



## "Breaking Barriers with Taekwondo"

Transin





Dear Principal and Teachers,

Heartfelt thanks from the Editorial Team for entrusting us with the opportunity to work on the e-magazine. Your guidance helped us unlock our creative potential and hone our skills.

Thank you for believing in us and providing a platform to grow.

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



**Teacher's Column** 

Women's Day

**KG Graduation Day** 

**Primary Day** 

Cool ways to beat the Heat

SSV United for Earth: Our Hour of Change

Nutrifest

Novice Champ 2025 – Cado Fiesta Inter-School Competition Sports News

Hello

**Feature Stories** 





## WHY SPORTS ARE THE SECRET TO A HAPPIER, HEALTHIER YOU

Sports aren't just about winning; they have the power to make you happier, healthier, and more confident. Whether you're playing soccer, running, or swimming, sports release "feelgood" chemicals in your brain, boosting your mood and reducing stress. Famous athletes like \*Serena Williams\* show us how sports build resilience and confidence. She's faced challenges, but her commitment and dedication have made her one of the greatest tennis players in the world.

Sports teach valuable life skills. They help you develop teamwork, communication, and leadership skills. Whether in a group sport or competing individually, you learn how to stay focused, push through challenges, and never give up. For example, in team sports like basketball or soccer, working together towards a common goal strengthens your ability to collaborate with others—skills that will help you in school and later in life.

Additionally, sports help you stay physically fit. Regular exercise improves heart health, builds muscles, and keeps you strong and active. It's not just about winning competitions; it's about feeling your best and taking care of your body.

So, whether you're just starting or are already playing, remember that sports offer something for everyone, from kindergarten to high school. Get active, have fun, and unlock your full potential!

## Paneer Selvam PET, ANO



## WOMEN'S DAY

The dawn of the day seemed to greet women with nature's warm and welcoming smile, setting the perfect tone for a special occasion—Women's Day! The celebration began with a delightful surprise- a beautifully crafted poster, a heartfelt greeting card, and chocolates, adding joy to the morning.



As the day unfolded, the teachers came together for an informal gathering filled with laughter and camaraderie. Engaging games, including dumb charades and antakshari, brought an air of excitement, while delicious snacks added to the festive spirit. The event created lasting memories, making the day truly one to cherish!





## Caps Off to New Beginnings

The Kindergarten Graduation Day ceremony was a heartwarming celebration of a milestone in our young learners' journey. The event featured a memorable graduation walk, where students beamed with pride as they received their certificates, adorned in vibrant caps and gowns.



A highlight of the day was the proud moment when our little graduates, accompanied by their parents, stepped onto the stage to receive medals and certificates from our esteemed guest, Ms. Mita Venkatesh, Academic Advisor of the IET Group of Schools, and our respected Principal, Ms. Sashirekha.







#### Invoking Grace for New Beginnings



## A Grand Welcome Through the Rhythm of Dance by Junior KG Students



Tiny Tribes, Big Celebrations



















## **PRIMARY DAY** Grade 1

The Primary Day celebration for Grade 1 was a vibrant showcase of talent, enthusiasm, and creativity.

The event featured a delightful array of cultural performances, including traditional dances, skits, and songs presented by the young students. Their energy and confidence captivated the audience comprising parents, teachers, and special guests. The colorful costumes and the well-synchronized performances stood as a testament to the dedication and hard work of both students and teachers.

The celebration concluded with a warm vote of thanks, acknowledging the efforts of all those who contributed to the event's success. The Annual Day was a memorable experience, fostering creativity, building confidence among the students, and spreading joy among everyone present.



"A Prayerful Start"



Thotakashtakam "Dancing in Devotion"

#### **Goldilocks and the Three Bears**



#### "Bhudhimaan Balavaan - Kathai paadal"



Candyman Dance"Sweet Moves, Sweeter Smiles!"



## COOL WAYS TO BEAT THE HEAT!!! BY RAJAM C K



Summer is here with a bang!

Is there no respite from the scorching sun ,one may ask? As the temperature soars let's look at some cool ways to beat the heat.

Protect your body :

Wear cotton clothes . While going out wear wide brimmed hats and sun glasses.Carry a bottle of water with you.

Stay hydrated:

Keep drinking water often. Water infused with slices of lime, cucumber and sprigs of mint makes it more palatable.

Eat healthy:

The right kind of foods help regulate body temperature and provide essential nutrients. Stick to eating seasonal fruits and veggies. Let the chef in you emerge.Make mouth - watering smoothies and coolers. Give them fancy names and garnish them innovatively.Grandma's recipies can never go wrong - buttermilk with curry leaves, ' koozhu and kanji's made with millets, palm fruit and ice apple drinks.











**Enjoy the season :** 

Play indoor games with friends and family. Challenge your friends with quizzes, puzzles and more.

Impress and teach your family . Do the yoga routines learnt at school.

Relax under shady trees with your favourite story book.

Go for evening strolls along the beach and parks.  $\xi$ Natural breeze is a great relaxant.

Home is where the heart is:

ake pride in being the tiny helper. Lend a helping hand in doing household chores.

Give life to your creative interests - become DIY artists. Decorate your home with your paintings and colourful pots.

Grow plants and watch your tiny garden become a green spot.

Be mindful of the fauna around:

Show some love to the animals and birds by keeping water in the balcony area, terrace and on the side walks.

Before you know it... SUMMER GOES BY LIKE A BREEZE .... and it's thanks to you, as you took the step cooler,healthier and happier summer!







## SSV UNITED FOR EARTH: OUR HOUR OF CHANGE



As part of our school's commitment to environmental conservation, an inspiring Earth Hour program was conducted to raise awareness about protecting our planet.

The event began with a collective pledge, where students and teachers vowed to protect the planet by conserving resources, reducing waste, and embracing eco-friendly habits Our students joined the global movement of Earth Hour by pledging one hour of switching off electric gadgets to conserve energy.



Sudents also showcased their artistic talents through Earth Hour Chalk Art, illustrating their vision of a greener world on the notice board. Their vibrant artwork captured the essence of sustainability, reflecting their hopes for a cleaner, healthier planet.

The program successfully motivated students to take small yet significant steps toward a more sustainable future. Together, we reaffirm our role as responsible caretakers of Mother Earth.

"Switch Off, Spark Change!"





# Nutrifest

Madhuram Narayanan Centre

On 14th March, two Interactors and a teacher coordinator from Sri Sankara Vidyashramam Matriculation Higher Secondary School visited Nutrifest at the Madhuram Narayanan Centre for Exceptional Children. The theme, "Recipes with Healthy Substitute Ingredients," was an eye-opener for the Interactors as they interacted with parent participants and sampled the nutritious dishes. They also met Mr. Bharat Natarajan, MIS-MNC and Joint Secretary of BMKT, engaging in a discussion on the vital role of diet in brain and body development.



## NATIONAL SCIENCE DAY COMPETITION 2025





#### Applause for Balanethran Band Annamalai P of Std IX

Their innovative project and enthusiastic presentation were highly appreciated, reflecting their creativity and scientific thinking at Periyar Science and Technology Centre, Chennai.



<b>P</b> INTACH	FRIENDS OF HERITAGE	
This is to certify that	RAMAM Mat. Hr. Sec. School	
Dated: 19/2/2025	Purnima Dat Purnima Dat Principal Directo Heritage Education and Communication Service Indian National Trust for Art & Cultural Heritage	

#### Best Entry Prize – "Rivers at Risk" Competition

Divya Hanshika of Grade 9, has won the "Best Entry" Prize for Young INTACH Newsletter, "Rivers at Risk" (January - March 2025) issue.Her insightful and creative submission stood out among numerous entries from across the country, highlighting the importance of river conservation and sustainable environmental practices. The article aimed to raise awareness among students about the growing threats to India's rivers and the urgent need to protect these lifelines. We are proud of Hanshika's achievement and her contribution to environmental advocacy through art and research.

# NCC



## NOVICE CHAMP 2025 - CADO FIESTA INTER-SCHOOL COMPETITION

Our NCC cadets delivered an exceptional performance at the Novice Champ 2025 – Cado Fiesta Inter-School Competition, held at Dr. Ambedkar Law University, Taramani. Competing against top schools, they showcased their skill in various events. Their dedication and teamwork earned them the prestigious Overall Runner-Up position, bringing immense pride to our institution.



Triumphant Achievers A MOMENT OF GLORY!













## Bold Efforts, Brilliant Outcomes





#### Felicitation by the Ministers of Tamilnadu

Srivasan of Std IX has made the school proud by securing a silver medal in the Under-15 category at the International Taekwondo Tournament held in Serbia. In recognition of his outstanding performance, he received a cash award of ₹2,50,000 from the Sports **Development Authority of** Tamil Nadu (SDAT). Srivasan also had the prestigious opportunity to meet the **State Sports Minster and Education Minister.** 



தங்குவதற்கான செலவுகள். போட்டியில் பல்கேற்பதற . கூறது: இப்போட்டி கூறது: இப்போட்டிலில் கான கட்டணம், விசா கட்டணம், காப்பீட்டு

நாத ரெட்டி மற்றும் பலிற் செலவற்கள் கலத்துகொண் Low போட்டிகளில் பல்கேற்க தமிழ்நாடு சாம்



## The Silent Symphony of the Bour

R. Devashree of Class VII has been selected to represent in both the Under-13 and Under-15 Girls' National Archery Championships. Her remarkable achievement reflects her hard work, focus, and passion for the sport. Devashree is all set to showcase her talent on the national stage and make her school proud.



# SSV Feature Stories

#### **Making Headlines, Inspiring Generations**



#### Spotlight - 33rd Weekly Meeting

#### Walk The Talk Living the 4-way Test

The aveids WCM evening featured the advance the arrward VP. Review Journal for condex-muniting based on the concept of the Rotary approxemation of the second of the Rotary process, was investigated and the Rotary Mahan Raman in honour of his late father, Rite

Therein, This year, TVA, FP, Jayobnes to influer cames up with the grit sime of a workshop on View value of the the cadester on 'We participating schools, and the assumption lister speaker, 'White Argel' 'Revisitance IPS. Billion in Information Control of 20 Viewards chains participated in workshop to cat of 20 Viewards chains participated.

The concept of "Loing the 4-Way Tet? was introduced 89: having Ras Chagandi The mean was held at Hotel aris and arganized by Ris. Assaul Rengansterp, applicats and sideos of the workshop, as well as furnd interactive sessions, captured the rapt attention

PP. No. PV. Huhan Raman appreciated the films are by the participants and thit that the standard rule number of the standard rule. The standard rule number to accurage and generate room interest to stime this endeavour.

His daughter MK Vidyuliekha Itanun, a weitkoown m actor, addressed us un behalf of her family: the de From her limit and damad the dit out from her anditiver as he had passed on safe in her fits, bot path her granificatier was notabiling were here in this past retainent. The revelational about her childhood, salling have the samely went out during summer cations due to her father's commitments as a result, re-joined a theatre workshop and quickly became

Constrary to popular belief, her path to a career in the in industry was not easy despite her father being in e same industry. Her first job was bedetage, naming systal of examits and deviated being in front of the

Luckip, the caught the attention of a serier director, to estimate the takent and attend the an audition for a le in the movie. With a great deal of encausingement in the deal, the set off take, the audition rais not a cases. The shared that she starvisied, studiend,



fursibled and booke down/ However, her dad adhield her nat to give up but to call for a second chance.

This is give appoint of the restrict statistication of the transformation of the second statistication of the And This Tome, F. Kasa is watable ducotes. The discription would bit 25 seconds and inverse ductables giggened here of Despite her first job being of Potade, dive percentized and achieved statist her percent at 25 sole, which we encouraged the percent to adopt means give up and give pour best duct.

the presented the available with great has couraged the participants who were not keep trying, hoping they reight one day become film directors.

Created by Acheal Khaderds, the these dhort films beautifully captured the concepts of the Hour-Way feet Through their storyteting and Thermaling shift, they non-engaging scentizes and eracted competing their donies that capturated the audience and left them impressed

#### The selectors were: 1. Initiations Vidyachase

Gowthaman, Class, Class J Shahshanth, Class JC, Rev.

Inda, Class 9, Happy Ho thari, Class 6A, Awish 7B, Happy Days Schoo

s 7C, C. Jayawant

2. MCTM, Chidawikasaw, Chettyp: International tichoal 3 Chandrodaga Interact Club HeartSulvers International School

was a thought-providing, fun and interesting near-aneminder for every flatarian to live then-Way зħ

#### - Rin. Dr. Roma Narosimhan

The Lighthouse | 2 March 2021

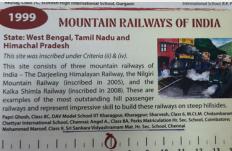
ம் நேதி வரை சந்திரை உதுபடுதி ஸ்டா பேட்டிருத்தான நிற்றையாட் 2005 புத்த 6 வீரர், வீரங்களை சேழ்த் 1 பரா, பிரிந்தான காசேர்மையை முத்தம் 15 போத்திற்கான காசேர்மையை நிறிபிற்குத்து வநங்கினார். அருகில், இனை பிர துறை செயலானர் அதுல்ய மில்ரா, விட வர செயலர் மேகதாத ரெட்டி மற்றும் பகிற்சி மார் செயலர் மேகதாத ரெட்டி மற்றும் பகிற்சி NO SIDA er pû வீசையாட்டு மேம்பாட்டு துறை ( பட்டு ஆணைய உறுப்பினர் செயல)

ஜிம்னாசியாட் 2025 போட்டியில் பங்கேற்கும்

#### தமிழக வீரர், வீராங்கனைகள் 6 பேருக்கு ரூ.15 லட்சம்

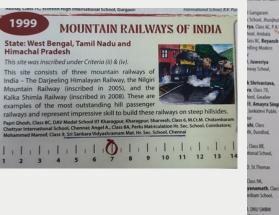
#### துணை முதல்வர் உதயநீதி ஸ்டாலின் வழங்கினார்

புகியலா புதற்கையில் உற்றது மிட்கிலை குழக்கையில் கேள்னை, ஒப் 3 திம்னா மு.க.ஸ்டால்ச் தேத்து மில் இருக்கு மழக்கொடு மியாட் 2023 போட்டியில் தலைலை செய்வத்தில் மில் இருந்து மழக்கிலார். பல்கேத் கடின் திருக்கு நாட்டிர் தன் கேற்றியா மேலும் போட்டிக்கில் விணையாட்டு விர்ட்கிராக்கு நாட்டிர் தன் கேற்றிடுற்றனர்த்துகைய வாகன் பெடிக்கு ரப்பட் சர்வதோ பல்னி விளை தெரிவதோ இருக்குவிலா விசாலையை மாட்டு கட்ட கலைப்பு துணை முதலினர் கராதிற நடத்தும் திம்னாசியாட் நலை மற்றும் விளைரைப் கைர்கள் தொடுக்கு நாட்டிர் தன் கைருக்கு கால்கள் கைருக்கு கல்கு கருதிற நடத்தும் திம்னாசியாட் கைர் பிருகினான் கல்கள் கல்கள் தமிழ் நாட்டை கைரது ஆல்வ விருக்கு நிற்று கான் ஆல்து செர்த்த 6 விளையாட்டு தமிழ்நாடு விளைபாட்டு பல்கள் கல்கில



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el A., Caro S.A. Perks Ma





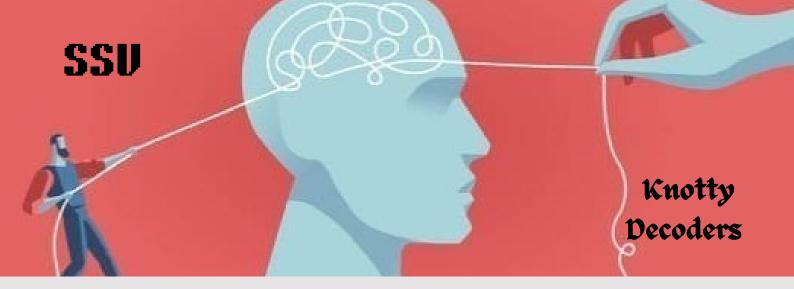
Five teachers from our school participated in a video-making workshop, focusing on creative techniques using the 3 P's – Playway, Project-based, and Personalized approaches by Fyule Video Lab. The workshop provided practical skills in creating engaging and educational videos. Teachers learned to incorporate interactive elements, develop real-world projects, and personalize content to cater to students' needs. This hands-on experience helped enhance their creativity and technical abilities in video production for the classroom.











#### **Riddle time:**

Unscramble RMSMEIE

HINT: a verb, the word means to plunge into something or covers or to be absorbed in something.

#### **Guess the National Hero**



An Indian Army officer, who was serving in the 51 Special Action Group of the National Security Guard on deputation. He was killed in action during the 2008 Mumbai attacks and was posthumously awarded the Ashoka Chakra, India's highest peacetime gallantry award, on 26 January 2009.

#### Do You Know ???

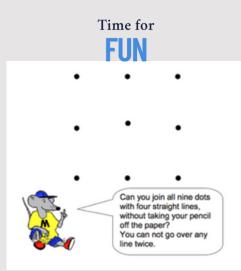


- Venus is the only planet to spin clockwise.
- Allodoxaphobia is the fear of other people's opinions.
- Human teeth are the only part of the body that cannot heal themselves.



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ISRO?



#### Answers for February edition

- Riddle time
- Splendid
- Quiz time
- Hyderabad



