



JEEVANA SCHOOL *Newsletter*



FROM THE CHAIRMAN'S DESK

I have a friend in Bangalore who runs a Training Institute to prepare students for various professional colleges such as the IITs, the NITs, Pilani, AFMC and such other prestigious Institutions. There are a few more similar Training Institutes in Bangalore. All these places admit students based on entrance tests and in spite of this, there is tremendous pressure for admissions to these Training Institutes.

We, in Jeevana, also tried to train our students for admission to professional colleges for a couple of years and now we have given up, due to lack of enthusiasm both from students and parents.

I am a little baffled at this attitude. Are our students satisfied with average performance? What are the reasons? Most of them are happy to find places in the state Engineering and Medical colleges. They do not aspire and accept challenges.

This attitude is reflected among all age groups of students in the school. Why do most students want the easy way out? What should the school do to improve this situation?

Of course, parental cooperation is very important. It is true that all parents want their children to do well. However, today, most parents are busy and they perhaps are not able to find enough time to spend with their wards.

It is very necessary for parents to find time to talk to the children about what goes on in school, see the school diary, scan through the notebooks, examination papers and reports and get the response of their wards. If this is done, maybe things will improve. If parents are very busy and cannot find time for their children, my sincere suggestion to such parents is that they should find a good boarding school.

Parents in a Day School have to keep in touch with the School. They will know what goes on in school if they regularly go through the School Diary. If there is no entry in the diary they can revert to the School. We want only such parents in the school who can find time on a day-to-day basis for what goes on in the school.

THE LIGHT BRIGADE

Every year students who have been exemplary in academics, extra-curricular activities and discipline are elected to be the Head Boy, the Head Girl and the Prefects. This year the investiture ceremony was held on 21st June, 2014 with special invitees Mr. and Mrs. M. Louis presiding over as Chief Guests. As the Assembly Hall resonated with chants of 'Showers of blessings' and 'We shall overcome', the Chairman, the Correspondent, the Principal, the Chief Guests, the Advisor, the CE and the Heads walked on to the podium. To a slow drum roll the Head Boy, the Head Girl and the Prefects solemnly marched on to the podium as well. The Principal hailed the Chief Guests' efforts as founders of Muscular Dystrophy Foundation India dealing with patients suffering from ailment of muscles. Then Mr. M. Louis addressed the student body on the role of youngsters in becoming future leaders. After the simple, yet forceful speech, the Chairman and the various dignitaries present on the stage pinned the badges. Soon it was time to felicitate the top scorers of 2013-2014 in the grades 10 and 12. Shivram, a grade 12 student, who had secured the 2nd rank in the state by scoring 1192/1200 was applauded the loudest. Teachers who had worked for the centums scored by Jeevanites in HSC and ICSE were awarded with cash prizes.

Ms. K.S. Lakshmi

ANNUAL DAYS

Independence Day Celebration

The Annual day for Std. V and Std. VI was celebrated on 15th August to commemorate the 67th Independence day. No doubt, our Jeevanites showcased their talents in a vibrant, mind-blowing and fantabulous way. The function started with the invocation to the Almighty. The flag hoisting was followed by songs which kindled the spirit of patriotism. Various forms of dances of Tamilnadu were staged – Karagam, Kolattam, Kummi and Oyilattam which were visual treats. Girls were dressed in colourful attires and danced rhythmically to the beats.

"The Rainbow magic" – a dance drama brought fantasy characters alive. 'The Promise', an English skit, emphasized 'Loyalty is the best policy'. 'National Integration' – a presentation was truly a tribute to India. 'A star is born' – a skit was enacted to differentiate between a wish and an ambition. Tamil skit 'Vellappanin vaedikkaigal' filled the auditorium with laughter. Through mime, the students spread the message 'Reading can be done in silence'. Western dance, a part of this global language, was performed in a fabulous manner.

The programme ended with our traditional dance Bharatanatyam, the Gopikas' dance was a devotional act for Lord Krishna. The dramatists, choreographers, art directors, comperes, as well as the dancers, for their combined effort deserve a tremendous applause.

Ms. Triveni.

Confluence of cultures

The challenge before the Headmaster was how to accommodate the humongous amount of talent of students of Std. VII and Std. VIII into a short two-hour programme. With shrewd calculation, this problem was surmounted. If the lilting prayer songs warmed up the audience, the inspired welcome address gave them a peek at Jeevana's 'class' and raised their expectations. More classical music flowed like honey and it was followed by a presentation on folklore. All were so absorbed in this programme that they did not notice the arrival of an unbidden guest - the rain. But, realizing the dismay of the hosts, he withdrew quietly, like a true gentleman.

The stage was set for an ensemble dance performance as girls and boys dressed in various colorful outfits trickled in. The groups represented the traditional dances of different states. Under darkening skies, the colorful dances mixed with dazzling smiles were pure ethnic enchantment. Not surprisingly, the Tamil drama about reforming kings was lapped up by the parents. Before we could savor an enlightening speech about the significance of Bakrid, the red Santas and the pretty Angels jingled all the way ushering in the Yuletide spirit. While 'Road to Success' gave us tips on how to be successful, 'Swachh Bharat' harped big on the cleanliness drive reminding us of our social responsibilities. As the evening progressed, we were peppered with more twists and turns in the forms of dances and plays.

Though Kambar's and Shakespeare's colossal shadows dominated the stage, it was the feisty Bulgarian dance that took the pudding. But in the end the show stealer was the silent siren of a mime. The theme 'Water Conservation' might have seemed clichéd but the mime was compellingly creative and visually delightful. The crowd roared their approval with spontaneous applause. The four comperes with their style and wit further added sheen to a perfectly executed variety show. A crisp vote of thanks was a fitting finale to an evening of unbridled enthusiasm.

Mr. Dasharathy

Teachers' Day

Teachers' day, celebrated on 5th of September, is a day to honour one of the greatest teachers, Dr. Radhakrishnan and those who have decided to follow in his footsteps by choosing this noble profession.

The day kick started with students of grade 10 presenting a special hour-long program. The mellifluous rendition of prayer followed by the welcome address brought in an atmosphere of anticipation. The skit in English that followed highlighted the transformation in the hearts of some wayward youngsters brought about by the kindness of a teacher.

Next was a speech in Tamil orated eloquently on the virtues of a good teacher. A duet in English on how a teacher can be the beacon light of knowledge and hope to many was rendered sonorously. This was followed by a mime that was both funny and thought-provoking in its theme. The stage was set alight by a beautiful dance performance by girls, followed by the boys swinging their legs to a medley of rocking numbers. The curtain call came with the vote of thanks.

Ms. K. S. Lakshmi.

SWACHCH BHARATH

Jeevana launched Swachch Bharath programme on 3rd of November and continued it till 29th of November. The initiative incorporates various activities at school and home. Swachchtha oath was taken by all the students during the stretching exercises in the morning. A special Assembly hosted by Std. XI was held on 20th November. It drove home the message of Swachch Bharath with skit, mime, song, speech and dance drama. It was received well by the students. Regular assemblies featured speeches by the faculty members and the students emphasizing on the initiative launched. The Talent Time conducted on 14th of November invited students to design posters with slogans on the campaign. It is not enough if trash is just put into the bins as waste management remains one of the biggest challenges faced by the world. To this effect, cardboard boxes are placed on every floor for collection of paper waste to be recycled by an organisation specialising in this task. Notice Boards would carry special messages and each student is urged to carry the message forward by spreading it to a hundred more people. Since actions speak louder than words, students would be engaged in cleaning up the campus, at least, once and would be encouraged to do chores at home. These would make students realise the dignity of labour and the importance of self-reliance.

These activities extend to both the Senior and Junior sections (Std. III and Std. IV). The kindergarten and Std. I and Std. II, however, will have simpler programmes on personal hygiene and basic civic sense. There will be special activities of songs/rhymes/presentations based on keeping the surroundings clean. Hopefully, programmes such as this would herald a new era in the annals of modern India.

Ms. K.S. Lakshmi.

MY CLEAN INDIA

Jeevana Visalakshipuram is glad and proud to join our Prime Minister, Mr.Narendra Modi's mission of Clean India. To commemorate Gandhiji's Clean India Vision a week's assembly presentation highlighted 'Cleanliness'. The children took the Swachch Bharath pledge every morning.

Each one of us wore a badge reminding the mission "My Clean India". Children were given an activity to talk to hundred people about 'My Clean India'. The first day commenced with a skit by students of Std. IV on cleanliness and concluded with a rhyme 'How to clean my land'.

Students of Std. III were very appropriate bringing in Mr.Modi and Bapuji through their role-play. Std. II children were smart enough to enact effectively insisting cleanliness everywhere. Std. I children's spotlight about the various ways of cleanliness proved our progress in the mission. An impeccable conclusion was presented by our U.K.G kids, demanding spontaneous vow from every soul to clean our nation.

Ms.Kavitha.

VARIOUS SESSIONS TO HELP THE STUDENTS LIVE A BETTER LIFE

Peer Pressure

Peers influence our life, even if we don't realize it, just by spending time with us. We learn from them, and they learn from us. It is only human nature to listen to and learn from other people of our age group.

Peers can have a positive influence on each other. Maybe another student in the science class taught the classmate an easy way to remember the planets in the solar system or someone on the cricket team taught a teammate a cool trick with the ball. We might admire a friend who is always a good sport and try to be more like him or her.

Some kids give in to peer pressure because they want to be liked, to fit in, or because they worry that other kids might make fun of them if they don't go along with the group. Others go along because they are curious to try something new that others are doing. The idea that "everyone's doing it" can influence some kids to leave their better judgment, or their common sense, behind.

It is tough to be the one who says "no" to peer pressure, but we can do it. Paying attention to our own feelings and beliefs about what is right and wrong can help us know the right thing to do. Inner strength and self-confidence can help us stand firm, walk away, and resist doing something when we know better.

It can really help to have at least one other peer, or friend, who is willing to say "no," too. This takes a lot of the power out of peer pressure and makes it much easier to resist. It is great to have friends with values similar to ours who will back us up when we don't want to do something. Elders advise children "Choose your friends wisely." Peer pressure is a big reason why they say this.

The sessions with the girls and boys of Std. IX and X were interactive and productive. Each session was planned with activities and discussions. Students co-operated well and expressed their views freely. Some of them could recollect circumstances where they had experienced 'Peer Pressure', analyze and construe the causes behind those to handle such situations ably. Many students wished that they could have some more sessions like this.

An interesting feedback from Aashikaa (Std. X C) and Naga Sangeetha (Std. X A) is as follows:-

How to overcome Peer Pressure

Ingredients: friendship and positive examples.

Method:

- Add friendship and sauté it with positive examples.
- Garnish it with socialization.
- Serve it with feedback, advice and encouragement.
- Eat it with new examples.

How to avoid Negative Influences

- Apply 'Listen to your gut' foundation cream.
- Plan for possible pressure situation to apply the lotion.
- Apply this to your lip - Learn to feel comfortable saying 'No'.
- Blush with people who feel the same way you do.
- Darken your eye by blaming your parents.
- You will surely look BRIGHT!

Ms. Nalini

Session on Learning

"Try to learn something about everything and everything about something".

This was the only thought I had in my mind when I met the little tots [Std. V and Std. VI] to give a session on learning.

The following points were emphasized in the session.

- ⌘ The main focus was on improvement of skills of listening keenly. They were asked to enhance these in such a way that it doesn't allow their thoughts to drift to other matters. They were advised to avoid day dreaming.
- ⌘ Stress was given on eye-contact which was the thing most of them lacked.
- ⌘ When listening to the speaker occasional learning is acceptable and that was also emphasized.

As an all theory-session would be felt boring, I conducted a few activities to strengthen their listening skills.

A couple of such activities are mentioned below:-

Activity 1:

To motivate their listening skill a puzzle was given and the children were able to solve it within three minutes.

Activity 2:

A story was narrated and questions related to the story were asked. The children were able to answer the questions.

Students enjoyed all the activities and were happy about it.

As the last part of the session, I got the feed back from the tots and they overwhelmingly said that the session was good and wanted to have more in the upcoming days.

Ms. Lakshmi. K

Session on Good Touch And Bad Touch

- 1) A brief introduction to the importance of respecting our body.
- 2) The body parts that we can't allow others to touch and we shouldn't touch of others.
- 3) What's a good touch and a bad touch and how to differentiate between the two.
- 4) How to say "NO" and protect oneself when in unpleasant situations.
- 5) The right people to approach for support and guidance.

This was followed by a video clipping. A peppy song "Stranger Danger" was also taught. Feedback from students revealed that they understood the session.

Ms.Chitra.

Session on Anger Management

The session on "Anger Management" with students of Std. VII and Std. VIII helped them to manage and channelise their anger in a positive way.

The children were taught a few techniques to redirect and deal with their anger effectively. Many students, in their feed back have mentioned that they had learnt to control their anger and would try to implement a few techniques in their day to day life.

Ms. Akila.

Session on Time Management

It is obvious that Academics play a pivotal role in Std. XII. The aim of this session in time management is to release our stress and to improve our time management skills. Various activities were conducted. Then, each of us was given a set of prescribed questions. The purpose of this questionnaire was to analyse ourselves in our present state. After filling the questionnaire, many of us were motivated and we decided to toil harder from thereon. Later, we were given a planner to organize ourselves for a week. The intention of this planner was to manage our time in a better way. All of us found this session very useful, appealing and self-motivating.

Reshma. M.I Std. XII C

Session on Teasing

All of us are aware of the fact that small children are very sensitive and they take things seriously. Children of this generation are very intelligent and smart. They are exposed to the outer world through media and internet. We have to channelize their intelligence and inculcate moral values in them.

The session on teasing began with a small activity and children understood the difference between choosing good and bad. They were made to understand that there are good things and bad things in the world and that they have to use their discretion while developing friendship. They also understood that by teasing they will lose valuable relationship with their friends. The second phase of the session focused on the problems of children. There was a good interaction and children came out with their problems. We were able to do the follow up after listening to their problems. All in all these special sessions are very useful and children benefit a lot.

Ms. Mythili. K.S.

INTRA - SCHOOL COMPETITIONS

One of the enjoyable aspects of being a high-schooler in Jeevana is that we get the opportunity to conduct the intra-school competitions.

We, the 12th graders, were all agog, as we had heard our seniors talk about the fun they had had. Finally, in the month of July, 2014, we started planning. We had to do everything, from deciding the events for each class to collecting the participants' names, designing the certificates and conducting the events. A group of students was assigned to design the certificates while the other students decided on the events for each class.

The competitions were conducted for 4 days. The events for each day were given to each section. For example, on the first day, Std. XII A conducted the events and on the second day Std. XII B and so on. However, on the fourth and final day, all the 12th graders organized the events together.

We had events like poem recitation, storytelling, yoga, vocal, dance, G.K quiz, debate, JAM, slideshow presentation, photography, pot painting, Sudoku and so on, based on the age group.

Finally, it was time for the prize distribution event, which was a lot of fun too. Krithika was the compere. All the HODs were requested to give away the prizes. It was delightful to see all the juniors receiving their prizes with great joy. The happiness on their faces took us all back to our kindergarten days. The vote of thanks was proposed by Krithika.

The intra-school competitions was not just fun, it taught us quite a few lessons. It instilled in us 'leadership qualities'. We also learnt about team work, co-operation and organizational skills.

Varuna Raja Std. XII C

ANNUAL SPORTS MEET [2014-2015]

Sports teaches us that it is good to compete, good to achieve, good to get tired and dirty yet feel fit, fine and refreshed. That is how our Sports Day turned out to be. Yes, it was the 31st Annual Sports Meet [2014-2015] of Jeevana. We, the students of the Sports Committee, had a firm resolution to make it a grand success. We divided the responsibilities among ourselves and worked effectively.

While Ramya and Prithy trained the Junior girls in flag drill and helped in drumbeat and drill, the boys were helped by Manoj and Gautham. The Japanese Fan Dance that caught the eyes of the spectators, was trained by Ragavi and Sivakami. Shane and Kevinton helped with the drums for the boys' mass drill, while Madhumitha and Akshaya guided the girls' Aerobics.

Ragul and Aravind helped the Karate students. Surekha and Sarayu helped the cheer girls with drumbeats. Prakash and Abraham helped the Four Sports Houses with their drumbeats during March Past. And Roshan's part was to maintain the discipline among the pupils. On the whole, the Sports Committee members performed different duties and worked to the fullest potential responsibly.

The Sports Committee took immense pleasure and enjoyed the sessions in training the juniors during practice. We hope that we inspired the students of other classes too. We realized that hard work pays rich dividends and this made the ceremony a grand success. We sincerely hope that our juniors will carry on our good work.



Sports Committee members.

Std. XI - Fine Arts Committee

JUNIOR SECTION SPECIAL ACTIVITIES

KG Section

The weather forecast predicted a forty percent chance of rain. However, the early morning sky laid a canvas for the sun, arising to welcome a beautiful dawn. After months of meticulous planning and preparation, our kindergarten buds were ready to embark on a new journey of life. Everything starts with a prayer and a positive note.

Stretching is good for physical development. That's why we have created a short and effective full-body stretching exercise for our little ones as their daily routine. This was displayed by our UKG children as 'Little Masters.'

Kangaroos are well known to carry their babies (joeys) in their pouches. A kangaroo's pouch opens horizontally in front of its body, and the joey must climb a relatively long way to reach it. Our cute little LKG children performed this task as kangaroos with their young ones. This particular activity which requires more balance and sense of direction was excelled at ease by our kids.

Butterflies come in an almost unimaginable number of colors – whether taking flight or resting on a leaf, the showy insects deserve a showcase. The butterflies of Jeevana had gathered to collect the nectar and enjoy the beauty of nature in its purest form.

Eye-hand co-ordination is the coordinated control of eye movement with hand movement, and the processing of visual input to guide reaching and grasping along with the use of proprioception of the hands to guide the eyes. The Ball rolling activity is enriched with this eye-hand co-ordination that develops the entire motor activity of the little ones.



Kids of Jeevana know that fruits and vegetables are healthy food choices. They are taught that fruits and vegetables are naturally low in calories. They know that we get lots of nutrition even without eating unhealthy fats, and also the difference between fruits and vegetables, which is proved by their knowledgeable act of sorting them out according to their categories without any assistance.

Concentration is the art of being focused at what one is doing without permitting any form of hindrance. It is an essential skill that every individual develops as he/she grows up. The task of walking on the line, without raising any noise or disturbing the bell, was carried out by our kids very elegantly with all patience and co-ordination.

'Hook it up' is an activity that involves picking up an object and physically connecting it to another object. The children picked up the fish and dropped them in a bowl, like in a relay race where each and every child gets a chance. This activity also requires eye-hand co-ordination.

Mason is a craftsman who lays bricks to construct brickwork, but our little masons of Jeevana carried bricks and cement to construct a building which they performed professionally with all ease and beauty. This activity also requires co-ordination, balance and concentration.



All of us seek success and happiness in life, but for many of us there are some very real obstacles or hurdles, that we must get over in order to reach our goals. Our children are taught this by assisting them to overcome a physical obstacle that they come across. In the activity 'Obstacle Race' they carried some objects and jumped over the obstacle that was placed in front of them to reach their goal.

Animals are living things that we come across in our day to day life, but the first step is to understand each animal and its environment. The environment in which an animal lives is referred to as its habitat. The children were dressed up as little animals and ran a long way collecting their exact food item on the way and reached their correct shelter. This activity helps the children to develop better understanding about our animal kingdom.

What a beautiful day it was! The sun was shining through the bright sky and the flowers on the tree bloomed and looked splendid and ecstatic. This beautiful day came to an awesome end with a strong note to all Jeevanites - "Sports help us to build our character and teach us to play by the rules." Sports also teach us to know what it feels like to win and lose. So it is rightly said, "Sports are microcosm of society."

LKG and UKG teachers

Stds. I and II

Our Sports Day was on 22nd August, 2014. It was a bright sunny day and all our small ones had assembled on the sprawling Jeevana grounds on time. We started the programme with a prayer seeking the blessings of the Almighty and it was followed by hoisting of our National Flag and School Flag by our Advisor Mr. Ananthan and he declared open the Jeevana Junior Section Sports Meet. It was followed by a mass drill of the students of Std. I and Std. II. The next item in the agenda was the Team Events. Here again the unique feature is that all the students are given equal opportunities to participate in the games. They learn sportsmanship, patience, tolerance and many other virtues on the sports field. The games were thrilling and innovative. All the kids participated enthusiastically. All of us enjoyed the day thoroughly and we all cherish the day till now.

Teachers of Stds. I and II

Talent wins games, teamwork wins championships!!

The 31st sports day of Jeevana school – Std. III and Std. IV was held in a very sportive and enthusiasm filled ambience on 19th July, 2014. The sports day programme started invoking God's blessings with a prayer song followed by welcoming the parents and the dignitaries on the dais. Our Advisor, Mr. Ananthan, hoisted the flag and declared the sports meet open. The unfolding of various exciting events of the day began. The little Jeevanites adorned the ground with wonderful colours of the four houses and performed a mass drill that looked like a wide spectrum with great synchronization. The event was followed by a special drill by the girls in thematic colours that spoke volumes on significance of each colour (Red, Blue, Green and Yellow) with perfect amalgamation of rhythm and music. The most awaited session of track events like 50 metres dash, fun filled lemon and spoon race, sack race and skipping race were conducted for the students of Std. III and Std. IV. The yoga demonstration was the crowning glory in which students performed various mind relaxing and health boosting asanas. Prize distribution – the reward for the winners and participants – is worth mentioning. It was a "smile with pride" moment for all the participants, parents and teachers. Parents and non-participants were the major source of encouragement. The memorable sports day events came to an end on the declaration of the sports meet as closed by the Advisor followed by the vote of thanks and the National Anthem sung with patriotism and pride.

Ms. Nalini

RECIPE TO CR



SET A GOAL

- Long term
- Medium term
- Short term



BUDGET YOUR TIME

Plan a schedule, stick it on your study table and stick **TO** it.

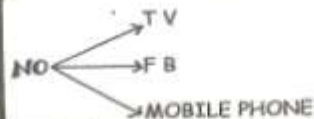


WHEN THE MIND WANDERS

Say, "I'll come back to you later. Now, it is time to study"



TECH BREAKS



QUIET SPOT

- ✓ Bright
- ✓ Comfortable
- ✓ Silent

F
O
C
U
S



Five more minute
more questions...

One Thing At A
Prioritize

Conquer Procre

Use your hands
your hands to

See as if for the
surroundings wh

- ⌘ Don't be overconfident
question
- ⌘ Avoid copying
- ⌘ Avoid junk food, coffe

CK EGG-JAMS

ROUTINE

DEVELOP A RITUAL

at Morning

- o A glass of water with a dash of lemon
- o Pranayama & Superbrain yoga (10 min)
- o Revision

at Night

- o Chat with your mom/sibling and help them
- o Recap of what is learnt that day (30 min)
- o Reflect 3 questions
 - What did I do today?
 - What can be improved?
 - What will I focus tomorrow?
- o Meditation (5 min)

more sums/ five

on- Put off putting off

nkens-cup
tunnel vision

time-really SEE at
mind wanders.

HELP OTHERS

When you help others in learning, you help yourself

BE POSITIVE

- ✓ Repeat these affirmations
 - o I stay focused while studying
 - o I remember things easily
 - o I enjoy studying and scoring high
 - o I find it easy to learn
 - o My mind acts as a sponge while learning
 - o I begin studying long before exams are scheduled
- ✓ Smile in front of the mirror
- ✓ When you lose, don't lose the lesson



Target
71/10

SNACK ON 'BRAIN FOOD'

- ✓ Homemade food
- ✓ Lots of nuts, seeds
- ✓ Fruits & veggies
- ✓ Salad
- ✓ Plenty of water



expect the hardest

VALUE EDUCATION

Children of Jeevana are taught morals through small stories and songs. They enact skits based on moral values. We emphasize values like honesty, punctuality, simplicity, kindness, forgiveness along with our regular class room teaching. We also encourage display of such values by our children by appreciating them. We constantly speak to children and the regular reinforcements which are given help the children to remember and nurture good values.

ASSEMBLIES

Children have stretches thrice a week and they are taken to the sprawling Jeevana Ground and they get fresh pure air under the trees. This exposure to mild sunlight and natural air works as a revitalizer to these young children and they enjoy their stretches from which they benefit immensely. We have presentations on Wednesdays where each section prepares to exhibit their talents in turns. We have speeches, Thirukural recitations, songs, activities in Maths and EVS. Children of this age group are in their formative years of socializing. They get an opportunity to step beyond their classrooms and to assemble in a large hall with other similar groups. During such sessions they learn to be patient, tolerant and to appreciate others. Teachers conduct the assembly section wise and also speak to the children on good manners.

TALENT TIME

Our talent time periods are conducted on Saturdays and this is a platform where the young ones are prepared to face mighty challenges as they grow up to higher classes. The stage is set for 6 to 8 year olds to prepare and to hone their skills in singing, dancing, hand work and various other activities. As children of this age group are still in their formative years of learning, all are given a chance to come out and exhibit their talents. They learn to overcome stage fear. They develop their communication skills, learn tolerance and they also learn to appreciate their friends' talents. The unique feature of our Jeevana Junior Section is that all the kids get a charming talent time certificate and the joy they express on their faces when receiving the certificate is unparalleled. At the end of the day all our small ones go home with pride and a sense of achievement.

MENTORING

Children in the age group of 6 to 8 years are too young to understand the concept of mentoring. But all of them understand the language of love and kindness. We have to shower unconditional love and if we have this one qualification, we will be wonderful mentors. All of us speak to the children constantly and impart in them values like honesty, sincerity, forgiveness and discipline. And all the teachers here in Jeevana are good mentors.

READING

"Reading makes a man". Reading is very essential and paves the way for future learning situations. We now have a full functioning Junior Library and the children of Stds. I and II are taken to the library and are introduced to a world of magic called reading. We teach these young ones to turn the pages of a book, to maintain, and to preserve them. We also have exclusive reading periods and children read their course books and also the Lady Bird books. Through all the reading activities done in school, children understand the value of reading and experience the joy of reading. We also request the parents to encourage this habit at home.

SUPW

Socially Useful Productive Work plays an important role in our curriculum. This develops a positive attitude towards work. A project on growing plant was given for the last annual holidays and the children submitted the work with great joy and enthusiasm. Through this activity they understood the importance of nature and the conservation of plants and animals around us. The first term project on definition of family and parables from our scriptures was also done with interest. From the second term, parents have been asked to assign few tasks at home, monitor and record it in the relevant diary pages. By doing these things students are made aware of their responsibilities and they can also be prepared to render service to the society and the country. The ultimate aim of our education is to prepare good citizens with high principles and values.

SPECIAL SESSIONS

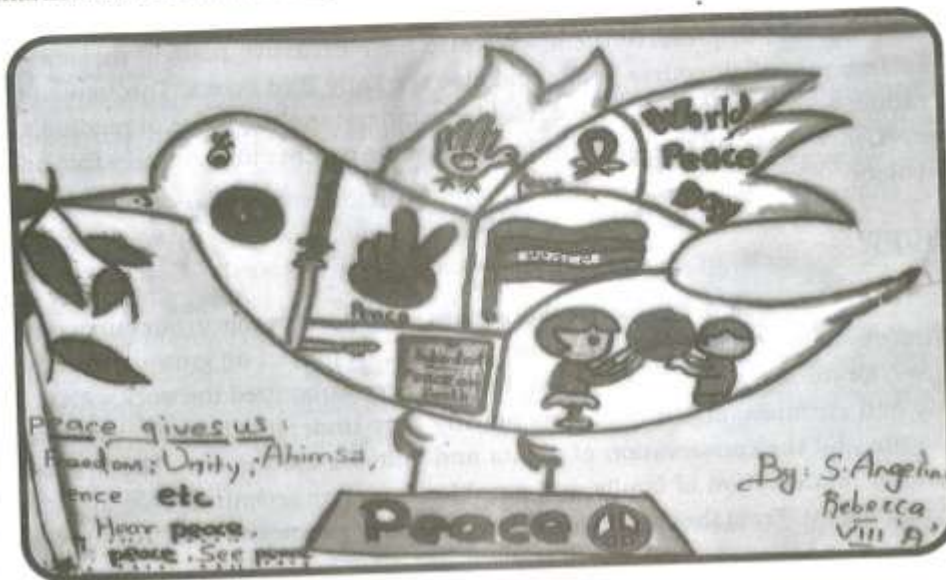
Sessions on any particular topic are well received by the students. As these sessions are packed with fun filled activities children learn the values in a play way method. These are moments where the resource person can grasp the attention of a group by using lot of educational aids. This term, we had special sessions on healthy food habits, good manners and good touch bad touch, bearing in mind the age group of our children. We had planned for short duration sessions where their attention will be more focused. Children learnt about eating healthy foods, staying healthy and keeping fit. No education is complete without discipline. With the help of AV aids children understood the value of good manners and discipline.

Teachers of Stds. I and II

PEACE DAY

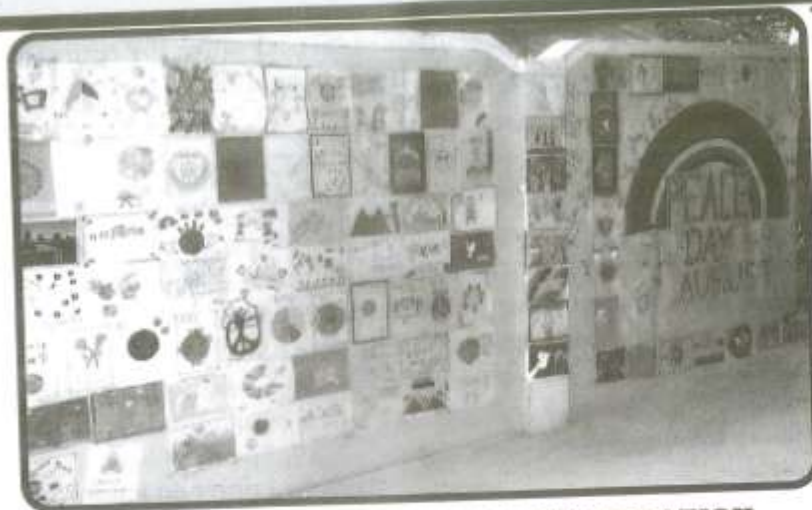
"Peace begins with the smile" ~ Mother Teresa

It was the day when the earth had stood still, and that day stands testimony to how the world was changed forever by man's savagery. 7th of August, 2014 marked the 69th anniversary of the horrific day when Nagasaki was devastated by



an American nuclear bomb. From the mushroom clouds that day, rose a new non-confrontationist Japan that disbanded its military and sought to make amends for its war crimes. Here at Jeevana, we observe this day as Peace Day, as a staunch reminder that peace cannot be taken for granted and needs constant work. Students of grades 7 and 8 as part of their value education classes handled by the Administrator, Ms. Padma Chandrasekar, were asked to paint/draw/illustrate on the topic of Peace. The Fine Arts Committee comprising students of grade 12 displayed the pictures as part of Peace Day in the Assembly auditorium. Handmade peace lanterns adorned the stage. A special corner was devoted to the faculty members who inscribed their thoughts on what peace meant to them. Students of all the grades in the Senior section visited the display and were touched by the strokes of paint that portrayed the impact of the devastation on young hearts. A special meditation session was conducted to commemorate the day sending out vibes of serenity and peace. As the day ended, most students would have realised the value of peace and the need to overcome their own petty conflicts in a more peaceful manner.

Ms.K.S.Lakshmi



INTERNATIONAL PEACE DAY CELEBRATION

When the power of love
Overcomes the Love of power
The world will know PEACE

— Jimi Hendrix

International Peace Day is celebrated on the 21st September of every year invoking the value of peace in the budding generation. From the beginning of the month we started establishing the value of peace which was unfurled in various forms.

Group Discussion

Children were helped to understand the word 'peace' through anecdotes from the lives of great leaders like Mahatma Gandhi, Mother Teresa, etc., backed up with self experiences where they could deal issues peacefully.

Children enjoyed singing the song MAKE ME A CHANNEL OF YOUR PEACE by Francis Assisi, an absolute blend of peace and prayer. Peace from nature and sand art were beautiful replica of peace.

Exhibits

Children enjoyed exhibiting the drops of values essential to enhance peace dripping from the peace clouds. They were introduced to peace symbols which they enthusiastically crafted on the activity sheets. Quotes of great leaders on peace were put up as extra information and children enjoyed reading them.

The word PEACE was much more glorified when it emerged as word art from the magical world of their creativity. Children enjoyed carving peace messages on doves, exchanging peace messages embossed on gift boxes drawn on activity sheets and depicting peace fairy clean up for peace, dusting off the qualities that expel peace.

The Peace Day celebration attained its peak when the entire work of the students acted as peace day greetings to the dignitaries of the school.

Ms.Nalini

JUST A LINE

Just call me line
Taking my time
Really got no place to go
Can't turn left
Can't turn right
No stopping or ending you know
I wish I could stop
I know I can't
I stretch to Infinity

Cars can stop
Trucks can stop
Wouldn't be me.....
Just call me line
Taking my time
Really have no place to go.....
Right now, I'm here
Tomorrow, I'm there
The next day?
I never do know.....

S. MAYA SRI IX C

MATHS TRICKS

- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 9 + 10 = 1\ 1\ 1\ 1\ 1\ 1\ 1\ 1\ 1\ 1$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 18 + 20 = 2\ 2\ 2\ 2\ 2\ 2\ 2\ 2\ 2\ 2$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 27 + 30 = 3\ 3\ 3\ 3\ 3\ 3\ 3\ 3\ 3\ 3$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 36 + 40 = 4\ 4\ 4\ 4\ 4\ 4\ 4\ 4\ 4\ 4$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 45 + 50 = 5\ 5\ 5\ 5\ 5\ 5\ 5\ 5\ 5\ 5$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 54 + 60 = 6\ 6\ 6\ 6\ 6\ 6\ 6\ 6\ 6\ 6$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 63 + 70 = 7\ 7\ 7\ 7\ 7\ 7\ 7\ 7\ 7\ 7$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 72 + 80 = 8\ 8\ 8\ 8\ 8\ 8\ 8\ 8\ 8\ 8$
- * $1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9 \times 81 + 90 = 9\ 9\ 9\ 9\ 9\ 9\ 9\ 9\ 9\ 9$
- * $12 + 3 - 4 + 5 + 67 + 8 + 9 = 100$
- * $1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 \times 9 = 100$

Mathesh Prabhu. S
Std. IX C

- * Think of any number greater than 1.
- * Add the number 3 times.
- * Square the number after adding 3 times.
- * Divide the number 2 times after squaring the number.
- * The answer will be always 9.

EXAMPLE 1

- * The number is 3
 $3 + 3 + 3 = 9$
 $9 \times 9 = 81$
 $\frac{81}{3} = 27$
 $\frac{27}{3} = 9$

MY COUNTRY..... MY PRIDE

India is a country with varied cultures and traditions. I don't mean to say India is a traditional country. Our country has swept through the global market with various innovations and techniques. The top well-heeled person Bill Gates rightly opened up in a press meet that, "If I don't employ Indians in Microsoft, they themselves (Indians) are capable of finding many new Microsofts." India is an astute country. Though there are disparities and internal conflicts among states, when it comes to national problems, we are commonly referred to as Indians. Indians never wage war against any country, it doesn't mean we are weak. We are well matured to choose between wisdom and foolishness. India is no longer a poor country. The gospel truth is "India is poor but Indians are rich." India is known for its patriotic followers. This is more evident from the screaming and shouting of every Indian soul, with the desire to win the World Cup or similar matches. At that moment, we forget our state identity but focus on our nationality. We Indians, have succeeded in attaining our first goal "Independence" but the second goal is not far ahead of us if we have the determination. That is "Developed India". We take immense pride in being an Indian whatever be our religion, whoever we are in the society, whatever we do in our daily lives, however be our spirits and liberty, we are all "Indians!" JAI HIND.

S.Parvathy
Std. XII C

A JOURNEY CALLED LIFE!

Our journey as human beings is not about following a pre-ordained path, but about creating a path. Life rarely makes any sense when things are done 'in order'. Life makes sense when we are centered in our hearts and focus on how our unique journey needs to unfold in its own, beautiful, unruly way. We advance in our journey only when we face our goals, when we are confident and believe we are going to win it. Purpose is the reason for our journey. Passion is the fire that lights our way.

S.Nisha Std. XII C

LIMERICK

There once was a fly on the wall.
I wonder why didn't it fall.
Because its feet stuck,
Or was it just luck,
Or does gravity miss things so small?

L.Raxxelyn Jenneyl Std. IX B

BEAUTIES OF NATURE

The renowned English poet, John Keats, begins his famous poems 'Endymion' with the line - "A thing of beauty is a joy forever". A thing of beauty touches the human heart as nothing else does. It elevates the human soul. Man feels some inexpressible inner joy. The Experience is unforgettable. That is why, on seeing a host of daffodils on the bank of a lake Wordsworth says:

"For oft when on my couch I lie,
In vacant or in pensive mood,
They flash upon that inward eye,
Which is the bliss of solitude."

The beauties of nature are the greatest gifts of God to man. Nature is all around us in varied aspects and shapes. We have the green charming hills, the snow-capped mountains, the rising and setting sun in its varied and unforgettable glory. The dew drops on the blades of grass look like iridescent pearls. The silvery moon and the twinkling stars bedeck the sky. The roaring waves in the vast ocean and the lakes which look like sheets of water add to the glorious treasure. Even the violent aspects of nature like the thundering clouds with dazzling flashes of lightning, the torrential rain, the all-powerful storm are some of the aspects of nature which Tennyson termed as "Nature red in tooth and claw".

One can enjoy the beauties of nature in an abundant measure at a hill station. The floating clouds, the dancing springs, the winding rivulets, the all pervading multicolour flowers emitting sweet, soothing smell, the trees standing like sentinels with birds singing sweet harmonious songs in their branches, the cool breeze, the humming bees, the delicious fruits - all cater to human senses. Beauty lies in the eyes of the beholder on the earth, in the air, in the sky and in the ocean. His heart leaps up when he beholds a rainbow in the sky.

Nature teaches man the lessons of peace, innocence, purity, love, harmony, simplicity, hope and faith in the glory of God.

Niriksha. S Std. XI A

REMINISCENCE

Everybody has golden memories to treasure in their hearts and I am not an exception. The experience I had while taking part in the "National level Open Book Exam Competition" conducted by the Gandhi Peace Foundation, Madras is unforgettable. I still remember the afternoon I was standing in the office of Ms. Padma Chandrasekar. She told me about this "Open Book Exam Competition on Peace Education and Gandhian thought". Our mission was to create lesson modules on Gandhian values and peace education. She asked me if I was willing to take part.

"Opportunity knocks our door only once." So I decided to grab this golden opportunity. Moreover, I am inspired by Gandhiji who was an exemplary person for his values. I was simply excited when she told me about it. This was a project where we can evolve lesson modules for the above said mission, using our creative talents such as story / dialogue-writing, cartoon-drawing, data-collection and idea creation on various themes related to Peace and Harmony, Gandhian thought and Saving Earth. There were two projects A and B. Project A was "An autobiography by Mahatma Gandhi" and Project-B was "Gandhian way to Peace". Writing lesson modules is not a piece of cake. I had chosen B as it was alluring. This book by Dr.S.Kulandaisamy was appealing to my senses. This book comprised stories, quizzes, quotes and illustrations. These modules help one to explore opportunities to build a peaceful world. They are simple, innovative, interactive and explorative. We should prepare our own lesson modules for the story we like the most from our day to day experiences with our unique talent and vision. I can tell you from the bottom of my heart that this book had moulded my character.

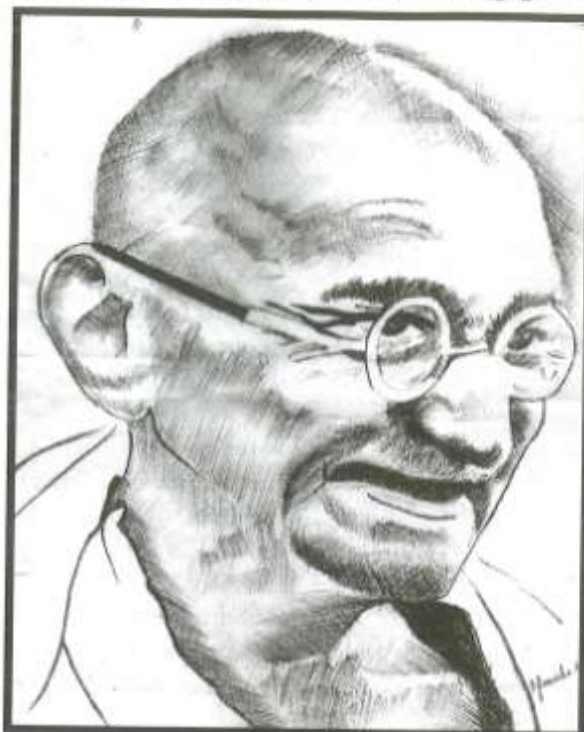
This book had enhanced my thinking skills. It cultivates good manners and etiquette in a student. It has inculcated values like voluntarism, sharing and caring, self-reliance, patriotism, unity and dignity of manual labour. In short, it is like a window to a whole new world. It has taught me how to confront during certain predicaments. "Be the change you want to see in the world." There is no use of giving advice to others. First, one should show the change within oneself. We have 51 picturesque stories. In each of the modules we would explore a value that is stressed in the story part. Examples: generosity, self-respect, avoid bad company and to fight domination.

It made me wonder what I would do when I am in that situation. I had learnt the art of questioning. Even I had adapted a few resolutions. I would like to share something I had read in this book. I thought it will be useful for many students. Generally some of you are upset with your marks. You feel miserable if you had scored low marks. Some feel that they haven't got the first mark [That's human nature, isn't it.....?]

Each and every time just compete with yourself. There will be gradual improvement. Don't compete with others. Don't think about others.

Set a target. Work towards it. Aim for perfection. This is the action of first ranker. Comparison makes your life incomplete. Coming back to this module..... The topic of my lesson module was "Generosity". Based on this topic I wrote down a similar anecdote from my own life. I drew an illustration in simple cartoon to explain the theme "Generosity". We were asked to write a lot of things like the method I would follow to practise this value, the difficulties I encounter in doing so and a classroom activity to demonstrate this value to the students.

I cannot forget that Friday afternoon when we were writing our lesson module at school. It keeps haunting my mind. We stayed back and we spent two solid hours to complete it. We were all agog. We discussed the values and ideas.



There were totally 16 students from both Stds. IX and XI. We shared our concepts. It was full of fun and frolic. We completed the rough sketch. We did the fair sketch at our houses. And on Monday morning all our answer sheets were at Ms. Padma's desk. We all participated with full enthusiasm. We felt our mission was accomplished. One among us got a prize. We all felt happy that we had won a prize. It was a reward for our toil. It was magical when everything went on well in a short span of time. My heart felt thanks to my school for giving me this golden opportunity which I would

cherish forever. It is my pleasure to express my deepest thanks to Ms. Padma for the hearty wishes and the support she rendered to us.

Niriksha. S Std. XI A

MY GANDHIAN MOMENT

While reading our lessons we always wonder, "Why can't we prepare those lessons?" And as per our wishes, a few of my friends and I got the chance to do so. The Gandhi Peace Foundation, Madras organized a national level Open Book Competition to create lesson modules on Gandhian Values. We had to create our own story, draw a cartoon and write the ways and the barriers we face when we practice those values.

We also had to write the methods to teach those values to the students. The book that was prescribed to us was nice to read. ~~We had a great time sitting~~

Finally when works were ready, they were sent. Then came the results. I never believed when I heard that I had won the second place.

Then I was invited to a prize giving ceremony on 10.10.14 at Chennai which I joyfully attended. It took place inside a very simple and old building but the ceremony looked rich. I met many stars, not movie stars but India's stars. I met Mr.C.Subramaniam's (Former finance minister and friend of Mr.Kamarajar) daughter and close relatives. There was not a moment of boredom. Prizes were distributed, and teachers and children shared their experiences. I also spoke a few words. The next two hours flew on rosy wings and gave me a memorable moment of school life that I'll never forget.

When others mention as 'Gandhiji's book', most of us think, "Oh! That boring book!" But it is actually quite interesting. We mustn't just read but also try to apply a few Gandhian values in our day to day life.

Reshma Std. XI A

KAILASH SATHYARTHI

To abolish the heartrending child labour all over the world, a great man was born. This great man is named Kailash Sathyarthi.

Kailash Sathyarthi was born on 11th January, 1954 in a small village named Vidisha in the state of Madhya Pradesh. During his childhood he was friendly towards everyone in the class.

Kailash was very studious, and got a diploma in electrical engineering. Once on the way to his school, he saw some children compelled to work for low wages.

On seeing their pathetic condition, Kailash requested his friends to donate notebooks

so that these children could be educated. He wanted to abolish this traumatic child labour which was widespread throughout India.



He was awarded the Raman Magsasay Award for being an architect and activist of the Global March against child labour. He along with some non-governmental organizations started the Bachpan Bachao Andolan [BBA] and created consumer resistance to products involving child labour.

His Global March against child labour led to ILO's 1999 which resulted in antichild labour accord.

He worked in 144 countries and Mr.Sathyarthi said that every child in every country is dear to him. The Bachpan Bachao Andolan is credited for rescuing and saving 80,000 children from bondage.



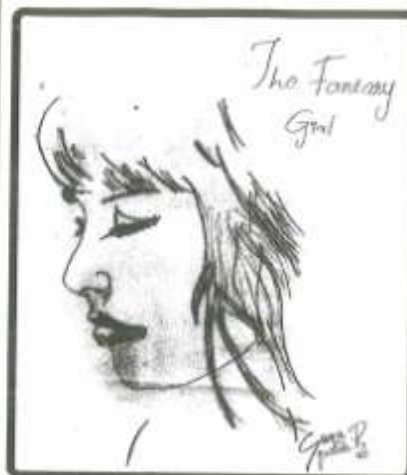
Mr. Kailash Sathyarthi was awarded the Nobel Peace Prize in 2014 which he shared with Malala Yousafzai, a Pakistani activist who fought for women's education.

Pandit Jawaharlal Nehru said that children are tomorrow's citizens and pillars of India. Everyone should understand that child labour should be abolished. We have to safeguard the Jewels of India from this horrifying bonded crime. India is a developing country. We must take Kailash Sathyarthi as a role model. Let us save the future pillars and supporters of our country to make all countries of the world to look upon India as a country without corruption.

Jai Hind!
ABOLISH CHILD LABOUR!

M. Mohamed Shakeel - IX B
R.S. Balaji - IX B

Lakshmanan - IX B
Nishant - IX B



OUTSIDE COMPETITIONS

M.SWATHI of Std. III has won first prize in drawing competition conducted by Tanishq, Anna Nagar.

K.YUKTHAAMUGI of UKG has won the first prize in 25m Free Style, 25 m Butterfly, 25m Breast stroke and the Individual Championship Under Group VIII Girls at the 6th Madurai District level Age Group Swimming Meet held on 9.8.2014 by the Aquatic Association, Madurai.

TIKSHANA MA of Std. II has won the first prize in the State level Yoga Championship organized by Academy of Sri Pathanjali Yoga Kendra.



MINDSPARK
STDS. V TO VIII, 2013 - 2014
CERTIFICATE OF ACHIEVEMENT

1.	Vedika Khanna, V-A	STAR PERFORMER
2.	Sivani. J, V-A	STAR PERFORMER
3.	Hemant Ram, V-B	STAR PERFORMER
4.	Sankaralingam. S, V-B	STAR PERFORMER
5.	Sriram. G, V-B	STAR PERFORMER
6.	Kaushal. S, V-E	STAR PERFORMER
7.	Alagukrishna, V-E	STAR PERFORMER
8.	Jeffrey Hamlin, V-E	STAR PERFORMER
9.	Viswa. V, VI-A	STAR PERFORMER
10.	Jamal Fowzan, VI-A	STAR PERFORMER
11.	Harshil Santhosh, VI-B	STAR PERFORMER
12.	Sujitha A.V., VI-C	STAR PERFORMER
13.	Jyothsana Shri, VI-C	STAR PERFORMER
14.	Susindhar A.V., VI-C	STAR PERFORMER
15.	Rakksha S.B, VI-C	STAR PERFORMER
16.	Yazhini Sangamithra, VI-D	STAR PERFORMER
17.	Nithin. J, VII-A	STAR PERFORMER
18.	Maryada Lodha, VII-A	STAR PERFORMER
19.	Pooja. M, VII-A	STAR PERFORMER
20.	Santhana. A, VII-A	STAR PERFORMER
21.	Abhilakshinee, VII-A	STAR PERFORMER
22.	Kavya. D, VII-C	STAR PERFORMER
23.	Madhan. R, VIII-D	STAR PERFORMER
24.	Vishali Karthigayini, VIII-A	STAR PERFORMER
25.	Shanmukham S.K., VIII-A	STAR PERFORMER
26.	Kaanapuli Ramkumar, VIII-C	STAR PERFORMER
27.	Akash Raj. M.K., VIII-C	STAR PERFORMER