



JULY 2023

Sri Sankara Vidyashramam Mat. Hr. Sec School

SANDESA PATRIKA



JULY MONTH OF DISTINGUISHED GUESTS



Mr. Ranganathan Chakrvarthy



Scientist Anbu Vahini
M S Swaminathan Research
Foundation



Rtn Venkhat Ramani



Rtn. Archana Shri Sanjay



Senior Principal scientist
CSIR- CSIO
Dr. S. Ayyappan



Mrs. Viji Sriram

TEACHER'S COLUMN

Mrs. R. Jayanthi

THE SCIENCE OF HOW HABITS WORK.

The process of building a habit can be divided into four simple steps: cue, craving, response and reward. The cue triggers your brain to imitate a behaviour. The behaviour could be procrastination, to eat something or it could be nail biting also.

Cue gives an indication that we are close to a reward, so it naturally leads to a craving. Cravings are the motivational force behind every habit. Cravings differ from person to person. The response is the actual habit you perform. When craving happens, it provides enough strength to one to perform the desired action or habit. The response delivers a reward.

Rewards are the end goal of every habit.

- * The cue is about noticing the reward
- * The craving is about wanting the reward
- * The response is about obtaining the reward

We chase rewards because they serve two purposes: 1) they satisfy us and 2) they teach us.

If you want to change a habit, something like nail biting or eating unhealthy food, identify the cue (the trigger), change the response you normally do (instead of eating or biting the nail, walk few steps away or imagine something that gives your mind happiness). The change in response itself becomes a reward for the habit change.



Artist Spot light



HARSHITHA.N
STD VI A



JAHNAVI .L
STD XII C



LAKSHA SHREE.P
VII B



TICKING CLOCK



We are extremely proud to receive the climate clock from CSIR SERC. The clock represents the time we are left with for the temperature to rise by 1.5°C. We are the first matriculation school to have installed the Climate Clock. Our students had the privilege of interacting with eminent scientists Dr. S. Ayyappan and Dr. S. Maheshwaran of CSIR SERC. Dr. Ayyappan presented a remarkable session on climate change and global warming.

Ideas to decrease global warming and easy ways to tackle it was the highlight of the day



Our students
assembling the clock



Attentive & Alert SSV!!

As the clock ticks,
We pledge to reduce
Global Warming



Principal receiving
Climate Clock



Senior Principal
Scientist CSIR
Dr. S. Ayyappan



Climate Clock
in our premises

“Here for the game,
not fame”



8th July 2023



AGNI
Vs
AKASH



VAYU
Vs
PRITHVI

INSIDE
STORY

Contd pg 6

It's raining centuries

WASH

8th July 2023
Cricket Special



Add a heading



Match 1 - ● Agni- Winner

● Akash - Runner

Match -2 - ● Vayu - Winner

● Prithvi- Runner

Grand Finale



AGNI Vs VAYU



SSV CLASSIC CLUBS

Classic social studies club

ECO MINION/ WARRIORS



Rtn Archana Shri Sanay
Environmentalist

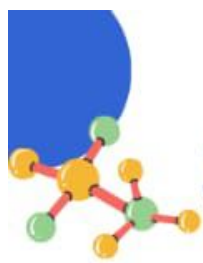


Eco Minions and Eco Warriors club's Inaugural ceremony was held on 7th July, 2023 at our school auditorium. The Chief guest was Rtn. Archana Shri Sanjay. The event was also graced with the presence of our Principal Mrs. Sashi Rekha. The chief guest encouraged the students to practice composting in school and at home. She emphasised not to waste food, which leads to other forms of waste and negative environmental effects as well. The students presented a skit on Chipko Movement and role play on the solar system.

THESPIAN CLUB

THE 'THESPIAN CLUB' INAUGURAL CEREMONY WAS HELD ON 14TH JULY, 2023 AT OUR SCHOOL AUDITORIUM. THE CHIEF GUEST WAS MRS. VIJI SRIRAM . THE EVENT WAS ALSO GRACED WITH THE PRESENCE OF OUR PRINCIPAL MRS. SASHI REKHA. THE CHIEF GUEST EXPLAINED THE MEANING FOR THE TERM 'THESPIAN' AND HAD AN ACTIVE INTERACTION WITH THE STUDENTS. THE CHIEF GUEST GAVE THE BADGES TO THE PRESIDENT, VICE-PRESIDENT AND OUR PRINCIPAL GAVE THE BADGES TO THE SECRETARY AND TREASURER OF THE CLUB. A POWERPOINT PRESENTATION ON 'ELEMENTS OF THEATRE ' WAS SCREENED. THE STUDENTS PERFORMED A SHORT SKIT ON THE THEME 'STOP CHILD LABOUR' WHICH SENT A STRONG SOCIAL MESSAGE.





SCI- π MATH CLUB

The Science Math Club inaugural function was celebrated with great enthusiasm on the 15th of July 2023. The event aimed to foster scientific curiosity, promote mathematical thinking, and encourage a deeper understanding of various scientific concepts among students. The grand occasion began with a warm and encouraging welcome speech followed by a presentation on India's remarkable achievements in space exploration and its ambitious plans to land on the Moon once again.

The Chief Guest (Mrs AMBUVAHINI Scientist, M.S. Swaminathan Research Foundation, Chennai) presided over the function. Madam principal and Chief guest pinned badges to the newly appointed office bearers of the Club.

An interactive PowerPoint presentation by the chief guest explored the causes, effects, and potential solutions to this global issue.

Captivating skit was showcased by std 11 and 12 students as a tribute to the renowned scientists. A thought-provoking skit was showcased by std 8 and 9 students, expressing the advantages and disadvantages of electronic gadgets.

The Science Math Club inaugural function was an overwhelming success, igniting the spirit of inquiry and exploration among the students.



NAMADHU PARAMBARIYAM

The inauguration ceremony of NAMADHU PARAMBARIYAM CLUB was a grand affair, with lighting of Kuthuvillaku by the Chief guest Rtn Venkhat Ramani and Madam Principal on 13th of July 2023. The Chief guest Rtn. Venkhat Ramani, presided over the function and presented the badges to the office bearers of the club. The chief guest urged them to promote the values of traditional culture and heritage. The club members displayed our parambaryam millet foods, games and medicinal herbs .After the formal inauguration, there was a colourful cultural programme. The inauguration was a grand roaring success, leaving everyone excited for future events and activities.





KG ORIENTATION



An orientation programme for kindergarten parents was organized on 15.07.23 to get them acquainted with the curriculum, rules and regulations of the school. Madam principal addressed the gathering. She urged all the parents to be supportive and to stay involved with their child. School provided an opportunity to the parents to know the teaching methodologies in the class room by inviting all the parents every Friday.

SCRABBLE



SCRABBLE



Our school had the privilege of interacting with Mr. Ranganathan Chakravarthy, Grandmaster in the game of Scrabble who is currently, ranked 4th in India.

Mr. Ranganathan Chakravarthy founded 'The Madras Scrabble Foundation' in 2014 to put India on the world map as a dominant force in the game of Scrabble. He conducted an interactive session with students of class VII And VIII on methods to approach the game.



**UNLEASHING -
the power of
Words!!!**



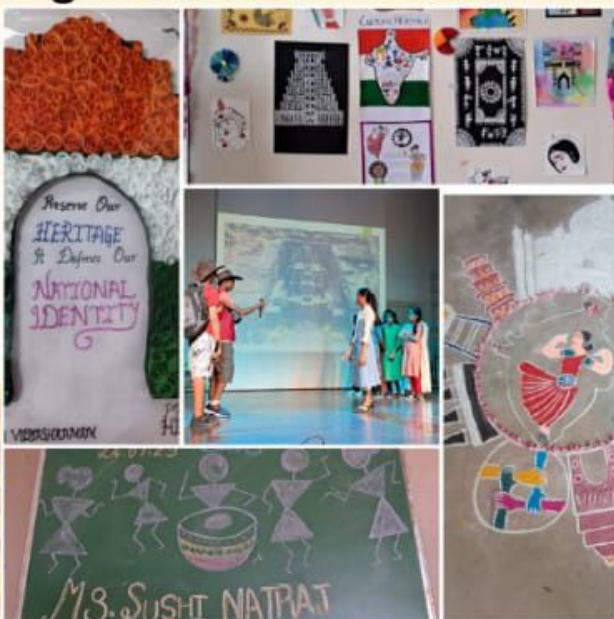


Heritage Club

The Heritage Club was inaugurated on 24th July 2023 at our school premises. Ms. Sushil Natraj from Intach graced the occasion as the Chief Guest. She awarded badges to the President, Vice-President, Secretary, and Treasurer of the club. In her speech, Ms. Natraj emphasized the importance of preserving our monuments and heritage buildings. The event included a skit showcasing significant heritage monuments and a captivating dance performance representing various states in India.

As a token of appreciation, the club gifted Ms. Natraj a quilling artwork of the India Gate.

The inaugural ceremony left a profound impact, reinforcing our commitment to safeguarding our cultural heritage for future generations.



Trending AI

TO



STD XI and XII students participated in a Programme conducted by CSIR on 20.7.23 at our school auditorium.

Mr Udhaya Shankar, Dept Controller of Patents & Designs, Patent office, Chennai spoke about Intellectual Property Rights. He gave a detailed explanation about Patent , Copyright, Trademark etc

Dr A. MercyLatha, Principal Scientist gave lecture about history and usage of Artificial Intelligence.

The sessions were very interesting and students participated with great enthusiasm

INTERNATIONAL TIGER DAY

29th July 2023

CLAWS FOR THE CAUSE





Yoga for health

YOGA, (SANSKRIT: "YOKING" OR "UNION") ONE OF THE SIX SYSTEMS (DARSHANS) OF INDIAN PHILOSOPHY. ITS INFLUENCE HAS BEEN WIDESPREAD AMONG MANY OTHER SCHOOLS OF INDIAN THOUGHT. ITS BASIC TEXT IS THE YOGA-SUTRAS BY PATANJALI (C. 2ND CENTURY BCE OR 5TH CENTURY CE).

YOGA IS NOT A WORK-OUT; IT IS A WORK-IN. AND THIS IS THE POINT OF SPIRITUAL PRACTICE, TO MAKE US TEACHABLE, TO OPEN UP OUR HEARTS, AND FOCUS OUR AWARENESS SO THAT WE CAN KNOW WHAT WE ALREADY KNOW AND BE WHO WE ALREADY ARE." — ROLF GATES.

"YOGA MEANS UNION WITH THE SELF: NOT THE SELF IN THE LIMITED SENSE OF MORTAL SELF-BODY/MIND/EGO/PERSONALITY-BUT THE HIGHER SELF-THE DIVINE/ETERNAL/LIMITLESS SELF. THE PRACTICES OF YOGA ARE CONCERNED WITH FREEING THE ATMAN, THE SANSKRIT TERM FOR THE INNER DIVINE SELF, FROM AVIDYA, OR MISIDENTIFICATION-THAT IS, IDENTIFYING WITH THE "LOWER CASE" SELF INSTEAD OF THE "UPPER CASE" SELF. BY MEANS OF THESE PRACTICES, NIRODHAH IS ACHIEVED, AND THE PRACTITIONER COMES TO KNOW THE SELF-THE ATMAN, THE DIVINE SOUL WITHIN-AND THIS IS YOGA."

THERE ARE EIGHT STAGES IN YOGA WHICH ARE YAMA, NIYAMA, ASANA, PRANAYAMA, PRATYAHARA, DHARANA, DHYANA AND SAMADHI.

THE ULTIMATE GOAL OF YOGA IS TO CALM THE MIND, BRING THE SENSES UNDER CONTROL, AND INTROSPECT AND REALIZE THE EQUATION THAT WE SHARE WITH THE DIVINE. BY PRACTISING THIS, WE WOULD UNDERGO A CHANGE OF ATTITUDE, ACQUIRE A COMPASSIONATE MINDSET, AND BE LOVING AND KIND TOWARDS THE ENTIRE CREATION. YOU WILL KNOW HOW TO CONSIDER THE ENTIRE WORLD AS YOUR FAMILY AND WISH GOOD FOR ITS INHABITANTS. IT IS ABOUT EVOLVING TO BE A HUMAN WITH A UNIVERSAL TOUCH TO YOUR PERSONALITY.



Mrs. Jenny Marshall





Motivating a Child to learn



**INSTILLING
LOVE OF
READING**

**SHARING
ENTHUSIASM
FOR LEARNING**



**FOCUSSING ON WHAT
HE'S LEARNING**



**CELEBRATING
HIS SUCCESS**



@SSV

LEARNING IS FUN !!