

**SRI SANKARA VIDYASHRAMAM  
MAT. HR. SEC. SCHOOL**

**ARE**

**YOU**

**READY**

**FOR**

*Sandesa  
Patrika*

*February 2025*

**EXAM**



# CONTENT

Final exams  
'PRO' Tips

Enhancing Exam  
'Focus through YOGA'

Superhero  
Strategy

● Teacher's column

● Intach Filmit Awards

● Career Milestone

● Intach poster making festival

● Edu tour

● Farewell story

● Sports News

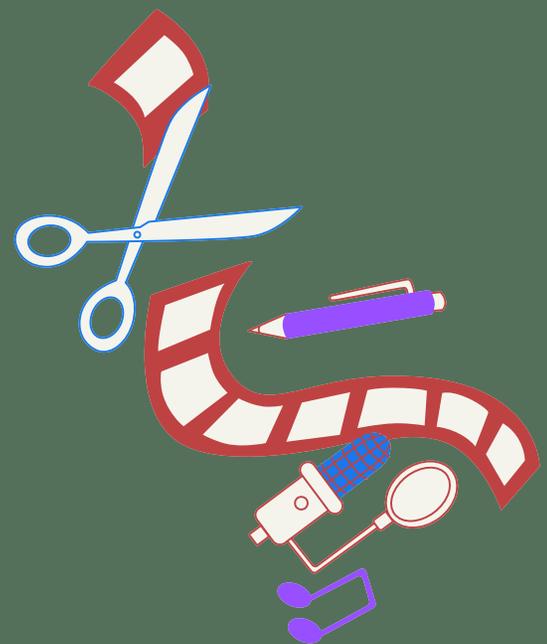
● National Science Day



# EDITORIAL TEAM



N U Dheptimooyee Lakkshmi Std 11  
Mahalakshmi.R Std 11  
Priyanka Std 9



# TEACHER'S COLUMN

**Mrs. Jennifer J**

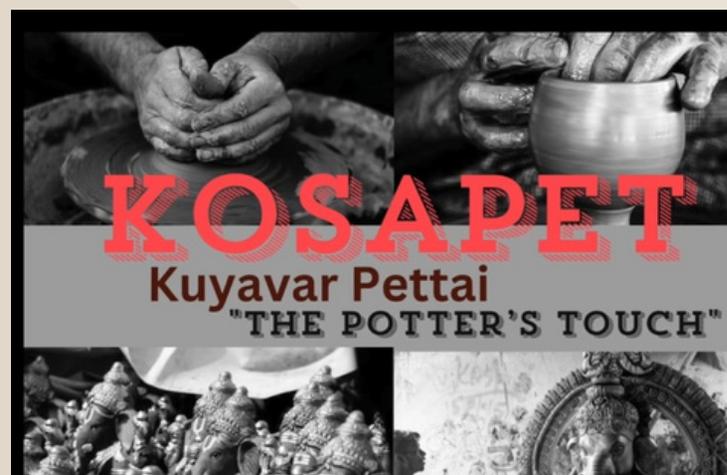
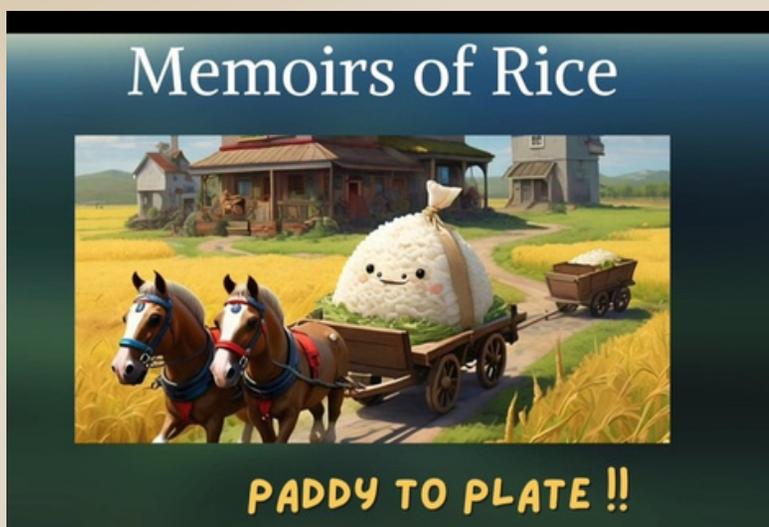
“Dream, Work, Succeed: Life Lessons from Dr. A. P. J. Abdul kalam”

Dr. A. P. J. Abdul kalam life teaches us that success comes from hard work, perseverance, and dreams.

Born in a humble family, he faced many struggles but never gave up. His passion for learning and dedication made him India’s “Missile Man” and a beloved President. He believed that students are the future and urged them to dream big, work hard, and stay disciplined. “Dream, dream, dream. Dreams transform into thoughts, and thoughts result in action,” he said. Believe in yourself, keep learning, and never stop chasing your goals!!



# Intach Filmit Awards



BEST FILM

BEST INTERACTIVE FILM

Our school has been honored with prestigious awards in filmmaking by INTACH. Our Heritage Club received the Best Film Award for "Memoirs of Rice" and the Best Interactive Film Award for "The Potter's Touch".



# Lights, Camera, Victory We Won the Reel!



*+LIGHTS\*  
\*Camera\*  
\*ACTION!\**

**"A Historic First - Our Animated Triumph!"**

**"Today, we mark a spectacular milestone in our school's creative journey! With immense pride, we announce that our debut animation film has not only made waves but has also won Best Film at the INTACH Filmit Awards**

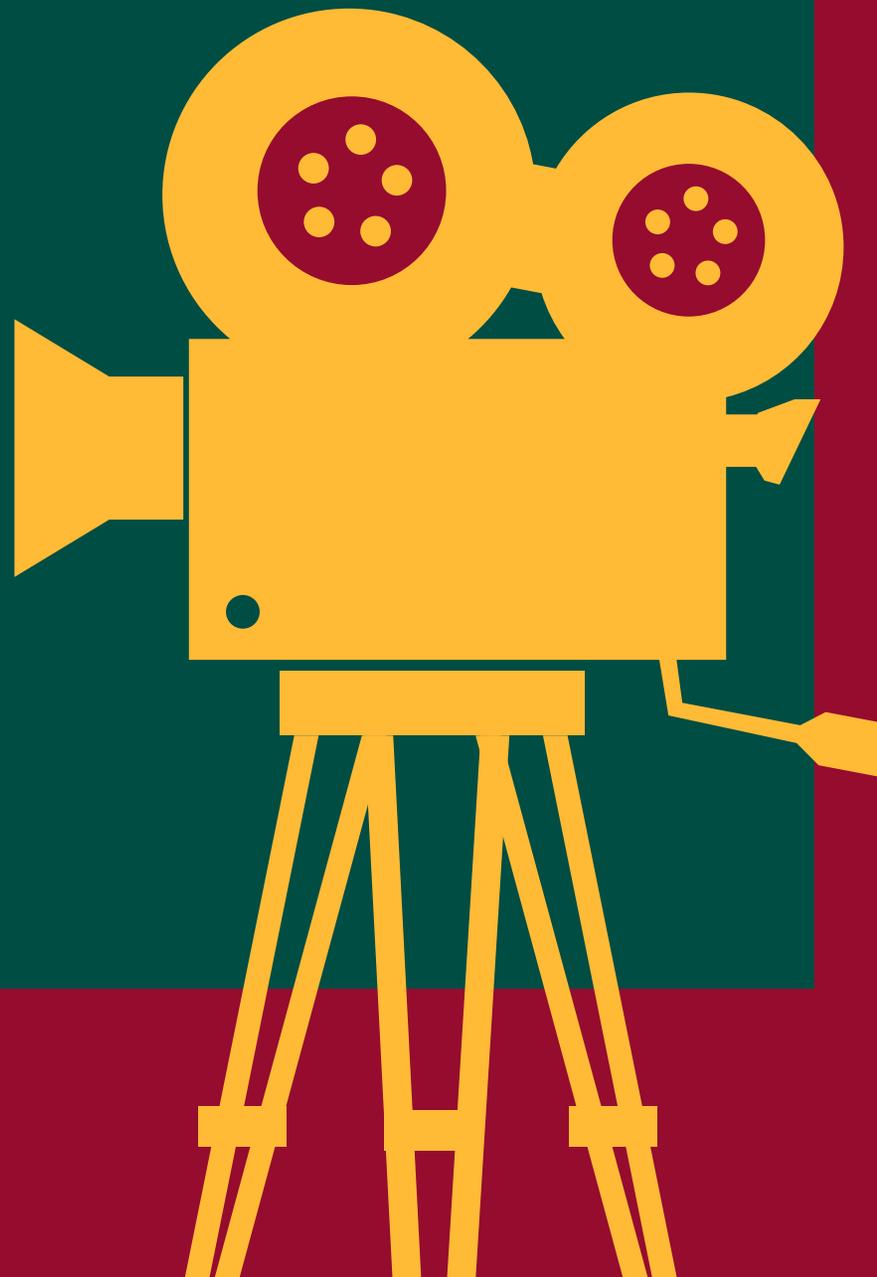


# ROTARY FOURWAY TEST AWARD



**FILM FESTIVAL**

**25TH FEBRUARY 2025**



# ROTARY FOURWAY TEST

**On 25th February, the Rotary Club of Madras (RCM) announced the results of the Four Way Test Film Competition. It was a proud moment as our team secured third place among 14 entries. The students were awarded certificates and a cheque for ₹4,000 for the school. The prizes were presented by Rtn. Mohan Raman and his family, in honor of his father who had instituted the award, in the esteemed presence of the District Governor and the RCM President.**



**TEST OF TRUTH**  
The Four-Way Test: A compass for life's challenges



**Our Award Winning Film**

Sandesa Patrika  
February 2025

# Congrats!

## TEACHERS

### ON YOUR CAREER MILESTONE!

Celebrating Your Hard-Earned Success!



**Mr. Sasi Kumar**

Mr. Sasikumar was awarded '**The Best Teacher Award**' by the Vallal P. T. Lee Chengalvaraya Naicker Trust.



Mrs. Kamalam translated a book on '**A Copernican Revolution**' into Tamil, which was officially released by Dr. Ravindran, Director of The Institute of Mathematical Sciences, Chennai.



**Mrs. Punithavathi**

Mrs. Punithavathi was conferred the '**Innovative Academician Award**' by Ramachandran Maritime and AMET University

Sandesa Patrika  
February 2025

*Congrats!*  
**TEACHERS**  
**ON YOUR  
CAREER  
MILESTONE!**

Celebrating Your Hard-Earned Success!



**Mrs. Vijaya**



**Mrs. Nithya**

Mrs. Vijaya and Mrs. Nithya have been awarded the **Certificate of Recognition from the AMET university** for their commitment to Education



**Mrs. Krishnaveni**

Mrs. Krishnaveni was conferred the **International Mother Language Award by the Greater Indian Movement**. This prestigious recognition celebrates her dedication to promoting linguistic heritage and the significance of mother languages.

Sandesa Patrika  
February 2025

*Congrats!*  
**TEACHERS**



**Mrs. Sindhumathi**

Celebrating Your Hard-Earned Success!

**ON YOUR  
CAREER  
MILESTONE!**



**Mr. Paneerselvam**

S/O S. Sindhumathi and T/O A. Panneerselvam, Associate NCC Officers from our school, were honored with the prestigious Veera Maarayam Award by the Madurai Tamil Illakiya Sangam.

# CONGRATULATIONS



## *Deepthi Mooyee Lakshmi*

Achievement in Swachhata Hi Seva - 2024

Deepthi Mooyee Lakshmi of Class 11 secured first prize in the Slogan Writing Competition as part of **\*\*Swachhata Hi Seva - 2024\*\***, organized by CSIR-Structural Engineering Research Centre, Chennai, on September 26, 2024.

She was also awarded a gift voucher worth Rs. 1000 for her outstanding contribution. Her achievement reflects her creativity and commitment to the cause of cleanliness and sustainability.

# Superhero Strategy

## FINAL EXAM



### **Captain Timetable: The Power of Planning**

Just like superheroes have a mission plan, create a study timetable. Break subjects into small, manageable tasks and set daily goals. Stick to the plan like a hero on a mission!

### **The Flash Review: Speed Revision**

Quick revision every day helps reinforce what you learn. Use flashcards, mind maps, or sticky notes for formulas and key concepts—your brain loves quick recaps!

### **The Iron Memory : Smart Notes**

Summarize lessons in your own words. Writing down points in simplified language and using colors or diagrams boosts memory power.

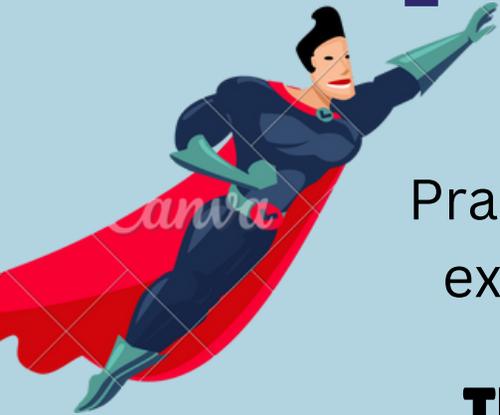
### **The Hulk Sleep : Power Nap Strategy**

A tired mind = slow memory. Sleep for at least 6-7 hours to recharge your brain. Short power naps after study sessions improve retention!

### **The Sherlock Strategy : Solve & Conquer**

Solve previous years' question papers and mock tests. It improves speed, accuracy, and confidence—just like Sherlock solving a case!

# Superhero Strategy



## **The Zen Mode : Stay Cool & Focused**

Practice meditation, deep breathing, or light exercise to keep stress away. A calm mind remembers better and thinks clearer.



## **The Avenger Squad : Group Study Power**

Discussing topics with friends helps in better understanding. But remember—stay on track and avoid distractions!

## **The No-Gadget Zone : Defeat the Distractions**

Put your phone on Do Not Disturb mode while studying. Social media can wait—your success story is more important!

## **The Water Wizard: Stay Hydrated & Healthy**

Drink enough water and eat brain foods like nuts, fruits, and dark chocolate. A healthy body = a sharp mind!

## **The Exam Day Shield : Confidence & Time Management**

Read the question paper carefully.

Answer easy questions first to boost confidence.

Keep track of time—don't get stuck on one question.

Stay positive—you've got this!

**Just like every superhero has a winning moment, your hard work and smart strategies will lead you to success. Go ace those exams!**

# ENHANCING EXAM FOCUS THROUGH YOGA:

**An Interview with Yoga Teacher Mrs.Padma**

by

**Priyanka S IX C**





**Priyanka: Good morning, ma'am! As exams are approaching, many students find it difficult to focus. Can you suggest a way to improve concentration while reading?**

**Yoga Teacher: Good morning, Priyanka! Yes, one of the best ways to enhance focus is by practicing pranayama regularly. It helps calm the mind and improve concentration.**

**Priyanka: That sounds helpful! Is there any specific yoga asana that can aid in better concentration?**

**Yoga Teacher Padma: Absolutely! Practicing pranayama while sitting in an asana, like Padmasana or Sukhasana, is highly effective for maintaining focus.**

**Priyanka: Interesting! What is the best position and place for studying?**

**Yoga Teacher Padma: You should sit with your back straight in a quiet and clutter-free environment. A calm space enhances learning and retention.**



**Priyanka: Many students struggle to remember answers during exams. How can we improve our memory?**

**Yoga Teacher : Practicing pranayama along with Gyan Mudra helps sharpen memory and boost concentration, making it easier to recall answers.**

**Priyanka: Exams can be exhausting. How can we study without feeling tired?**

**Yoga Teacher: A balanced routine is key! Ensure you get enough sleep, eat healthy, and include yoga practices in your daily schedule to stay energetic.**

**Priyanka: Thank you, ma'am! These tips will surely help students prepare better for their exams.**

**Yoga Teacher : You're welcome, Priyanka! Wishing all students success in their exams. Stay focused and confident!**

# FINAL EXAMS 'PRO' TIPS

**Mrs. Vijaya**

**PGT. Mathematics**

**Dear Students, few tips to face the exam.**

- **Hope you all are preparing for your board exam with serious and sincere efforts.**
- **Few minutes before entering exam hall, be calm and cool.**
- **Maintain the board exam sitting posture, move to the corner of your bench and keep one leg inside and one leg outside.**
- **Write your register number in the question paper with pen, without any overwriting and do not write anything else, even avoid marking dot or tick mark to the question selected by you to answer.**
- **Make use of question paper reading time effectively to have a deep look and get a clear idea.**
- **When you are not sure to select which question to answer under choice, select the question for which you know more relevant points, that will give you more step marks.**
- **When you answer objective type questions, make sure they are not too close to each other in jam packed manner and also don't give too much space between two questions.**
- **Regarding objective type Questions, write the choice name & the corresponding correct answer.**

- **Do not worry how good or bad your handwriting is; it is very difficult to change it.**
- **But it is easy for everyone at any stage to present the answer paper in a legible manner by taking very small efforts by practicing these 3 points.**
- **Have a margin & write the question number inside the margin**
- **Have space between 2 words and gap between 2 lines.**
- **If you write any content wrongly, instead of making it shabby, strike out gently by drawing a single line through it.**
- **Draw a line after each question.**
- **Whether you know the correct answer or not, attempting to answer every question as per choice without fail, will help you a lot when you struggle to pass.**
- **Even if you did not complete the question correctly till the end, put a box for the sub results / underline the key points, so that the teacher does not skip giving proper step marks you deserve.**
- **Reviewing all the answers at the end, will help you to make sure that you have not missed anything you had planned to complete later.**
- **Strike out all the unused empty pages at the end.**
- **Our sincere prayers and best wishes for your good luck.**



# INTACH HERITAGE CLUB



# INTACH Poster Making Festival @ Sri Sankara Vidyashramam



On February 1, 2025, Sri Sankara Vidyashramam, Thiruvannamipur, hosted the INTACH Poster Making Festival on the theme "Local Festivals, Traditions, and Customs from Our Region." Over 120 students from 30 Chennai schools participated, showcasing their creativity through vibrant poster designs. The event began with Tamil Thai Vazhthu, followed by a warm welcome from an INTACH representative. The Guest Speaker, Mr. Pradeep, highlighted the cultural significance of festivals, while Principal Mrs. Sasirekha expressed gratitude to INTACH for hosting the event. The festival concluded with the National Anthem, celebrating a rich display of artistic talent and cultural heritage.



# It's Picnic Time



**Friday,  
7th**

**February 2025**



**Farm Guru**



# Edu-tour



An educational tour to Farm Guru was organized for students of classes VI to VIII on February 7, 2025 (Friday).

The tour was a perfect blend of entertainment and learning. Students actively participated in various farming activities such as sowing, ploughing, and harvesting, gaining hands-on experience in agriculture. They were thrilled to ride on a bullock cart and a tractor, adding to the excitement of the day.

The highlight of the tour was the water activities, which brought immense joy to the children. It was a day of unique experiences, offering students a refreshing break from their routine. Both parents and students were delighted and expressed their enthusiasm for similar tours in the future.





Edutour



Learning is Fun



# PICNIC IN THE PARK



✔️✔️✔️ **"Into the Wild: Learning Beyond Classrooms!"**



# EduTour



# Edu-tour



Our primary students had an exciting and educational visit to Guindy National Park on 27th February. The trip was designed to help students experience nature firsthand and learn about wildlife conservation. The journey began with enthusiastic chatter as the students boarded the buses, eager to explore one of Chennai's most famous green spaces. Upon arrival, they were greeted by the lush greenery of the park, home to diverse flora and fauna. The visit was both fun and informative, fostering curiosity and a love for nature among the young learners. It was truly a day of learning beyond the classroom, leaving the students with wonderful memories and valuable lessons on biodiversity and conservation.



# Edu-tour



Class of  
2025

# THE REAL ADVENTURE



begins now.

# FAREWELL story



The farewell celebration for Std XII was held on 20th February 2025 . The event was a heartfelt blend of nostalgia, gratitude, and joy, marking a memorable send-off for our senior students. The event began with a devotional song by Marthineeswari, accompanied by Ganesh on the tabla. A motivational speech by Dr. Venkat, CEO, Executive Facilitator and life coach of Max Academy for Excellence, sharing five key insights for Board Exams, left the students inspired. Our Principal reinforced his advice and extended best wishes. The School Pupil Leader expressed gratitude to the teachers and staff, followed by melodious performances by Srinidhi and Hasini and a humorous stand-up act by Raj Narayanan. The celebration concluded with a vote of thanks by School Head Girl Seetha Rani, exciting games, a lively farewell party, and a photo booth to capture cherished memories. It was truly an evening to remember, filled with warmth, laughter, and fond farewells.



# FAREWELL story



WISH YOU  
ALL THE BEST



## Special Prayers at Marundeeswarar Temple

A solemn and spiritual prayer session was held at Marundeeswarar Temple, Thiruvannamiyur, seeking divine blessings for the students of Sri Sankara Vidyashramam as they prepare for their upcoming board examinations.



# Feature Stories

## Making Headlines, Inspiring Generations



**THE HINDU**  
www.hindu.com

**Sport**

**Ryann scalps six**  
Left-arm spinner P.N. Ryann's six for 35 was instrumental in PSBB Millennium 'A's 101-run win over Ebenezer MHSS (Korattur) in the Tagore Sports-TNCA city schools under-16 tournament on Wednesday.

**The scores:** PSBB Millennium 'A' 238/5 in 50 overs (Anirudh Sridhar 59 n.o., Sreenath Kumar 52, S. Sweethesh Krishnan 48, S. Dhanvant 31) bt Ebenezer MHSS 137 in 35.5 overs (R.T. Vetrivelan 41, P.N. Ryann 6/35). Ramachandra PS 174 in 47.1 overs (A. A. Shreyas 46, S.A. Bhavick Darioy 29, Amith Sagar Gowda 4/27) bt St. John's PS 146/9 in 50 overs (Akshay Barath 59); St. Bede's 'A' 160 in 37 overs (P. Tharakesh 30, S. Srivatsan 66, V.R. Harish Narayanan 5/29, G. Devesh 5/28) bt Lalaji Omega International (CBSE) 103 in 38.2 overs (M.M. Kavin 3/18). Lalaji Omega (NIOS) 176/9 in 50 overs (M.G. Nithilan 45, Rishabh Sriram 43) beat Govt. HSS 'A' (West Mambalam) 94 in 31.4 overs (Adhvik Eswaran 3/12, S. Mukundhan 3/16).

**Vishal stars with a five-for**  
Left-arm spinner S. Vishal

**Nandhana sets up Tiruvallur's thumping win**  
TIRUVALLUR: S. Nandhana's century (128, 95b, 13x4) set up Tiruvallur's 233-run win over Kanyakumari in the pre-quarterfinals of the TNCA women's inter-district tournament on Wednesday.

**The scores:**  
**Pre-quarterfinals: At Tiruvallur:** Tiruvallur 310/6 in 40 overs (S. Nandhana 128, M. S. Mridula Sriram 44, Karanam Nandhitha 51, M. Revathi 37, Meenal Mahalingam 3/63) bt Kanyakumari 101/9 in 40 overs (J. Vardhini 36).  
**At Tirupur:** Tirupur 115 in 39.4 overs (Shifa Thaslima 34, D.R. Devadharshini 33, R.S. Varsha 4/27, S. Lithisha 3/17) lost to Chengalpattu 116/0 in 23.3 overs (S. Gowri Lakshmi 48 n.o., R. Aaisha Bee 57 n.o.).

**ENGAGEMENTS**  
**Cricket:** CSK-TDCA inter-collegiate T20 tournament, first stage, Group-B, Sri Muthukumar Institute of Tech. vs. L&N Govt. College (2.15 p.m.); C, Annai Violet vs SA Fines (7.30 a.m.); F, Veltech Hi-Tech vs. Annai College (10.00 a.m.); Magna 'A'; F, JHA Agarsen College vs. TJS (9 a.m.); G, Naza vs. Annai College (10.00 a.m.); Science (1 p.m.); Magna 'B'.  
**Tennis:** Chennai Open ATP Challenger, SDAT-Nungambakkam Stadium, 10 a.m.

**On 28th January 2025, as part of our ongoing StreetScape Project, nine interactors and two teachers took a meaningful step forward by extending the initiative to St. Louis School for the Hearing Impaired. This collaboration was more than just an artistic endeavour; it was a bridge of friendship and inclusivity.**

**The walls of St. Louis School came alive with vibrant colours and creative expressions as students from both schools worked together, transforming the space into a visual delight. With brushes in hand and hearts full of enthusiasm, they painted murals that depicted themes of unity, resilience, and communication beyond words.**

**This initiative not only beautified the school walls but also left an indelible mark on the hearts of everyone involved. It was a true testament to the fact that art transcends barriers and friendship knows no bounds.**

**A special thanks to the Rotary Club of Madras, whose support made this initiative possible. Their encouragement and contribution ensured that this project went beyond art—it became a platform for inclusivity and meaningful connections.**

**- Team Youth Service**

The Lighthouse | 09 February 2025

As part of our ongoing StreetScape Project, on January 28, 2025, our students collaborated with St. Louis School for the Hearing Impaired, turning its walls into a vibrant canvas of unity and inclusivity. Together, they painted murals that celebrated resilience and communication beyond words, proving that art transcends barriers.

This initiative, made possible by the generous support of the Rotary Club of Madras, was more than an artistic endeavor—it was a bridge of friendship, leaving a lasting impact on all involved.

**Nandana Std IX**  
**Sri Sankara Vidyashramam M.H.S.S**

# SSV SPORTS



ON AND OFF THE COURT

# Hitting the Bull's Eye

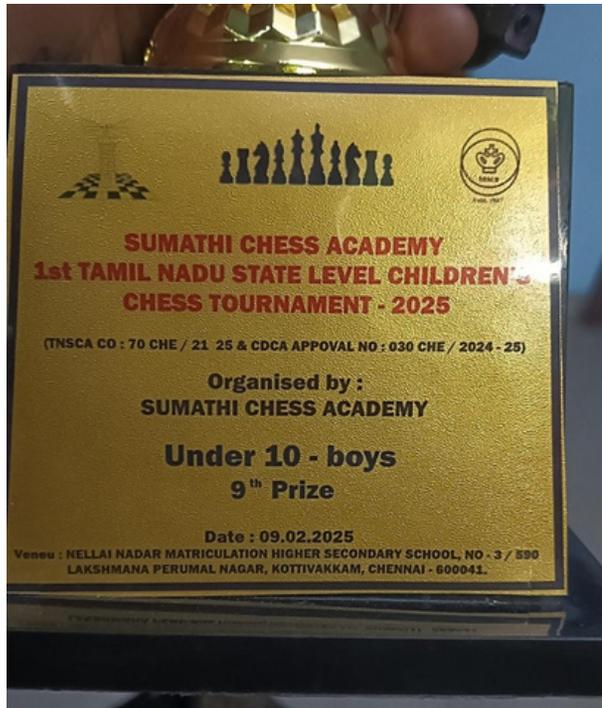


Devashree R ,StdVII

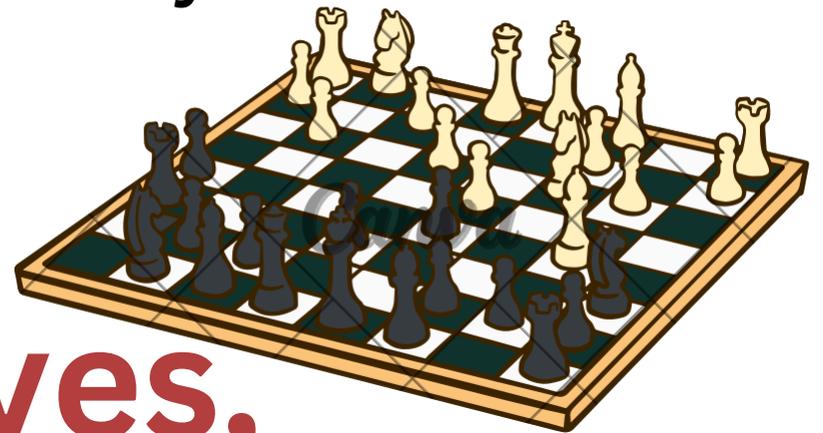
R. Devashree of Class VII showcased her exceptional talent at the 18th State Archery Championship, winning a gold and a silver medal in the Under-15 Girls category (Indian Bow). Her remarkable performance has earned her a spot in the Mini Sub-Junior Nationals in the Under-13 category.



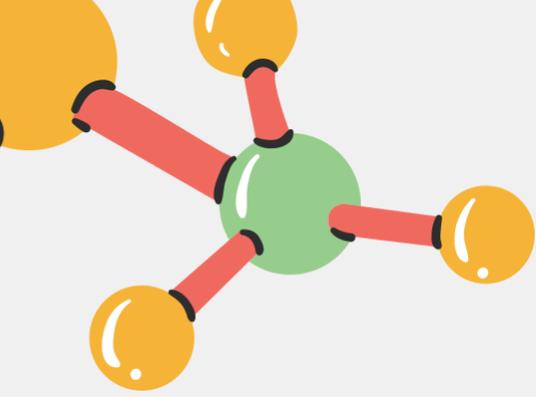
**Archery  
Triumph**



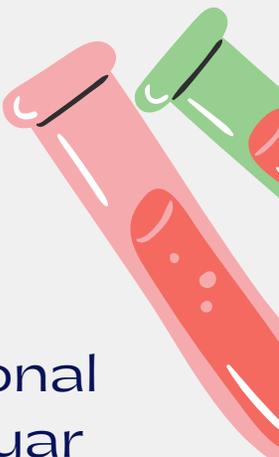
**Lakshith of III Std has secured 9th rank in the Inter-school Chess Competition (out of 105 players) in the Under-10 boys category, organized by Sumathi Chess Academy.**



**Powerful Moves,  
Winning Grooves**



# National Science Day



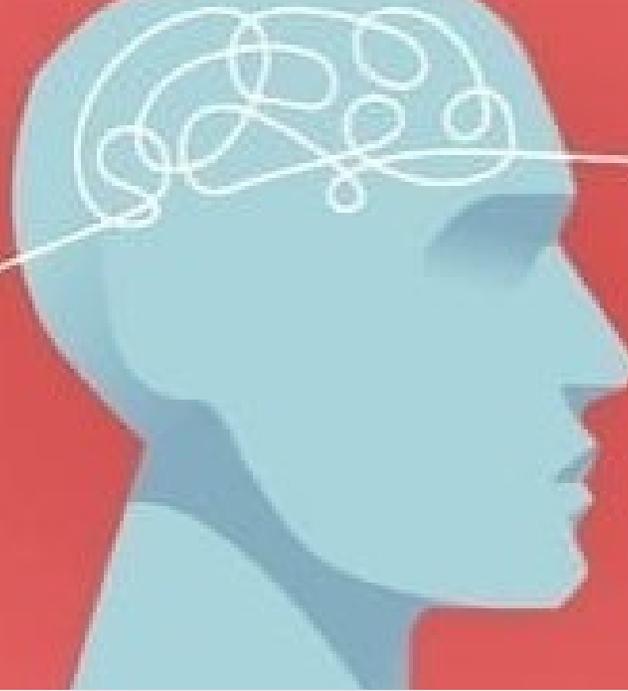
Students of our school participated in the National Science Day Inter-School Competition at Periyar Tamil Nadu Science & Technology Centre, Chennai. On February 17, 2025, Harrish M. and Kiruthilaya K. took part in the Essay Writing Competition, while Annamalai P. and Balanethran B. participated in the Model Display Competition on climate change.

On February 18, 2025, Moshika P. (Grade 5), Nevashini C.V. (Grade 6), and Vishnu Charan S. (Grade 7) participated in the Painting Competition on climate awareness.

Their enthusiastic participation made the event a memorable and enriching experience.



# SSU



## Knotty Decoders

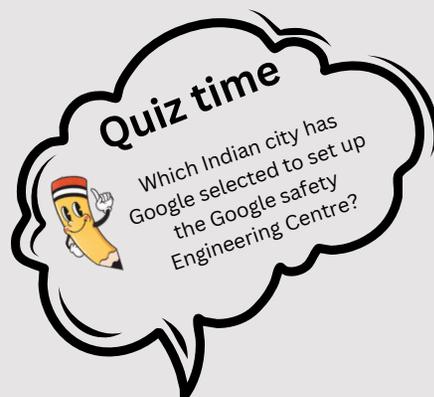
### Riddle time:

Unscramble P N S D D L E I

HINT: an adjective, the word means marked by showy magnificence, being out of the ordinary, excellent etc

### Do You Know ??? 🤔

A giant sculpture made entirely of plastic waste has been installed on Cox's Bazar beach, Dhaka to highlight the importance of environmental conservation and the devastating impact of plastic pollution on marine biodiversity.



### Answers for January edition

Riddle time

- Manufacture

Quiz time

- Jiya rai

LEARNING IS FUN @SSU

