



SRM

PUBLIC SCHOOL

A SENIOR SECONDARY SCHOOL

Educating Minds. Enriching Lives

Abhivyakti
2022-2023

Newsletter

APRIL 2022

BY GRADE XII



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P SHREYYA

From The Desk Of the PRINCIPAL

“यद् भवति तद् भवति”

Dear parents and students,

From happiness to sorrow, from success to failure, from seeing to being, I believe that our thoughts play a vital role in defining our perception and determining our action. As the father of the nation says, “A man is but the product of his thoughts what he thinks, he becomes”, “यद् भावं तद् भवति” “Yad bhavam Tad Bhavati”.

With this awareness, let us always have an open mind and be optimistic in life. When we read the biographies of people who have contributed to this world, we realise that it's their firm will, grit and endurance that made them a celebrity. Learn to believe in yourself and look for opportunities in a problem or situation. This is applicable from habit formation to success in any task or field that you choose. As humans, we are all social beings who always interact with environment and other beings. We look for things and expect from others based on our perceptions and experiences which are created by our thoughts. Let us together create a positive environment through our thoughts and make this world a better place to live in. For as I always say, you are the change makers and as SRMPians let us make this world a better place to live in. From sustainable development to global warming we read, watch and even realise that we are the true contributors. But, since it has not taken the form of a thought, we still keep talking, continue to contribute to the

degeneration and deterioration of this world. From no plastic to conservation of energy and resources, we keep talking and discussing about the issue, but hardly have we changed or made others change. When we give the whole topic a deep thought, we realise that time is poorly managed by most of us because of our lost thoughts and never because of the external factors. Try to generate powerful strong thoughts and see the change you can bring in, in your life. This academic year, let us together agree to keep our thoughts good and make it strong not just to cleanse self but to charge this cosmos. When we generate positive energy through our thoughts creating a shield, that will protect us, letting peace and happiness prevail in this world. I wish all of you a happy and a successful academic year 2022-23.



Bhuvaneshwari S
Principal



From The Desk Of the
VICE-PRINCIPAL
(ACADEMICS)

Embrace Change: **It is the only Constant**

Let me share with you the story of an oyster who lived in the ocean. A tiny grain of sand got into the oyster's shell. It poked him and made him uncomfortable. This change in his usual surroundings was very discomfoting. He could have complained and berated his luck for putting him through this painful circumstance but did he do that? No. Do you know what the Oyster said? He said, " Since I cannot remove it, I shall improve it." And so he did. He worked on the tiny grain of sand laboriously and turned it into a Pearl.

What do we learn from this story?

As we all go about Life's daily routine we get into a comfort zone. Any change in our comfort zone disturbs us. And then we end up wasting our energy complaining about the change.

Change is the only constant and you will surely encounter a number of changes in your life. Don't we change so much as we grow? Not only physically, we change our thoughts and opinions, our attitudes, our tastes, like and dislikes. For a comprehensive growth 'Change' is a must.



"Any change, even a change for the better, is always accompanied by discomforts." If we continue to live in the same comfort zone, we will turn into frogs in the well. Welcome change- don't be afraid of it. Remember, change begins where your comfort zone ends

Every change comes with a set of challenges and an opportunity for new learning. Seize every opportunity to convert the adversities into opportunities. If you adopt a positive attitude towards change, you will see the magic that it does on you and soon you would have changed these little grains of sand into beautiful shiny pearls.

Vijaya Nagarajan
Vice Principal (Academics)

IMPACT OF THE RUSSIA UKRAINE WAR AND ITS EFFECT IN INDIA

1

The economic, social, political, legal, and technological forces which operate outside a business enterprise are discussed below:

Economic Environment:

Before the outbreak of the Ukraine war, most key global macro-economic variables were seen as returning to normalcy over 2022-23. Global growth in 2023 was projected to return to rates similar to the pre-pandemic period. However, we are now left with an element of uncertainty in returning to normal. Prices of common household commodities have skyrocketed affecting household budgets. Petroleum is around \$110 a barrel but the Government's budget estimate was \$70-75. However, we can be strategic and try to seize an unexpected opportunity trying to bridge the gap in wheat export left by the world's breadbaskets-Russia and Ukraine.

Political and Legal Environment:

India and two other countries, China and the UAE abstained in the first crucial UN Security Council vote on Ukraine and again abstained in the vote as an act of neutrality, a balanced position that does not take sides and is not supportive of Russia's invasion of Ukraine acting based on its national interest.

Our military is affected as we buy gas turbines from Ukraine which are fitted to warships made in Russian Shipyards. Ukraine refusing to sell turbines directly to Russia causes the effect. This forced us to intervene and pull off a multilayer transaction by which we bought the turbines and sold them to Russia.

Social Environment:

The social impact of the war includes the lives lost and the humanitarian crisis associated with a huge number of besieged and displaced people, an attitude of people helping the people fleeing to neighbouring countries. It also includes the attitude shift in people of the countries worldwide who are directly or indirectly affected by the harshness of war.

To conclude, uncertainty of things adds to social anxiety and decisions people make be it personal or societal. We have to be aware of all these impacts and our bias to make better socio-economic decisions.



MR. S. SWAMINATHAN
HOD - COMMERCE DEPARTMENT

- Teaching
- Teaching strategies
- Methods of working
- Writing Mathematics
- Solving problems
- Time Management and Workload
- Examination
- Feedback

Learning mathematics is very different from other subjects. Teaching contents are intense compared to lessons. Examinations are intense. To help you make the most of your time at SRMPS try adopting the following tips.

Teaching

Try to understand as much as possible of what is being said as it is said

- Do make the effort to concentrate...
- The brain is a wonderful organ; it starts working the moment you get up in the morning and does not stop until you get into the lecture theatre. Robert Frost (American poet 1874 – 1963)
- Do ask questions...
- Don't be afraid to ask what you may think is a silly question
- Don't ever miss classes and rely on getting notes from a friend
- most important tip: save an immense amount of time if you always get to grips with one class before going to the next

Methods of Working

- where to work, when to work, how to work...
- collaboration must not mean copying
- Writing Mathematics
- Symbols such as \forall , etc, should be used in a way that makes grammatical sense if read out in full
- need to be precise in your mathematical writing

Solving Problems

- Mathematics is all about problem solving
- To test your understanding of the material is to work through examples.
- some thoughts on tackling problems...

- ✓ Reread the question to check that you understand what is wanted. What information is given? What do you need to show with it?
- ✓ Ask a friend BUT: remember that following someone else's solution (teacher or friend) is not remotely the same thing as doing the problem yourself

Time Management and Workload

- Set aside some time every day to go over your class notes
- Try to work solidly for a couple of hours and then take a short break before coming back to it.
- Productivity may shoot up remarkably if you turn off email, Face book and other social media
- Finally, beware procrastination and self-deception; 'I'll do that later' is much easier said than done in a busy term!

Examination

- Analyze exactly what you are being asked to do; try to understand the hints (explicit and implicit); remember to distinguish between terms such as explain/prove/define/etc.
- Set out your answer legibly and logically
- If you get stuck, state in words what you are trying to do and move on

Feedback

- Try to be specific.
- Make comments which the teacher can act on.
- Resist the temptation to be rude and/or clever.



MR. SATHISH J
HOD - MATHEMATICS DEPARTMENT

The Educators write...



NEWSLETTER
BY GRADE XII

IMPORTANCE OF LANGUAGES

Imagine a situation where you and your friends are talking about something in common. Suddenly a stranger walks towards your group and talks in a language which is not known to you. When one of your friend responds and helps the stranger how would you feel? What will be the first thought in your mind?

Language is very important to survive and all of us should be proficient in our mother tongue and the global language English. Beyond this, try to learn one or two more languages which can be either a regional language or International language. Researchers say our mind is having the capacity of learning all the courses available in four universities at a time. And one more research says the high IQ human brain uses only 10% of their brain. Dear Student, this may be a bit too much to think on, but ponder and start learning a language.

Apart from getting job opportunities and other material benefits, learning a language improves memory and delays the onset of Alzheimer's. There are so many online learning tools and Youtube videos to learn any new languages.

Best Wishes...



MR. RAJKUMAR R
ADMINISTRATIVE OFFICER

THE MOST AMAZING SPORT

The only sport to which this title would fit is "Soccer". This sport is believed to have originated from England. Study reveals that there more than 265 million people in the world plays Soccer and there are more than 3.5 billion fans for this sport all over the world. Why these many people play this sport and why so many fans for this sport? First of all, it's a team sport which unites people together and builds coordination and cooperation among the players. It's a 90 minutes game and the entire 11 players in the team will be on their toes throughout. This requires power and stamina. Only in soccer the players will use every part of their body including head, this helps them to keep all parts of their body strong, flexible and healthy. The more you play soccer the more your body and mind feels relaxed. Moreover it's a physical game which is played by applying your mind fully, hence coordination between mind and body is developed, which helps a person to be more effective in everything he do. So lets enjoy this great sport and stay healthy and fit both physically and mentally.



MR. FREDRICK JOHNSON D
SENIOR SECONDARY TEACHER - COMMERCE

CHEMISTRY IN EVERYDAY LIFE

To many, chemistry is a foreign concept, belonging to the world of academia and textbooks with little relevance to our everyday life.

Materials and Manufacturing:

The development of vulcanised rubber, in 1843 by Charles Goodyear led to pneumatic tyres and kicked off the polymer and plastics industries. The discovery by Alfred Nobel of dynamite in 1867 and more refined explosives later on led to a rapid expansion of mining as a mean to extract ores and minerals.

Food and Agriculture:

Ammonia is also an integral chemical innovation for food production, chiefly due to its use in fertiliser production. The discovery of pesticides and herbicides further increased crop yields with DDT and glyphosate.

Healthcare:

Modern health care is found in many life-saving breakthroughs the field of chemistry has provided.

Technology:

The display screens in electronic gadgets use molecules known as liquid crystals to control light and images, which gives them their name—LCD (liquid crystal display) screens.

To conclude, chemistry is an incredibly fascinating field of study. It is essential for meeting our basic needs of food, clothing, shelter, health, energy, and clean air, water, and soil.



MR. D.VENKATA SUBRAMANIAN
SENIOR SECONDARY TEACHER - CHEMISTRY

WORLD HOMOEOPATHY DAY

World Homoeopathy Day is celebrated each year on April 10 to pay tribute to homoeopathy and its contribution to the world of medicine. The day is observed on the occasion of the birth anniversary of German physician Dr Christian Friedrich Samuel Hahnemann, the founder of homoeopathy.



Homoeopathy medicines are safe to use because they rarely cause side effects. It is based on the principle of 'like cures like'. It means that a substance in a small amount is taken will cure the same symptoms it causes if taken in large amounts. Homoeopathy is derived from the Greek words homeo, which means similar, and pathos, which means suffering or disease.

World Homoeopathy Day in India

World Homoeopathy Day (WHD) is celebrated on 10 April and the day has become the red-letter day for the Homoeopathy profession because it is being celebrated under the aegis of the Ministry of AYUSH, Govt. of India for the last few years in New Delhi.

The theme of this scientific convention in 2022 is 'Homoeopathy: People's Choice for Wellness'.



MS. SARANYA R
SENIOR SECONDARY TEACHER - PHYSICS

The Educators write...



NEWSLETTER
BY GRADE XII

யார் கடவுள் ?

இருளை நீக்கும் அழியா ஒளியே !
 ஒற்றைக் கல்லைச் செதுக்கிய உளியே !
 உணர்ச்சி தூண்டும் பிரபஞ்ச ஒளியே !
 உணர முடியா பிரபஞ்ச பேராற்றலே !
 அகில அசைவின் சாட்சியே !
 அறியா சக்தியின் அறிந்த உருவமே !
 எங்கும் இருக்கும் அணுவே அண்டமே !
 அயலான் வலிக்கு வரும் கண்ணீரே !
 எம்மைப் சுமக்கும் உறவே !
 ஆக்கும், அழிக்கும் பஞ்சபூதமே !
 அனைத்தையும் மன்னிக்கும் குழந்தை குணமே !
 நீரும் செம்புல சேறும் கலந்தது போல
 மனித மூச்சில் கலந்த அன்னை மொழியே !
 அன்றில் கொடுத்த பாடமே !
 பாரா முகத்திற்கு உதவும் மனமே !!!



MADHANA KKUMAR M
GRADE XII SECTION 'B'

PROXIMA D

A star system just 4.2 light years away, known as Proxima Centauri is known to contain two exoplanets, and now, a third one has been spotted.

An exoplanet is a planet which might be capable of life, meaning, a large amount of water, and breathable atmosphere.

A third exoplanet has been detected orbiting the closest star to the solar system, Proxima Centauri. With one-quarter mass to that of Earth, Proxima d is one of the lightest planets ever found.

Proxima d is in Proxima Centauri's habitable zone, which is the region around a star where water remains liquid. Proxima d takes just over 5 hours to orbit its star.

It was discovered by João Faria, at the institute of Astrophysics and Space Sciences in Portugal using 'Radial Velocity', using the Very Large Telescope in Chile. And his colleagues spotted the first signs of yet another exoplanet during a study of the star system in 2020.



BRAHMA ABHINEETH SAI KANCHARLA
GRADE XII SECTION 'A'

THE NOT-FOREVER NEVER-ENDING FRIENDSHIP

Sure we fight sometimes
 With our mischievous crimes.
 Friendship is a never ending crazy ride!
 But, you're the barf bag at my side.
 You, The Fuse and I, The Kind Light,
 When we collide SPARKS ignite.
 The times I fall from crazy heights,
 You are the IDOL flashing in my eyes.



SONAKSHI S
GRADE XII SECTION 'B'

INTERESTING FACTS ABOUT DREAMS

- ☑ The colder your house is, the worse your dreams will be.
- ☑ The reason you wake up after dying in a dream is because your brain doesn't know what happens after death.
- ☑ During REM [Rapid Eye Movement] sleep, your body becomes paralyzed so that you don't act out your dreams .
- ☑ 12% of people only dream in black and white.
- ☑ Dreams are responsible for the greatest inventions of mankind! These include:
 - i) The idea for Google - Larry page
 - ii) The sewing machine needle - Elias Howe
 - iii) Double helix structure of DNA - Dr. James Watson
 - iv) Einstein's Theory of Relativity - Albert Einstein



KAVYADHARSHINI M
GRADE XII SECTION 'B'

QUANTUM TUNNELLING-THE REAL LIFE 'STAR TREK' EFFECT

Quantum tunnelling is like something from a science-fiction movie where objects pass through some barriers in defiance of the rules. But most importantly how does it work? Quantum tunnelling applies to the subatomic world where particles can go through solid barriers as a natural consequence of Heisenberg's uncertainty principle and just like many quantum effects, they are very real and have been observed in many experiments.

We all know about superheroes like Vision and Martian Manhunter who can pass through walls. Well quantum tunnelling is exactly that. For example, if an object is to travel from point 1 to 2 but there's a barrier or a wall in front of it, then there are only two ways by which it can reach the other side :

1. To break through the wall

2. To go all the way around it.

This is what classical physics says....

But what happens when you shrink everything down to a subatomic level? Well then, a non-zero probability arises that the particle can go through the barrier without breaking it and that is called quantum tunnelling.



MOHAMMED AKRAM KHAN LODI
GRADE XII SECTION 'B'

"EFFECTIVE LEARNING COMES FROM INTEGRATING TECHNOLOGY AS A LEARNING TOOL"

A digital classroom is typically one that incorporates electronic devices and software into the learning environment. Covid-19 has changed the face of education. Educators and students across the country have started working to accommodate socially distanced and virtual schools after lockdown 2020 while also supporting their students' fears and concerns. Online learning has emerged as a mandatory resource for students all over the world. Most of us are aware that online classes are a completely different experience from the traditional classroom setup. Initially, we were afraid, but afterward, we have become comfortable with the online sessions conducted through the zoom platform. It has provided an opportunity to learn from the best instructors globally. Online classes have

eliminated the necessity of travelling and have saved a lot of time. Due to online classes, students are more productive and less tired. We can clarify our doubts instantly with our online teachers by unmuting on communication platforms or texting them privately. Classes are convenient and flexible. The biggest advantage of online education is that it provides a chance to network with your peers across the globe. This opens an array of other collaborative opportunities with other students to implement a project.



TARUNIKA MANORANJAN
GRADE XII SECTION 'A'

MUSIC – REMEDY TO OUR STRESSFUL LIFE

"Music is life itself; Music is the moonlight in the gloomy night of life." - Louis Armstrong. Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife. It is the sound that is brought together through a harmony of instruments and singing voices. Music is found in birds chirping, plants rustling, and lullabies. It improves mood and productivity, reduces stress and anxiety. Music is everywhere, and all you have to do is open up and listen to it.

SCIENCE IN MUSIC

Listening to music releases endorphins in the brain. Endorphins give us the feeling of euphoria. In addition, endorphins quell anxiety, ease pain and stabilise the immune system.

Music as a Career

Music itself has various career options such as being a singer, an instrumentalist, songwriter, composer, producer or even a sound engineer. Talent and hardwork are always appreciated.

Inspiration and music

"Who hears music, feels his solitude Peopled at once" - Robert Browning. Inspiration is a process which includes different state of feelings. Music is a world of emotion that keeps on teaching new experience



JACOB ROWAN MICHAEL SANTHOSH KUMAR
GRADE XII SECTION 'A'

SICKLE

Beauty is a flare,
And oh does she have flair!
And beauty is aware,
Faith is her sickle,
And she often starts to trickle,

Once she flooded my narrative,
Not only the curve but the strait, furtive,
And she held me fugitive
in her fading hands light.
How dare she trickle?
Only should Varuna from the sea above.
Thence is her altruism forced?
My atrophy dust on her shoulder?
How dare these riches leave the hands of the aching?
Is she synonymous with luster?

Faith is her sickle,
And humanity her cultivation,
Does she reign fair?
I'll give her the benefit of the doubt.
(Inspired by The Summer of the Beautiful White Horse by William Saroyan)



DHEETCHANYA MOHAN
GRADE XII SECTION 'A'

MULTIVERSE THEORY**BIRTH OF UNIVERSE:**

We are all fond of exploring space, the universe and galaxies being the never-ending topics. We have been finding new questions every day and trying to answer them by different means. The most basic question is "How the Universe is formed?" And we have been told by our scientists in two words "BIG BANG". Rather than calling it an answer it is a way to escape from that mighty question because that question being the most basic one remains unanswered properly even after the evolution of science and technology. So let us ponder what's wrong with this answer.

The drawback of the BIG BANG theory:

We know that the universe formed right after the big bang so now the question is what caused the big bang because nothing comes from nothing so if something happens there should be something behind it. With this, we can say that the big bang is not the first step toward the formation of the universe. So what could have happened? To answer this question scientists have come up with a new hypothesis which states that there is not only one universe but there are a number of Universes which are termed as MULTIVERSE. Scientists say that formation of any universe is due to the collision of another universe present in the multiverse and this is MULTIVERSE THEORY. We have to remember that this is just a hypothesis and it's not proven. So being the most interesting answer to the basic question has a drawback too! When people say two universes collide to form the new one, how the other universe are formed?! There is no answer to this question. So we can infer that space is a never-ending topic and one could ponder a topic and never come out...



YOGASHREE J
GRADE XII SECTION 'B'

SCHOOL LIFE

Friends and Friday are exciting turn,
New things to learn, not just to earn.
School work to play park made us to hark,
Teachers reached us and made us to hark.
Exam to embark the perks out of us,
Extras too benchmark that sharps out of us.
Enhancing, enriching beyond anything,
Embracing everyone with everything,
Space to discover and shower life
Place not to cover and shower strife.
To enhance your choice of tool,
Hence here we have a school!



BENITA JEBAROSE S
GRADE XII SECTION 'A'

Innovation is ideas put into use and economic development is the process by which emerging economies become advanced economies. These two terms are interlinked as innovation creates employment opportunities and increases the utilisation of resources which leads to economic growth. Long years of consolidated economic growth results in economic development. Innovation keeps making our life better and better. One of the results of innovation is that it reduces transaction cost in trade and leads to economic development. Innovations develop standards of living and infrastructure. Designs and infrastructure get better because of new ideas and thoughts which make the economy sustainable and credible. The innovation in the technological sector is dominant today in many other sectors because they impact positively on the production of better machinery. The production cost decreases and the scale produced and profits will be large. Innovation is a major factor of development of any economy.



PADMAJEYALAKSHMI GURUPARTHASATHY
GRADE XII SECTION 'A'

SHORT BREAK TO SAVE THE DAY

Time has started sprinting with the rise and development of people and we, to keep up, have started sprinting too. It has become a sad reality that in this fast moving world people forget to look around and breathe. People often associate breaks to vacations but giving time to you and your surroundings is more important. One simple way to a quick break is to distract yourself from the regular and spend time with yourself. It can be done through journaling, self-talk. Generally people feel guilty of taking breaks but if you psychologically feel the urge to take a break, you must! But you must be aware of the time and your workload. Taking the necessary breaks while you feel overwhelmed can serve as energy boosts and increase performance and creativity. This increases your work productivity and adds to your health. Although taking short breaks throughout the working day may not have as obvious an impact as taking a holiday, research has found significant benefits. Studies have found that breaks can reduce or prevent stress, help to maintain performance throughout the day and reduce the need for a long recovery at the end of the day.



KIRUTHIGAA SREE I
GRADE XII SECTION 'C'

WHY SHOULD WE ASK THE QUESTION “WHY”?

The word “WHY” helps us to question and drives us to find the solution to a particular problem or a mistake that we find. Why do we sit inside a classroom? Why should we study failed theories?

Every great breakthrough, every invention, comes from being curious. You are coming to school because Horace Mann asked “How to improve the school system” but before this the fundamental question was “WHY is our school system like this?” This basic and simple questioning enables us to produce easier solutions.

Common characteristics of curious people are that they listen without judgement, fully present and accept mistakes. These are curious people that try to find problems and solve them. They like to work in harmony with others and don't shy away from asking for help.

சிரிப்பிற்கு குழந்தை
சிந்தனைக்கு கவிதை
சித்திரைத்திருவிழா என்றால் மதுரை
மதுராயின் ராணி மீனாட்சியம்மையின்
திருகல்யாணமாம் ஊரெங்கும்
மக்கள் கூடும் கூட்டமாம்
மணமணக்கும் மல்லிகையும்
சித்திரை மாத வெயிலுக்கு ஜிகருதாண்டவும்
அனைவரையும் ஒன்றாக கோர்திடுமே
மதுரை மண்ணின் வாசமே

KARTHIKEYAN B
GRADE XII SECTION 'C'



You can also produce ideas and inventions that one day will make the world a better place. Never stop asking the simple but most powerful question “why” which is the first foundation for a bright future ahead.

Stay curious and stay healthy.



ACHUDHAN S H
GRADE XII SECTION 'B'

INTERNET

From the time it first came into existence until now, the internet has come a long way. Along this journey, the internet has adopted many things and become more user-friendly and interactive. You can obtain any information online from informative articles to entertainment to any other topic of your preference, can be found on the internet. There is no doubt that the internet has made our life easier and convenient but we can't leave out the fact that it has affected a bunch of people negatively. Cyber crime is one such example and at this rate of expansion, we are becoming addicted to it. We have come to a time and space that internet has become our basic necessity. You can access it in any corner of the world, keeping the fact that it is very easy to use and manage. In today's world, we cannot imagine our life without it.



G ANIRUDH
GRADE XII SECTION 'B'

Student Articles...



NEWSLETTER
BY GRADE XII

AMAZING FACTS

- Your blood vessels could circle the globe
- Ear wax is actually a type of sweat.
- You are about 1cm taller in the morning when you first get up than when you go to bed. This is because during the day the soft cartilage between the bones gets squashed and compressed.
- Every minute you shed over 30,000 dead skin cells.
- Babies cry even in the womb.

GOODNESS OF MUSIC

In what way is music good for us?

- It provides a total brain workout. Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.
- “It's an explosive expression of humanity. It's something we are all touched by”

Things can be remembered better when it's made into a song :

Music helps us remember things better because of a process called “chunking”. Chunking is when we take individual pieces of information and group them together into larger units. Our short term memory can only hold about 7 units of information at a time. So if we cram more material into each unit by putting them into big chunks, then we can store more content overall.



DHENUJA S
GRADE XII SECTION 'B'

Music allows us to chunk lyrics together by linking words and phrases in a tune. The melody and the rhythm act as a great framework that we can attach the text to, making it easier to recall later. In this way, the musical structures enhance our ability to learn and retrieve the text of the song.

Without the alphabet song, young children might learn the 26 letters of the alphabet as 26 separate units of information, which is a lot to remember all in one go. But in the song, the letters are grouped together into melodic and rhythmic phrases. This hopefully makes it easier for the alphabet to stick in a kid's brain.

So perhaps the next time you're listening to your favourite song, take a moment to appreciate how great music is at helping us remember so much better than the spoken word alone.



POORNA PRIYA SV
GRADE XII SECTION 'C'

ROLE OF TECHNOLOGY IN DAILY LIFE

"It has become appallingly obvious that our technology has exceeded our humanity." - Albert Einstein. Technology affects the way individuals communicate, learn, and think. Technology plays an important role in society today.

Technology in education

Virtual classrooms, video, augmented reality (AR), robots, and other technology tools can, not only make class livelier, they can also create more inclusive learning environments that foster collaboration and inquisitiveness and enable teachers to collect data on student performance.

Technology in healthcare

Average Life expectancy of people during the 1900s were as low as 46.6 years but the technological progress in healthcare has increased the life expectancy to an average of 77.3 years. The technological progress in healthcare has helped find cure to diseases which were thought to be incurable years ago.

Technology and mental health

Researchers found that smartphone use was associated with symptoms of anxiety and depression, as well as increased stress.

Conclusion

Technology is not good or bad, for it knows no ethics and principles. The prime directive of all gadgets is to obey algorithms without scruples. The problem is not technology, but human recklessness. Our task at the moment is to face our fears about the future with courage; to turn to technologies with an open mind, and to prepare for the changing world with as much knowledge as possible.



VISHNU VINOD
GRADE XII SECTION 'C'

ART OF DANCE

Dance transmits culture, emotions, tells stories and can be a testimony of a historical moment or a place of origin. Energy exults out of the performance of a succession of gestures. It has been performed and has inspired artists for as long as humankind has been in existence.

Importance of dancing:

- It provides better coordination, agility and flexibility.
- It improves the body's balance and spatial awareness.
- It Increases physical confidence.
- It improves mental functioning.

Indian dance:

With hand gestures (Mudras), acting and pantomime this sacred art of dancing tells sacred tales from Indian Mythology and fascinatingly describes Gods, men, animals and their emotions.

History of Indian dance:

Dances performed in India are said to have their origins in dances and rituals of the period of the Vedas, which date back to around 1000 B.C. The earliest Indian religious texts describe creation in terms of dance. In Hindu mythology, a dance by Shiva creates and destroys the universe.

Purpose of Indian dance:

It is an integral representation of Indian culture. Indians dance for multiple reasons: to preserve the treasured culture and heritage, celebrate weddings, commemorate festivals, entertain by demonstrating their Bollywood dancing abilities, and for the sake of pure joy and happiness.

Dance exhibits the vastness of its cultural diversity. Dance plays an important form in comprehending the course of life and civilization and evolution help us to understand the controversies and history related to it.



VARSHANA S
GRADE XII SECTION 'C'

Student Articles...



NEWSLETTER
BY GRADE XII

IMPORTANCE OF FITNESS:

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

➤ **Exercise combats health conditions and diseases**

Being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases and helps prevent or manage major health problems.

➤ **Exercise boosts energy**

Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

➤ **Exercise controls weight**

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

➤ **Exercise promotes better sleep**

Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energised to go to sleep.

DIET IS THE KEY:

Around 60 to 70 percent what matters in fitness is diet and 40 to 30 percent is exercise, without a proper diet your fitness goals can never be achieved. A person with a proper diet and timely workout can do miracles in fitness and give guidance to others, a proper clean nutrition should be followed according to your fitness goals.



ASEEL A
GRADE XII SECTION 'C'

DOWN SYNDROME

This is a small article that I am sharing on DOWN SYNDROME- one of the commonly misunderstood disorders which is not mostly spoken about .As a Psychology Student I felt that urge to spread an awareness on this topic ,so it deserves the limelight it needs .

What Is Down Syndrome?

Down syndrome is a genetic condition that causes mild to serious physical and developmental problems.

People with Down syndrome are born with an extra chromosome. With Down syndrome, this extra chromosome leads to a range of issues that affect you both mentally and physically

Misconceptions that people have on down syndrome:

1. Children with Down syndrome can't read or write.

Reality: The majority of children with Down syndrome are enrolled in the mainstream schools but if the parents wish to have special care for them , there are also schools and colleges meant specially for them. A child with this syndrome can learn to read and write with proper guidance from the right teacher who is well trained .The child's performance will slowly pick it's pace with enough practice .

2. Children with Down syndrome can't play sports , can't feel emotions, can't feel pain , have no memory and have Alzheimer's disease, can't go to regular schools or impacts their siblings negatively, and can't live independently once they grow up.

Reality : A child with Down Syndrome can do all these in his or her day to day life , though they may lag in some activities it doesn't mean they can't do it.

As friends and family how can someone help children with Down syndrome :

- Praise them when they learn something new
- Try showing them how to do something instead of just giving instructions – It can be easier to follow
- Encourage them to be healthy and active
- Look out for changes in mood or behaviour – they may not be able to tell you something's wrong or they're unwell

People with Down syndrome who have made it big :

- Madeline Stuart is widely known as the first professional model with Down syndrome.
- Harris is an athlete who has won numerous gold medals at the Special Olympics.

And the list goes on

They are not disabled, they are differently abled. Let's appreciate them for who they are, let us treat them as one among us for they are not at fault and will never be. Here's a shout out to all my down syndrome friends out there !



KEZIA SARAH VIEYRA
GRADE XII SECTION 'C'

THE MYSTERIOUS TRIANGLE

There are many unsolved mysteries that are waiting to be solved such as Area 51, Zone of Silence, The Pyramids and many more. One such mystery emerges in the North Atlantic Ocean, popularly known as The Mystery Of The Bermuda Triangle. Florida, Puerto Rico and The Bermuda Islands together form a triangle in the North Atlantic which covers an area of more than 5 lakh sq miles. The Bermuda Triangle which is also known as Devil's Triangle is a part of one of the busiest shipping routes. Over the centuries, hundreds of ships and planes have been reported to have mysteriously disappeared in this triangle. The stories around the triangle begin from the times of Columbus where he says that while he was passing by this region he saw a flame of fire crashing into the sea and during the mid-19th century an article was published by Vincent Gaddis stating the disappearance of the flights and ships in that area and he titled the article as The Bermuda Triangle. So, what is the reason behind these disappearances?

Let's talk about some scientific theories to explain this mystery.

- Some say that there is a very high magnetic field and force in that region which causes these disappearances.
- A second explanation is about the Poles. There are 2 types of poles one is magnetic pole which is used in compasses and the other is geographic pole of the Earth. The North Pole in the compass does not show the actual north pole of the Earth but the magnetic north

pole. Agonic lines are lines where the true pole and magnetic pole align. These lines change with time but for a while the agonic lines present in the triangle are stagnant which may create huge confusion.

- The third explanation states that the area experiences numerous hurricanes and in fact if we see the countries which experience the most number of hurricanes, it is USA and Cuba which lie near to the triangle.
- The fourth explanation talks about the presence of methane hydrates. These methane hydrates present in the ocean, react and decrease the density of the water which leads to imbalance in buoyancy and then sinking of ships.
- The final and the most appealing explanation and reason is related to human psychology. It is called the Baader-Meinhof effect or the frequency illusion effect, it states that when we start to notice things more, then we find them more often around us.

The National Oceanic and Atmospheric Administration Department of the US says that there is no evidence that the aircraft and ships that disappear in the Bermuda Triangle happen more than that of any other ocean areas. So, maybe we can say that there is no real mystery that surrounds the Bermuda Triangle



ARVIND K
GRADE XII SECTION 'B'

This is what's known to be as radial velocity method and was how Proxima b and c were discovered.

This was discovered by Zozo Fana, at the institute of Astrophysics and space sciences on Porhgal and his colleagues spotted the first signs of yet another exoplanet during a study of star system in 2020.



BRAHMA ABHINEETH SAI KANCHARLA
GRADE XII SECTION 'A'



SUNBIRD



RED-WHISKERED BULBUL



LOTENS SUNBIRD



RAMANAN P B
GRADE XII SECTION 'B'



AKSHAYA P R
GRADE XII SECTION 'A'

Artistic Expressions...



NEWSLETTER
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Artistic Expressions...



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LOKESHWAR C
GRADE XII SECTION 'B'



DHANUJA S
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J MADHUMITHA
GRADE XII SECTION 'A'



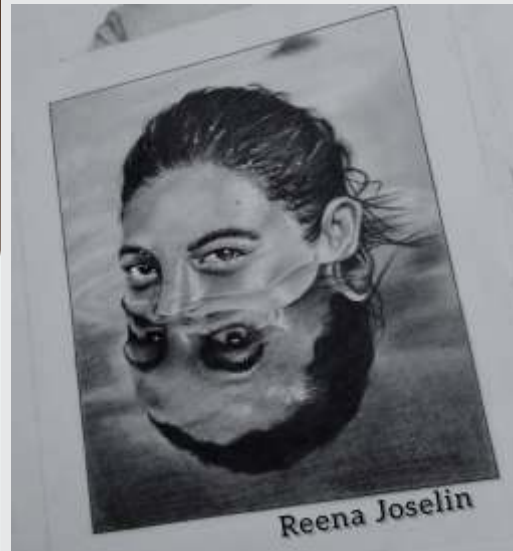
SANIA SULTANA H
GRADE XII SECTION 'C'

Artistic Expressions...



NEWSLETTER
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Artistic Expressions...



REENA JOSELIN
GRADE XII SECTION 'C'

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