



Sri Sankara Vidyashramam Mat. Hr. Sec. School

SANDESA PATRIKA

Champions in the Making



"Breaking Barriers with Taekwondo"

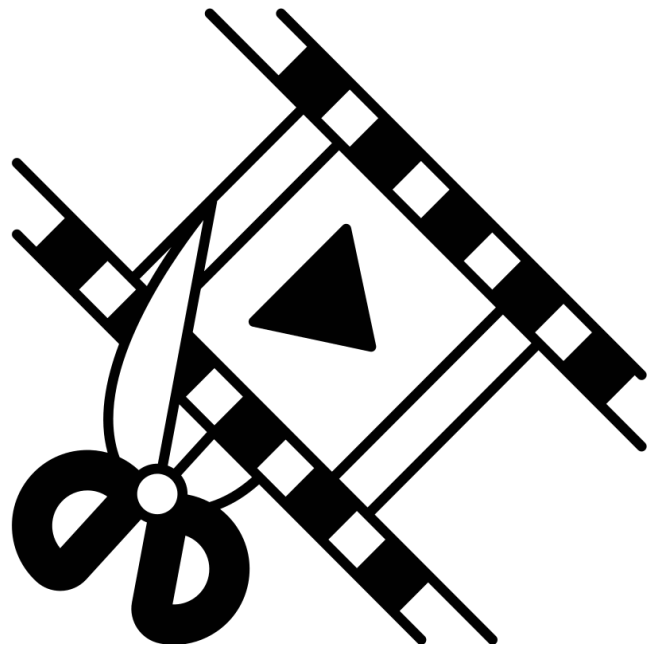


*Summer
Edition*



MARCH/APRIL 2025

EDITORIAL TEAM



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



TABLE OF CONTENTS

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

Feature Stories



Hello 
SUMMER 

WHY SPORTS ARE THE SECRET TO A HAPPIER, HEALTHIER YOU

TEACHER'S COLUMN

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 "feel-good" 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.

8th March

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!



KG

Graduation



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



CONGRATULATIONS

Little Champs — The Future Awaits You!"



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"



Thotakashatakam
"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.

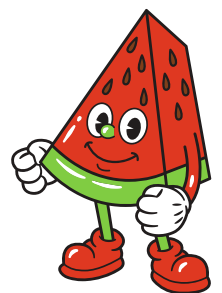
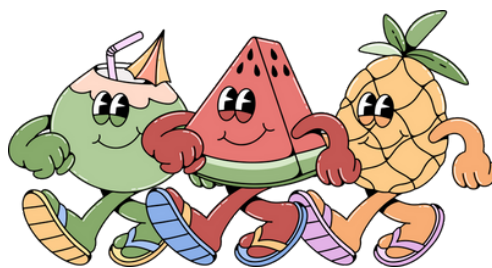
Stay hydrated:

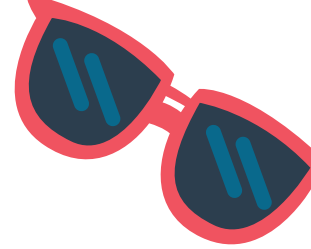
Keep drinking water often. Water infused with slices of lime, cucumber and sprigs of mint makes it more palatable.

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.

Natural breeze is a great relaxant.



Home is where the heart is:

Take 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.

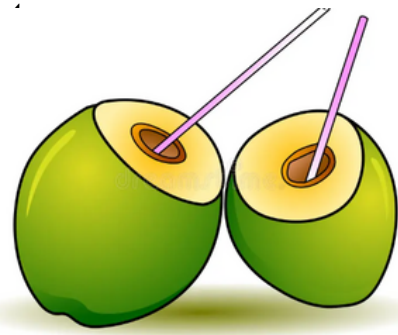
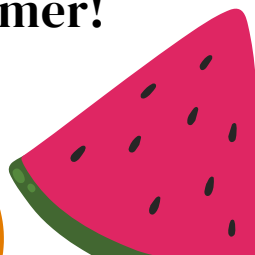
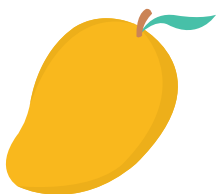
Grow plants and watch your tiny garden become a green spot.



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.



Students 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!"

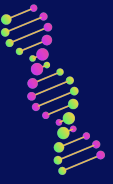


Nutrifest @ Madhuram Narayanan Centre

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

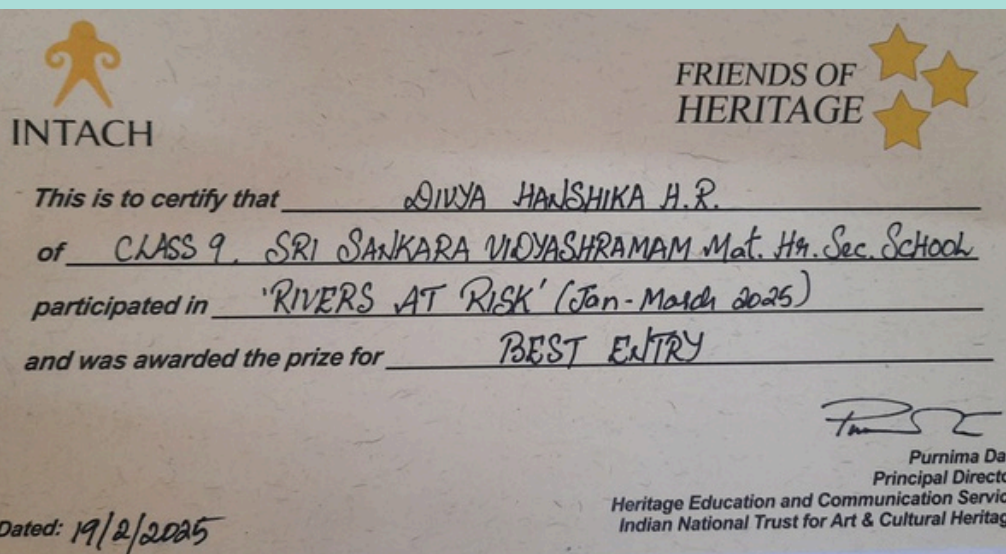


Applause for Balanethran Band Annamalai P of Std IX
Their innovative project and enthusiastic presentation were highly appreciated, reflecting their creativity and scientific thinking at Periyar Science and Technology Centre, Chennai.





Rising above the TIDE



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.



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!



SPORTS



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 Minister and Education Minister.



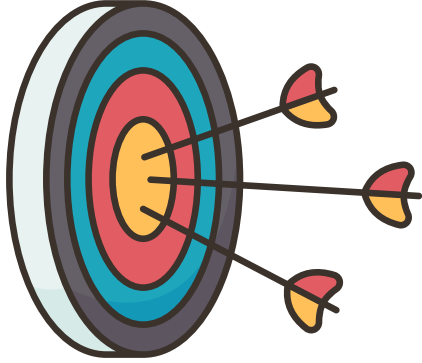
சென்னை தலைமை செயலகத்தில் துணை முதல்வர் உதயநிதி ஸ்டாலின் ரெற்று, செர்வியா நாட்டில் நடைபெற்ற 14ம் தேதி வரை சர்வதேச பள்ளி விளையாட்டு கட்டிடப் போட்டி நடத்தும் 15 வயதுக்கு உட்பட்டோருக்கான ஜிம்னாசியாட் 2025 போட்டியில் பங்கேற்ற உள்ள தமிழகத்தை சேர்ந்த 6 வீரர், வீராங்கனைகளுக்கு சென்னை தொலைபேசி ரூ.2.50 லட்சம் வீதம் மொத்தம் 15 லட்சத்திற்கான கான்கிரஸ் தயிர்நாடு சம்பியன்ஸ் அறக்கட்டளை நிதிவிலக்கு வழங்கினார். குருகல், இளைஞர் தலை மற்றும் விளையாட்டு மேம்பாட்டு துறை செயலாள் அருண் மிஸ்ரா, விளையாட்டு மேம்பாட்டு ஆணையர் உறுப்பினர் மேதா த ரெட்டி மற்றும் பரிநிபாளர்கள்.

ஜிம்னாசியாட் 2025 போட்டியில் பங்கேற்கும்

தமிழக வீரர், வீராங்கனைகள் 6 பேருக்கு ரூ.15 லட்சம்

துணை முதல்வர் உதயநிதி ஸ்டாலின் வழங்கினார்

சென்னை, ஏப். 5: ஜிம்னாசியாட் 2025 போட்டியில் பங்கேற்கவுள்ள தமிழக விளையாட்டு வீரர், வீராங்கனைகள் 6 பேருக்கு ரூ.15 லட்சம் அளவிலான துணை முதல்வர் உதயநிதி ஸ்டாலின் வழங்கினார். செர்வியா நாட்டில் நடைபெற்ற 14ம் தேதி வரை சர்வதேச பள்ளி விளையாட்டு கட்டிடப் போட்டி நடத்தும் 15 வயதுக்கு உட்பட்டோருக்கான ஜிம்னாசியாட் 2025 போட்டியில் பங்கேற்ற உள்ள தமிழகத்தை சேர்ந்த 6 விளையாட்டு வீரர், வீராங்கனைகளுக்கு விமான பயண செலவுகள், தங்குதற்கான செலவுகள், போட்டியில் பங்கேற்ற கான்கிரஸ் கட்டணம், விசாகட்டணம், காப்பீட்டு வரம் ஆகியவை நிதியில் இருந்து வழங்கினார். மேலும் போட்டிகளில் வெற்றிபெறாத்தகனை தெரிவித்தார். இந்நிகழ்வில் இளைஞர் தலை மற்றும் விளையாட்டு மேம்பாட்டுத்துறை செயலாளர் அருண் மிஸ்ரா, தமிழ்நாடு விளையாட்டு மேம்பாட்டு ஆணையர் உறுப்பினர் மேதா த ரெட்டி மற்றும் பரிநிபாளர்கள் கலந்துகொண்டனர். போட்டிகளில் பங்கேற்ற தமிழ்நாடு சா



Hitting the Mark

The Silent Symphony of the Bow

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.





3 P's WORKSHOP

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.



SSV



Knotty Decoders

Riddle time:

Unscramble R M S M E I E

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.

Vocab Vital

Rack:

verb-To cause extreme pain
noun- to place in or on a frame work

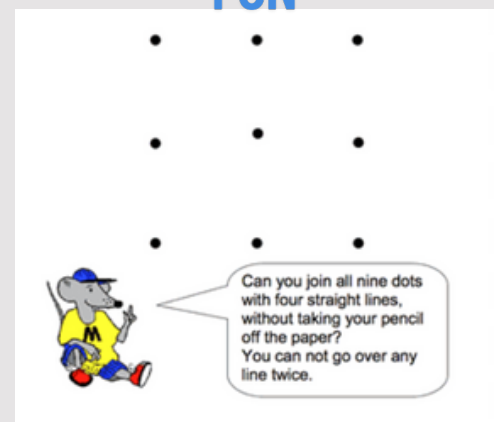


Quiz time

Name the European Space Agency's Mission that was recently launched by ISRO?



Time for
FUN



Answers for February edition

Riddle time

- Splendid

Quiz time

- Hyderabad

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.

**LEARNING
IS FUN
@SSV**

