



SRM

PUBLIC SCHOOL

A SENIOR SECONDARY SCHOOL

Educating Minds. Enriching Lives

Newsletter

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GRADE XII

abhinavakti

2023-2024



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Abhivyakti
2023-2024



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From The Desk Of the **PRINCIPAL**

Vasudeiva Kudumbakkam

April 2023 becomes a historic month for India as she becomes the world's largest populated country, surpassing our neighbouring country makes me realise the importance of our G20 theme 'Vasudeiva Kudumbakkam', a powerful verse from Mahaupanishad. Having a mind shift to One earth, One family, One future is a great task but the need of the hour. This inclusive mindset is possible only when our thoughts, words and deeds are aligned with one goal of creating and living in harmony with happiness.

With the vision of bringing in this transformation, we have launched the Leader In Me program and all our major activities for this academic year are aligned to make children appreciate the diversity, celebrate every bit of life, think like a global citizen and act like a responsible human.

This transformation is possible only when we, the school and family team up to scaffold and nurture our young minds, who are the leaders of the future, so that they are all set to make this world a better and a happier place to live in without disturbing the balance in life and ecosystem. With India's G20 presidency let us take up the responsibility of working together to make this earth a happy family creating a safer and happier place to live for our children in the future.

Ms. Bhuvaneshwari.S
Principal

From The Desk Of the
VICE PRINCIPAL (ACADEMICS)



Winners never Quit & Quitters never Win...

Dear Children,

Welcome to the first newsletter of the new academic year.

Today I am reminded of the poem 'IF' ,by Rudyard Kipling. Some of you must have already learnt this poem in your English classes. I believe every line of this poem holds a treasure of advice for each of us. It is a lesson on how to live life, which Kipling wrote for his son and indirectly addressed each of his readers.

The lines I want to dwell upon today are as follows:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss

We all have met with failure a number of times in life. What is important is knowing how to treat failure. You must have all made a tower with blocks or playing cards. Remember how it feels when you are about to place the last block or the last card and the entire tower comes crashing down? We feel crest fallen and disappointed, don't we? Some of us may feel frustrated and decide to give up, with the feeling, " I can't do it, I can never do it."

But some of us decide to pick up the fallen blocks or cards and begin to build again. Each time we do so, is our tower not better or stronger than before? That's because, each time we build our tower we improvise on what we did before.

In the new academic year, don't be afraid of trying new things and treading on new paths. Give it your best shot to succeed but if you meet with failure look at it as a golden opportunity to build a better and stronger tower. Let's learn to rise like the phoenix bird.

Ms. Vijaya Nagarajan
Vice Principal (Academics)

From The Desk Of the Senior Secondary Coordinator



To the beloved students....

Each one of you is unique,
Each action of yours surprises even a critic,
Today you are a student ,
Tomorrow you are a replacement of radiant.

Your appearance seems dynamic,
Your answers are pragmatic,
Which makes a Teacher dutiful,
To make your future beautiful.

When someone asks, What you did?!
Your answers are splendid.
The present age tussle,
Will make you buzzle.

The hard work which you do is strenuous ,
The same makes your results fantabulous,
Your unconditional affection is sentiment,
Which makes us plan much more and implement.

The time spent with you never made us depressive,
Instead your performance is impressive.
The time which you invest in studies is precious,
May your future be victorious.

You are marvellous in behaviour ,
No doubt about your excellent endeavour.
My teaching for you is a part,
But my love for you will never depart.

Ms. Kirithika Manimaran
Senior Secondary Coordinator

THE MORE YOU KNOW: HALO PHENOMENON

The word 'HALO' means a nimbus, ice-bow or gloriolo. The Halo phenomenon is an optical phenomenon produced by light interacting with ice crystals and clouds in the atmosphere, resulting in a wide variety of colored or white rings, arcs and spots in the sky. Many Halos are formed near and around the sun or moon.

The colors of these rings are red on the inside and violet on the outside. This phenomenon is basically due to the optical phenomena of reflection and refraction of light that passes through the ice crystals present around the sun or moon in the sky. Due to this refraction of light through these ice crystals, seven colors are seen in a halo (red, orange, yellow, green, blue, indigo and violet). Atmospheric phenomena such as halos were used as part of weather forecasting before meteorology was developed. They often mean that the rain is going to fall within the next 24 hours.

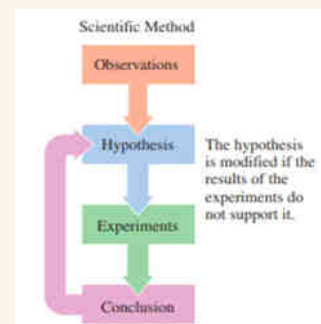
Due to the complex combination of different types, orientation, movement patterns of the ice crystals and the angle of the sun, there can be many types of halos. The most common among them is 22° inner halo (also known as the small halo), which means that the visual radius (the angle of vision lies between the sun or moon and the solar or lunar halo) is 22° .



T.M. AISWARYA LAKSHMI
PHYSICS TEACHER

THINKING LIKE A SCIENTIST

When you were very young, you explored the things around you by touching and tasting. As you grew, you asked questions about the world in which you live. What is lightning? Where does a rainbow come from? Why is water blue?



As an adult, you may have wondered how antibiotics work or why vitamins are important to your health. Every day, you ask questions and seek answers to organize and make sense of the world around you.

Although the process of trying to understand nature is unique to each scientist, a set of general principles, called the scientific method, helps to describe how a scientist thinks.

1. Observations

The first step in the scientific method is to make observations about nature and ask questions about what you observe.

2. Hypothesis

Propose a hypothesis, which states a possible explanation of the observations. The hypothesis must be stated in such a way that it can be tested by experiments.

3. Experiments

Several experiments may be done to test the hypothesis.

4. Conclusion

When the results of the experiments are analysed, a conclusion is made as to whether the hypothesis is true or false. When experiments give consistent results, the hypothesis may be confirmed. Even then, a hypothesis continues to be tested and, based on new experimental results, may need to be modified or replaced.



D.VENKATA SUBRAMANIAN
CHEMISTRY TEACHER

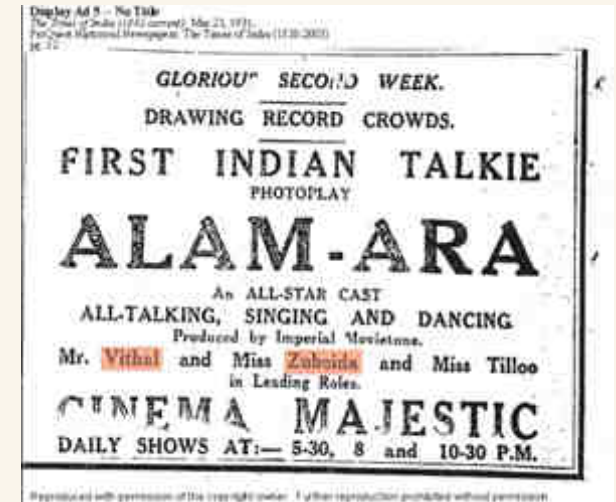
The Educators write...

THE FIRST IN INDIAN CINEMA

The one constant in the ten decades of Indian cinema has been changed. Right from the release of the first feature film Raja Harishchandra to today's age of digital cinema, the process of making movies has been one of evolution. As we celebrate 100 glorious years, here is a look at some of the firsts notched up by the factory of dreams:

Interesting Facts about the First's in Indian Cinema you must know.

- First Feature film - Raja Harishchandra (1913)
- First women on screen - Durgabai Kamat and her daughter Kamlabai Ghokhle (1913)
- First South full length feature film - Keechaka Vadhan (Tamil) (1916)
- First double role - Lanka Dahan (1917)
- First film certified - Orphans Of the Storm (1918)
- First film to face censorship - Bhakta Vidur (Political Issue) (1921)
- First woman producer and director - Fatma Begum (1926)
- First Talkie film - Alam ara (1931)
- First Indian film to be shot with artificial lights - Apradhi (1931)
- First songless talkie film - Naujawan (1931)
- First international award - Seeta (1934)
- First movie with flashback - Roop Lekha (1934)
- First playback in a film - Dhoop Chhaon (1935)
- First woman composer - Jaddan Bai (1935)
- First Golden Jubilee film - Sant Tukaram (1936)
- First color film - Kisan Kanya (1937)
- First Dolby sound film - A Love Story (1942)
- First recipient of the Dadasaheb Phalke award - Actress Devika Rani (1969)
- First Indian film to be nominated for an Oscar - Mother India (1957)
- First 70-mm Film - Sholay (1975)
- First Indian Oscar winner - Bhanu Athaiya, Best Costumes for Gandhi (1982)
- First 3D movie - My Dear Kuttichathan (1984)
- First film insured : Taal (1998)
- First film to incorporate the 4K resolution technology Sivaji : The Boss (2007)



GEETHA ANBU
MASS MEDIA EDUCATOR

The Educators write...



LESSONS FOR LIFE FROM GEESE

The creations of God teach us many beautiful lessons to live our lives happily. Let's learn a few lessons from the Geese, today.

LESSONS IN COORDINATION

Geese can fly 1000 kms continuously without any break during migration. But to achieve this they always maintain “V” formation while flying. The one which flies in the front will face air resistance more but by creating an uplift it helps other geese to feel less air resistance and makes it easy to fly long. In a team, each one has a role to play and when they play it well, the team will achieve its goal.

MOTIVATE OTHERS

The Goose in the front may get tired because of the strong air resistance it faces. So the other Geese at the back will Honk to encourage the one at the front to give its best. We as humans must also choose to motivate others rather than waste our time in gossiping or criticizing others.

TAKE INITIATIVE

When the leader Goose at the front feels tired, it will fall back and another Goose will take the lead to maintain the “V” formation and to continue their journey. Everyone in the team must be ready to take the initiative whenever there is a need for it. Be ready to come out of your comfort zone and take up the risk for the welfare of the team.

COOPERATION

When a Goose falls sick and falls out of formation, two other Geese will accompany it to help and protect it. Let's be ready always to help others when they are weak and when we are strong. Being with someone in their tough times will help them to overcome such situation and get rejuvenated. We must be ready to give and take support from others whenever it is needed.

Let's remember these important lessons to be learnt from Geese.

FREDRICK JOHNSON
COMMERCE EDUCATOR



STAYING DISCIPLINED AND CREATING HABITS:

THE PATH TO SUCCESS

Success does not happen overnight. It requires dedication, hard work, and most importantly, discipline. As a student, it can be challenging to stay on track and maintain a positive mindset amidst the daily routine of school life. However, by developing healthy habits and staying disciplined, students can pave the way towards success and lead a fulfilling life.

Discipline is the cornerstone of success. It involves setting goals, creating a plan, and sticking to it, even when it gets tough. When students develop a disciplined approach to their studies, they are better equipped to manage their time and prioritize their tasks. This can lead to better academic performance and the ability to achieve their goals.

Creating habits is also crucial in shaping a student's future. By creating healthy habits, such as exercising regularly, practicing good time management, and prioritizing their studies, students can develop a positive outlook on life. When good habits become routine, they are easier to maintain and become a part of a student's everyday life. This leads to a more focused and productive mindset that can ultimately result in a successful future.

One of the key benefits of developing good habits and staying disciplined is that it creates a sense of responsibility and accountability. When students take responsibility for their actions and decisions, they are better equipped to face the challenges of life. Additionally, accountability ensures that students are held to a high standard and strive to meet their goals.

To develop healthy habits and stay disciplined, students should start by setting achievable goals. These goals can be academic, personal, or social. Once the goals are established, students should create a plan of action to achieve them. This plan should include daily habits and routines that align with their goals.

For example, if a student's goal is to improve his grades, he may create a study schedule and commit to it every day. This could include setting aside a certain amount of time each day to study, taking breaks at regular intervals, and using study aids such as flashcards or notes.

Staying disciplined and creating habits can be challenging, especially at first. However, with persistence and determination, students can develop the skills they need to succeed in all aspects of their lives. By taking responsibility for their actions and decisions, setting achievable goals, and prioritizing their studies, students can pave the way towards a positive and successful future.

In conclusion, staying disciplined and creating healthy habits is essential for success in life. As students, it is important to prioritize our studies, set achievable goals, and maintain a positive mindset. By doing so, we can develop the skills we need to achieve our dreams and lead fulfilling lives. Remember, success is not a destination, but a journey, and by staying disciplined and creating healthy habits, we can make that journey a success.



DEENADHAYALAN V

English Teacher

FOR THE ONE LAST TIME

Guess the place you have been very fond of since your childhood, you get to know new people for the first time in your life and make new friends, the place which gives you lots of cherishable childhood memories throughout your life. Yes! It's our school. School life is the best part of our life and the memories we had can never be relived again. Especially high school memories will play the best part in our life, at the end of our high school we start to feel the separation from the celebrations such as Pongal, Navratri, Diwali, Christmas, Sports day, Annual day, Friendship day, Ground assembly etc. Exams, Fightings, School teachers, Practicals, Chatting, Sharing, caring, PT, Dance, Music, Club periods, Skill period, PTM, uniforms, school trips and many more will soon become the best memories of our lives. When you reach the last year of your school life, you will realise that every enjoyment you have is for the one last time at our school. So this is the crucial part of our life, in a wink we will be moving out of our school with flying colours to chase our dreams. Let's enjoy every moment we spend with our friends and teachers at the school. Be happy and keep others happy around you.....

RAKSHITHA .A
XII 'A'



A PROMISE

‘What is a promise?’ A promise is not a contract on paper made between two people but it is trust formed between two people. In olden days, the promise made between people was what mattered more . The few words 'I promise' was enough to convince anyone to believe them . Just like love, even trust was spread among people . But now? 'I promise', these 8 letters are broken within a matter of few seconds. If a promise can't be kept, why say it in the first place? We teenagers often say “This is a new era” We say this with a lot of pride. But do we realize that humanity is gradually decreasing as compared to our parents' generation?. As time passes, we should become a

better version of ourselves not a worse one. A few words like sorry, thank you, love, trust , have absolutely no value these days. Every word has a deep meaning within it. Not all words can be said, just because they exist every time. You say words like 'I promise' or 'I am sorry' We should be conscious of the impact of these words on others. They might just be a few letters to you , but an endless sea of trust to them.

Therefore, a promise means everything but, once it is broken, sorry means nothing .



JAINI ANAND
XII 'A'

WHY SDGs?

The SDG (Sustainable Development Goals) is a set of 17 global goals adopted by the United Nations General Assembly in 2015. They guide countries to find and solve various issues such as climate change, poverty, gender inequality etc...

They are very important because they drive the different nations of this world to be more sustainable by 2030. SDGs cover a wide range of issues, including poverty, hunger, health, education, gender equality, clean water and sanitation, affordable and clean energy, decent work and economic growth, industry, innovation and infrastructure, reduced inequalities, sustainable cities and communities, responsible consumption and production, climate action, life below water, life on land, peace, justice and strong institutions, and partnerships for the goals. To solve these problems, the government finds solutions through national planning, monitoring, education, innovation and tech etc. For this, every single individual should coordinate to achieve these political goals towards a better living.

For a sustainable and prosperous future for all, take the necessary action, address the problems of your society to the government and work together to achieve the goals for a better future.

SARAVANA PRANESH
XII 'A'



THE IMPORTANCE OF MAKING CHOICES

Making choices is an integral part of our everyday life, and it plays a crucial role in shaping our lives. Every day, we make countless decisions, from what we wear to what we eat, and from what we do to what we say. These decisions, no matter how small or insignificant they may seem, have a significant impact on our lives.

When we make choices, we are actively taking control of our lives and shaping our future. Our choices determine our actions, and our actions, in turn, determine our outcomes. If we make good choices, we are more likely to achieve success and happiness, whereas poor decisions can lead to negative consequences and depressions. It is important to understand that making choices is not just about selecting between two or more options. It's also about taking responsibility for the consequences of those choices. Sometimes, we may make mistakes, but it's important to learn from them and make better choices in the future.

Ultimately, the importance of making choices lies in the fact that it empowers us to create the life we want for ourselves. By taking control of our decisions, we can shape our future and achieve our goals. Every choice we make, big or small, has the power to influence our lives in a profound way. No one wants to look back on their life and wonder if they could have done better. So, it's important to choose decisions wisely and create a life that we can be proud of.

ABHINAYA SARASWATHI. S
XII 'A'



MENTAL HEALTH

According to WHO, there is no single 'official' definition of mental health. Mental health refers to a person's psychological, emotional, and social well-being. It influences what they feel and how they think, and behave. The state of cognitive and behavioural well-being is referred to as mental health. The term 'mental health' is also used to refer to the absence of mental disease. Mental health means keeping our minds healthy. Mankind generally is more focused on keeping their physical body healthy. People tend to ignore the state of their minds. Human superiority over other animals lies in his superior mind. Man has been able to control life due to his highly developed brain. So, it becomes very important for a man to keep both his body and mind fit and healthy. Both physical and mental health are equally important for better performance and results. An emotionally fit and stable person always feels vibrant and truly alive and can easily manage emotionally difficult situations. To be emotionally strong, one has to be physically fit too.

SRI RANJANI.R
XII 'A'



SIBLING RIVALRY

Sibling rivalry is universal. Be it fighting for an extra piece of chocolate, being your parent's favourite, arguing over clothes etc., make sibling rivalry, a topic to mull over. Some of the rivalries that we had, are remember fondly when we grow up. If the constant bickering between you and your sibling made you angry and anxious, it is time you know that it is in fact considered healthy, according to science. The study conducted by researchers at the University of Cambridge reveals that fighting with siblings as a child actually helps you grow emotionally as well as mentally. Those who fought with their siblings will have a better sense of reason than those who didn't.

Fighting with your siblings when you are younger, helps in developing your social skills. When siblings argue, the way they frame their arguments plays an important role in improving mental health and enhance smooth development. Most brothers and sisters try to resolve an argument verbally and that allows them a chance to have a good understanding over their mental abilities and cognizance. Having healthy fights with your sibling as a grown up can't be bad, they still make you a good person. So, say thanks to all those childhood drama....

K.S.BAVITHRAN R
XII 'A'



BE A VOLUNTEER

Volunteering is an activity that involves giving your time, skills, and energy to help others without expecting anything in return. When it comes to volunteering in school, there are many opportunities for students to get involved and make a positive impact on their school community.

One of the primary benefits of volunteering in school is the positive impact it can have on your school community. By getting involved in volunteer activities, students can help to build a stronger, more connected school community. This can help to foster a sense of belonging and pride in the school, which can in turn lead to improved academic performance and better student outcomes. For example, volunteering as a mentor can help students develop their leadership and communication skills. By helping others and making a positive impact, students can feel a sense of satisfaction and accomplishment. Volunteering can also provide an opportunity to meet new people, make friends, and form meaningful connections with others in the school community.

The experiences you build by doing them yourselves rather than observing them is another form of learning. So, for a volunteer to obtain these skills is undoubtedly beneficial. Volunteer works in schools offer a wide range of work that can be applicable to many jobs in the workforce.

Volunteering opens a variety of options up to the volunteers. They could discover they have a knack for certain skills they didn't know they had before or experience something new that they might want to pursue in the future.

Overall, volunteering in school can be a valuable and rewarding experience for students. By getting involved and giving back to their school community, students can make a positive impact on others while also gaining valuable skills and experiences that can help them in their future endeavours. So why not consider volunteering in your school today?

THARIQ AHAMED
XII 'A'



CONFIDENCE

Confidence is a powerful tool that can help you achieve success in all aspects of life. Whether it's in your personal or professional life, having confidence can give you the courage to take risks, overcome challenges, and pursue your goals.

What is confidence? Confidence is the belief in oneself and one's abilities. It is the feeling of assurance that you can accomplish a task or achieve a goal. Confidence comes from within, and it is built upon a foundation of self-esteem, self-awareness, and self-assurance. Why is confidence important? Confidence is important for several reasons. First, it helps you to take action. When you are confident, you are more likely to take risks and pursue your goals. Second, confidence helps you to overcome obstacles. When faced with a challenge, confident people are more likely to persevere and find a solution. Third, confidence helps you to inspire others. When you are confident, people are drawn to you, and you can become a role model for others.

Confidence is not something that you are born with; it is something that you can build over time. First-Identify your strengths and focus on them. Celebrate your successes and acknowledge your achievements. Second-Set achievable goals and work towards them. When you achieve your goals, you will feel a sense of accomplishment, which will help to build your confidence. Third-Take care of yourself physically, mentally, and emotionally. Get enough sleep, exercise regularly, and take time to relax and recharge and learn from your mistake. Fourth-even if you don't feel confident, act as if you are. Stand tall, make eye contact, and speak clearly. The more you practice these behaviour , the more confident you will become.

In conclusion, confidence is an essential ingredient for success. It can help you to take action, overcome obstacles, and inspire others. By focusing on your strengths, learning from your mistakes, setting goals, practicing self-care, surrounding yourself with positivity, and faking it until you make it, you can build your confidence and achieve your dreams.

KANISH MJ
XII 'A'



TOURISM

Tourism is travelling for pleasure or to enjoy yourself away from the place you live. People do this for many different reasons – to have fun, visit other countries and learn about other cultures or just relax from stressful working life. Tourists go to various destinations - countries with great Landmarks, places with lovely beaches or simply areas of wilderness and untouched nature.

In the last few decades tourism has grown very much, mostly because people's lifestyles have changed. They don't want to stay at home any more. They spend more money on travelling than previous generations did. Travelling has also become cheaper and more affordable. The rise of budget airlines has made it possible to afford trips to faraway countries.

Types of Tourism:

Beach tourism

Many tourists spend their holidays on beaches. They relax, go bathing or just enjoy the salty sea breeze and the ocean. Spending holidays on beaches has had a long tradition for over one and a half centuries.

Winter tourism

Winter tourism started out in the middle of the 19th century when wealthy Europeans went to St. Moritz and other alpine resorts. In Europe and in the American Rockies skiing resorts attract millions of people every year. Various lifts bring skiers to altitudes of over 3,000 meters.

Medical tourism

People go to other countries for medical treatment and operations. Irish women, for example, go to the UK because abortions are forbidden in their country. West Europeans go to Eastern Europe for dental treatment. Americans go to Mexico for plastic surgery and other operations. India is also a well known destination for medical tourism.

Educational tourism

Young people live as exchange students in other countries, where they go to school and study the language and culture of the host country.

Sports tourism

An increasing number of sports fans travel to places where special events are being held. The Olympic Games and world championships attract visitors from around the world.

Package Holidays

Organized tours were started in the middle of the 19th century by a British businessman, Thomas Cook. Package tours are made up of travel to and accommodation at the destination. A tourist agency often provides everything from a plane flight to a rental car. Sometimes such package tours offer a combination of beach holidays and sightseeing trip.

Spa Tourism

Spas have been popular since Roman times. In 16th century Britain Bath became the center of spa tourism for the rich population. During the 19th century spas emerged all over Europe. Today people go to spas for the healing effect of mineral waters as well as for offer wellness treatment, massages, steam baths and other services.



NARAIN KARTHIGEYAN.D.R
XII 'A'

AMAZING FACTS IN ENGLISH

"I am" is the shortest complete sentence in the English language.

A pangram sentence is one that contains every letter in the language.

Supercalifragilisticexpialidocious is NOT the longest word in English.

It is pneumonoultramicroscopicsilicovolcanoconiosis.

There are "ghost words" that mean nothing.

The shortest, oldest, and most commonly used word is "I"

A new word is added to the dictionary every 2 hours.

There's a name for words that we repeat often: Crutch words

Swims will be swims even when turned upside down.

English is the language of the air.



DARSHINI B
XII 'A'

ESSAY ON "ARE SCHOOLS AND TEACHERS RESPONSIBLE FOR LOW TEST SCORES?"

The question of whether schools and teachers are responsible for low test scores is a complex one. While it is true that teachers and schools play an important role in students' academic achievement, there are many other factors that contribute to low test scores.

To begin with, it is important to acknowledge that students come from different backgrounds and have different learning styles. Some students may struggle with a particular subject or test format, regardless of the quality of instruction they receive. Additionally, external factors such as poverty, inadequate access to resources, and unstable home environments can have a significant impact on students' academic performance.

That being said, teachers and schools do play a crucial role in supporting students' learning and academic success. Teachers are responsible for creating engaging and effective lessons, providing individualized support to students who need it, and fostering a positive classroom environment. Similarly, schools are responsible for providing resources and support to teachers, creating a safe and inclusive learning environment, and ensuring that students have access to high-quality instruction.

One common criticism of the education system is that it is too focused on standardized tests, which can create a narrow and limiting curriculum that does not reflect the diverse needs and interests of students. This can lead to a focus on test preparation rather than meaningful learning, and may not accurately reflect students' knowledge and abilities. In these cases, low test scores may not necessarily reflect the quality of teaching or learning that is taking place in the classroom.

It is also important to consider the role of systemic issues such as underfunding of schools, lack of access to resources and technology, and inadequate teacher training and support. These issues can make it difficult for teachers and schools to provide the level of instruction and support that students need to succeed academically.

In conclusion, while teachers and schools do play an important role in students' academic achievement, they cannot be solely held responsible for low test scores. There are many factors that contribute to student performance, and addressing these issues requires a systemic approach that involves not just teachers and schools, but also policymakers, community leaders, and families. By working together to address these issues, we can create a more equitable and effective education system that supports all students in achieving their full potential.

PRANAVA YOGESH
XII 'A'



HEALTHY LIFESTYLE

Maintaining good health is not only about having a good physique and appearance. It is about self-satisfaction, inner peace and your behaviour. In today's competitive era, maintaining a healthy mind and body is not so easy; but if you make it a habit from a young age, then you stay fit and healthy throughout your life. We might not understand the value of good health at a very young age, but health should be an individual's first priority. It is only when an individual is healthy, that he can work dedicatedly along with extracurricular activities. It is a more valuable asset than food or money. Greed, dishonesty, and deceitful behaviour are the primary causes of sadness. As a result, it is essential that we inculcate positive ideals in ourselves and teach others to follow the same in order to spread happiness throughout the world. It is essential to maintain a healthy relationship with everyone that keeps you in a positive surrounding. It is necessary to spend some quality time with family and friends. This will not only keep you to be happy but also give you good energy. Therefore, it is essential to do what is suitable for your health and maintain good health from a very young age.



MANASA M
XII 'B'

THE MYSTERIOUS RED DOTS

An Enigma In The Early Universe

The universe is full of mysteries, and uncanny essence lurking to be found or remain concealed for eons. The latest discoveries from NASA's James Webb Telescope have added even more to that. Six distant galaxies have been discovered in the early universe, each emitting a faint and mysterious red dot. The origin and meaning of these red dots remain unknown, causing confusion in science known to mankind. Galaxies have been discovered in regions of the universe where the universe is only about 800 million years old. They are billions of light years away and their light took so long to reach us that we can see the universe as it was in its early days. Scientists are amazed at the red dot, which is much brighter than anything else in the galaxy. They could be the result of new types of stars, black holes, or exotic particles not yet understood. These red dots are inscrutable to scientists because these are galaxies that should not exist according to the cosmology, astrology and physical theories and known to humankind till date. According to existing knowledge, the galaxies that started forming after the Big Bang that created our galaxy- 'The Milky Way' should be way smaller in size and matter as the early universe can not arrange itself in such less time. But these galaxies have been discovered with populations of

tens or even hundreds of billions of stars. The largest of the six is expected to have a mass trillion times greater than our sun or even 10 times the size of our galaxy which should be impossible!

The discovery of these six galaxies opens up a whole new world of questions for scientists. The red dot challenges our understanding of the early universe and the processes that formed it. They also left us with an incredible sense of mystery and wonder as we try to unlock the enigmas of the universe. We arrive at a predicament that may force us to rewrite cosmology books!



NEHA D
XII 'B'

A FRIEND IN NEED IS A FRIEND INDEED

Friendship is one of the greatest bonds anyone can ever wish for. Lucky are those who have friends they can trust. Friendship is a devoted relationship between two individuals. They both feel immense care and love for each other. You meet many along the way of life but only some stay with you forever. Those are your real friends who stay by your side through thick and thin. Friendship is the most beautiful gift you can present to anyone. It is one which stays with a person forever. A person is acquainted with many persons in their life. However, the closest ones become our friends. You may have a large friend circle in school or college, but you know you can only count on one or two people with whom you share true friendship. There are essentially two types of friends, one is good friends the other are true friends or best friends. They're the ones with whom we have a special bond of love and affection. Most importantly, true friendship stands for a relationship free of any judgments. In a true friendship, a person can be themselves completely without the fear of being judged. It makes you feel loved and accepted. This kind of freedom is what every human strives to have in his life. Friend never leave us in bad times.

You learn how to understand people and trust others. Your real friends will always motivate you and cheer for you. They will take you on the right path and save you from any evil. Similarly, friendship also teaches you a lot about loyalty. It helps us to become loyal and get loyalty in return. There is no greater feeling in the world than having a friend who is loyal to you. Moreover, friendship makes us stronger. It tests us and helps us grow. For instance, we see how we fight with our friends yet come back together after setting aside our differences. This is what makes us strong and teaches us patience. Therefore, there is no doubt that best friends help us in our difficulties and bad times of life. They always try to save us in our dangers as well as offer timely advice. True friends are like the best assets of our life because they share our sorrow, soothe our pain and make us feel happy.



RITHIKA.S
XII 'B'

IMPORTANCE OF OUTDOOR GAMES

Sports occupy a prominent place in the life of a nation. It not only helps keep you healthy and fit but also plays an important part as a recreational event. Unfortunately, in our country, the trend is such that it focuses only on the academic front. To grow a tree, we have to water its roots just like that, to prepare athletes that could play for the country, we need to inculcate the concept of sports at the primary level in schools. What we are missing out is that sports play a vital role in imparting complete education. Clearly, things did not go well in the Rio Olympics, and as everyone gets down to doing the postmortem of our performances, often breathless, blame the quality of attention being given to athletics. The benefits of playing sports are several, as it leads to balanced mental growth. It teaches the children life skills like team efforts, leadership, patience and social skills. It inculcates confidence, discipline and playing without crossing the rules. Thus, it becomes all the more important to change the attitude of schools towards sports. It should be made a compulsory activity. It has been rightly said, "Children learn as they play. Most importantly, in play, they learn how to learn."



S.AADITHYA
XII 'B'

VALUE OF GAMES IN EDUCATION

Research has shown that there are many benefits to playing games in the classroom. When planning lessons, teachers should try to incorporate at least one game a day into one of the key learning areas as either a teaching and learning tool, assessment strategy or classroom motivator. The value of games and sports is recognised by all educationists. Books develop our mind. Games develop our body. There is a sound mind in a sound body. Everybody wants to remain free from diseases. Everybody desires physical fitness. Games make our body strong. They expand our lungs and improve the blood circulation. They fill the body with strength. Games provide freshness to the mind after the day's work. Games are a good pastime also. Games and sports teach us the spirit of sportsmanship, honesty, punctuality and regularity of habits. They also teach us team spirit, leadership and obedience. Games teach us the importance of cooperative efforts and make us disciplined. They teach us how to command and how to obey.

ALL ROUND DEVELOPMENT

The aim of education is the overall development of a human personality. Therefore, education should provide opportunities for the physical, intellectual, spiritual, and moral development of the pupils. All western, as well as Indian philosophers—Rousseau, Froebel, Tagore and Aurobindo agree that physical education should be given an important place in the school curriculum. Physical fitness is the prerequisite of all development. If the body is not allowed to grow properly, then it can make one unfit for a normal healthy life. Education cannot ignore the importance of games for physical fitness. Games and physical education should be introduced in the school from the primary classes. Even simple breathing and correct postural exercises of yoga is properly taught in schools, it can have a powerful effect on the general health and well-being of young people.



KEVIN GODFREY
XII 'B'

HAPPINESS: THE GAME CHANGER

Don't you all think that happiness is found at any place, anytime? The answer is yes! Happiness is found everywhere, it's just us who don't find it at that moment..Any time can be changed into a happy time. Likewise, any time can be changed into a sad time. It depends on the way we perceive it. A happy moment can be converted into a happiest moment by adding a special ingredient called "smile and positivity". Happiness leads us to smile making the moment very memorable and beautiful. On the other hand, during our sad times if we smile, our mindset will change. We can feel a positive energy flowing within ourselves. Have you ever felt that? If not, then try this next time when you

feel sad. To be honest, I have done this and I have sensed a positive vibe flowing within myself. It changed my mindset in a few minutes. At that moment, my smile made me forget my sadness. Smile often! Smile gives us energy and a positive mindset to overcome our problems. Happiness is what makes us smile and being strong during our adversities keeps us going forward. Therefore, be happy and smile always.



HIRANYASHREE K
XII 'B'

WHY IS THE MOTHER TONGUE IMPORTANT?

Do you know that every year, February 21 is celebrated as International Mother Language Day? The United Nations Educational, Scientific and Cultural Organization (UNESCO) has been celebrating this day for about two decades to promote multilingualism and preserve linguistic diversity. The theme of this year's International Mother Language Day is, "Fostering multilingualism for inclusion in education and society," and UNESCO is urging policymakers to impart education, especially in the early years, in the child's mother language.

In a world that is experiencing rapid globalization, one may ask: Why does a child need to know his/her mother tongue? Well, for one, it's a well-researched fact that multilingualism has positive effects on a child's cognitive development and academic performance. Research by Baker and Cummins in 2000, published in *Multilingual Matters*, found that learning the mother tongue can help a child build a strong foundation for further language development. So, when the parents at home encourage the use of the mother tongue on a daily basis, they help their child develop a deeper understanding of how to use sounds and language to express himself verbally and communicate effectively.

Benefits of learning the mother tongue:

1. Brain Development

- According to research, when children begin school with a strong foundation in their mother tongue, they build solid literacy abilities in the other languages taught at school.

- When children are exposed to learning multiple languages, the areas of the brain related to language and language acquisition show significant growth.

- Parenting expert Linda Hageite in her article 'How Children Learn a Second Language' says, "There are many cognitive benefits for young children who are simultaneously (rather than sequentially) exposed to more than one language. For example, they have greater neural activity and denser tissue in the areas of the brain related to memory, attention, and language than monolingual learners."

2. Identity

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."

- *Nelson Mandela*

When your child speaks in his/her mother tongue and someone responds in the same language, it's not just the brain and the tongue at play, it's also the heart. When such a connection is formed, it builds confidence in your child to express himself/herself freely.

For years, psychologists have believed that language plays an important role in strengthening the bond between a child and the parent or caregiver. Go back

to your own childhood. Think about how many times your parents or grandparents used your mother tongue as an expression of love. Those special words and colloquial terms—they are heirlooms of sorts, valuables that need to be passed on to your child. The mother tongue helps your child connect and identify with the family.

As we become global citizens, learning our mother tongue will help us retain our socio-cultural identity. In fact, many argue that the role of the mother language is even more significant today to preserve one's cultural identity, when people are migrating and living in other parts of the world that are culturally different. Knowing and conversing in your mother tongue is a sign of respect to the culture you belong to.



ROPESH.R
XII 'B'

WHAT IS PROTEOMICS?

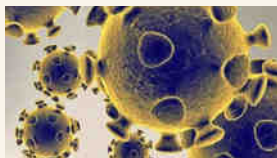
Proteomics is the study and analysis of proteins under a specific set of conditions. A proteome is the set of proteins that a biological entity possesses at a given time. The proteome is not a constant value – it changes over time and differs on the cellular level. Proteomics as a discipline is used to identify and investigate proteins present in an organ, a tissue, blood, an organism, a biological system, etc.

According to the U.S. National Library of Medicine, the word “proteomics” was coined by Australian scientist Marc Wilkins in 1995. While it provides a better understanding of a biological system than genomics (the study of whole genomes), it is also more complex since protein expression does not remain constant.

Proteomics is an emerging field of study. Scientists study proteins in a number of ways. Commonly, they use fractionation to separate protein/peptide mixtures, mass spectrometry to acquire data to identify individual proteins, and bioinformatics to analyse and assemble this data.

NEED FOR PROTEOMICS

Just like genomics and transcriptomics (study of RNA transcripts) revolutionised biology and the study of evolution, scientists consider proteomics to be the next big step in biology research. Proteomics has applications in medicine and food microbiology, among others. In drug discovery, proteomics is useful to understand the functions of proteins and how they react.



The application of proteomics in oncology is called oncoproteomics. It is used to identify drugs that can potentially beat cancer and/or to provide personalised care and cancer management to patients. Proteomic techniques can also be used to detect cancer biomarkers and thus facilitate early detection and treatment.

Researchers also use proteomics to study proteins found in bones and other remnants of ancient humans, thus providing a better understanding of human evolution over time. Additionally, proteomics can shed more light on the behaviour of proteins, including their production, modification and degradation, their interaction with one another, etc.

WHAT IS THE NEED FOR ADVANCEMENTS IN SINGLE-CELL PROTEOMICS?

Subpopulations in certain biological systems, such as diseased tissue, can be isolated and analysed in bulk. But certain systems don't allow this due to certain characteristic discrete phenotypic states (the observable effects of genes) or unknown cell states or markers, an article published in Nature on March 2, 2023 notes. Single-cell proteomics, a further advancement in the field, can help researchers discover new cell types, and analysing a large number of single cells allows for data-driven analysis of joint distributions of protein abundances.



VIKESH H V
XII 'B'

EDUCATE YOURSELF ON SUPPLY CHAIN MANAGEMENT!

A) Supply chain management is the process of managing the flow of goods and services from the point of origin to the point of consumption. It involves planning, coordinating, and controlling activities such as sourcing, production, transportation, and distribution in order to meet customer demand while minimising costs and maximising efficiency. The goal of supply chain management is to create a seamless and integrated system that delivers products or services to customers in a timely, cost-effective, and high-quality manner.

Q) Why Should I Learn Supply Chain Management?

A) Supply chain management has become increasingly important in today's globalised and competitive business environment. With the growth of e-commerce and global trade, businesses must manage their supply chains effectively to remain competitive. Effective supply chain management can help businesses reduce costs, improve customer service, increase efficiency, and enhance their overall competitiveness. However, managing a supply chain can be complex and challenging, as it involves multiple stakeholders, processes, and systems. To succeed in supply chain management, businesses must have a strong understanding of their supply chain, implement effective strategies, and leverage technology and data to optimise performance.



SARTHAK SAMEER BAL
XII 'B'

VANDE BHARAT EXPRESS – INDIA'S INDIGENOUS TRAIN



Vande Bharat Express is an electric multiple-unit train, known for its advanced features and cutting-edge technology, including aerodynamic design, energy-efficient features, advanced safety measures, and passenger comfort amenities.

Launched for the first time in 2019 on the New Delhi-Varanasi route, the Vande Bharat Express is a semi-high-speed railway project. Also

known as Train 18, these trains are managed and maintained by the Indian Railways. The Vande Bharat Express trains comprise superior home-grown 'Kavach' Technology, which is a Train Collision Avoidance System (TCAS).



It was designed by RDSO and manufactured by the Integral Coach Factory (ICF), located in Chennai. Its design and specifications have been standardized by RDSO. On 27 January 2019, 'Train 18' was renamed 'Vande Bharat Express'. The train went into service on 15 February 2019.

It was made with low-cost maintenance and operational optimization in mind. The cost of a 16-coach Vande Bharat train is about ₹115 crore (US\$14 million). The cost of 8-coach Mini Vande Bharat (MVB2) train is about ₹70 crore (US\$8.8 million). In terms of amenities, these trains are equipped with reclining seats like airplanes, infotainment system, and automated doors, to name a few. They can travel at a maximum speed of up to 180 km per hour; however, they are presently running at a speed of 160 km per hour. Also, each coach on the train is equipped with fire detection and communication systems.

The Central government has set a target of making 75 Vande Bharat Express trains operational by India's 75th Independence Day in August 2023. On April 8, 2023, Prime Minister has inaugurated the Chennai- Kovai Vande Bharat Express train, and a tri-weekly express on the Tambaram-Sengottai route in Chennai.

ARAVIND G
XII 'B'



EVOLUTION OF AUTOMOBILE INDUSTRY

The automobile industry has undergone significant changes since its inception in the late 19th century. From the early days of steam-powered vehicles to the modern era of electric and autonomous cars, the industry has continuously evolved and adapted to new technologies and consumer demands.

One of the most significant changes in the industry has been the shift towards electric and hybrid vehicles. With concerns about climate change and air pollution, many governments around the world have implemented policies to promote the use of clean energy vehicles. This has led to the development of new technologies for battery storage and charging infrastructure, as well as increased investment in research and development for electric vehicles.

Another major trend in the automobile industry is the development of autonomous vehicles. While self-driving cars are still in the testing phase, they have the potential to revolutionize transportation by reducing accidents and improving efficiency. However, there are still significant technical and legal challenges to overcome before autonomous vehicles become mainstream.

The automobile industry also faces challenges related to sustainability and social responsibility. Many companies are making efforts to reduce their carbon footprint and implement sustainable practices throughout their supply chains. There is also growing pressure on companies to address social and ethical concerns, such as labor rights and human rights violations in their supply chains.

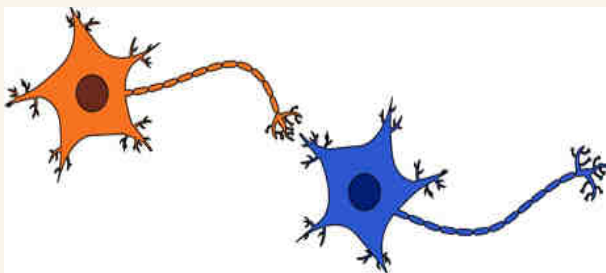
Despite these challenges, the automobile industry remains a vital part of the global economy, providing jobs and contributing to economic growth. As the industry continues to evolve, it will be important to balance technological innovation with social and environmental responsibility to ensure a sustainable future for both the industry and society as a whole.

ABHIJIT.R
XII 'B'



HOW TO STRENGTHEN OUR MEMORY?

Our brain is primarily composed of about 85 billion neurons, which is more than the number of stars you can see with the naked eye in the night sky. The Neuron is a cell which sends information in the form of nerve impulses. The electrical signals that are communicated from one neuron to another are therefore what allows you to do everything you do: write, think, see, jump, talk, compute, and so on. Each neuron can be connected with up to 10,000 other neurons, leading to a large number of connections in your brain.



When you are learning, important changes take place in our brain, including the creation of new connections between your neurons. This phenomenon is called neuroplasticity [The ability of your brain to change, that is to create strengthens, weaken or dismantle connections between your neurons]. The more we practice, the stronger these connections become.

It is like the trails in the forest, the more we use it, the easier and more practicable it becomes. Conversely, when you stop using the trail, the vegetation grows back, and the trail slowly disappears. This is very similar to what happens in our brain-the more we practice, the neurons connections in our brain gets stronger, like wise when we stop practicing it the connection between our neurons weaken and can ultimately be dismantled.

So now the question is how do we strengthen these connections? For this there are two main strategies:

1. Repeatedly Activating our Neurons:

Because the connections between our neurons need to be activated multiple times to become stronger and more efficient, a first and crucial strategy is to repeatedly activate them. But only reading our notes/books will not be helpful in connecting our neurons. We need to retrieve it from our memory. It is like hiking in a bush with no designated trail, we will probably walk slowly at first, but if we keep hiking, trails will start forming and eventually we will be walking on well-beaten tracks. Like that it will be hard at first to but once we do it consistently it will become a easy. There are different strategies that you could try at home, for example using flashcards or by teaching what we learned to others [It can be yourself in the mirror or any non-living things, it depends on our imagination].

“Practice makes a man perfect”

2. Spacing the Activation of Neurons:

Scientists who study the learning brain observed that breaks and sleep between learning periods enhance learning and minimize forgetting, so practicing a task continuously without rest will not help in the long-run. So instead of studying or doing a task for 4 hours ,break it into four 1 hour sessions or even eight half-an-hour sessions (it depends on your interest in that task). When spacing our retrieval practice, we are allowing our brain to make the connections that we strengthened during your practice sessions. Having a 10-15 mins recess

will help the maintenance or replacement of the receptors on the surface of the neurons [The receptors are like electric outlets that receive the nerve impulse (electric signal)from other neurons].So taking these breaks will help them work better:

Our neurons can thus transmit their nerve impulses more easily to other neurons. When we are sleeping our brain reactivates the connections between the neurons that we activated during the day. We also get similar benefits from small naps.

Conclusion:

The most important thing is consistency. when we do something continuously, it will soon become as a habit that will be a part of our day to day life.



SANJAY HARSHAN J

XII 'B'

DARKEST BEFORE DAWN

Wonders buried inside him; he does none,
a boy with the biggest of dreams
wandering in a world full of hopelessness,
like a child who lost a loved one.

Fear rules him like it does all
steps taken, end up in a fall;
regrets piled up in him, letting
go of regrets is sine qua non.

There is light at the end of the tunnel,
he shall fight to rise from the dump he has been put;
realize there is still hope in people around him
and that the night is always darkest before the
DAWN.

PARITHI ILAMARRAN M

XII 'B'



"THE SCIENCE OF HAPPINESS: WHAT MAKES US TRULY HAPPY?"

Happiness is something that we all strive for, yet it can often feel elusive. What exactly makes us happy, and how can we cultivate a lasting sense of well-being?

Recent research in positive psychology has shed light on what contributes to our overall happiness. While external circumstances such as income, social status, and material possessions can certainly impact our well-being, studies have shown that these factors are not the most important determinants of happiness. Instead, it is our internal state of mind that has the greatest influence on our happiness.

So, what are some of the key factors that contribute to our internal state of happiness? Here are a few:

Gratitude:

Practicing gratitude has been shown to increase feelings of happiness and well-being. Simply taking a few minutes each day to reflect on the things you are thankful for can help shift your perspective and cultivate a more positive outlook.

Connection: Building and maintaining meaningful relationships with others is another important contributor to happiness. Research has shown that social connection can improve our mood, reduce stress, and even boost our immune system.

Purpose: Having a sense of purpose or meaning in life can also enhance our overall sense of well-being. This could mean pursuing a career that aligns with our values, volunteering for a cause we care about, or simply finding ways to make a positive impact in our daily lives.

Mindfulness: Cultivating a present-moment awareness through mindfulness practices such as meditation or yoga can also increase feelings of happiness and reduce stress. Of course, these factors are not the only things that contribute to our overall sense of happiness.

There are many other internal and external factors that play a role as well. However, by focusing on cultivating a positive internal state of mind through practices such as gratitude, connection, purpose, and mindfulness, we can increase our overall sense of well-being and lead happier, more fulfilling lives.



GEENA.SP

XII 'B'

THE PAIN

What do you do when you feel guilty? Do you just smile and shrug it off or do you cry and hold it on? I tried both but none of them worked. The heavy metal that has settled in my heart doesn't seem to budge. I tell myself that it was the best I could do but was it really the best I could do? I tell myself I was not the cause but why does my heart take the harm?

I try to wipe off those moments from my remembrance but the pain comes rushing back to me like an unstoppable menace. Then I break down, hearing my heart crack into a million pieces and I let myself cry because I can't stop the tears. After a while, I start collecting the pieces that fell apart, but it doesn't seem to connect anymore and that is when I realize I have fallen into a loophole that will haunt me till I die and maybe even in afterlife.

There must be some way of ridding myself of this pain. Yes, there is and that is the only way. First I must accept that I made a mistake and then I must seek forgiveness of those I have wronged.

MADEEHA ANJUM.Z
XII 'C'



WHAT IS SELF-RELIANCE?

Self-reliance is trusting your abilities to get through the challenges of life on the back of your own resourcefulness. It refers to your ability to provide for yourself (and often defend against your enemies) without the need for outside help.

Of course, this definition of self-reliance is broad, with the meaning varying from person to person.

While the above definition of self-reliance refers to it as a form of individualism, in reality the term has vast meanings, and the importance of self-reliance will vary dramatically from one person to the next.

Being self-reliant allows you to survive the harshest of winters and the most brutal of summers.

It gives you a sense of agency over yourself and your decisions.

When you learn to develop self-reliance in the modern world you put yourself that much closer to becoming a more resourceful individual, while gaining a true sense of agency over yourself and your decisions.

AMAZING FACTS ABOUT MINDFULNESS

- 1) Mindfulness boosts creativity and problem solving.
- 2) Mindfulness puts you in touch with your experience.
- 3) Mindfulness improves your ability to focus.
- 4) Mindfulness reduces pain in half.
- 5) Mindfulness physically rebuilds your brain.
- 6) There are now some 1,300 mindful apps available.
Headspace, has been downloaded over 11 million times and has 8.5m active users.
- 7) The increase in online searches for 'mindfulness' over the last five years is 67%.
- 8) British politicians in the UK parliament have been taught mindfulness practice.
- 9) Investing only 6% of the school day in mindfulness practice is associated with a 16% increase in mental health and academic performance.
- 10) Mindful colouring books generated £18.4million in revenue during 2015, in the UK alone.

HARSHINI
XII 'C'



SURYA VENKATESAN
XII 'A'

HEALTH TIPS

Board exam can give you lots of stress. So, have a healthy diet to beat stress. Here are a few tips for staying healthy during exams

1.DO NOT SKIP MEALS

Every meal is important to your body. Your body and brain need enough energy to function properly. A healthy diet is the best way to stay nourished. Consume healthy meals to stay active during exams.

2.STAY HYDRATED

Enough water consumption is extremely important for healthy functioning of the body. Staying hydrated will keep your mind fresh

3.MENTAL HEALTH

- Ensure smooth sleep-wake cycle
- Stay connected with your friends
- Be active
- Stay away from gadgets
- Perform yoga & meditation
- Feel free to ask help from others

R.G.SHIVANI
XII 'C'



CYBER CRIME

What is Cyber Crime?

Cyber crime is a criminal activity that either targets or uses a computer network or a networked device. Most cyber crimes are committed by cyber criminals or hackers who want to make money. Cyber crime that uses computers to commit other crimes may involve using computers or networks to spread malware, illegal information or illegal images.

Given its prevalence, you may be wondering how to stop cyber crime? Here are some sensible tips to protect your computer and your personal cyber data.

1. Use a strong unique password.
2. Encrypt and backup your most important data.
3. Be careful while using public wi-fi.

M.NAGADHATSHAYANI
XII 'C'



MENTAL HEALTH IN TEENS

Mental health challenges are different from situational sadness or fatigue. They're more severe and longer-lasting, and they can have a large impact on daily life. Some common mental health challenges are anxiety, depression, eating disorders, substance use, and experiencing trauma. They can affect a teen's usual way of thinking, feeling or acting, and interfere with daily life.

Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with school and grades, decision making, and their health. Many health behaviors and habits are established in adolescence that will carry over into adult years, it is very important to help youth develop a good mental health.

Not only does mental health affect physical health, but untreated mental health problems interfere with learning, socialization, self-esteem, and other important aspects of child development that can have lifelong repercussions. So parents must pay attention, and take what you see seriously. If your child is showing signs of anxiety or depression, call your doctor.

Don't put it off. In this situation, it's better to overreact than under react. Here are a few things, parents can do to ensure their children's mental health:

Create rituals of communication and safe spaces to talk, encourage healthy media habits, make sure your child gets enough sleep and exercise, keep in touch with their teachers, try to make your home judgement free environment.

VARSHAA.P
XII 'C'



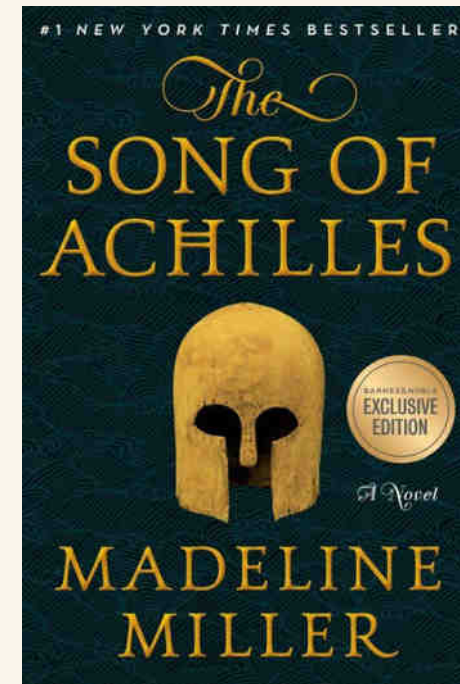
BOOKS

Thomas Jefferson once told that he couldn't live without books and I couldn't agree more. As an avid or to be more honest, an occasional book reader, I can wholeheartedly declare books as my best friends. Books are magical, surreal fruits of humanity that help you indulge and participate in the minds of the authors, It also helps you to enter into a para-social relationship with the authors and the readers alike, whether you like the book or not is a concern for later.

And how beautiful is that? To share the same joy as many do by reading the piece of art. I digress, as I was saying, books are my friends and I am sure some of you feel the same way. Everyone has that one book that we are all emotionally attached to, the one that helped something inside you to be awakened, the one that made you feel all emotions at once. That book of mine would be The Song of Achilles by Madeline Miller. It is a very good read and definitely something I would strongly recommend. Regardless of how you feel about certain themes in that book, a modern reiteration of an old Greek book wouldn't hurt.

I would like to put an end card to this article by asking you, what was the book which changed you? It doesn't matter if it's a comic, a novella, or a poem, but all I want you to do is answer the question and reconnect with that inner reader in you, regardless of your age or whatever you think might be a barrier.

I want you to reminisce and appreciate that book. Books are more than a few pages of words bound together, they are emotions and thoughts of a person which rightfully should be treasured.

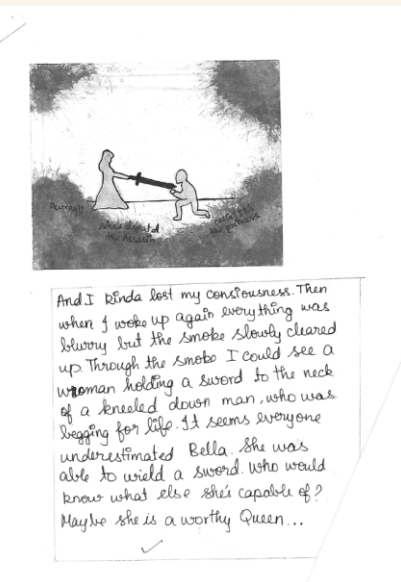
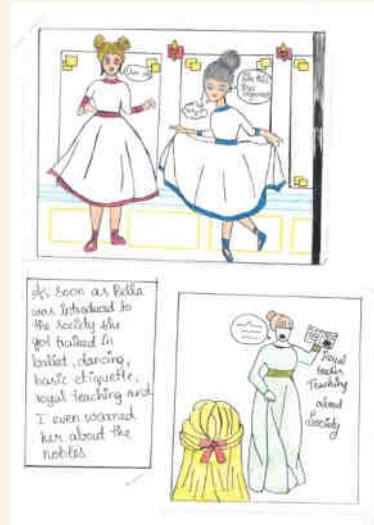


SREENIDHI R

XII 'C'

Young Authors...

KING AND QUEEN OF OBELIA



SUDHESIKA
IX 'C'

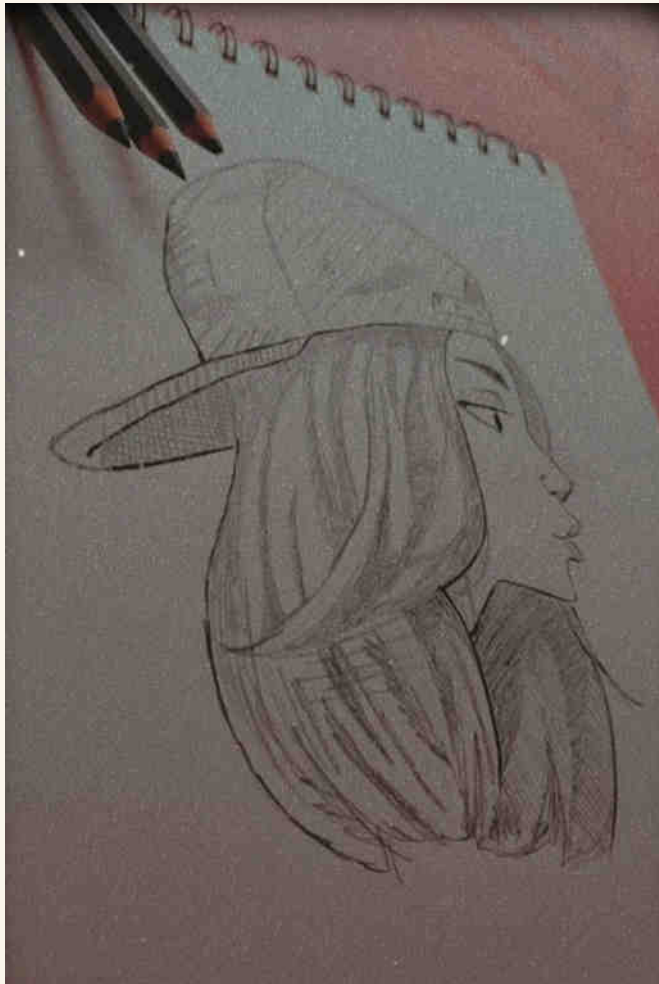
Young Authors...

NORWAY TOWERS



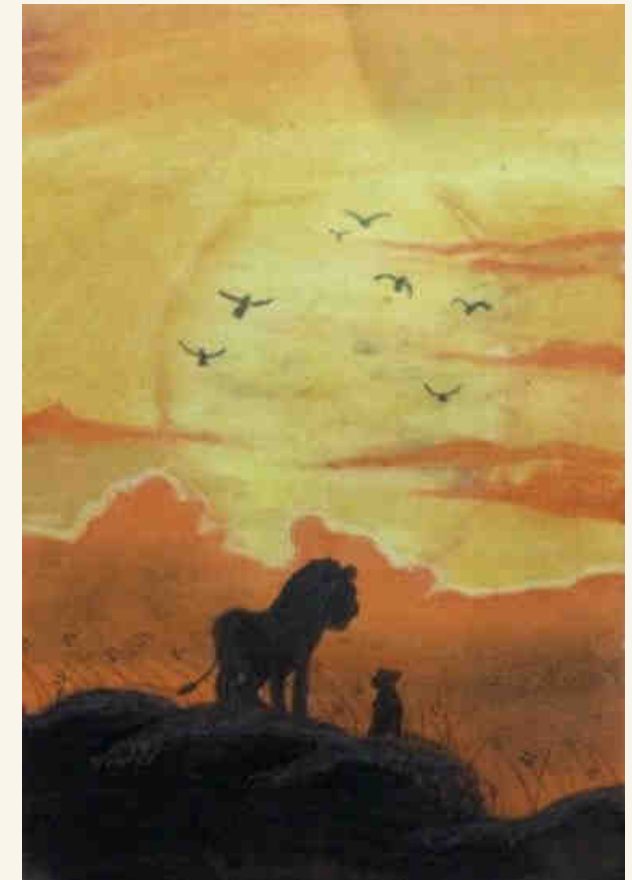
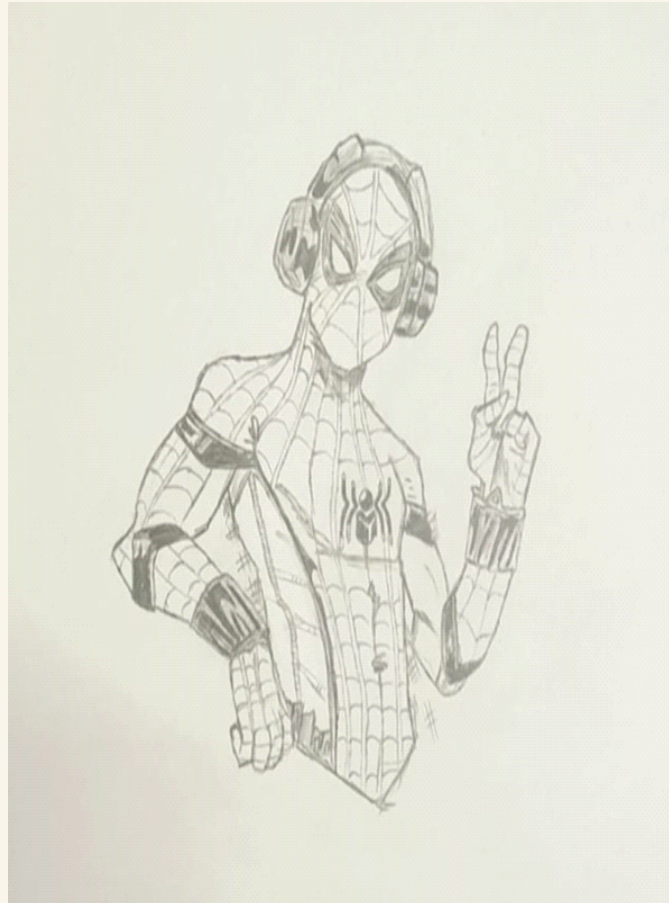
SREEVARSHA.R
IX 'C'

Artistic Expressions...



DARSHINI B

XII 'A'

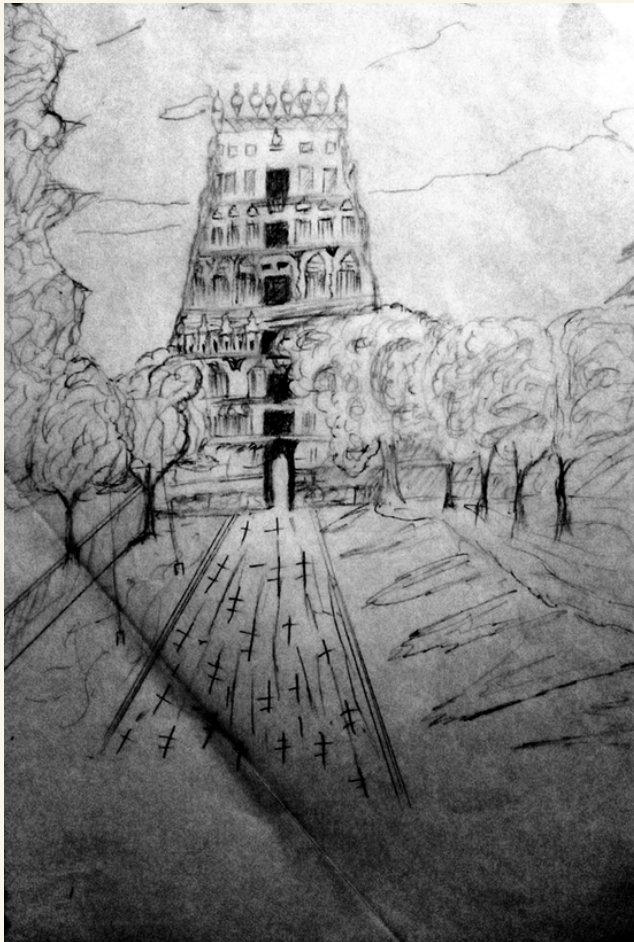


PAVAN KALYAN

XII 'B'

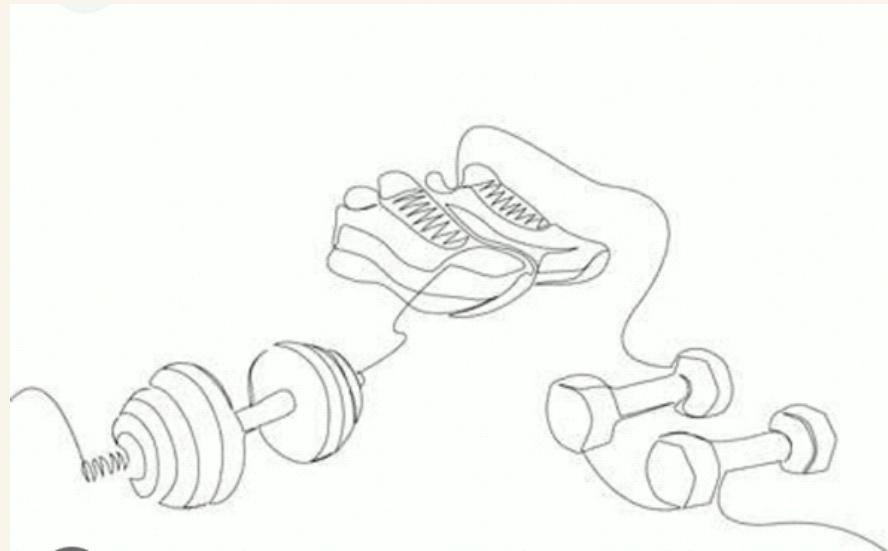


Artistic Expressions...



LOKESHWARI H

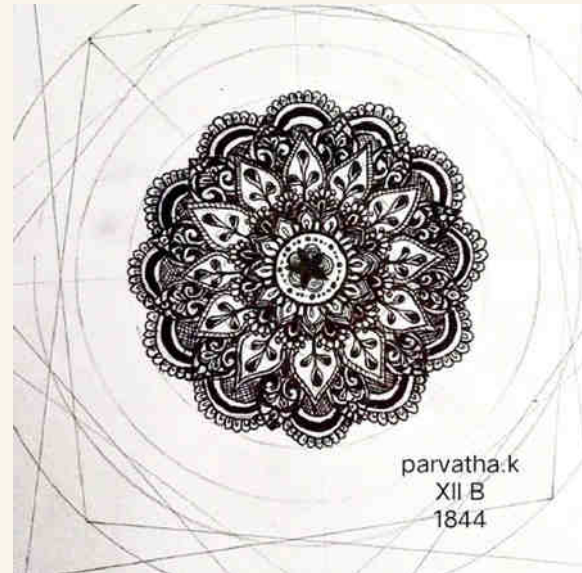
XII 'B'



MOTHIVEL S

XII 'B'

Artistic Expressions...



SRIRAM K S

XII 'B'



PARVATHA.K

XII 'B'

RAHUL VIGNESH

XII 'B'



Artistic Expressions...



PRISHA

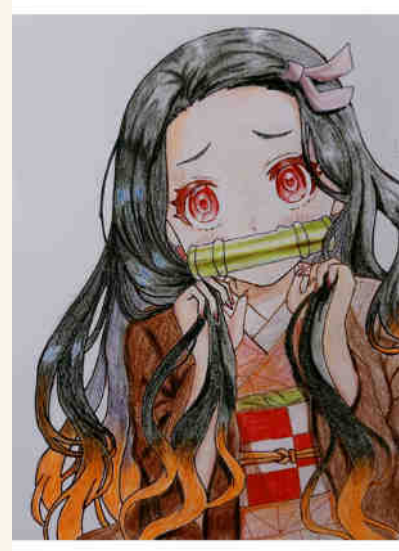
XII 'B'



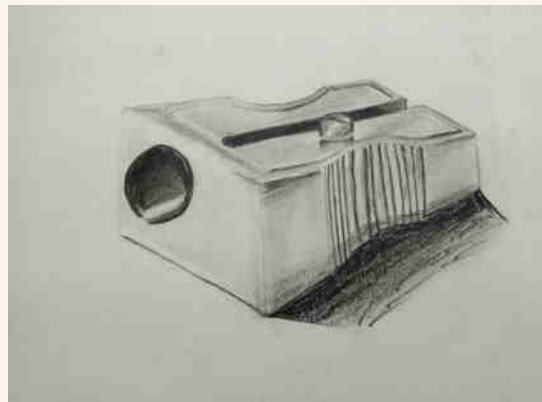
JAYATI G

XII 'B'

Artistic Expressions...



PADMA PRIYAN
XII 'B'



Events & Celebrations...



On the occasion of Women's day, SRMPS organised a felicitation ceremony to honour 5 women luminaries from various walks of life, who had achieved extraordinary feats by conquering several challenges in their life. The five ladies who were honoured with the "Mangaiyar Tharagai" Award were former Vice-Chancellor of Dr. MGR Medical University, Tamil Nadu Dr. Sudha Seshayyan, High Court Advocate Mrs. Adhilakshmi Logamurthy, the first female Civil Engineer of Trichy Mrs. Amudhavalli Pandian, Space Scientist, Entrepreneur, Dr. Srimathi Kesan, and Harmony life coach Mrs. Sulabha Santhosh. The Mangaiyar Tharagai award was presented to all five recipients by Mrs. Manimangai Sathyanarayanan, Director of SRM Public School and the memorial award was presented by Mr. M. Subramanian, Correspondent, SRM Public School. In this event Dr. K.R. Maalathi, Advisor of SRM Public School, led a wonderful discussion with the five awardees about their journey and the challenges they faced as well as their next step in the field of women's welfare and social welfare.

Events & Celebrations...



On March 2nd, 2023, the semifinal and final matches of the robotics class activity was held for the students of grade V. The students put to test their skills of creating different robots using VEX materials, including one called the Base Bot. Each section of grade 5 created a Base Bot and made small modifications to ensure it would ride smoothly. Five teams were selected from each section for the league matches.



On 27.03.23, Dr K R Maalathi, Advisor, SRMPS, conducted a session for the entire teaching faculty on the topic ' Having a Growth Mindset'. In a very interesting session she conveyed the importance of breaking out of our prejudices and embrace changing. The important message shared was, " It is what we have that we pass on to the next generation. So let us use appreciation generously and encourage students to experiment and take risks in the path of progress."

Events & Celebrations...



A special workshop was organised for all the members of the academic and admin staff to throw light on the provisions of the POCSO & POSH acts at a workplace on 11.03.23 . The resource person, Ms Athilakshmi Logamurthy, a renowned Advocate and Social Activist appraised the staff regarding the rights of a child as well as their own rights and the nuances of behaviour at a work place.



Don't prepare the road for your child but prepare the child for the road. A wonderful message indeed by Mrs Kalaivani Suresh, KG Headmistress, Lalaji Memorial Omega International School, the chief guest of the Kindergarten Graduation Ceremony at SRMPS Happy Tots. In a colourful and inspiring Kindergarten Graduation Day held in the Valliammai Hall on 17.03.23, nearly 252 tiny kindergarteners graduated to Pre Primary school. The Correspondent Sri M Subramanian and the Advisor Dr K R Maalathi shared their inspiring words with the exuberant parents and proud grandparents who had gathered to attend the ceremony.

Events & Celebrations...



In a very engaging session conducted on 20.03.23, by Datalogics, an Apple Authorised Education Specialist., 20 teachers from the SRM Public School, interacted. with Mr Sydney Sutton, a Technology Coach and Integration Specialist, specialising in integrating technology, design thinking and STEM/robotics. Mr Sydney discussed various apps on the Apple iPad, which can be used to make teaching effective and interactive at all class levels. The teachers got a hands-on learning opportunity by working on the iPads provided to them.

Events & Celebrations...



A 4 day Faculty Leadership Workshop titled Seven Habits of Highly Effective People was held from April 03 to April 06 2023. The resource person was Dr. Kannan Gireesh, M.B.B.S., & M.D. (Psychiatry) Consultant Psychiatrist, Psychotherapist, and Counsellor Founder & CEO, Live Life Education. The session was very engaging, filled with a number of activities, interactions and discussions. It left the teachers feeling enriched and empowered to take on the Leader In Me programme for the students of grades 1 to 9.

The International Conference on Early Childhood Care and Education 2023 was held on April 01, 2023 at the SRM Public School Campus in Guduvancheri, Chennai. The Summit ECCE 2023 was organized in partnership with the South Asian International Association for Early Childhood Care and Development. Delegates from other South East Asian countries of Sri Lanka, Maldives, Philippines & Bangladesh attended the conference. The key note speakers were Dr K R Maalathi, President , Association of Early Childhood Care & Education, Tamil Nadu and Mr Janaka Kamalgoda, President, South Asian International Association for Early Childhood Care and Development (SALA4ECCD). Both the Keynote Speakers for the Conference emphasised on the need for sensitizing the world about the Sustainable Development Goal 4 to ensure lifelong learning . The delegates from Sri Lanka also made presentations related to the significance of Early Childhood Care and Education. Besides the Management of the school Ms Vanitha DC for Crimes against women & children, Chennai and correspondents and Principals of well known CBSE and Cambridge curriculum schools were also present at the conference .

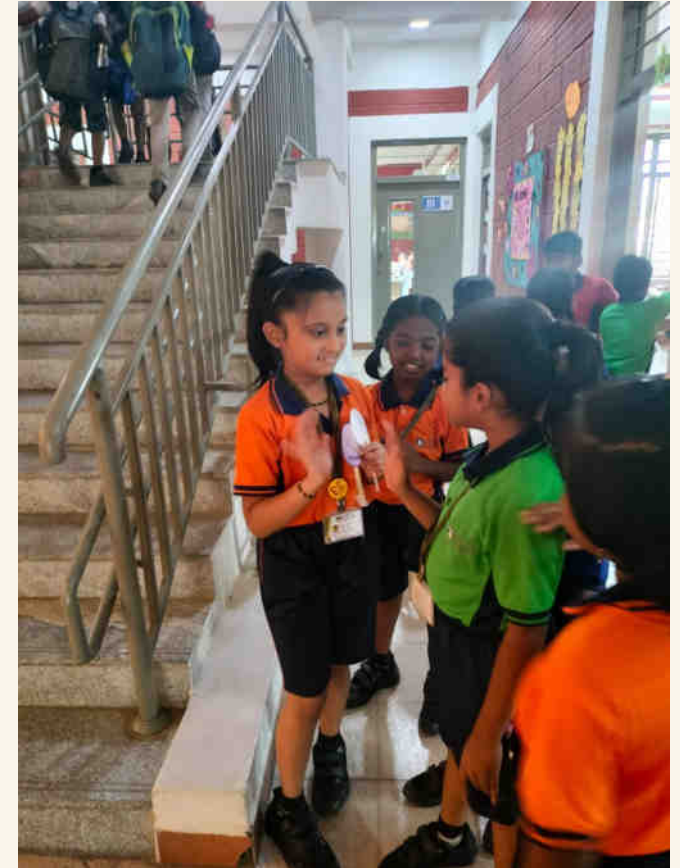
Events & Celebrations...



No school can work well for children if parents and teachers do not act in partnership on behalf of the children's interests. With this end in mind an orientation programme was organised in class wise batches, by the SRM Public School, spread over a week, beginning from April 15, 2023. The parents of all grades were invited in class wise batches to inform about the school policies and initiatives for the new academic year.

'Leader in Me' a programme of developing Leadership habits in children was launched today (12.04.2023) in the school assembly. The teachers introduced the 7 Habits of Effective Leadership through a short role play.

Events & Celebrations...



The eve of Tamil New Year's Day, was marked with gaiety, fun and fanfare. The school wore a festive look with traditional decorations. The students put up a grand cultural show consisting of Thirukkural recitations, poetry, songs and dances. The highlight of the day was the students danced to live music being sung by the choir. The Principal spoke about the pride of hailing from such a rich ancient Tamil culture and encouraged the student to be proud Tamilians. On the occasion the Tamil Manram presented its annual report of various activities conducted in the last academic year.

Little Leaders of the Pre Primary section welcome their classmates to class in the morning . High Fives or exchanging give aways to greet their friends taking a cue from what their teachers do daily.

Awards & Achievements...



37 students from Grade 3 to 8 were bestowed with medals by the respected Correspondent of SRMPS for bringing laurels to the school by winning at the State level and National level in the International Benchmark Test conducted by the Australian Council for Educational Research. They were motivated by Correspondent Sir to work harder to get greater success in life.



SRM Public School is proud to announce that Mr. Mohan Durai Solomon Raj, one of our Physical Education Training Staff has been selected by the Korfball Federation of India to participate in the 2nd IKF Beach Korfball World Cup (Asia), which will be held in Pattaya, Thailand from May 5th to May 7th, 2023. We extend our warmest congratulations and best wishes to Mr. Mohan Durai Solomon Raj.



Ms. Iniya Pragathi of grade 5 has been awarded Writing Prodigy Author Certificate, by Bribooks - National Young Authors Fair, India, for her book Iniya in Infinite Universe. Having secured a national rank of 269, she has successfully etched her name in the coveted Best Selling League. We congratulate her on this achievement and wish her all the best for her future accomplishments as an author.



We are proud of Ms Navya and Ms Navina of grade 9(2022-23 AY) who displayed a stellar performance in the 8th Sanskrit Olympiad at National Level. Both the students were awarded a certificate with Gold Medal.

Awards & Achievements...



SRM PUBLIC SCHOOL SENIOR SECONDARY SCHOOL
CBSE GRADE XII TOPPERS 2022 - 23
100% RESULTS Congratulations to all the students, parents and staff members

 YOGASHREE J 485 / 500	 ARVIND K 480 / 500	 KAVYADHARSHINI M 479 / 500
 MOHAMMED AKRAM KHANLODI 476 / 500	 KIRUTHIGA SHREE 473 / 500	 ROHIT P 473 / 500



SRM PUBLIC SCHOOL SENIOR SECONDARY SCHOOL
CBSE GRADE X TOPPERS 2022 - 23
100% RESULTS Congratulations to all the students, parents and staff members

 DARSH JHA 491 / 500	 NAUSHEEN SHAIK 489 / 500	 SRIVATHSAN S 484 / 500	 JAYASHREE J 482 / 500
 PRANAVIM 482 / 500			

SRMPS is proud of its class X & XII students for their stellar performance in the Board examinations. All 61 students of grade 12 and 72 students of grade 10 secured distinction.

Admissions open for the Academic Session 2023-24 (CBSE REGULAR STREAM & NIOS)

 **Nellikuppam Road, Nandhivaram, Guduvanchery, Chennai - 603 202.**

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