

Sri Sankara Vidyashramam Mat. Hr. Sec School

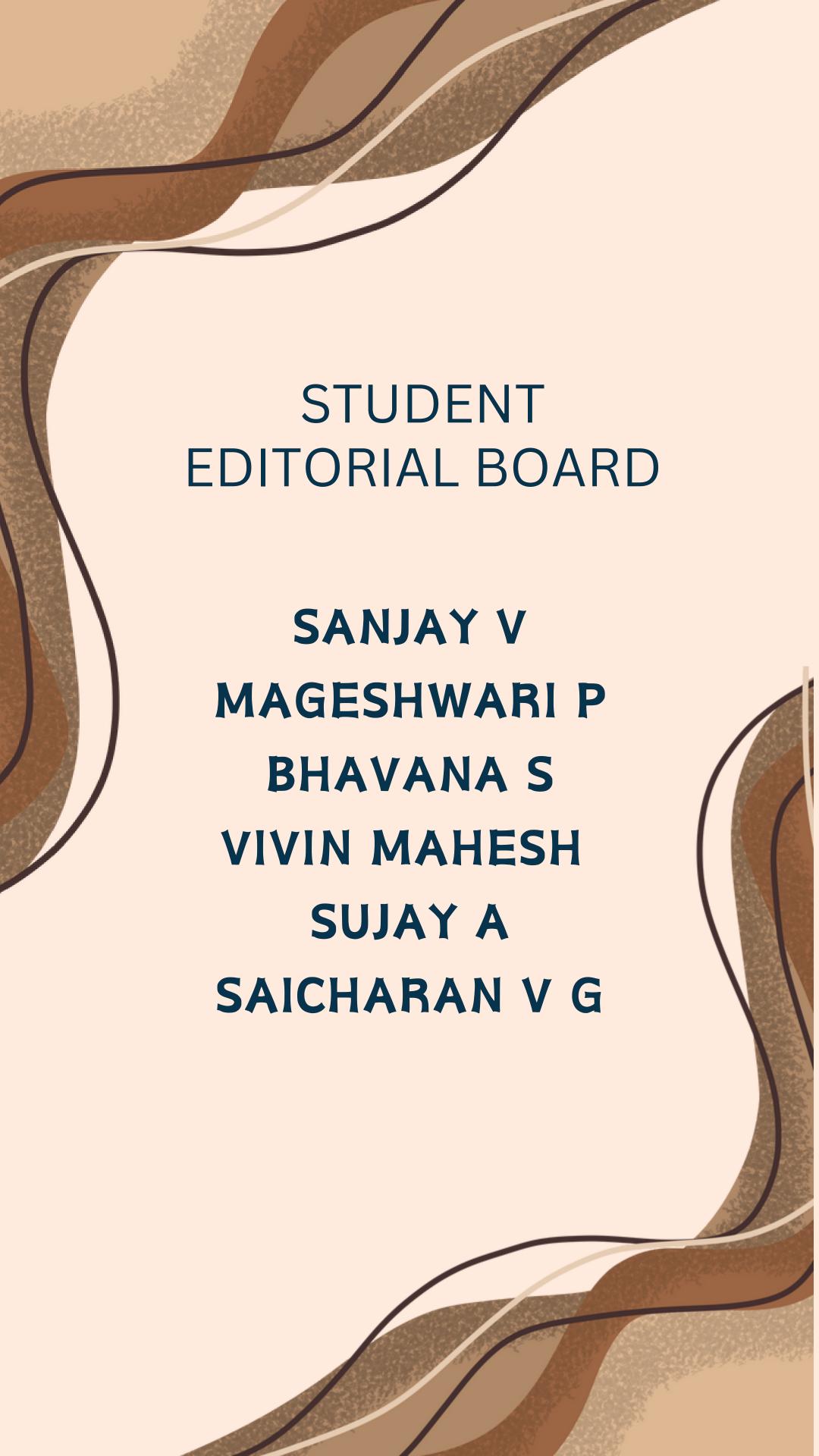


SANDESA PATRIKA

November 2023

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Editorial Teacher's **Board** Column Prizes in Exon Ryla Camp World Rose Day Children's Day Chemistry In Action **Buzzing Bee** Club Riddle Corner



TEACHERS COLUMN



Mr. Sasi Kumar

Healthy living

Diet and Exercise

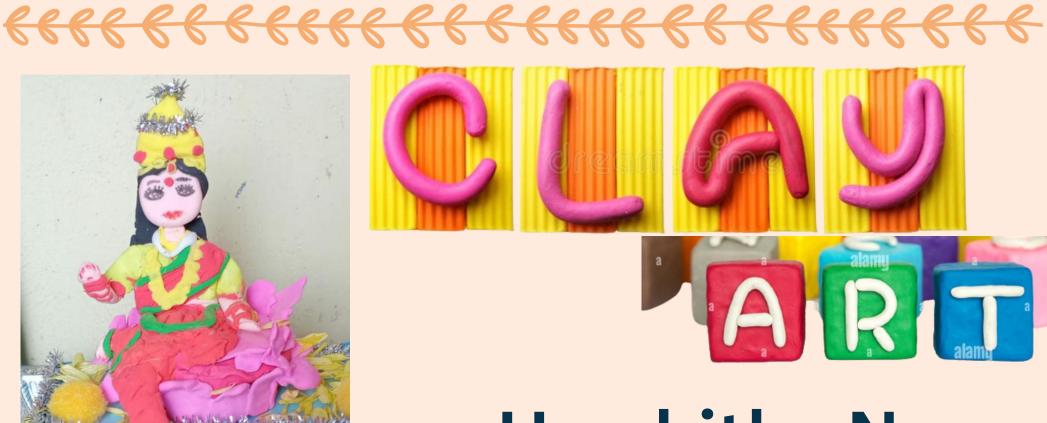
Staying healthy is at the top of nearly everyone's priority list, and our daily choices can determine just how healthy we are. Not everything is in our control, but the habits and approaches we take to our health can often make a difference between being healthy and unhealthy.

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

BEER BEEREBERBERBERBER

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





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 wellbeing of both patients and the caregivers.





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."



























·RED

*GREEN

Other metals and combinations of metals

strontium



LIFT CHARGE

the shell, it blasts the

oxidizing metal outward,

creating fireworks.

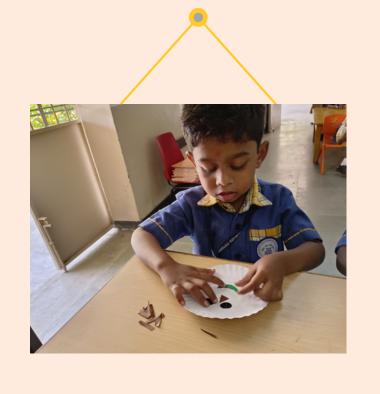












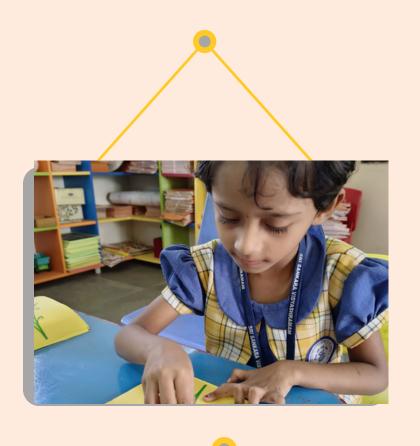


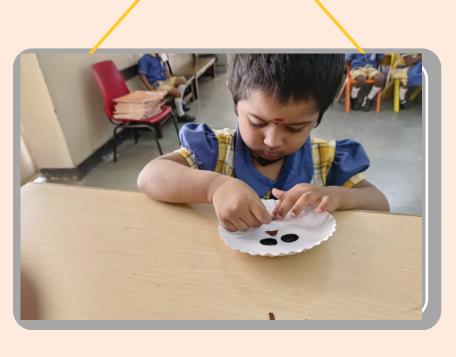
Buzzing Bee Club













BUZZING WITH ACTIVITIES
"SSV-The hive of bysy bees"



Riddle Time

Use the clues to find the words.

Join the marked letters !! Its "raining fun"!

- very big _____
- you walk up these _____
- the first month _____
- rhymes with hair ____
- opposite of go ____
- a rabbit -like animal _ _ _
- it is in the sky at night ____
- look at for a long time _ _



Google is a misspelling of the misspelling of the word: GOOGOL, word: GOOGOL, word the mathematical the mathematical term for a term for a number with number with number all one with hundred zeros.



Learning is

Learn

Answers for last editions quiz

Riddle time

- 1. lunch and dinner
- 2.short