



JEEVANA NEWS LETTER

2013 - 2014

**25
YEARS**
(1984-2009)

For Private Circulation only

FROM THE CHAIRMAN'S DESK

As parents you are aware that there is technology explosion which has resulted in knowledge explosion. Internet to-day provides information on any aspect one wants. Students should be trained to use the information available judiciously. Here parental guidance is absolutely essential and useful. Many students have Facebook accounts though it is not necessary. We know it is difficult for parents to curb the enthusiasm and interest of children. My suggestions here are 'understanding' and 'guidance'. You may be aware that the school uses a software which contains all the lessons according to the ICSE syllabus. Class rooms are provided with a T.V and computer to facilitate the use of the software in teaching. This not only makes the job of the teacher easy but also makes the teaching and learning process interesting. Many of the lessons are presented in an animated form. Mindspark is another computer-oriented Maths programme which if followed properly makes Maths learning enjoyable.

Special Sessions

It is very truly said that
"If Wealth is gone, nothing is gone.
If health is gone, something is gone.
But if character is gone, everything is gone."

Teaching moral values is very necessary for the allround development of a person. It includes discipline, manners and etiquette, behavior, control over one's self, politeness, strength, patriotism, love and care for each other. It also includes speaking the truth, no stealing, becoming a good citizen.

Moral values are also necessary for developing healthy and friendly relations with everyone. A child must be given moral education at an early stage. Through Value Education classes our students are advised to treat others with the same set of values with which they wish to be treated.

Our Belongings, Social Graces & Anger Management

Children who grow up without learning respect and tolerance, as well as how to act in social settings, are at a greater risk of not being successful as adults in work settings and at social events. Good manners and social skills are learned behaviors, and kids need constant and positive reinforcement. Teaching a kid how to greet adults or extend a handshake, for example, requires practice. Ms. Mini Hari Govind presented it beautifully to our students by interacting with them, involving them in an activity and also through Audio Visual presentation.

Children were made to be aware of taking care of their belongings at school, home, public places etc., Ms. Ramya Nagasubramanian's activity-oriented and interactive teaching motivated the students to realize the importance of taking care of their belongings.

Anger management is the need of the hour for all of us. Children get angry instantly and get into quarrel, hurt each other, use abusive language and become restless too. Though it is the way children express their anger in general, it affects their learning process and especially their character. Ms. C. Ramya took up this challenging and most wanted topic with great interest and involvement. The goal of anger management is to reduce both our emotional feelings and the physiological arousal that anger causes. Children were made to understand that we can't get rid of, or avoid, the things or the people that enrage us, nor can we change them, but we can learn to control our reactions. Through Audio Visual presentation and live demonstration, they were given useful tips to manage anger. Children interacted well and enjoyed the activity.

MAKING CHOICES

We had a session on "Making Choices" for students of Class 7. The aim of the session was to make children aware that we are responsible for our actions, and that the mind we are blessed with is a beautiful tool in helping us make our choices in life. A brief introduction to the workings of the mind was given - that is, it is the self that directs the mind and our actions. Students who felt depressed and unhappy at the moment were asked to come forward and music was played for about 3 minutes and students were taught simple dance steps and by the end of it, all of them felt good and energized. They were made to understand that we can tune our mind to being positive and need not stay depressed. We are responsible for our thoughts.

"Our mind works on assumptions" - an activity was done to emphasise this. students were divided into two groups. One group was given picture 1 and the other group picture 2, then they were asked to view picture 3. Group 1 saw the young lady of picture 1 in picture 3 and group 2 saw the old lady of picture 2 in picture 3. Students were amazed.

Then an activity was done. Each child was given a washer tied to a string. In absolute silence, students were asked to hold the string in the right hand and ensure the washer does not move. The students were asked to look at the washer and project the intention that the washer moves side to side. In a few seconds the washer did move to their intention. [We can change our intention for it to move back and forth, clockwise, anti-clockwise!]. It is an interesting activity to emphasise the students that their actions can be controlled by their intentions.

Importance of the choices we make was discussed. The various areas in life where we make choices were brought to light by the students. And they were made to understand that they are solely responsible for every action - be it positive or negative.

Though the topic was a bit heavy for the students, from their feed back we could see that the message had reached them.



Fun Maths

Students usually find Maths a difficult subject and because of that they have less interest and more fear in Maths. They do not intend to see the fun part of Maths. Once they start liking the subject, learning it becomes enjoyable and regular. So, to create interest in the subject, we wanted to show some special numbers and patterns.

Armstrong Number

$$153 = 13 + 53 + 33$$

$$370 = 33 + 73 + 03$$

$$371 = 33 + 73 + 13$$

Kaprekar constant

Take 3289

Write in descending order : 9832

Write in ascending order : 2389

$$9832 - 2389 = 7443 \text{ continue}$$

$$7443 - 3447 = 3996$$

$$9963 - 3699 = 6264$$

$$6642 - 2466 = 4176$$

$$7641 - 1467 = 6174$$

Most of the 4 digit numbers end with 6174. It is called Kaprekar constant.

Palindrome

Consider any number. Eg. 64

$$64 + 46 = 110$$

$$110 + 011 = 121 \text{ - end with palindrome.}$$

$$157 + 751 = 908$$

$$908 + 809 = 1717$$

$$1717 + 7171 = 8888$$

Interesting Pyramids

				1						—	1^2
			1	2	1					—	11^2
		1	2	3	2	1				—	111^2
	1	2	3	4	3	2	1			—	1111^2
1	2	3	4	5	4	3	2	1		—	11111^2

Sum of odd numbers

1	=	1^2
1 + 3	=	2^2
1 + 3 + 5	=	3^2
1 + 3 + 5 + 7	=	4^2
1 + 3 + 5 + 7 + 9	=	5^2
1	=	1^3
3 + 5	=	2^3
7 + 9 + 11	=	3^3
13 + 15 + 17 + 19	=	4^3
21 + 23 + 25 + 27 + 29	=	5^3

ART WORKSHOP

Undeniably the session was enjoyable where I could transform my passion on creativity into ACTION. 31 girls from Std. VII were in complete sync and supportive to the activities given by me. They were made free from logical thinking. They were given chance to explore creative ideas with sand, pebbles, twigs and dried leaves. With limited colours and available materials they transformed charts into eye catchy posters. The students were given confidence to write neatly, attractively and boldly using chisel markers. Ideas on recycling plastic bottles were also taught. After a week of the session when a few students showed the bracelets done with plastic bottles, we were happy in developing their confidence and in discovering innate potential, talents and abilities.

SPECIAL SESSION FOR STD VII

TEASING and BULLYING AMONG STUDENTS

The main aim was to make the students understand the difference between teasing & bullying. Introduction was given on:

- g Forms of bullying [Physical, Verbal, Emotional, Social]
- g The damage caused to
 - g the one who is bullied
 - g the one who is bullying
- g To make the students realize that their friends have the right to feel safe, happy and enjoy school life.
- g Positive strategies to help counter bullying.
- g To create a NON-BULLYING class.

An activity

Two charts were displayed on a stand. One chart was filled with a few bullying words [told by students] eg: blacky, fatty, elephant and the other chart was filled with words of appreciation. Eg: you've got a good handwriting, you are an artist, and so on.

At the end of the activity, we crushed the chart which had bullying words and showed the children that the one who is bullied will be shrunken/crushed like the chart.

Students were asked to express themselves if they are suffering by any bullying activity.

During the session with boys, a few were crying and said that they were all bullied because of their physical appearance.

POSITIVE STRATEGIES ARE:

- g Explain to the bully how you feel.
- g Discuss with elders and get help.
- g Ignore.
- g Do not fight back.
- g Avoid reacting to the rude remarks.
- g Avoid enjoying also.
- g Do kill this bullying attitude with KINDNESS.

A little note of THANKS.....

Go Green.....

As we were discussing about making a difference, the idea of recycling plastic bottles cropped up in our mind. Each one contributed their recycled bottles when one of our friends suggested having money plants in it. So now we have recycled bottles with money plants brought from our friend's garden hanging around in the campus.

Thank you.....

XI 'C' Students

A BIT WHICH WE CAN DO..... RECYCLING PLASTIC BOTTLES

1. Cut the plastic bottle top.

Punch a few holes
in the lid

Cut the recycled
bottle as shown



Fill the top section
with potting soil and
insert your plant

Insert the top half
into the lower
section and
water. When you
see the water is
drying up, it is
time to water
again.

2. Punch holes and attach strings.
 3. Now keep the money plant.
- Let it adorn your home.

SESSION ON 'DEALING WITH PARENTAL PRESSURES'

Std XI - 9th January, 2014

The aim of the Session was to make the students:

1. Empathize with parents and understand their point of view.
2. Appreciate the intention of the parents.

The Session started with a silent prayer.

Then the students were requested to close their eyes, think of their parents and write one word / phrase that comes to their mind, in a self-adhesive paper and put it on the notice board. A few students had expressed 'Stress', 'Learn', 'Don't waste time', etc.,

Next, students were asked to say one aspect on which they would like their parents to change. Each and every student was allowed to express. This exercise worked like catharsis for the kids. They started expressing their problems. We just allowed them to talk. The major problem was, they were not given freedom and they were compared with their cousins or friends. The main complaint was "Why can't our parents understand us?"

Then, we had Role Plays. Situations were given involving conflicts between parents and kids. The students enjoyed this very much. The purpose was to make them realize the intention behind their parents' actions and to make them step into their parents' shoes, to see their point of view.

Next, they were asked to come out with possible solutions / compromises to deal with such situations. We asked them how they would have dealt with kids like them, if they were the parents.

We narrated stories based on unconditional love.

Next, they were made to prepare cards for their parents. It was nice to see them write poems, draw pictures and decorate their cards for their parents. They were asked to present them to their parents.

Finally, we ended the session with meditation.

The students appreciated the activity.

The role play helped the students realize that their parents' intentions are always good. Only the action may be difficult to cope with.

After the session, they said that it was easy to understand why their parents behaved in a certain way.

Career Guidance Programme

Ms. Lathika and Mr. Apsara Saleth Mary from Annai Fathima College of Arts and Science met the commerce students to explain about the higher studies in Commerce, IT and Hospitality Management.

They informed about the unique features of the courses and also about the training and placement.

Ms. Divya and Ms. Dheva Sangeetha from Lady Doak College addressed the girls of XI 'C' & XII 'C' about the B.Com Honors, a four year degree programme.

They shared the significance of the course, which will be beneficial to them in choosing their career.

Pamphlets were distributed to the students.

AWAKENING YOUNG MINDS



Being a youth icon of India, Swami Vivekananda's birthday on 12th January is celebrated as National Youth Day in our country. It is a fitting tribute to this great personality who believed in youth power and inspired Indian youth to improve themselves and the country as a whole. The entire world is gearing up to celebrate the 150th birth anniversary of Swami Vivekananda. Needless to say the students of Std. XI were buzzing with innumerable activities in preparation of this great show. Neatly lined were the chairs in the gallery, which was done in a dexterous manner. Colourful charts bore on it the powerful sayings of Swami Vivekananda, which formed the shooting rays of the rising sun in that captivating background. All the students of Std. XI waited with eager eyes to contribute their part to the show. The show commenced with an invocation, followed by a refreshing address by Gary Paul of XI 'A'. He spoke about the virtues of Swami Vivekananda and conducted the entire show perfectly. Some of my friends of Std. XI quoted the aphorisms of Swami Vivekananda. The inspiring quotes aroused confidence. The Chief Guest of our show, a follower of Swami Vivekananda was pleased to witness our show. Ajay of XI 'B' came up with an enlightening speech about the contributions of Swami Vivekananda. His belief in Swamiji's sayings was evident from his bold speech. The Chief Guest of our show then delivered his speech on Swami Vivekananda. He equipped us with the time line of Swamiji's life. We were delighted to know that great Indian achievers like Dr. A.P.J. Abdul Kalam and Dr. Mayilsamy Annadurai are followers of Swami Vivekananda. He reminded us of the eminent speech delivered by Swamiji at Chicago. The heartening event had a motivating conclusion. Manisha of XI 'C' created a serene environment enabling meditation on the sayings of Swami Vivekananda. The show had created a potent impact on the minds of the listeners. When we recall the events of the show, a tide of positive energy reverberates among us.

SPECIAL ASSEMBLY to honour Swamiji

We had a special Assembly on 20th December, 2013 to honour Swami Vivekananda on his 150th Birth day. Swami Surya Moorthy was the Chief Guest. We started the assembly with a Prayer. Next we had a Tamil skit based on Swamiji's quote "Concentration is essential for all knowledge". Then we had a Hindi play with Swamiji's quote "Faith in God is one's own virtue, doubt is sin". Students of class 2 recited the quotes, which was followed by a presentation by the students of class 4. The Chief Guest shared a few incidents from Swamiji's life which was informative.



பாரதியார் விழா கொண்டாட்டம்

பாரதியார் கவிதைகள், பாரதியாரின் வாழ்க்கை நிகழ்வுகள் சிலவற்றை நடிப்புத் திறன் வாயிலாக நாடகமாகவும், கவிதைத் திறன், உச்சரிப்பு இவற்றின் மேன்மையை பாடல்கள் வாயிலாகவும், நாட்டிய நாடகமாகவும், எங்கள் பள்ளியில் செம்மையான விழாவாக, மாணவர்கள் வாயிலாக சிறப்பாக நடத்தப்பட்டது.

தொடர்ந்து வகுப்பறையில் பள்ளி மாணவர்கள் பாரதியின் பாடல்களை பாடி வருகின்றனர்.

நாட்டுப்பற்று, விடுதலை முழக்கம், பெண்கல்வி, இயற்கை காட்சிகள், பறவைகள், பக்தியை நிலை நாட்டுதல், அச்சமின்மை, மனித நேயம் இவை அனைத்தையும் பாரதி தம் கவிதைகள் வாயிலாக வெளிப்படுத்தியுள்ளார். இதைக் கற்று தெரிந்து, அறிந்து, புரிந்து மாணவர்கள் பின்பற்றி வருகின்றனர்.

இன்றைய நவீன காலத்திலும், அன்றைய பாரதியின் நினைவுகள் மாணவர்கள் அனைவரும் அறிந்து கொள்ளும் வகையில் சிறந்த வழிகாட்டியாகவும், மாணவர்களின் உயர்ந்த இலட்சியத்திற்கு உறுதுணையாகவும் இருக்கும்படியாக, இவ்விழா சிறப்பாக இனிதே நடைபெற்றது.

“என்க ஏன்றும் ஸ்ரத்தியின் புகழ்”

ANNUAL DAYS
VSP Total Team work of
THULIR.

Jeevana, Vishalakshipuram celebrated the Annual day on angels' December 14th highlighting the importance of New Year. The tiny little angels' presentation was lead by the little Baby New Year. They showcased celebrations of various countries. UKG transformed the whole scenario colourfully depicting the Chinese New Year. Classes 1, 2 and 3 proved their dramatic skills by staging fantabulous and informative skits on New year. Always and ever the enthralling scene will be only from Shakespeare. Class 4 children brought alive not only Shakespeare himself on stage but also his prominent characters with New Year resolutions. Overwhelming accolades were showered for the rocking footsteps of VSP dancers. Thus, the entire show succeeded in proving our kids' talent and our team work.

Ponmeni KG Section

Christmas Day always seem like the longest day, when in fact it falls soon after the shortest day of the year. This is the benefit of being a kid. All time is warped. Nothing feels quick when you are a kid, except maybe that hour before bedtime. A school year feels like an eternity. The week before your birthday feels like a month. And the month before Christmas feels like a year. And then the day comes, and everything, naturally, stands still. That was how our Christmas day celebration started with our kindergarten brood. The importance of physical exercise and the need for children to have the freedom to "move" permeates life. Stretching is one such activity that is important for people of all ages! One of the greatest benefits of stretching is that you're able to increase your range of motion. Knowing the benefit of stretching we train our children to stretch which is part of their daily class activity. Montessori curriculum focuses on key developmental milestones in children between the age of three and five. Younger children focus on honing large muscle and language skills. Four year olds work on fine motor skills and completing everyday activities. Older preschoolers broaden their learning experience to their communities, through trips and special events. Following the curriculum our children carried out the Christmas Dinner Dolls activity in which the kids set a perfect table through which they learn table manners.

Our modern culture contains a multitude of distractions: video games, computers, television, and any number of sports- or arts-related extra activities but maintaining calm, controlled, prepared Montessori environment and a clear approach to reducing distractions and sensory overload is an important task of the Montessori caregiver. This directed approach is designed to foster the power of concentration in children, so that they may grow to become happy, independent, and fulfilled adults based on which the Threading beads and decorative items for Christmas tree was executed where children were made to decorate the Christmas tree with items like Beads, Stockings, Stars and Bells. Practical Life activities develop independence, fine and gross motor skills, social skills and confidence. These are genuinely useful jobs that keep the work environment neat and tidy, and allow the children to learn using their imagination as they are working with real things. Arranging eggs is one such activity that enhances the developmental skills of children through which children are made to arrange eggs in its case which is part of the Christmas Day Celebration. Montessori states that the essence of moral education is given in the loving environment, no-one can teach it, to perceive the difference and to know it are not the same thing. Likewise Share and Smile is one such activity where children are made to share the gifts that they get for Christmas with their pair through which they enjoy the happiness of sharing, love and affection. Transferring exercises in the Practical Life Area provide interesting opportunities for the child to build eye-hand coordination, develop focus and attention. Our Juice Bottling activity is one such activity that enhances the eye-hand co-ordination of children as they are trained to pour water into bottles without using a funnel with which they prepare different kinds of juices for Christmas celebration which is not an easy task for tiny tots like that of ours.

Next in line is the Hula-Hoop which is not only a great workout for your abs, but it's a great way to have fun and impress your friends. To be an expert Hula-Hooper, all you need is to practise and to improve your coordination. Our diminutive experts performed a very fantastic display with their hula hoops. Clowns feel and express powerful and intense emotions. Christmas and clowns can never be estranged. Our little clowns helped their mates to wear different colored caps who as well juggled their colorful balls bringing ease to the entire environment. We all know Rudolph and his red nose but apart from Santa's magical reindeer there are many thousands more living in the forests and fells of Lapland who have not yet reached the standard for joining the special magic team. Our petite reindeers join hands with their Santa jiggling around tuning in the spirit of Christmas. Christmas isn't Christmas for most people without a Christmas tree, and by decorating the tree thoughtfully we can set a great example during the celebration of the Nativity of our

Lord. Our tiny buds started decorating their Christmas tree with candies, stockings, stars and bells through which they learn about different culture, tradition, custom and also regarding various places, festivals and seasons. An atmosphere of love and respect for life is the best foundation for the study of plants and animals. This begins at home. Animals are best observed free in nature rather than in cages. We focus on the child's natural love for and affinity with nature, and the tendency to want to touch, hold, and care for nature specimens such as rocks, shells, seeds, flowers and leaves, insects, kittens—all things living and nonliving. Know my diet is one such activity where children were dressed up as different baby animals and fed each other with their favourite animal food. This activity teaches children about the different kind of living things, the food style and their impact in our life. Children have a natural desire to make sense of their world, to create order in a world that seems largely out of their control. For that reason, sorting activities often attract children. In fact, many children will start sorting things without even being taught and Marble March activity is where children are made to sort different kinds of marbles into different bowls according to the size, shape and colour. A quality Montessori classroom has a busy, productive atmosphere where joy and respect abound. Within such an enriched environment, freedom, responsibility, and social and intellectual development spontaneously flourish!

Std. I & II Children's Day Celebration

Jeevana adores, loves and cherishes her twinkling stars. Yes, our Annual Day was on Children's Day and what better way to make this day a memorable one for our small ones than dancing, acting and having fun all the way. The programme started with an invocation to the almighty. Children brought on stage the various types of children's day celebrations all over the world. Representations from countries highlighted the salient features of their motherland and also the children's day celebrations of their country in the presentation 'Peace Peace'. The important bond of our country 'Unity in Diversity' was clearly depicted in the Tamil skit. The 'Arabian Beats' was dazzling and very colourful. The Karagam and Kavadi Attam were presented beautifully with co-ordination and rhythm. The dance based on Bharathiyar's songs for children was a feast to our eyes. Children performed the skits with natural poise and charm. The budding youngsters on stage were clearly bubbling with enthusiasm and joy. In all, the day was very well appreciated which the children will cherish forever.

Std. III & IV - Festivals of India

Every festival has a significant story or history behind it. The spirit of festivity remains the same among Indians through all of them. Our presentation was based on 'Festivals of India' relevant to the calendar. We celebrated it on 26th October, 2013. The values, sentiments and emotions attached to the rituals of the festival, 'Raksha Bhandhan' spreading the lesson to live with harmony and peace was the play in Hindi. English plays projected wonderful message to the audience such as count your blessings and be thankful, the real meaning of Ramadhan, happiness is the best garment we need to live on earth and season of good will on the eve of Christmas. The play in Tamil reminded us to discard discrimination and how festivals help to promote good relationship and understanding among family members, neighbours and friends through family gatherings. All the dance performances were real celebration of Holi, Diwali, Pongal, Onam, Durga Pooja, Navarathiri and Ganesh Chaturthi. Our students conveyed the message that each festival has its own signature style of celebration and all festivals are unique in their own sense.

Std. V - Message on Swami Vivekananda

Std. V solemnly celebrated its annual day on 11th January, 2014. It was a grand celebration which had the students display their talents exuberantly. The function began with school prayer followed by a devotional song by the school vocal students. They enthralled the audience with the soulful rendition of the music.

Throughout the show, the students enraptured the audience with their message on Swami Vivekananda and Pongal. The programme was anchored by Jegavardhini and Sriram and it was truly appreciative. The cultural event started with a welcome address and then geared up with lots of other events. Programmes like mime, cultural and classical dances and skits transfixed the spectators and filled them with wonderment. The Folk Dance on pongal evoked great admiration from the spectators. The function successfully came to a close with the vote of thanks by Shrinika. Parents and the guests who had come to watch the programme had good entertainment and appreciated it a lot.

Std. VI - Independence Day Celebration

The annual day for Std. VI was celebrated on the special occasion of Independence day (ie) 15th of August with pomp and splendour. The theme chosen was "The freedom struggle". As usual, our Jeevanites exhibited their talents in an energetic, enthusiastic and unique way. The day started with the flag hoisting followed by Patriotic songs which triggered the spirit of patriotism. Our renowned motto, "Unity in Diversity" was beautifully highlighted by "The State Dance" which depicted the dances of various states. Tamil skit took us to the days of freedom struggle by portraying the life of one of the greatest freedom fighters, Tiruppur Kumaran. With a pair of clear eyes, the mime, "Let us Salute our Soldiers" expressed the true pride of our nation. Hindi skit was all about "Conservation of Nature". It kindled the thought of preserving nature as well. English skit not only brought Gandhiji on a stage but also gave us a food for thought, by bringing out his philosophy, in the form of a short thought provoking interaction with our Jeevanities as a stage show. Last but not the least was the classical dance, one of the ancient dance forms of Tamil Nadu - Bharathanatyam. Students gave a stunning performance which undoubtedly stole everyone's heart. This grand show came to an end with the National Anthem.

Std. VII & VIII Republic Day Celebration

The performance of the variety entertainment on the Republic Day by the students was in a very befitting manner.

The morning of the day, the 26th of January was an enjoyable moment for the audience gathered in the school premises.

The students, individually secured to have transformed themselves to the characters, that they were acting, specifically the patriotic songs, the live puppets, and the elegant dance performances were laudable.

On the whole, the talent of each of the students depicted on the stage was brought out and presented in an appreciable manner.

The sincere and relentless effort of the concerned teachers needs to be applauded greatly. The combined effort of the producers and directors as well as the actors, deserves a tremendous applause! Congratulations!

Std. IX National Integration Day

National Integration Day celebrated to mark the birth anniversary of one of India's greatest leaders, Mrs Indira Gandhi, was a brief but memorable event in Jeevana Chronicles, 2013, hosted by Std. IX. The event was performed twice on the same day, with students of 10 to 12 watching it in the morning while the rest did it in the afternoon. The stage had a backdrop symbolizing India's unity in diversity and the programme kicked off with a welcome speech followed by catchy contemporary songs on unity and universal brotherhood. The melody was followed by a group of girls sashaying to a melody of popular tunes. The highlight of the day, however, was the mime. It brought out the theme of how humanity triumphs over petty religious differences. As always, a dance performance by the boys was the icing on the cake. As the vote of thanks was delivered, all were filled with a satisfaction of a day having gone well.

Std. X - Teachers' Day Celebration

In the months of June, July and August, the teachers had been putting the Std. X students through the grind. In September, the students decided it was pay back time! No, they were not plotting revenge! Rather, they were planning for celebration on Teacher's Day.

The DNA of this year's Std X is top notch. They were expected to give a blazing performance in the 2014 boards. So, for this celebration also, the expectations from the teachers and students were rather high.

The students' approach to this show was very professional. They had special 'directors' for each aspect of the programme. They had a few students in charge of the spectacular backdrop, which had a multitude of painstakingly done drawings and paintings, all focusing on the central theme of the show, i.e. "We can learn from our surroundings".

The girls belted out a couple of popular Tamil film songs which were well received by the appreciative audience. The mood of the teachers was given a further fillip by the melodious rendition of a beautiful, but difficult to sing English song sung by the boys.

Next came the skit enacted by boys and girls. The skit which stuck to the theme of learning had the audience spell bound. Still, as is the usual case, it was the dance that the audience had been waiting for. And when it came, they went wild and roared their approval. The girls' dance was charming and graceful. Not to be outdone, the boys provided a fitting finale with an enthralling and energetic dance.

To sum it up, it was a short, power packed performance, not unlike a M.S. Dhoni Special T-20 innings! Having filled up the hearts of all teachers and students, the tenth could now turn back their attention to their ultimate goal. Creating history in 2014 board exams! Bon chance!

Std. XI Farewell

On 24th January, 2014, students of Std. XI presented the farewell to their seniors at 4.00 p.m. in the skating rink.

The celebration was honoured by Mr. Ananthan, the Principal, the A & C., the C.E., Heads of various sections, co-ordinators and teachers. The students of Std XI were excited to present a good show to their seniors. They planned well and worked with team spirit. The back drop was designed with 'GOOD BYE' in different languages.

The programme started with prayer followed by welcome address. The girls danced gracefully depicting the different stages of a student's life. Students of Std. XI posted a few thought provoking questions to Std XII students, and the latter answered in an interesting way. The students of Std XII enjoyed the games which were conducted. "The Ice breaker" broke the silence by 'Crazy Jokes'. Last but not the least Std XI boys presented a powerpacked dance. Each student of Std XII was given a memento.

Mr. & Mrs. Ananthan distributed the prizes to the winners of the game show. Finally, the Head Girl gave the Vote of Thanks.

Mindspark Experience

Children have entered the challenging world of Maths through Mindspark. They are much interested and eagerly expect Mindspark sessions. It encourages the children by giving sparkies to students till Std. VII who answered correctly and reward points to the students of Std. VIII. Students share their new ideas and number of sparkies with their teachers and friends with pride.

Children are very much interested in doing timed tests. Challenging questions are really hard nuts to crack. They enjoy answering questions as well as activities. As they are facing challenging questions, they have improved in their logical skills and understand the concepts in depth and, this would help in their competitive exam.

The students of Std. VIII, who enter the exam corner have their performances analysed and are given tips to remedy the flaws. Further more, it enables the teachers to identify the strengths and weaknesses of the students.

Prolonged exposure to this system would make the students more proficient in mathematical concepts and also enhance their ability to reason and to think logically, not to mention their problem solving skills.

DUKE'S TRIP

The prestigious Duke University's Duke's Tip examination for which two of our students were qualified made us feel proud. The bi-weekly classes with Shama of Std. VII'B' and Nitin Peter of Std. VII'A' were a delight. These two bright-eyed, smart and hard working students took the extra amount of work in their strides. Their dedication towards the preparation was evident not merely in their solving of numerous worksheets but in the fact that they did it with a smile on their faces after school hours. It was a gratifying experience to watch the fledglings take wings so early and soar to great heights in the sky, Irrespective of the results, we can all be sure that these two are in a league of their own.

Std VII - C PRESENTATION ON READING THEATRE

As a part of English project, students of Std. VII - C dabbled in Reading Theatre. Reading Theatre is a minimal theatre in support of literature and reading. It is an effective way to present literature in dramatic form. Children are made to read repeatedly which improves their fluency in reading.

In this, actors do not memorise their lines. They use vocal expression to help the audience understand the story rather than visual story telling such as sets, costumes and intricate blocking.

The English teacher found a script suitable for Std. VII and discussed the script and characters with them. Children were excited as they were doing it for the first time. Roles were assigned and nearly 8 periods were utilized for the practice. They had real fun and their team work was impressive. Each one performed his / her part very well. Through this we have vocabulary, comprehension and retention enhanced a little more. After a feedback from the HOD of English Department and the Headmistress, it was performed in the assembly. Std. VII students enjoyed it to the fullest.

Social Sciences Exhibition

The exhibition of students' project works in History, Civics, Geography and Environment application between 18th February, 2014 and 20th February, 2014 was a fantastic display of efforts of Jeevanites to revive historical events and depict geographical facts. A number of exhibits were on show. The walls showcased a variety of information of the past and present in charts of different colours and shapes.

The models reincarnating Jalian Wala Bagh tragedy helped to understand the value of 'Free India'. The exhibits on India's freedom movements kindled the cognitive skill of the student visitors to remember the sacrifices made by our freedom fighters. The models of our Earth's geographical patterns were prototypes of students' understanding of Mother Nature.

The exhibition was a spontaneous success in everyway. Everyone felt that organizing such events gives an impetus to tap the responsibility of young minds to learn from our past and strive in the present to conserve nature for our future.

English Week

We have found that immersing children in a range of creative activities creates an environment that is conducive to learning. The use of English language is very important among the school children. It is an opportunity for the children to enhance their speaking, reading, writing and listening skills which are the four important skills pupils need to master. A consistent use of English language will ensure pupils at their tender age to inculcate the essential skills needed. Our English Week celebration focused to encourage the pupils to appreciate the value of English language and how fun it is. Lots of charts based on grammar and vocabulary were displayed. Students enjoyed creating comic strips for the lessons. The team spirit, co-operation, sharing of ideas and peer learning exhibited during group activity in making models based on the lessons were incredible. Our students enjoyed doing all the activities in classrooms as a part of learning English with fun.

The In-Quiz itors 2013

The day 15th on November, 2013 started with a pleasant weather and we found our students standing along with around 130 to 140 teams from various schools assembled in Mahatma School auditorium which was the venue. From our school four teams took part in the Quiz.

Once the registration for our teams was over, we were ushered into the air-conditioned hall which made us shiver a bit as we were nervous already. It was about 9.30 a.m. when we took our seats in the far right corner of the hall so that we would not be disturbed by others.

The Preliminary round started at about 10.15 a.m. and students felt it tougher than the other quizzes we had faced. After the preliminary round, when the answers were discussed, our students were a bit disappointed as we had got only ten right answers out of twenty five questions. But after the interaction they found out that they had done relatively better than most of the other teams in the preliminary round.

Then, at about 10.35 a.m., a short break was announced during which we helped ourselves with some tea and biscuits which were being served.

Then the critical moment which we were expecting with anxiety came. The quiz master Mr. Sundarnathan called out the names of the finalists in reverse order (i.e. from sixth to first) and he had already called two teams and we were called up as the third team as our students had come fourth in the preliminary.

We were called up on the stage and got table number '1' in the lot. Onstage, our spirits were high and we answered as many questions as possible. The team from Pushpalatha Vidya Mandir, Tirunelveli were hot on our heels and we needed to answer as many questions as possible to continue to be on the leading track. When the last question was answered by one of the audience, the result was announced and our students were in the seventh heaven knowing that we had won the competition.

"Proud to be Jeevanites"

LEO CLUB - 2013-2014

The Leo Club of Jeevana School had its 17th installation ceremony on 19th July 2013. It was a grand function graced by our beloved Chairman Mr. M.S. Iyengar and his family members.

We were able to do 3 service projects.

The first service project was done towards Independence Day on 22nd August, 2014 to "Love and Care" Ashram at Oomachi kulam. The Leos donated two ceiling fans, stationery items, snacks, etc.,

The Second Service project was on 1st February, 2014, at Birds' Nest Girls Orphanage. The Leos donated bathing towels, snacks, long size note books etc.,

The Third Service project was done on 15th February, 2014, at Inba Illam Home for the aged. Leos supplied new dresses and snacks for the inmates.

Among these three places, Birds' Nest and Inba Illam, are the places we visit every year and the inmates indeed welcome us affectionately.

May God Bless all those who by and large help to make these service projects successful achievements!

SPORTS DAY

On 21st September, 2013, students of Visalakshipuram assembled in their colourful sports costume in the Ponmeni ground. After the Chairman declared the sports meet open, the colourful drills showered the ground. Tiny Tots of KGs had their events. Students performed Yoga and Karate. Students of classes 1 to 4 took part in their class events. Aerobics was the highlight of the show. The Sports Presentation reflected the Proverb "Practice makes a man perfect".

Std. I & II

Sports play an important role in the all-round development of a child. Children learn co-operation, teamwork, discipline and patience through sports. They learn to accept success and defeat gracefully. Our Junior Section Sports Day for Std I and II was held on 31st August, 2013. Rain God had cooled the surroundings the previous day and the Sun God also favoured us that morning. Children were looking beautiful in their bright sports attire. There was a wonderful display of free hand exercise. These stretches were the extension of our daily class room activities. Then followed our team games. Each and every child had to contribute to make their team win. All were group games full of fun and frolic. There was 'Chocolate making', 'Getting ready for rainy day', 'Strike to win' games. All our children participated enthusiastically and the day culminated with the distribution of prizes.

Std. III & IV

Sports and games are very important for children. They are useful means of entertainment and physical activity. They help in character building as well as provide energy and strength. Students of Std. III & IV celebrated their sports day on 28th September, 2013.

During sports, students learn many things. Girls' drill was a formation of the word 'JEEVANA'. Boys' mass drill was done with uniformity. The students exhibited a sense of friendliness and team spirit and performed it beautifully. Track events were the most awaited ones. 50 mts dash, lemon and spoon, balancing the book, skipping and sack race, brought out true sportsmanship in every child. The participants had a lot of energy and strength. Yoga demonstration was the highlight of the programme. Our children mesmerized the spectators by performing many challenging asanas at ease insisting the importance of yoga in our physical well-being. Our students displayed the spirit of obedience, discipline and fairness.

Achievers of External Competitions

K. Yukthaamugi of LKG got III Prize in 25 m Breast stroke & III Prize in 25 m free style in Group VIII girls category of the KESPA - HINDUSTAN UNIVERSITY Tamilnadu State Level Inter School & Inter Collegiate Swimming Meet - 2014 held at Chennai on 1st and 2nd March, 2014.

P. Soundarya of Std. I has won I prize in Sub Junior Girls Dist. Gymnastics Championship.

R. Anish of Std. III E has won III prize in Silambam and I Prize on Quad Ring 1 & 2 conducted by Sapthapathan Silambam Championship & SRM Roller Skating Academy Championship respectively.

Aarush Agarwal of Std. III E has won I Prize in Art out of waste & II Prize in Drawing conducted by NIIT & Design of Art Academy.

A. Vaishnavi of Std. III has won I Prize in Drawing competition and II Prize in Clay modelling conducted by Varnajalam.

Sania of Std. IV - C has won II Prize in Badminton conducted by Madurai District Badminton Association.

P.L. Siddarth of Std. V-D has won two III Prizes in 4 x 50m Free style and Medley relay (Group - IV Boys) in 17th Senthil Memorial Aquatic Championships - 2013 conducted by Tamilnadu State Aquatic Association; II Prize in 50 mts Free Style, III Prize in 50 mts Butterfly stroke, III Prize in 50 mts. Breast Stroke (Group - IV Boys) in Madurai District level Swimming Meet conducted by Aquatic Association Madurai.

R.T. Mohitha Std. V-B is a winner in Inter School & Inter College Table Tennis Tournament - Sub Junior girls conducted by Stag International Inter School & Inter College Table Tennis; II prize in District level Table tennis tournament conducted by State games for Chief Minister's trophy - District level tournament. A Winner in Round Table Tennis tournament conducted by YMCA Salem & Salem Round Table Tennis tournament and a winner in State level table tennis tournament conducted by Theni District, Table Tennis Association.

R. Sneha Shree of Std. V B is announced as Champion in South Zone level Yoga competition, 2013 conducted by Academy of Sri Pathanjali Yoga Kendra and secured I Rank in Marrs International Spelling Bee conducted by Marrs International Interschool level championship

J.V. Rishon of Std. IV E has won III Prize in Roller Skating Mini Marathon Green Environment Awareness Programme conducted by IPL, YOGA & Skating Sports Association.

Nagadharshiny of Std. VIII A has won II prize in 50 m free style conducted by Sports Authority of Tamilnadu.

Santhana Gopala Krishnan of Std. VII A has won one I Prize & two II Prizes in Carnatic classical & light music competition conducted at Jabalpur - National level and by Sathguru Sangeetha Samajam - District level.

Varshini of Std. VII A has won Sparkie championship in Mindspark for September conducted by Educational Initiatives National level.

Prasanna Venkatesh of Std. VII C has won III prize in a cricket tournament conducted by R.K.V. Academy in Trichy.

Imrankhan of Std. VIII A has won Sparkie championship for the month of September

Shanmugham of Std. VIII A has won Sparkie championship for the month of December

Tharshan of Std. VIII A has won Sparkie championship for the month of January.

Priyadarshini of Std. IX has won I Prize in CM's trophy - U - 14.

Karur Cycle tournament - III Prize in U-17

Adam Chess Rated - II Prize in U-13

Kamaraj Memorial Fide - IV - Prize in U-14

U-17 State Selection - III Prize

U-17 State Championship III Prize

V. Ramya of Std. XI has won three II Prizes in 800 m free style, 200 m back stroke & 400 m free style in Bharathiyar Day, Republic Day sports & games state level swimming competition at Nagapattinam.

M.HARSITH ADIDEV of Std. II has won III prize in Madurai District Roller Skating Competition, Long Race District Level (Below 6 years).

B.PRATISTHA of Std. I has won II prize in District Level Yoga Competition.

S.SUJAIRAJ of Std. I has won I prize and has been selected for State Level for Skate Meet.

J.DHARUN PRASAD of Std. II has won III prize in District level Skate Meet. He has also secured III rank in the Madurai Inter School Championship of the MARRS International Spelling Bee and selected to participate in the state championship.

MANYAA of Std. II has won I prize in Drawing and Colouring and II prize in Clay Modelling in the JCI Madurai Competition.

S.YUVARSHINI of Std. I has won III prize in Clay Modelling and III prize in Drawing & Colouring in JCI Madurai Competition.