



# **Sri Sankara Vidyashramam Mat. Hr. Sec School**



## **SANDESA PATRIKA**

**November  
2023**

*November*  
*2023*

# Table *Of Content*

**Editorial  
Board**

**Teacher's  
Column**

**Prizes in  
Exon**

**Ryla  
Camp**

**World  
Rose Day**

**Children's  
Day**

**Chemistry  
In Action**

**Buzzing Bee  
Club**

**Riddle  
Corner**



**STUDENT  
EDITORIAL BOARD**

**SANJAY V  
MAGESHWARI P  
BHAVANA S  
VIVIN MAHESH  
SUJAY A  
SAICHARAN V G**



## Healthy living

### Diet and Exercise

Staying healthy is at the top of nearly everyone's priority list, and our daily choices can determine just how healthy we are. Not everything is in our control, but the habits and approaches we take to our health can often make a difference between being healthy and unhealthy.

Two areas we have the most control over, are our diet and exercise. These can both have huge effects on overall health, and can be some of the main factors in preventing disease and other complications later in life. Preventive healthcare measures like proper diet and exercise can also help your budget.

There are some of the key benefits associated with a good diet and proper exercise. Let's look at that, but first, let's start off with some general diet and exercise recommendations.

So, keep exercising and take a proper diet to lead a healthy life.



**Harshitha N**  
**Std 6A**

# EXONS

On 28.10.23 students of class IX to XI participated in EXONS interschool Bio-Biotechnology Expo conducted by Sri Sankara Senior Secondary School Adyar, Chennai. The topic proposed, REVIVAL FOR SURVIVAL was novel and thought provoking. Our students showed dynamic participation in Quiz, Video Creation, Poster Presentation, Poster Making, Adzap, Parliamentary Debate, R&D and Paper Presentation.



*Devashree V*



*Harshini M*

Devashree V and Harshini from class X, won second prize in video creation event for the topic, Ayurveda and Antimicrobial Resistance.



*Vivin Mahesh*

Vivin Mahesh of class XI bagged the third prize for his enigmatic presentation on Stem Cell Therapy for SCID

# Rotary Youth Leadership Academy (RYLA)

Interactors of class  
XI and faculty  
coordinators  
at the ryla camp,  
Dr.GSK  
Kalyanasundaram  
school  
Kumbakonam



Proud Interact Leaders All...  
Medals Galore!



RYLA Meet....  
A Joyous Jubilation!



## Appreciation for Active Participation

## Handmade Bookmark Gifts to Boy's Town Interactors





# *JOY OF GIVING*

## **Visit to Cancer Institute**

Three Interactors and two faculty coordinators visited the Cancer Institute(WIA)Adyar, on 8th November 2023. They met the professor and Head of Psycho Oncology department Dr. V. Surendran and handed over their collection of dates, biscuits and Hamam soaps. It is noteworthy that the Interactors had involved the whole school in this collection drive. Interactors were taken around the facility where they gained insights into the various facets of cancer treatment. Interactors learnt that a significant aspect of dealing with cancer involves addressing the psychological well-being of both patients and the caregivers.







**WORLD  
ROSE  
DAY**

# *JOY OF GIVING*



**Blossom with compassion,  
share the joy of giving,  
and unite in the fight against cancer.**



# CHILDREN'S DAY EXTRAVAGANZA!



The Children's Day celebration at school was a joyful event. Students participated in various activities and students showcased their diverse talents. The teachers were proud witnesses to the unique abilities displayed by the students, fostering a supportive and encouraging environment for development. The atmosphere was filled with laughter and excitement, making it a memorable day for everyone.



Celebrating the joy, laughter, and dreams of our little stars on Children's Day."





**Joyful  
Jamboree**



# THE CHEMISTRY OF FIREWORKS

<b>RED</b> STRONTIUM SALTS Strontium Nitrate Strontium Carbonate Strontium Sulfate	<b>ORANGE</b> CALCIUM SALTS Calcium Carbonate Calcium Chloride Calcium Sulfate	<b>YELLOW</b> SODIUM SALTS Sodium Nitrate Sodium Oxalate Chrysolite	<b>GREEN</b> BARIUM SALTS Barium Nitrate Barium Carbonate Barium Chloride Barium Chlorate
<b>BLUE</b> COPPER SALTS Copper (II) Chloride Copper Carbonate Copper Oxide	<b>PURPLE</b> COMBINE COPPER & STRONTIUM COMPOUNDS	<b>SILVER</b> WHITE HOT MAGNESIUM & ALUMINIUM	<b>WHITE</b> BURNING METAL Magnesium Aluminium Titanium

## HOW FIREWORKS WORK:

### *Chemistry in Action!*

This 4th of July, as you hear the bangs of fireworks and see the showers of colors coming down, know that you are seeing chemistry in action!





# BUSY BEEES





# Buzzing Bee Club



**BUZZING WITH ACTIVITIES**

**"SSV-The hive of busy bees"**

