



SRI SANKARA VIDYASHRAMAM MAT. HR. SEC SCHOOL

Habit Tweaks

*Small change,
Big difference*

JANUARY

**SANDESA
PATRIKA**



2024

**SET THE RIGHT GOAL
AND MAKE IT HAPPEN**



CONTENTS

PAGE 3

TEACHERS COLUMN

PAGE 4

ANNUAL DAY

PAGE 10

SPORTS DAY

PAGE 12

FAREWELL

PAGE 14

RSP

PAGE 15

TAGGING DREAMS, PAINTING REALITIES!!


PAGE 16

A PALETTE OF TRADITIONS AND JOYFUL GAMES

Teacher's Column

Mrs. Thirupura Sundari

Resolve to Evolve



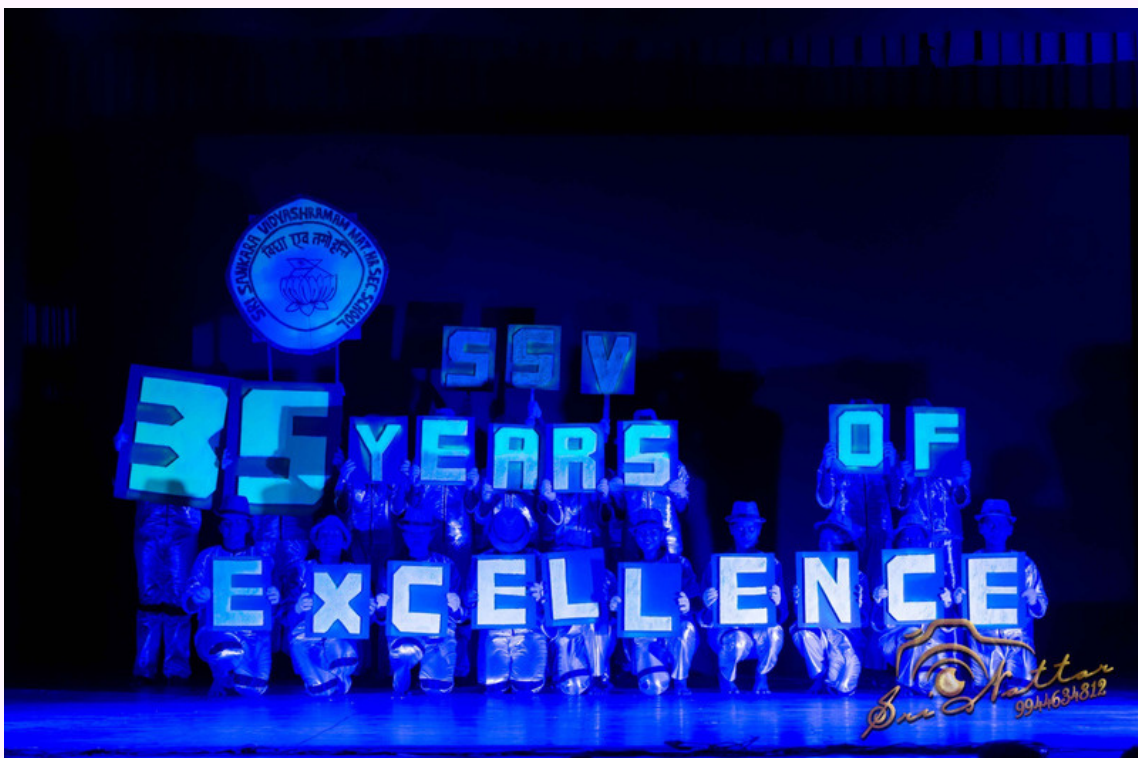
AS THE CALENDAR TURNS, THE AGE-OLD TRADITION OF NEW YEAR RESOLUTIONS TAKES CENTER STAGE, INVITING US TO REFLECT ON OUR ASPIRATIONS FOR THE COMING YEAR. RESOLUTIONS SERVE AS PERSONAL COMPASSES, GUIDING US TOWARD POSITIVE CHANGE AND GROWTH. FROM EMBRACING HEALTHIER LIFESTYLES AND PURSUING PASSIONS TO FOSTERING MINDFULNESS, THESE INTENTIONS ARE AS DIVERSE AS THE INDIVIDUALS MAKING THEM. THE ESSENCE LIES IN THE COMMITMENT TO REALISTIC AND ACHIEVABLE GOALS, TRANSFORMING RESOLUTIONS FROM FLEETING PROMISES INTO LASTING HABITS. WHILE CHALLENGES MAY ARISE, THE SPIRIT OF RESILIENCE FUELS OUR JOURNEY. AS WE EMBARK ON THIS NEW CHAPTER, LET OUR RESOLUTIONS NOT MERELY BE YEARLY RITUALS, BUT RATHER, LET THEM BE THE CATALYSTS FOR A YEAR FILLED WITH PURPOSE, PROGRESS, AND PERSONAL FULFILLMENT.

35

2024

ANNUAL DAY

The school's 35th annual day celebration was a vibrant event filled with cultural performances, speeches, and accolades. Students showcased their talents in dance, music, and drama, captivating the audience. The highlight was the recognition of outstanding achievements and contributions by both students and teachers. The event fostered a sense of unity and pride within the school community.



35

2024

ANNUAL DAY



Our school Annual day was celebrated on 19th January 2024 at Narada Gana Sabha. Mrs.Nrithya Jagannathan, Director Krishnamchari Yoga Mandiram was the chief guest. Her thought provoking address on "Guru Bhakthi", "Education " and "Discipline " enlightened us and gave us a different perspective on these topics.



The cultural programmes showcased innate talents of SSV's budding artists. In a nutshell, our Annual Day was blissful, brilliant and unique.



35

2024

ANNUAL DAY



Radiant Rhythms A UV Spectacle





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2024

ANNUAL DAY



Mystical Harmony: The Dance of Arthanareeshwar"



Pazham Nee Appa





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2024

ANNUAL DAY



Elemental Elegance: A Dance of Earth, Water, Fire, Air, and Ether"



Raga Reverie: A Carnatic Journey

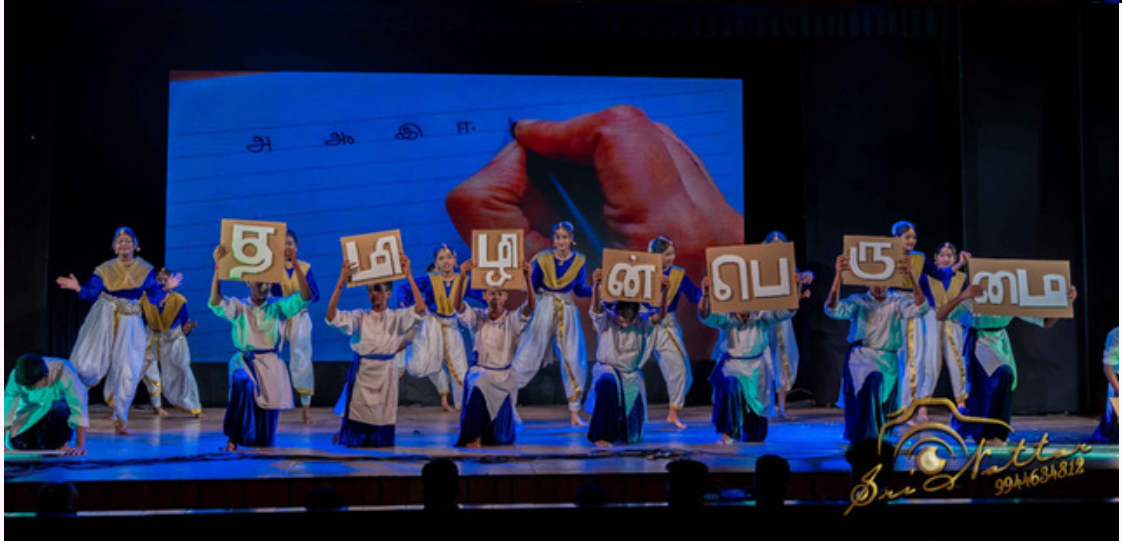




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2024

ANNUAL DAY



Tamizh Natya Rasam: The Elegance of Tamil



My Fair Lady- Bernard Shaw



ANNUAL SPORTS MEET 2024



The annual sports day on 26 th January 2024. Day filled with fervour and excitement amidst thrills, shrills and cheers. The celebration started with the hoisting of the national flag by the chief guest. Shri Na. Murali, Founder FitZone, Holistic Fitness Studio and General Secretary, Tamil Nadu Judo Association. The grandeur of the Sports Day continued with the symbolic lighting of the torch. The flame ignited with anticipation, passing through the hands of determined athletes, marking the official commencement of the games. The release of the dove captured the essence of the event, emphasizing not only physical prowess but also the celebration of harmony and goodwill among participants.

The march past set the tone for the day, fostering a sense of camaraderie and healthy competition. The audience witnessed spectacular drill performance by tiny tots, showcasing precision and coordination that left the audience in awe. The rhythmic beats echoed as students moved in perfect synchronization, creating captivating formations. The Silambam and Karate display at the sports day showcased impressive martial arts skills, discipline, and a deep understanding of their respective art forms. The parent's game segment brought forth laughter and cheer as moms and dads showcased their athletic prowess in a friendly competition.

Overall, the Sports Day unfolded as a multi-faceted celebration, intertwining athleticism, symbolism, and familial joy.



HIGHLIGHTS



BIDDING

ADIEU

farewell

As the academic year concludes, we bid
farewell to std 12 students.

The event was graced by the insightful
addresses of the principal and the
distinguished Guests Col. S Ram, Army
Veteran and our Alumni Dr. Vishnu. Their
words resonated with wisdom, inspiring the
outgoing students as they embark on the next
chapter of their lives. Wishing them success
and fulfillment in their future endeavors.

*We wish
you
all
the
Best*

BIDDING ADIEU

farewell

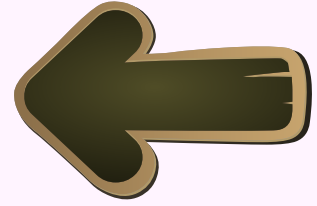


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*We wish
you
all
the
Best*

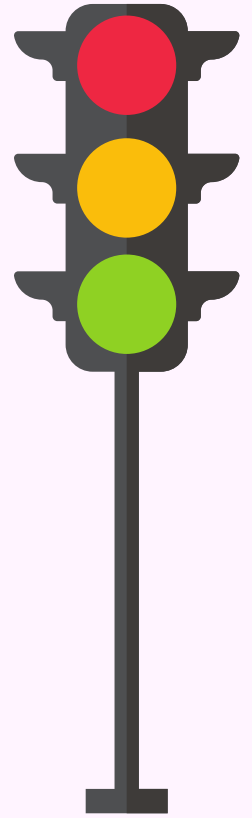


CRAFTING TRAFFIC WISDOM



Our school RSP Cadets enthusiastically participated in the Inter-school Model Making Competition conducted by The Greater Chennai Traffic Police along with the Tamilnadu Police Traffic Wardens Organization, on the topic "Good Practices By Greater Chennai Traffic Police". It not only allowed for the expression of creativity but also deepened the understanding of the crucial role played by traffic authorities in creating a secure and organized traffic system.

The event aimed to highlight and showcase the positive initiatives taken by the traffic police to ensure safety and discipline on the roads.



ROAD READY SCHOLARS

SSV CANVAS EXPRESS YOURSELF !!



Blaze of colours - Wall of Good Cheer
Interactors set out to paint a portion of the school compound wall. We are indebted to Rotary Club of Madras for introducing us to Mr Karthik, an independent artist to guide the Interactors. The Interactors had an initial discussion with artist, Mr. Karthik who gave them tips and suggestions . A day - long effort and the end result was indeed stunning. Bringing out the artist in them, the Interactors put down their brushes with satisfied smiles. This activity brought out their talent and the Interactors had stamped their mark of creativity on the WALLS OF SSV IN A BLAZE OF COLOURS!



Tagging Dreams, Painting Realities!!



PONGAL



A Palette of Traditions and Joyful Games



Festive mode on

Students embraced the festive spirit on 12th January 2024. Decked in traditional attire, the enthusiasm for Pongal festivities was palpable. Students from Std I and II immersed themselves in a vibrant pot painting activity, showcasing their creative flair. Meanwhile, the older students from Std III, IV, and V engaged in the joyous tradition of 'Uriyadi,' relishing the cultural game with zest and merriment. The event was a delightful blend of artistic expression and traditional games, fostering a lively and celebratory atmosphere among the students.



Tips For Board Exam Preparation

EXAM! Fear

has no place in the equation of success
- study hard, excel!

Habit Tweaks

**Small changes
Big difference**

**LITTLE THINGS TO
KEEP IN MIND
THAT WILL BRING
A MASSIVE
DIFFERENCE IN
YOUR BOARD
EXAM
PREPARATIONS**



TEN STUDY TIPS FOR EXAM PREPARATION

- 1 Prepare Balanced Schedule for Study
- 2 Organize your study space
- 3 Organize study groups with friends
- 4 Practice on past exams
- 5 Use graphs, charts and diagram
- 6 Involve your friends for solutions
- 7 Take intervals
- 8 Drink plenty of water
- 9 Take care of your food

The Ripple effect of small changes in yoga



In the serene realm of yoga, where the mind and body harmonize, even the smallest adjustments can yield profound transformations. As practitioners, we often underestimate the power of subtle modifications in our yoga routine, unaware of the cascading impact they can have on our overall well-being.

Mindful Breathing

The simple act of mindful breathing. Integrating conscious, deep breaths into each pose not only enhances lung capacity but also serves as a gateway to a heightened sense of awareness.

Adjustment of Gaze

The adjustment of gaze or drishti can significantly alter the dynamics of a pose. Shifting our focus from the external to the internal, or even closing our eyes momentarily, can foster a profound internal journey, fostering a deeper connection with the self.

Alignment

Tiny adjustments to the placement of our hands, the angle of our feet, or the elongation of the spine can unlock hidden potential within each asana, leading to a more transformative experience.

This small yet profound shift in mindset fosters a nurturing environment, encouraging us to approach challenges on the mat with resilience and grace.

Embracing small changes in breath, gaze, alignment, sequence, and mindset can create a ripple effect, transforming our practice from a mere physical routine into a holistic journey of self-discovery.

JOY OF GIVING

Commemorating Republic Day , the Interact Club of our school donated rice and dhal to Rotary Boys Town on 24 th January 2024. A really satisfying experience, Annadhanam - an act of collective sharing keeps us going year after year. We are grateful to Boys Town for their acceptance .



A Tale Of Unwavering Perseverance



An Award... An Inspiration

A programme of Rotary's prestigious 'For The Sake Honour Award' was held on 30th January 2024. The award was given to Ms Suchithra Ella, the towering force behind India's vaccine success story!

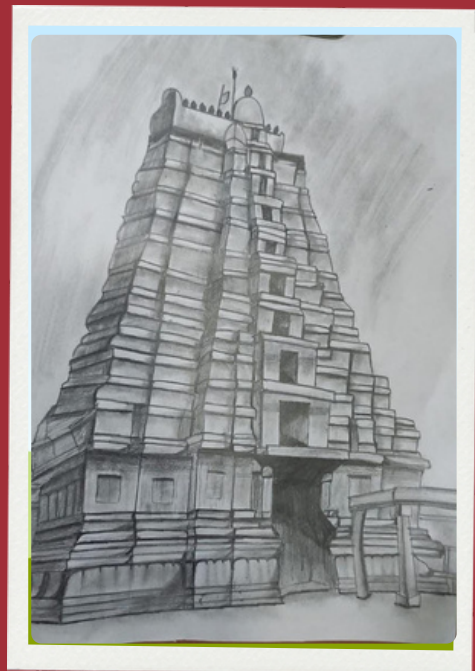
It was a great privilege to be invited by the Rotary to give a cultural performance for this event. 'Resolute Triumph Over Covid' was the title of the dance performance that six of our Interactors performed to thunderous cheers from Rotarians.

Interactors also listened to an inspiring talk by Ms Suchitra Ella and her journey as a co-founder of Bharat Biotech India Limited, the company which made India proud with its invaluable contribution during the pandemic! Hers is undoubtedly a tale of unwavering perseverance, remarkable bravery and self assurance in the face of adversity!

ART GALLORE



**VIGNESHWARAN V
STD VIB**



**VIVIN
STD XI**



**SAHANA
STD IXB**

Riddle Time

1. How do you go from 98 to 720 using just one letter?
2. I can travel from there to here by disappearing, and here to there by reappearing. who am i?
3. I can fall off a building and live, but in water i will die, what am i?
4. How many circles contain the black dots?

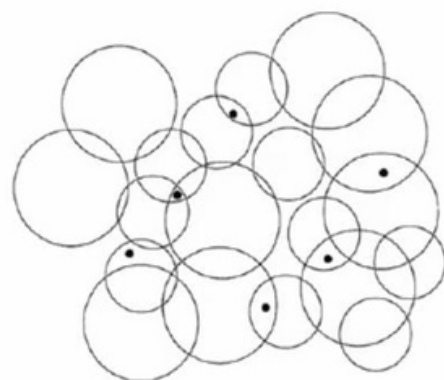
Do you
know

Golf was banned in
England in 1457.

Learning is fun

@

SSV



Answers for
December edition quiz

