. Have a hobby and keep your passion alive. It is a simple way to develop your passion.

Students of Std-XII were very lucky to have met him in an interaction. We had questions for him and he had wonderful replies for that. The best one that I still so clearly remember was by our Advisor, “How close have you been to a lion?” Sriram Janak said that he had been close enough to touch them but lions are harmless as long as you don't trouble them. He told us about his jungle visits, how difficult it is to get pictures of animals out in the forest, his favourite being the elephants. He is fascinated by poems too and notes down the verses that he likes in a diary. These verses he later complements his photographs with. We were totally fascinated by all that he had to say to us. It was a memorable meeting and some of us were lucky to have got his autograph. One line of his that impressed me is

NO IDEA IS CRAZY!!

RESHMA.H (XII-A)

SEARCH FOR “SEARCH”

Values are the most important in our life. And these values should be cultivated in our childhood. If values are properly cultivated in the child's mind, the world need not fear terrorism, theft and other anti-social elements. One who grows with good values, will lead a peaceful, lovable and successful life. I would like to share my views of a few values here.

Selflessness
Responsibility

Endurance
Compassion

Adjustability
Honesty

Selflessness means showing unselfish concern for the welfare of others.

“To live a pure unselfish life, one must count nothing as one's own in the midst of abundance”
- **GAUTAMA BUDDHA**

Being selfless starts when we have the ability to forget our personal concerns and empathise with others, even those we've never met. Empathy paves the path for selflessness. So, if we understand how someone else feels, we would act selfless towards the person. Sometimes, the smallest action or caring word can make a big difference in someone's life.

Endurance is the ability to endure an unpleasant or difficult situation without going up.

“Endurance is not just the ability to bear a hard thing, but to turn into glory”

– **WILLIAM BARCLAY**

Adaptability means to adjust to changes quickly. Adaptability shows the ability to learn from experience and improve the fitness of a learner as a competitor.

“The most important factor in survival is neither intelligence nor strength but adaptability”
- **CHARLES DARWIN**

Being adaptable makes us to know people and our surroundings better.

Responsibility is the state or fact of being answerable for something. “The price of greatness is responsibility”, - **WINSTON CHURCHILL**. Being responsible shows our character. Being responsible gains a good reputation.

Compassion is the sympathetic pity or concern for the suffering or misfortunes of others. “Compassion and tolerance are not a sign of weakness, but a sign of strength”

– **DALAI LAMA.**

Being compassionate makes us happier than doing something for ourselves.

Honesty is the quality of being truthful to people and our mind. “No legacy is so rich as honesty”.
– **WILLIAM SHAKESPEARE.**

Honesty fosters courage. Honesty can keep us out of trouble. Honesty is a reflection of your own thoughts and feelings.

So, we students are lucky to get value education classes. We should utilize that in a proper way and develop the values in us. We should express our gratitude to our school management for directing us to the path that leads to eternal glory.

A.V. SUJITHA (VIII-C)

MI CAMINO HACIA EL ESPANOL

[My path towards Spanish]

Value education is the sharing of values from one person to another person. Value education has become an indispensable part of our school curriculum. Our school has value education classes once in a week for classes 3 to 9. It is done in the form of activities, team projects and group discussions. The main objective of these classes is to improve the children's attitude thereby directing them to take a good stand in the society. One such activity in my class last year was the New Year resolution activity.

In the first value education class in 2015, we were asked to take a new year resolution in front of the class. I decided to learn a new language. I thought I could learn Spanish, as the language correlates with English and would be easy to learn as well. So, I took my resolution for that year that I would learn Spanish.

Learning a language wasn't difficult. With the courses available over the internet I was able to start learning. Apps helped me to do my lessons. Technology was so helpful to me that I was able to learn a whole new language as if it was a cakewalk. My lessons included basic grammar and words for objects and actions. The apps also directed me to frame sentences and translating English to Spanish. I got a great support from my parents too. I spent whole of my summer holidays in learning this language. I worked at this for 50 hours per month, amidst all my usual works. Though, I could not excel in this language, I learnt a lot of values.

The main value which I learnt can be said from the words, "Arise, Awake, Stop not, till you reach your goal", by Swami Vivekananda. Yes, I learnt that I have to work hard to achieve my task. I also learnt that I have to work for the sake of myself and not for appreciation. We should thank our school management, which is guiding us to pathway that leads to a good human being.

A. V. SUSHINDHAR (VIII-C)

The INSPIRE INTERNSHIP SCIENCE CAMP

Inspirational Introduction:

The camp's main theme was to inspire the students into becoming young scientists and to develop a sense of learning concepts confidently. "Doing science is different from reading science!".

Thought-Provoking Lectures:

We had various amazing lectures about having a scientific insight and about the various fields of science. We got to know that science is a process of solving a problem and that it is a thinking process. We must formulate our own questions and try to find the

answers ourselves. We must never be hesitant to ask a question because science is all about solving those questions and is about having fun. We must search to research as science is the key for prosperity.

Lab Demonstrations:

The place for a scientist is a lab and so we visited the colleges communication, safety, nanotechnology, biotechnology, mathematics and civil engineering labs. We saw the students projects and learnt about the different types of science both basic and applied. We also performed various experiments and were asked to write the reason for the result. To our amazement, we found out that science is everywhere and that we just need to understand it rather than study it.

Tours and Programmes:

We visited the District Science Centre at Tirunelveli where we saw a 3D show, the makings of horror films thought Graphics and Animation, the various scientific experiments kept there and my favourite, a demonstration about Liquid Nitrogen. We saw various videos on rocket launching and we even saw the movie "Marsian". We visited the famous industry of Lovely Offset Printers and a match box industry. These were to kindle love and aspirations to be scientists. We also had cultural programmes by the students and participants, a Quiz programme and a valedictory function where we were called on stage. This was to discard our stage fears and to be confident in ourselves. A scientist must have both a scientific insight and a strong voice to express his / her views.

Motivational Conclusion:

We must design our thoughts before actions because we are the ones who are going to face the consequences of our choice. Abdul Kalam says that, "Science is a beautiful gift to humanity". Also, it is good to learn history but it is better to make history. So we must do a

S – Specific

M – Measurable

A – Attainable

R – Relevant

T- Time based

work as "Happiness leads to success!".

S. VARSHAA VASUNDRA (XI-B)

KAMARAJAR DAY CELEBRATION

Variety is the spice of life. Life without feasts and celebrations is charmless and lifeless. So is true in case of school life. Without functions and celebrations school life

becomes monotonous and uninteresting. One of the most anxiously awaited occasions was the Kamarajar Day Celebrations.

The celebration was held on 15th of July in 2015. Our Chairman's son, Dr. Ramesh Sunderam was our Special Guest that morning. All of us were in colourful attires. We all waited with bated breath that morning. I had butterflies in my stomach looking at the huge audience. Eshaa and I were the organizers of the programme. We had planned the programme well and the rehearsals were proper but we were still breaking out in cold sweat.

The programme started at 9.30am. Our Headmaster handed over the mike to Syed and Prashanth who were about to host the show. The show commenced with a welcome address by Sagar Sujay Krishna. Followed by the melodious voices of the girls who beautifully sang patriotic songs that were very pleasant to hear and made a few teachers close their eyes and nod their heads. After six long minutes, the choir girls finished their performance, there followed a gentle applause.

Next, Vishwanath Rao was there on stage to give a Tamil speech on Kamarajar. The speech he presented was very long. It went on very smooth without any pause. He did it very well and received a loud applause. That was really great and worth appreciating.

Then followed a skit by the boys of class X. Having "Education for all" as a theme the boys presented the skit in a very good manner. However interesting the theme may be, everyone considers values as boredom. But the boys included dance in between and made it interesting. They rocked the floor.

There was one more programme, the mime, to successfully complete the show. I was a bundle of nerves. Thanks to my lucky stars, my friends did a great job in conveying the message without dialogues. The narrators Kaushika and Dheepthi also did a good job.

I chilled out. The inaugural function came to a close. The function ended with enlightening words from Maheema through her vote of thanks.

Dances, songs, skit made the entire programme lively. All departed with a smile on their faces and with a big thank you on their lips. Our efforts were praised by Ms. Padma Chandrashekar through her special card to class X students.

I had an awesome experience being a co-organiser. We had a whale of a time those three days that were spent in practising for this celebration. I would say Kamarajar Day Celebration would be a memorable moment to recollect even after we complete schooling in Jeevana.

- KIRUBA HARINI (X-A)

REPORT ON “JINGLE MODE ON”

[CLASS IX NEW YEAR PRESENTATION]

Christmas and New Year are the times we get together to share happiness, joy and hope for the fruitful year ahead. This year, the students of IX took an initiative to celebrate Christmas and New Year with grandeur and glory.

The celebrations titled “JINGLE MODE ON” was held on 22nd December, 2015 and was hosted by Abhilakshinee and Sneha. The program was filled with excitement, entertainment and exhilaration. A speech on the importance of New Year resolutions delivered by Harshini was succeeded by an astounding dance performance by the girls which brought the roof down.

Cheers, applause and shouts of joy were all that could be heard. This enthusiasm continued to grow by leaps and bounds when the students dressed as marionettes appeared on the stage and had the audience in splits. The deafening sound of applause almost drowned the sound of music being played. Then came the boys of Standard IX who made the audience watch in awe as they rocked the stage and spread their energy to the vicinity.

The musicians of Standard IX gave the audience a musical treat. Finally, the audience got a chance to witness the Nativity Scene being enacted by the students. At the sight of Santa Claus, students as well as teachers got on to their feet, singing “Jingle Bells” ecstatically. The mesmerizing backdrop painted by the students showed their innate talent of painting.

And as the saying goes, “Every good beginning has a good ending”, the celebrations had kickstarted with a prayer to seek the divine blessings of the Almighty and ended with the whole school erupting in euphoria.

D. KAVYA MITCHI (IX-C)

DREAM WITHIN A DREAM

They are indeed wise, who know failure is the indication that you are trying. It is evident from the lives of great men that failure is the stepping stone for success. For instance, the great scientist Albert Einstein was a failure in his polytechnic entrance examination. The great mathematician Ramanujam, who was able to solve the most difficult problems in maths, had failed thrice in the intermediate level examinations.

The versatile leader Abraham Lincoln became the American president only after several failures. Only after several economical and social constraints, Walt Disney created the world famous organization and introduced the most popular cartoon character, Micky mouse.

Only after several failures in medicinal research, did Alexander Fleming invent Penicillin. Success has always dealt with, not just winning but also tasting the pleasure of achieving the ultimate goal: Your dream. And failure should not be paid any heed in this entire process because, failure itself is a part of success.

Every falling leaf turns into manure someday, which is very essential for the growth of the tree from which it has fallen. Even the basic process of nature reveals that every failure carries with it success either in equal proportion or more powerful than itself. So, to make a dream that is a class apart come true, choose the right path to reach the destiny; take failures in the right sense and never be stingy in giving the required effort.

V. DHATCHAYANNI (XI-A)

IT HAPPENED TO ME- MISTOOK!

When I was in STD-V, my father had invited his dear friend, Mr. Kumar and his family to my birthday party. I did not know what he looked like and was eager to see him. Fifteen minutes before the party started, my mother sent me to buy some snacks. At that time there was a rumor about kidnappers carrying away children. As I was walking, I saw a man pushing a crying child into a car. Thinking that he was kidnapping the child, I shouted for help. A crowd gathered and was about to beat the man when the girl looked out of the car and asked, "What happened, Dad?" The man explained that he was her father and she had been crying for an ice-cream. Embarrassed, I withdraw myself from the crowd. Imagine to my surprise when I came home and found the same man and girl there! He was my father's dear friend, 'Mr. Kumar!'.

R. POOJA SHIVAANI (VII - C)

MY SCIENTIFIC INDIA

"India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grandmother of tradition. Our most valuable and most

constructive materials in the history of man are treasured up in India only".

- Mark Twain

We Indians have a lot of traditions and customs that we are asked to follow without any reasons. Most of the customs are so strange that we sometimes don't even acknowledge them. Like using silver tumblers, hanging neem leaves around the house, etc. Silver metal is germicidal and neem or mango leaves are anti-bacterial, anti-fungal and anti-parasitic. Hence, the scientific basis behind the customs makes it more sensible now.

Like the above mentioned examples, Indian tradition and culture hold a lot of practices which help us in one way or the other. But it is being so forcefully imposed on us blindly

that we don't follow them. Here are a few customs and traditions that hold scientific treasures.

It is our tradition to join our palms to great 'Vanakam' or 'Namaskar' as a symbol of welcoming. Joining the tips of all fingers together pressurizes the points of eyes, ears and mind. These activated pressure points helps us to remember the person for a long time. But we feel it more fashionable to simply wave "hi" to our guests. We are asked not to sleep with one head towards north. This is because of a simple and basic principle in Physics- magnetism. Earth is a giant magnet and human body has its own magnetic field. While sleeping with our head towards north, this magnetic field becomes completely asymmetrical to that of the Earth. This causes problems related to blood pressure.

We sit on the floor and eat. This is the "Sukhasanam". This position instantly bring a sense of calm and help in digestion. During festivals, our meals start with spice and ends with sweet. This used to be an everyday practice earlier. Due to lack of time and interest nowadays it is available to us only on festivities.

We find it fun to ring the bells at temples. But this has its own significance. This ring clears our mind and helps us stay sharp and keep our full concentration on devotional purposes. It creates unity between the left and right parts of our brain. The duration of echo -7 seconds is good enough to activate all the seven healing centres in our body. It also empties the body of all negative thoughts.

Piercing the ears develops intellect, power of thinking and decision making facilities. Wearing bangles increases blood circulation due to its constant friction against our skin. The area between the eyebrows on the forehead is the spot of 'agna' chakra. With regular practice, it is believed, a person can be controlled or hypnotized on concentrating or focusing at this point. Hence this part is covered by 'bindi' or 'pottu' or 'tika'.

Like I mentioned earlier our traditions and customs are scientific treasures. Our great culture provides the context for people to deliver their best works. Let us deliver our best by using our tradition and culture to its best. "If there is one place on the face of this earth where all the dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India" - Roman Rollan (a French philosopher)

G. NEELAA GOWRI (XI-A)

THEATRICALS

Theatricals is the study of movies that's what I thought when I first heard the word. Then I referred the dictionary for the word. Oxford students dictionary defines it as dramatic performance. Most of us assumed that we would be taught to act. So with that enthusiasm, by sacrificing my weekend, I attended the workshop.

We assembled in the room above our library. My friends and I were eagerly waiting for the teacher. Then he came, dressed in a very simple manner. He was tall, white and had a thick beard and moustache. He introduced himself as Naresh and asked us to sit down, but he did not ask for our names. Then he started discussing the origin of stories with us. Soon we started doing an activity: we must fall back trusting our partner. It was fun. It increased the sync between two partners which is very basic for theatre. After this activity, we performed a skit called 'the song, the story'. We were given enough time, but most of us didn't present the skit properly. He was very disappointed with us.

After lunch, we did a very interesting activity 'mirror your partner'. Of course, the idea of this activity was also syncing with your partner. We had lots of fun in this activity. Then we sculpted our partner not with the tools but we just had to move his body & his body parts according to the given instructions. The session for that day was over and he said that he would meet us the next day. The next day, we started our class by performing a skit called 'The five Chinese brothers'. It was a story which tells us how five identical Chinese brothers with special powers escape from death sentence. This time, we performed it well, but not perfectly. After this, he asked us to volunteer to speak about our experience in the principal's office. I volunteered first, then a girl named Shruthi. Then he started narrating his life story. After he concluded, he said that if we were going to narrate or tell something, we must add some expressions to it. I liked his forgiving nature a lot. He said that we would do the skit again after lunch. Then we dispersed for lunch.

After lunch, we were divided into three teams. All the three teams were given the same story, but each of the teams had to do it differently. My team had to present a mime based on the five Chinese brothers story. We practised for half an hour. Then, it was time for us to present the skit. The first team came and performed the story in a gibberish way. Most of you will recognize gibberish from the movie 'Jigarthanda'. They performed it wonderfully. Then, the girls team came and started singing Tamil songs. Sir said that it is a form of drama.

Then it was time for us to present the skit. We performed it to our best. After the performance, sir gave us a standing ovation. We were very happy even though we knew we did not perform it that well. After that, we sat down to have a discussion about the session. Then he gave an awesome reply which I would never forget.....

Successful people in this world are not known by their names..... they are known by their work.

M. VARUN (IX-C)

THE MOST FRIGHTFUL EXPERIENCE OF MY LIFE

When I was in 3rd grade I went to the Friday market with my mother. I was very

excited because it was the first time. We walked to the market. The market was hustling and bustling with people carrying bags in their hands, some bargaining with the vegetable vendors, some buying hot and tasty vadas, some buying flowers and some talking with their friends. My mother was buying vegetables, while I was admiring the market. My mother warned me that it would be very easy to get lost amidst the crowd and so told me to hold her shawl. I said 'yes' and held my mom's shawl tightly. My mother moved from the brinjal shop to the tomato shop. At that time I heard someone calling my name. I turned back and saw who it was. No one was seen. I turned back again and held the shawl. I called my mother, but when she turned back, to my horror, I found that it was someone else. I did not notice that when I turned back to see who was calling me my mother had departed from the tomato shop. I apologized to the lady and went to the vendor and asked her which side my mom went. She said that she didn't know. I immediately went in search of her but in vain. I felt like crying but then I thought I could call my mother by asking someone for a phone. So I went to a lady selling flowers and explained the situation and asked if she could lend her phone for a minute. She permitted me and I called my mother and said I was standing in front of Naidu Hall(now unlimited). She immediately came to my rescue and I saw tears in my mom's eyes. I apologized to her and we went back home. From that day onwards whenever I go to the market I would hold my mother's hand tightly and never take my hand off.

R. KEERTHANA SRIJA (VIII-D)

CLEAN INDIA

Hygiene is important in one's life. Being hygienic can miraculously cure and eradicate a lot of diseases. It also brings peace to the inner mind. Imagine sitting in a very clean park, with not a single plastic cover within eyeshot. It does calm a person. So, being hygienic is very important.

Considering all this, it's really necessary to keep India clean. Imagine the four corners of India with not even a single strand of hair lying on the roads. Just imagine the clean serene surroundings. It is really mind blowing. So, one must do one's role and help keep India clean as it affects each and every individual.

Here is my Dream Clean India. It has dustbins every two kilometers. People throw garbage only in the dustbins and not around someone else's house. People actually stop spitting on the roads and even pick up the trash lying on the roads and deposit it in the nearest available dustbin. All the vendors on the street collect their leftovers instead of dumping them on the streets. People using the pay and use toilets instead of using the road sides as toilet. Clean sparkling roads with not a single paper waste flying towards people. All this sounds good for the ears. This dream will indeed become true with every individual's participation.

Our Prime Minister has launched the clean India campaign according to which each

individual should play an important role in keeping India clean. Our school too took an active part in this campaign. The students were given tasks to do at home. Hence, motivation to keep India clean must be started right from the school.

Informing people about the merits and advantages of being clean can certainly start the drive for a clean India. Laws enacted to fine people littering the streets can also help keep India clean. Regular emission checks on vehicles can cut down a large part of pollution. The garbage collectors doing their work sincerely, instead of expecting bribe from the common people to do their work, can certainly promote India to be the No.1 clean country.

Also, another way of keeping India clean is by using the garbage to generate electricity, as is being done elsewhere. This could ultimately solve the problem of waste disposal. This would also solve the problem of energy crisis.

Thus, to conclude, it is really important to keep India clean. Keeping India clean should be taken up as an individual's role. Each and every person's role could help in alleviating India's cleanliness. So, let's all strive for a clean India.

E.V. HAMSINI (XII-A)

CRICKET IS MY LIFE

Yesterday, I was playing cricket with my friends. Suddenly we heard an explosion. It came from an old building standing alone in our colony near which we were playing. Nobody in the neighbourhood seemed to notice it. The building showed no signs of explosion. There was no smoke or broken walls or anything else. It looked like it always did. We were curious "Where did the sound come from?" was the question in each of our heads. We waited for some time wondering what to do. Then we decided that it was not our business and we resumed playing.

Three hours later we decided that the day's play was enough. Thirsty, we started to leave. As we crossed the old building we saw a stream of water coming from one of the windows. It looked fresh. I had to walk three miles to get to my home. I wondered if I could quench my thirst. My friends suggested that we should go inside the building and check whether the source of water was clean.

So we went inside. Anybody can enter or exit this building as most of the doors and windows were broken. Nobody owned the building. We went near the window which we had seen from the outside and found water overflowing from a washbasin. We went upstairs, further exploring the building. From upstairs we saw many men standing in the backyard with various devices which we couldn't identify.

We went to them and asked what they were doing. They said that they were going to destroy the building and build a new one. They were testing the explosives on a smaller model of the old building and that was the sound that we had heard.

We asked what they were going to do after destroying the building. They said that they had drained the water from the building after saying that they were going to build a shopping complex. We asked whether they could build a playground as we could not find any big playgrounds to play in. They said that they were not the decision makers but were mere workers. Disappointed we asked for water, drank it and left searching for another bigger playground.

A year later, the shopping complex had been constructed and had started functioning. Many of my friends who had played cricket with me were spending their weekends there, eating junk food, watching cinemas, etc. They do not play cricket anymore (not in the playground at least) I, not liking such things, stood alone with the cricket bat, stumps and ball in my hand hoping that somebody would play cricket with me someday. For me, CRICKET IS LIFE.

M. NAVEEN PRASANNA (XII-A)

LOOKING AT THE SKY ON A STARRY NIGHT

That night was pitch black and strange. Everything around me blended into the shadow of the night. The small hill on the top of which I was standing, was a darker shadow than the other things. Feeling gloomy, I looked up at the sky. I was dazzled. There were small pinpricks of light, the stars. It looked as if the sky had chased away the clouds to show off his stars like medals. The breeze was chilly, but I did not care about the cold or the dark. That night, at that moment, I wasn't afraid of the dark because I saw it as the reason I could see those beautiful stars when I gazed at those small pinpricks of light, far out of my reach. My eyes twinkled with happiness not unlike the star which I was trying to capture with my heart. I sat on the soft green grass under my feet, surrounded by trees which were full of activity.

The insects of the night were scuttling about, the dew drops were settling on the needles of the pine trees and the flowers were peeking their heads out to prepare for the new day, but I felt oddly at peace. That night I was not part of the chaotic life but was part of the serene beauty, which looks down upon us each and every night. It was a silent observer, waiting to inspire souls to be something greater than the greatest. The moon was tossed up in the sky like a ghostly galleon. Looking at the vast sky, I felt so small and humble. We humans think that we could do anything, but we forget that there are things bigger than us in the world. I wanted to freeze the time at that moment, but soon the sun overshadowed the stars and the midnight blue sky was turned into the red colour of dawn.

I left my place on the hill, knowing that the stars would always be there, it was just my eyes that couldn't see them anymore.

R.PREETHI (XII-A)

THE LITTLE CREEK

Hello! My name is Creek. People like to name me differently in different places, but I am usually referred to as the Creek. I mostly reside in mountains, hills, valleys and near underwater springs. I am not be as mighty as a river or a waterfall, but I do hold a special place giving scenic beauty to the places I pass through.

My life starts under the ground. I arise from underwater springs and come up to the surface through cervices and cracks in the ground. I travel very long distances, both under and above the ground. I am a very peculiar character. I am always inquisitive and curious, eager to poke my nose into everything, if I ever have one. That is, when I pass through all these places, I see everything nature has to offer me that day. The water I carry is the result of the influence of all the rocks, trees, meadows and valleys I pass through.

I learn many things from the things I pass along my way. I have learned how to be patient, from the trees, which wait for the seasons to change so that they could flower again. I learned to be sweet and bubbling from the flowers and plants that grow along the edges as I pass, giving off their sweet fragrance, cheering the day with their bright faces.

I learned to be firm and strong from the rocks; I learned to be hard working from the little insects that live on the banks, braving the water and never backing down from their duties.

When I am under the ground, I learned to hope, to yearn for the sunlight which I knew would reach me sometime. It is all these things I have learned that makes my water sweet and refreshing. I have also learned something from the humans: to appreciate beauty. A quality possessed by humans but, sometimes buried deep in their hearts. Learning is an endless process: You never stop learning.

If you want to learn something from me, let me tell you this: The way I keep myself bubbling and happy is by living in the present. I do not have any past or future, to worry over or worry about. The only thing I think about is the present moment. The past is like the dead leaves and the future is like the leaves sleeping on the trees waiting for the right time to spring open. Let us admire the beauty of the leaves which are on the tree right now making it lush and green. Cherish every moment of this magical and wonderful life.

It is time to bid you adieu! I have places to visit, people to inspire and many more new things to learn.

S.SIVA DARSHINI (XII-A)

SUPERPOWERS OF THE 21ST CENTURY

People always think a country's growth is dependent only on its financial status. But I

think a country's growth is also dependent on its defence system. In this 21st century, there are many countries that have some of the exceptional armed forces of the world. You may think I'm wrong but I don't really believe in this peace or non-alignment concept.

Many Hollywood films like 'War of the World, World War III, etc., show us some hints that could possibly lead us to another world war. This time, I don't think former superpowers like Russia, USA, Germany, UK, etc., would lead the war. This century will see the rise of some new powers like Israel, India, China, etc. When compared to the land-population ratio, Israel has one of the largest armed forces in the world. Though Israel was created only after the end of the Second World War, the country soon became one of the most powerful economies of the world. Israeli Defense Force (IDF) has some of the best soldiers in the world. It is compulsory for all the Jews to join and serve in the army for at least 30 months.

Most of the modern assault rifles like Galil, SMG's like Uzi and machine guns like Negev 101,102 etc., are Israel made weapons. It is reported that Israel has more than 100 nuclear warheads. They have been victorious in almost 95% of the wars fought. IDF has captured most parts of Palestine and few parts of Syria in Golan Heights. Other countries in Middle East have never been able to defeat Israel in wars. This makes Israel one of the superpowers of the world.

Now let us see another ambitious nation, China. The Chinese also rose to prominence only after the Second World War, after suffering severe blows from Japan. However, China has become one of the most powerful economies in the world. China has the largest naval fleet in the world. China has developed some of the best land-to-land and land-to-air missiles.

These missiles have nearly 5000~10000km range. They are capable of causing large scale destruction. Chinese Para-commando forces are world-renowned for their ability of conducting swift counter –terrorism actions.

Competition among the growing economies will surely lead to bitter hostility. This will definitely lead to yet another war. Whether it is IDF or Chinese Armed Forces or Indian Army , whoever plans well and execute operations properly will survive the war. But I'm very sure that whether we like it or not, there's a war coming!

C. SAM VICTOR (XII-A)

MY MOTHER

I love my mother,
Her smile is sweeter than sugar.
A person who I want to be with forever

Then my sorrows decrease to fewer.

She turns my frown around,
Helps me when I fall down

A person whose love is worth crores
A pure heart with no pores.

I always want to repay her
But she refuses it and says you are a lovely daughter.

When I want to thank her
She says, "It's my duty dear"

I always feel lucky because of you
A person who makes my everyday,

HAPPY AND NEW.

M.POOJA POOBHATHY (IX-A)

THANK YOU

I started walking,
holding your hands,
I started talking,
in reply to your sweet endearing.
I started singing,
along with your rythmic rhymes.

You showed the world,
I've never seen.
You thought the things,
I've never known.
You brightened the darkness,
that was hiding me.

At five, I was a beginner,
At ten, I was your listener,
At fifteen, I am your follower,
At twenty, I'll be a leader.

I know it's because of you,
I am what I am today.
So let me end by saying,
"Thank you, teacher! "

D.KAVYA MITCHI (IX-C)

MAN

Can man create trees
Or at least bees?
Can he make the wind blow,
Or make the river flow?
Can he create animals wild,
Or can he give life to a child?
Can he bring back the dead,
Or shower blessing on his head?
What can he do?
Destroy, destroy and keep destroying,
Until he himself is destroyed,
And only a single tree is left.

S. NITHEEN (VIII-C)

THE ONE I LOVE

I know I have an Angel.
She was sent from Heaven above
To protect Me everyday
And give me lots of LOVE.
She's there when I'm lonely
She sits by Me when I'm sad,
And encourages Me when
I'm down
A God sent person I have ever had
My best friend "Mother"

J.JEFFREY CHRIS (IX-D)

CINQUAIN POEM

"Timmy in tangles"

Timmy
Nagy, adamant
Fun-loving, cheering, giggling
most mischievous mesmeric girl
Tangler

SIVANI (VI – E)

Beach

In the Hazy sun,
On a lazy day,
Waves dashing on the sand
Sand blowing on the land
Splashing waves let me wet
I'm wet.

S.S.SANJEEV (VI –E)

Beach

On the Beach
A great wave, Me!
On the Hover board on sea,
Waves dashing on the sand,
Me, up and down, above the land ,
Then came the roaring wave,
Ah! I'm wet.

J.K.SHOBAN HARISH (VI –E)

Home Again

I 'm back home !
Wow! What an Arooma!
Wait! Is that PIZZZA!!!
I'll be there mummy,
Save it for me!
Tadaaa! I am on the table!
The last piece
IN MY MUM'S MOUTH!!!

S.USHA (VI –E)

DETAILS OF WINNERS OF OUTSIDE COMPETITIONS

1. S. Yuan Dev, of 3A - First prize in Kata Karate Competition conducted by THE WORLD SHOTOKAN KARATE - DO FEDERATION - TAMILNADU.
Venue: Swami Vivekananda Vidhya Mandir CBSE School, Harveypatti, Madurai.
2. Yuktha Sriram, of 3D - Third prize in 6th UCMAS ABACUS AND MENTAL ARITHMETIC COMPETITION 2015.
Venue: Convention Hall, Chennai Trade.
3. M. Swathi, of 4E - First prize and got bicycle in VARNAJALAM DRAWING COMPETITION conducted by Surian FM on 29th August 2015.
Venue: Mahatma Matriculation Higher Secondary School, Baba building, Madurai.
4. A.Ashwin Bharathi, of 3C - Second prize in YOGA TWISTING GROUP in the Age-8 category in the Tamilnadu Yoga Festival and 50th Tamil Nadu State Yoga Sports Open Championship and Second prize in Yoga Artistic Pair.
Venue: Mannar College, Madurai.
5. S.V. Pragatheeswarvel, of 3A - First prize in Skating (Inline Ring-3 and Ring-4) conducted by SUNRISE MOUNTAIN SKATING ACADEMY on 13th September 2015, in Madurai.
6. S. Sanjay, of 3C - Third prize in Kata (WSKF State level Karate Tournament) conducted by THE WORLD SHOTOKAN KARATE - DO FEDERATION, TAMILNADU ON 31st October, 2015. Venue: BalaGuru KamalaDevi Mahal, Madurai.
7. A. Alan Christ, of 4B - Best Player Award in under ten category in Badminton, conducted by Tamilnadu Badminton players Association - 2015, sponsored by Arrow Sports.
8. V.S. Ananya of UKG-C, secured Second Place in Kata, organised by W.G.K. East Zone Karate Championship 2016, Do - India, held on 31.1.16.
9. V S Ananya has secured 1st place in Martial Arts, as a part of 'Quest 2K16', organised by Thiagarajar College of Engineering, Madurai held on 6th February, 2016.
10. M. Mugil Rathnavel of UKG-C- is Ranked as Rink I - First & Rink II - First organised by Madurai District Level Intra Club Skating Championship 2016.
11. A. Harshitha of 4A won first place in Quad ring I,II conducted by MADURAI DISTRICT LEVEL INTRA CLUB SKATING CHAMPIONSHIP- 2016 held on Feb 7, 2016.

12. M. Swathi of 4E won second prize in Memory B event in Quest 2K16, an Inte School Cultural Fest organised by THIAGARAJAR COLLEGE OF ENGINEERING on Feb 6, 2016.
13. P. Vignesh of 3F got a momento in Aero Plus 2016 Exhibition conducted by NEHRU GROUP OF INSTITUTIONS.
14. M. Swathi of 4E won third prize in drawing competition held on 26th Jan, 2016 by SUCCESS ACADEMY, MADURAI.

INTRA SCHOOL CHESS COMPETITION

V & VI Category

- 1) M.S. REHMAN - V Std 'A' Section - Winner - I Prize
- 2) A. SANJAY - V Std 'D' Section - Runner - II Prize

STD VII & VIII Category

- 1) G. SRIRAM - VII Std 'A' Section - Winner - I Prize
- 2) R. HEMANT RAM - VII Std 'B' Section - Runner - II Prize



TIPS TO BEAT THE HEAT

- KEEP HYDRATED – Drink more water.
- REST – Make sure you get enough sleep, and rest if you feel tired.
- EAT FRESH – Eat fresh fruits and salads.
- SOAK – Take a cool shower or bath to help you keep cool.
- BE COOL – Stay indoors.
- SHADE – Wear a hat or take an umbrella with you when outside.
- DRESS DOWN – Wear a light weight and sun-smart clothing.