



SRI SANKARA VIDYASHRAMAM MAT.HR. SEC. SCHOOL

SANDESA PATRIKA

October 2025



The light of knowledge..





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EDITORIAL

Board

**In this edition, for the first time ever, we
bring you a special feature on**

READING CORNER

STEM TABLE

**We invite all students to share their creative
entries for the next edition by 15th November**

YUGAN. S STD 5

DEVASHREE STD XII
(SCHOOL PUPIL LEADER)

SUPRIYA STD XI
(INTERACT CLUB PRESIDENT)

“Learn, Grow, Shine!”



Teachers Column

அண்டம் ஆண்டிட
ஆசைகள் அடைந்திட
இன்னல்கள் அகன்றிட
ஈகையில் சிறந்திட
உண்மையாய் உழைத்திடு
ஊக்கம் பெற்றிடு
எளிமையாய் நடந்திடு
ஏழ்மையை அகற்றிடு
ஐயங்கள் நீக்கிடு
ஒற்றுமை போற்றிடு
ஓய்வின்றி ஒழைத்திடு
ஒளடதமாய் விளங்கிடு!!!!!!

கல்வியைக் கற்றிடு
கலங்கரை விளக்காய் விளங்கிடு
- திருமதி. து. தங்கரசி
தமிழாசிரியர்.

ROTARY

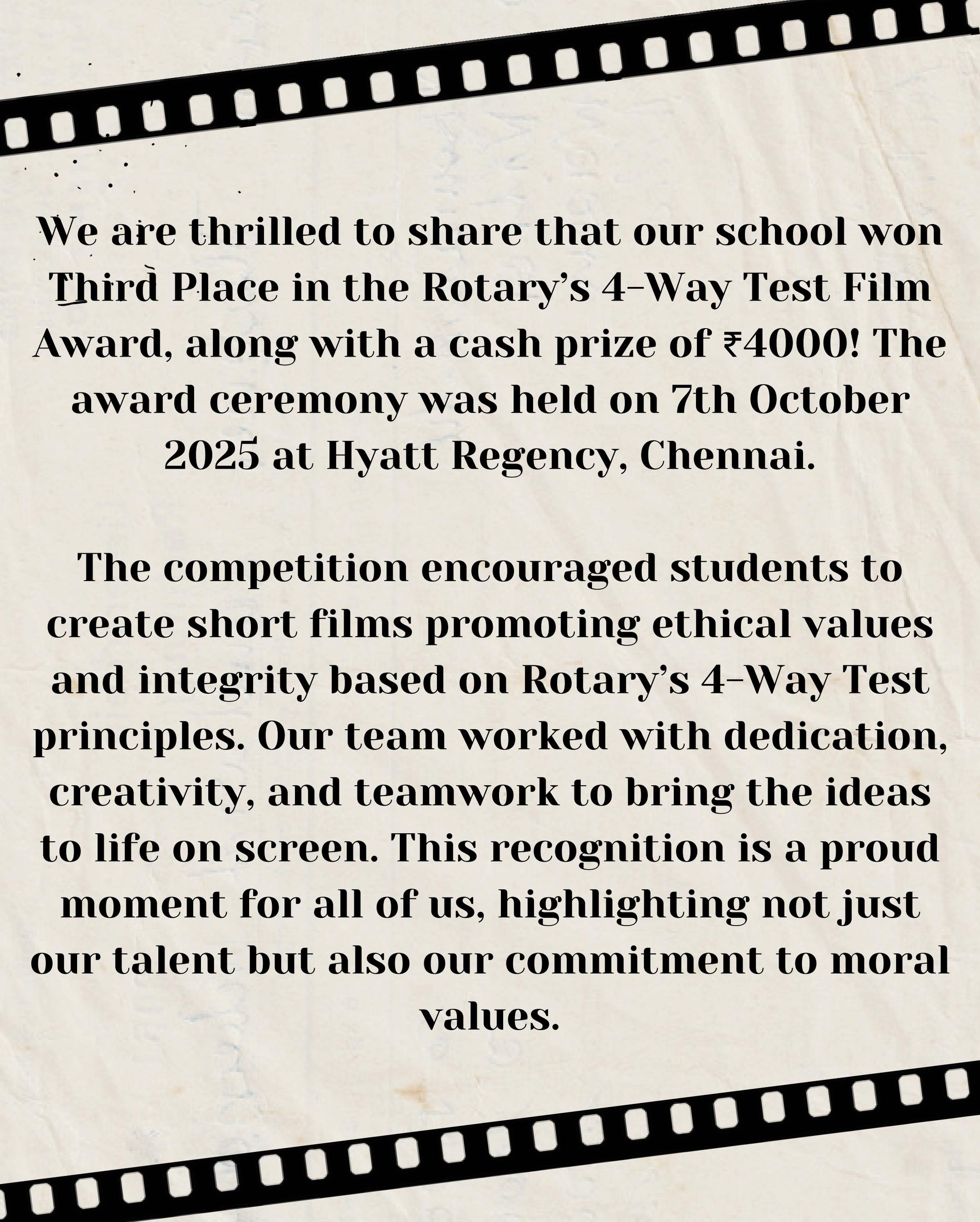
FOUR WAY TEST AWARD

Dhaneshwar

School Pupil Leader

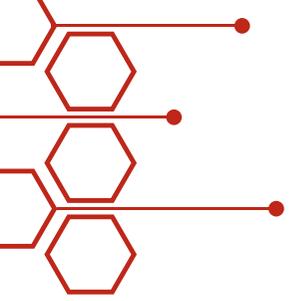


CONGRATS TEAM INTERACT !!!



We are thrilled to share that our school won Third Place in the Rotary's 4-Way Test Film Award, along with a cash prize of ₹4000! The award ceremony was held on 7th October 2025 at Hyatt Regency, Chennai.

The competition encouraged students to create short films promoting ethical values and integrity based on Rotary's 4-Way Test principles. Our team worked with dedication, creativity, and teamwork to bring the ideas to life on screen. This recognition is a proud moment for all of us, highlighting not just our talent but also our commitment to moral values.



SRI SANKARA VIDYASHRAMAM SPREADS "THE GIFT OF LIFE."

As President of the Interact Club, I am proud to share that our Blood Donation Camp held on 11th October 2025, in collaboration with the Rotary Club of Madras and Madras Voluntary Blood Bureau (MVBB), was a great success. With 86 donors participating, the event highlighted the spirit of compassion and service. Our volunteers worked enthusiastically to ensure the camp ran smoothly. This initiative inspired everyone to understand the value of giving and the power of saving lives through simple acts of kindness.



First Donor, A Proud Parent



Supriya
Std XI

SRI Sankara vidyashramam Mat. Hr. Sec. School
&
The Rotary Club of Madras
cordially invites you to participate in our
Blood Donation Drive

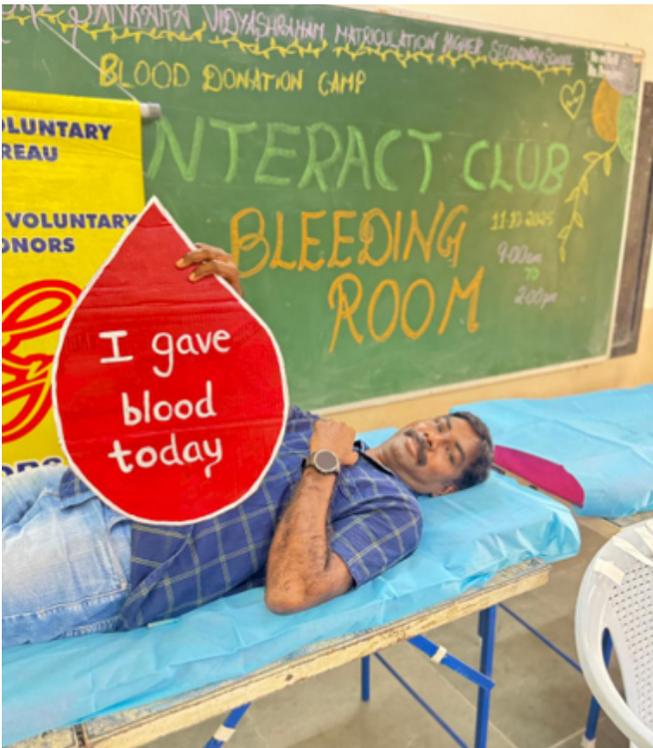
LET'S TURN COMPASSION INTO ACTION.
ONE DROP CAN MAKE A LIFETIME OF DIFFERENCE.

DATE: 11.10.2025 (Saturday)
TIME: 9.30 AM to 2.00 PM
VENUE: SRI SANKARA VIDYASHRAMAM
MAT HR. SEC. SCHOOL CAMPUS

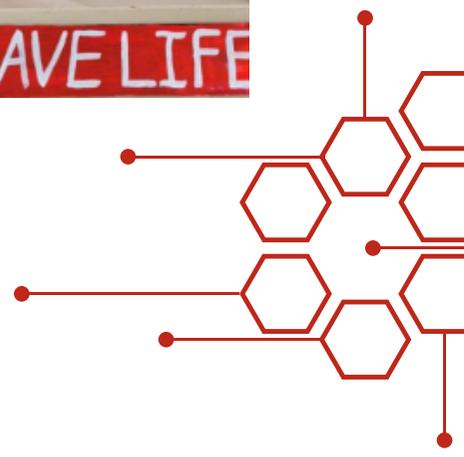
President Interact club of SSV

“Together, We Made Every Drop Count.”

SRI SANKARA VIDYASHRAMAM SPREADS "THE GIFT OF LIFE."



"Together, We Made Every Drop Count."



“A HUMAN CHAIN OF HOPE AND COMPASSION”



RSP for Humanity

The Road Safety Patrol (RSP) students stood as shining examples of civic responsibility. Forming an impressive human chain, they passionately motivated parents and the public to donate blood, spreading awareness about the life-saving impact of the cause. Their enthusiasm and teamwork truly embodied the spirit of service and social commitment.



The Joy of Being Curious Ask. Wonder. Explore.

Why is the sky blue? How do plants know which way to grow?

Why do we dream?

Curiosity is the spark that turns ordinary learning into exciting discovery. Every “why” and “how” leads to something new!

And if your mind is buzzing with questions, there’s one magical place to start finding answers —

THE SCHOOL LIBRARY!

Between the shelves of books lie the secrets of the stars, the mysteries of the oceans, and the wonders of human imagination. Each page you turn brings you closer to answers — and sometimes, even better questions!

So the next time a question pops into your mind, don’t stop there — step into the school library, open a book, and find the answers waiting for you.



**THE MORE YOU ASK, THE MORE YOU
LEARN — AND THE MORE FUN LEARNING
BECOMES!**



CAMEL ART CONTEST 2025

A Splash of Creativity!

The Camel Art Contest held on October 7th was a vibrant celebration of creativity. Students from LKG to Std. XII enthusiastically participated, expressing their ideas through colourful and imaginative artworks. Each piece reflected originality and thoughtful interpretation of the theme. The event encouraged artistic expression, boosted confidence, and filled the school with the joy of creativity



A Splash of Creativity!



on the Right Track!



The Road Safety Awareness Program, conducted by TSL, was an eye-opening session for students of Classes 6 to 9.

We learned the importance of following traffic rules, wearing helmets and seat belts, and being careful pedestrians.

A fun and interactive traffic simulation activity helped us understand how to apply these rules in real life. The session taught us how small actions can prevent big accidents and keep everyone safe.

It was a wonderful experience that reminded us that safety is everyone's responsibility. Together, let's make our roads safer and be role models for others!

ROAD SAFETY AWARENESS
Safety Begins with Us!

WORLD WILDLIFE

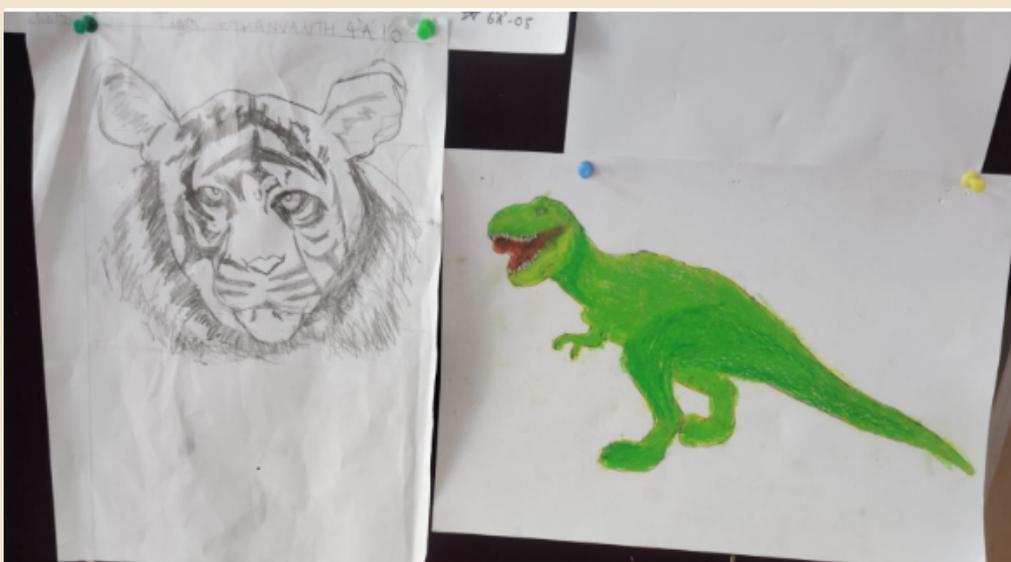


Support wildlife – take
action now!

Week



As part of World Wildlife Week, students of our school celebrated the theme “Wild Wonders of Our Planet.” An Art Wall featuring drawings and paintings of endangered species and local wildlife was created, forming a vibrant mural that highlighted students’ creativity and concern for nature.



**World Wildlife Week – Wild Wonders
of Our Planet!**

WORLD WILDLIFE

Week



The World Wildlife Global Challenge – Incredible Insects (City Level Round) was held on 13th October 2025 at Vidyodaya School, T. Nagar. Students of Class VIII, Saran S and Ilan G S, represented the school in this prestigious event. Guided by Ms. Usha Rani P, the participants actively engaged in the competition, which offered them an enriching platform to explore the fascinating world of insects. The event proved to be a valuable learning experience, enabling the students to gain deeper insights into the ecological importance and diversity of insect life

**World Wildlife Week – Wild Wonders
of Our Planet!**



Too Sweet to Be True



THE HIDDEN SUGARS IN YOUR FOOD

Our school organized a Sugar Board Awareness Programme to educate students about the hidden sugar content in everyday foods. A display board showed the sugar levels in common snacks and drinks, helping students visualize how much sugar they consume. Teachers explained the health risks of excess sugar, such as obesity and diabetes, and encouraged healthier choices. The activity created awareness about reading food labels and maintaining a balanced diet for better health.

Recommended Daily Sugar Intake		
Age Group	Maximum Added Sugar per Day	Equivalent in Teaspoons
Children (4-6 yrs)	19g	4 tsp
Children (7-13 yrs)	24g	6 tsp
Teens (14-18 yrs)	25g	7 tsp
Adults	30g	7 tsp

Popular Items and Their Sugar Content		
Item	Sugar (approx.)	Equivalent in Teaspoons
1 can of Cola (330 ml)	35g	8 tsp
1 glass of packaged juice	25g	6 tsp
Chocolate bar	27g	7 tsp
1 bowl of sweetened cereal	20g	5 tsp
1 flavored yogurt cup	15g	4 tsp
Biscuit pack	18g	4 tsp



IET ANNUAL LECTURE

"In Honour of a Visionary — A Journey Within"



**Meditation, communication, and
compassion — the heart of true leadership**

The IET Memorial Annual Lecture was organized by the Management in honour of our late Chairman, Mr. N.Sankar. This year's session focused on Meditation and Nonviolent Communication and was conducted by Ms. Liz Kingsnorth, a certified trainer of Heartfulness Meditation and the Director of the Heartful Communication Program.

The lecture emphasized the importance of inner peace, emotional balance, and compassionate communication. Through guided meditation and interactive discussions, participants explored ways to manage stress, express themselves with calmness, and listen with empathy. Ms. Kingsnorth highlighted the art of expressing thoughts without anger or judgment, illustrating how nonviolent communication nurtures respect, understanding, and compassion in relationships.

The enlightening session was followed by a meditation session led by Mr. Prashanth Vasu, Managing Director at Sanmar, which provided a serene and reflective closure to the program. The event inspired all to embrace mindfulness and empathy in daily interactions, fostering a more peaceful and positive environment within the school community.



YOUNG MINDS AT WORK



The BVM STEM Expo 2025 was held at Bala Vidya Mandir Senior Secondary School, Adyar, providing an engaging platform for young innovators to showcase their scientific skills and curiosity. Our students actively participated in various events, including STEM – Chase to Track, represented by Sai Krishna E (VIII A) and Sarvesh L R (VII A), and the STEM Masters' Quiz, represented by Sreenivasan M (XII B) and Aruneshwaran M (IX B). The event offered a valuable learning experience, encouraging analytical thinking, teamwork, and creativity among the participants.

The KSN Model United Nations (MUN) was held on the 16th and 17th of October 2025, bringing together students from various schools for thought-provoking discussions on global issues. From our school, Ajay Ramaswamy, Divya M, Dhavesh T, Visesh Roshan R, M. Thanushka Nivasini, and Nandhini G represented us with great enthusiasm. The participants demonstrated outstanding research, confidence, and leadership, engaging actively in debates and diplomatic negotiations. Their performance reflected a strong understanding of international affairs and a spirit of collaboration, making the event a memorable and enriching experience.



YOUNG MINDS AT WORK

TWMA-YES Project Presentation 2025

The TWMA-YES Project Presentation 2025 was held on 30th October at VIT, Chennai, showcasing innovative ideas from students across the city. Students of Sri Sankara Vidyashram presented two projects – E.C.H.O (Egg Shell Husk Organic) by Kiruthilaya K, Nandhini G, Karkuzhali TK, and Sujitha P (IXA) mentored by Mr. S. David, and Smart Self-Watering Pavement by Srinikash B, Jeevan S, Lokeshwar G (XI A) and Mohammed Irfan B (XI B) mentored by Mrs. A. Priyadarshini. Their innovative efforts won appreciation and brought pride to the school.



SSV SPORTS

BREAKING NEWS



V. G. Rahul Krishna of Class XI showcased exceptional talent and secured Third Place in the Under-19 Boys at the Chennai Revenue District Silambam Competition.

“SSV takes pride in wishing Devashree R of Grade 8 all the very best ahead of her participation in the SGFI Archery Nationals Tournament.”

All the Best





World Open Silambam Championship 2025 – Qatar

The World Open Silambam Championship 2025 was held on 3rd October at the Aspire Dome, Doha, organized by AARISE Sports & Silambam Development Center under the Indian Embassy.

Participants from 11 countries took part in the event.

Rahul Krishna of Std XI won Gold in Thanithiramai and Bronze in Thodumurai, Meenakshi of Std XI won Silver in Thanithiramai and Bronze in Thodumurai, and Haresh of grade VIII secured Bronze in both events.



Table

TENNIS



H SHAI HARSHITHA



G NANDHINI

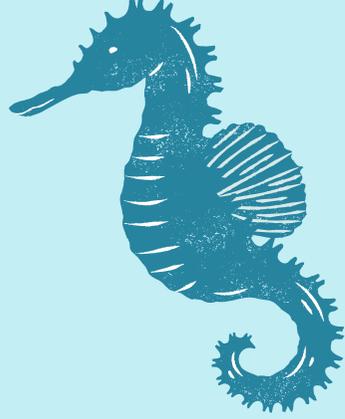
CHENNAI REVENUE DISTRICT TABLE TENNIS TOURNAMENT

H. SHAI HARSHITHA OF GRADE VIII SECURED FIRST PLACE IN THE UNDER-14 GIRLS SINGLES CATEGORY, WHILE G. NANDHINI OF GRADE IX ACHIEVED FOURTH PLACE IN THE UNDER-17 GIRLS SINGLES.

SHAI HARSHITHA HAS ALSO BEEN SELECTED TO REPRESENT IN THE UNDER-14 GIRLS RDG/BDG AT THE PERAMBALUR DISTRICT TOURNAMENT.



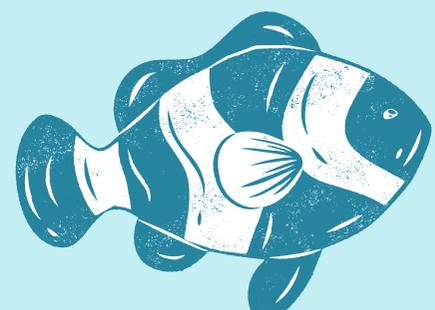
KNOW YOUR
City



SAVE OUR SEA: THE HIDDEN CRISIS BENEATH CHENNAI'S WAVES

Hello friends! The next time you enjoy a walk along Marina or Besant Nagar beach, pause for a moment. Beneath those sparkling waves lies a silent crisis—our sea is struggling to breathe.

As Chennai grows, so does its waste. Much of the untreated sewage and plastic from our city finds its way into the Cooum, Adyar, and Buckingham Canal, which carry it straight into the Bay of Bengal. What seems like a distant problem is actually much closer to home.



Why It Matters?

- **Marine life is suffering:** Polluted waters are destroying corals, fish, and turtles—the ocean's true residents.
- **Our health is at risk:** When we swim, fish, or eat seafood, we're exposed to the very pollution we create.
- **The plastic problem:** Plastics break down into microplastics, tiny particles that enter sea creatures—and eventually, our food.

What We Can Do?

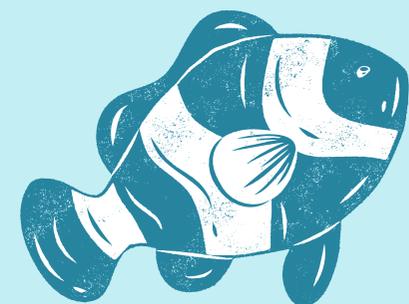
- **Say no to single-use plastic.** Carry reusable bottles and bags.
- **Be a responsible citizen.** Never litter rivers, beaches, or streets.
- **Join cleanup drives.** Support efforts to restore Chennai's rivers and coastlines.
- **Spread the word!** Awareness is the first step toward change.

The Blue Future Is in Our Hands

We, the students of Chennai, can be the voice for our sea. Every small action—a bottle refused, a friend informed—helps heal our coast. Together, let's protect the deep blue that makes our city shine.

ARUNESHWARAN M
HARIVIGNESHWAR R

IX B



ON TARGET

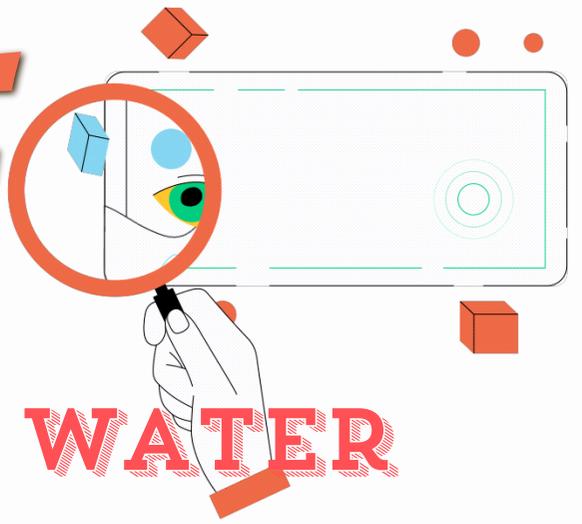


WITH NCC



Aiming for Excellence — NCC Rifle Training
On October 16, 2025, a rifle training session was organized for the RSP and NCC cadets with the support of the NCC unit. The training familiarized the cadets with .22 rifles, providing detailed insights into their parts, functions, and maintenance. Comprehensive instructions were given on aiming techniques, correct body posture, and essential safety procedures, including loading, unloading, and muzzle control. Under the careful supervision of the trainers, each cadet had the opportunity to practice individual firing drills, developing precision and confidence. The session not only strengthened the cadets' understanding of weapon discipline but also fostered qualities of focus, responsibility, and teamwork. The cadets displayed remarkable enthusiasm and commitment throughout the training, making the program a resounding success.

STEM TABLE



THE MAGIC OF WALKING WATER



What you need:
Three cups, water, food colours, and tissue papers.

What to do:
Fill the first and third cups with coloured water and keep the middle one empty. Connect them using rolled tissue papers.

What happens:
The coloured water moves up the tissues and mixes in the middle cup.

Why it happens:
This occurs due to capillary action – water's ability to move through narrow spaces, just like it travels up plant stems.



CAPILLARY Action



WIT & WIFEMSY

Can you crack the secret message?

Each letter in this message stands for another letter.

Ovzimirmt mvevi vcszfgh gsv nrmw.

Hint: It uses the Atbash cipher (A ↔ Z, B ↔ Y, C ↔ X ...).

TRY IT NOW

Do you know

Onomatopoeia means words that imitate or suggest the sound of what they describe.

🐾 Examples:

Woof – sound of a dog

Bang – sound of something exploding or hitting

Splash – sound of water

Tick-tock – sound of a clock

ANSWER FOR SEPTEMBER 2025 EDITION

Fill in the empty squares so that the sum of each row, column, and diagonal is 15. Rules: Use each number 1 to 9 exactly once. Make sure all rows, columns and diagonals add upto 15.

8		6
	5	
		2

SOLUTION

4	1	3	5	2	6
6	5	2	4	3	1
3	2	1	6	4	5
5	6	4	3	1	2
1	4	6	2	5	3
2	3	5	1	6	4

LEARNING
IS FUN
@SSV