



SRI SANKARA VIDYASHRAMAM MAT.HR.SEC.SCHOOL



REMINDER

**EXAMS AHEAD
GOOD LUCK!**

Learn the easy way



SANDESA
PATRIKA

November 2025

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EDITORIAL TEAM

YUGAN. S STD 5

DEVASHREE STD XII
(SCHOOL PUPIL LEADER)

SUPRIYA STD XI
(INTERACT CLUB PRESIDENT)

“Learn, Grow, Shine!”

Dimensions of Knowledge

Usha Rani.P

TGT

Knowledge is the depth of learning. It is not merely the memorization of facts and concepts. Meaningful learning occurs when acquired knowledge is applied in day-to-day activities.

According to the Knowledge Dimension, there are four levels: factual, conceptual, procedural, and metacognitive.

Factual knowledge refers to terminology and basic elements. It is usually acquired through repetition, practice drills, observation, and sustained commitment to learning.

Conceptual knowledge involves understanding facts and the relationships among them. It includes organizing information in a meaningful and structured way. This type of knowledge goes beyond recall; it requires recognizing similarities, differences, and connections among concepts.

Procedural knowledge is knowing how to perform a task. It is developed through practice, repetition, and hands-on experiences such as activities or experiments.

Metacognitive knowledge involves awareness and regulation of one's own cognitive processes "thinking about thinking." It includes the ability to monitor, reflect on, and evaluate one's understanding.

Understanding the four dimensions of knowledge helps students to become better learners. Factual, conceptual, procedural, and metacognitive knowledge work together to build meaningful learning. When students not only remember facts but also understand ideas, practise skills, and reflect on their own thinking, they develop deeper understanding. This balanced approach prepares learners to solve problems, make decisions, and apply knowledge effectively in real-life situations.

Teachers' Column

A Proud Moment for Our School - 34th Children's Science Congress 2025

Our students Dhivyadharshini S (XI B) and Swetha D (XI B) proudly represented our school in the Second Round of the 34th Children's Science Congress - 2025 held on 23 November 2025 at Annai Mira Engineering College, Ranipet.

With participants from 9 districts and 88 innovative projects, the event brought together young scientific minds. With participants from 9 districts and 88 innovative projects, the event brought together young scientific minds evaluated by experts from various colleges.

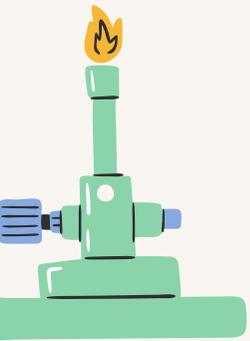
Our students showcased excellent confidence, deep subject knowledge, and active engagement during their presentation.

A special interactive session with Scientist Dr. Srinivasan (BARC, Kalpakkam) enriched the experience, as he appreciated their innovative idea, clarity of explanation, and impressive presentation skills.

by experts from various colleges



Igniting Minds Through Science





“Together We Rise: Crowd Funding Initiative”

A Fundraiser Awareness Session was conducted by Bala Mandir Kamaraj Trust for the students of Std IX and XI with the objective of nurturing empathy and social responsibility among young learners. Mr. Natarajan, from Bala Mandir explained how the organization continues to support underprivileged students across Tamil Nadu by providing them with essential resources for education. This year, the focus of the fundraiser is on mobile data top-ups for students who depend on volunteers for online learning and coaching, including those preparing for NEET and JEE examinations.

Through a thoughtful presentation, the speakers helped students understand the importance of digital access in education. They shared real stories of students whose dreams of higher studies are being sustained through such timely help. The session inspired students to realize that even a small contribution can bridge the digital divide and keep learning alive.

The session concluded with an inspiring message –

“Giving is not just about making a donation; it’s about making a difference.”

SUPRIYA STD XI
(INTERACT CLUB PRESIDENT)





“TOGETHER WE RISE”



ROOTS

EXPO

To

Wings



The Roots to Wings Expo organised on 14th November 2025, showcased the growth, creativity, and skills of students across all grades.

Classes presented thematic exhibits—from life skills by Std 1 and science experiments by Std 3 to human body models by Std 4. Std 7 impressed visitors with wellness-based Yoga activities and a PT display on the evolution of games. Std 8 highlighted creativity through English storyboards and Tamil traditional games.

The Young CEOs section (Std 2, 5, 6 & 8) stood out with student-led art displays, mini companies, organic products, and creative ventures, reflecting innovation and entrepreneurship.

Overall, the expo captured the spirit of learning, imagination, and confident expression—truly taking students from roots to wings.

“I truly enjoyed preparing my students as Community Helpers for Roots to Wings Expo—it allowed me to get creative and make learning come alive for my students. Seeing their excitement and curiosity while exploring each role made the whole experience deeply rewarding.”

A K Shanthy
STD 1 Class Teacher



Our Everyday Heroes



Young Scientists

“I loved being a little scientist and making the water cycle model. It was fun to see how water turns into clouds and rain—I felt proud to explain it to everyone!”

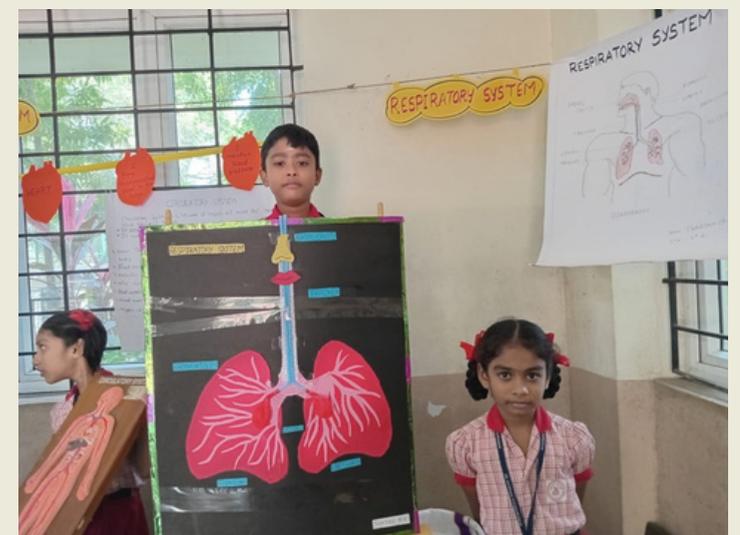
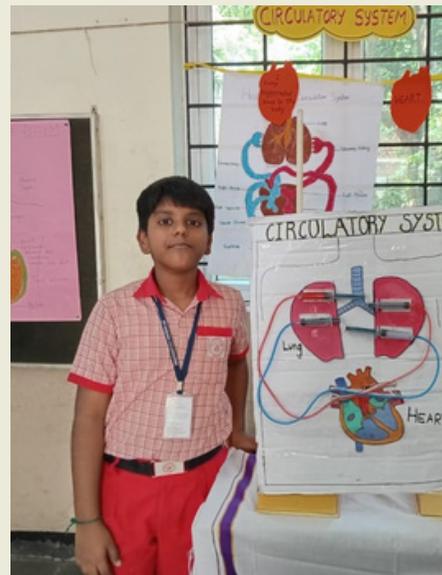
Yazhisai M
STD 3



Learning about the human organ system was very interesting. I enjoyed understanding how each organ works together to keep our body healthy, and I felt confident presenting my model to the visitors of our expo”

Shahira N

Living Machine- Human Body





Young CEOs

As a Little CEO, I learned to plan, organise, and present my ideas professionally. It was a great learning experience.”

Dhiya M STD 5



“Being a Little CEO helped me think like a leader. I enjoyed planning my product and explaining it to others.”

Sandhiya B STD 8

Artpreneurs

“Watching the Std. 2 students step into the role of Little CEOs was delightful. Their confidence and imagination were truly inspiring.”

Priya K J
STD 2 Class Teacher



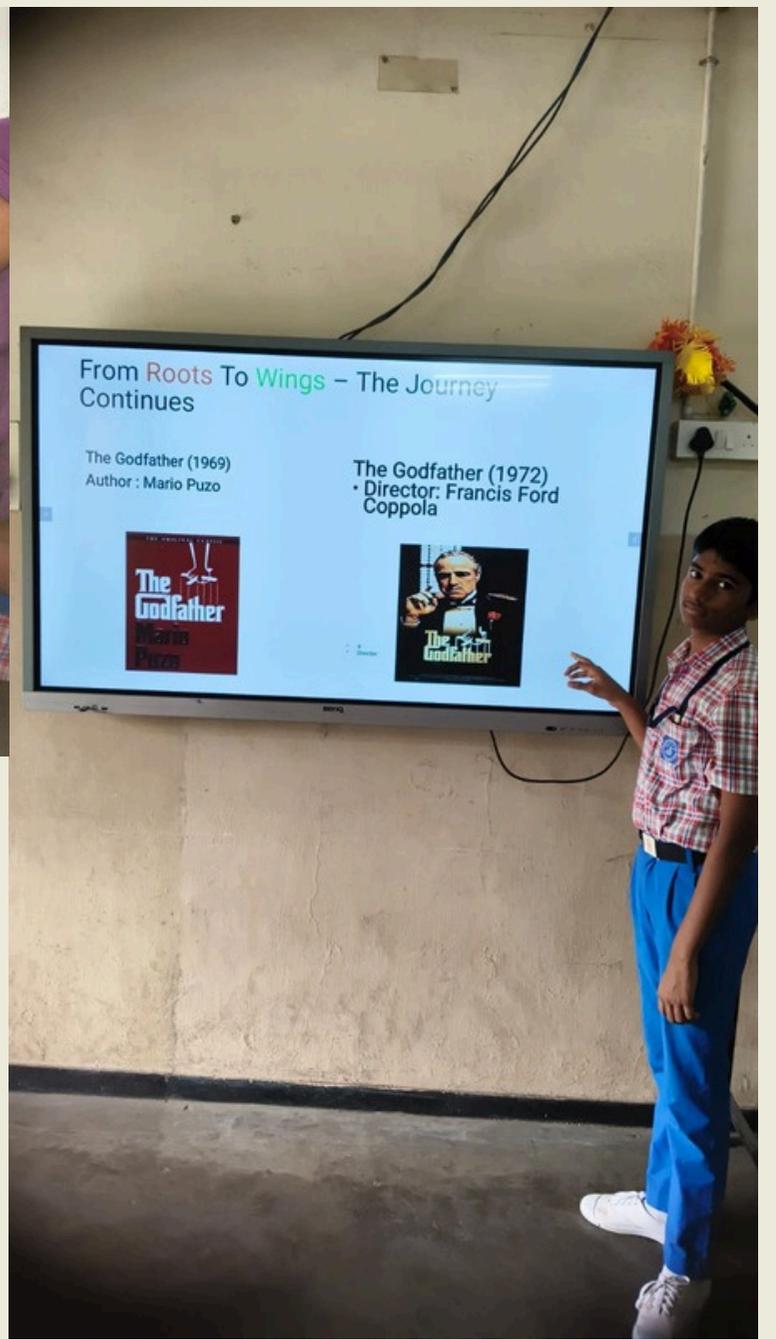
“I loved being a
Little CEO”
pooja P
STD 2





Roots and Origin of Traditional Sports



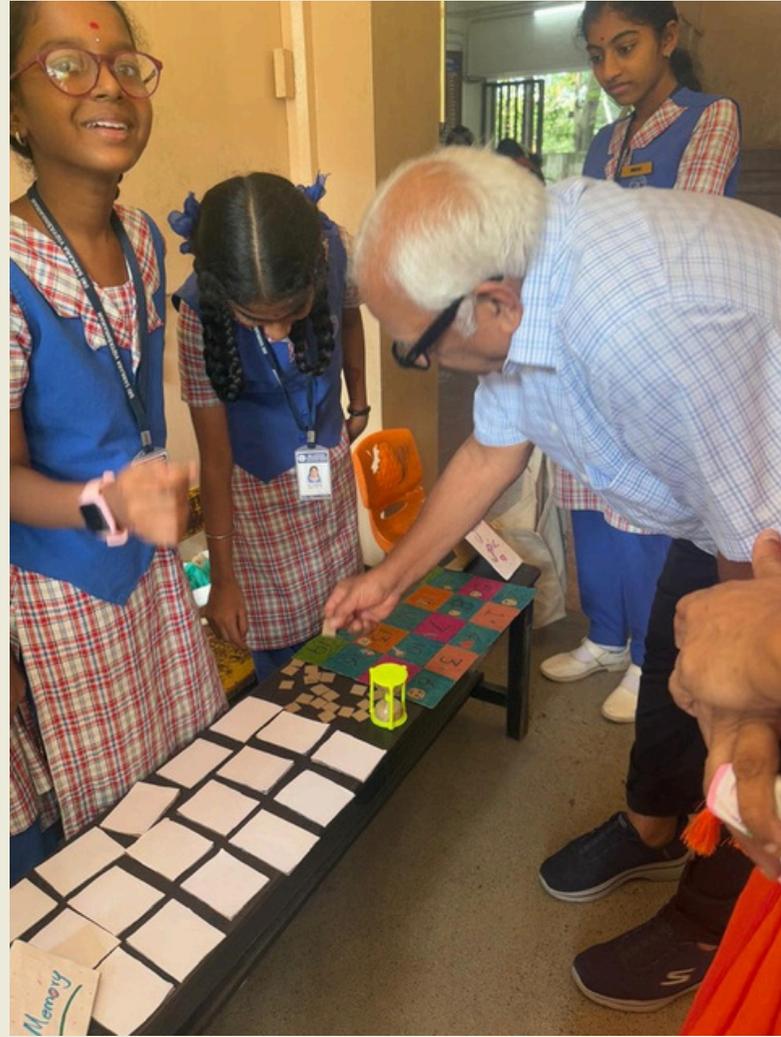


ROOTS To Wings EXPO



Historical Journey of Games





Yoga



Roots To Wings



“Health & Hygiene: Immunisation for Teenagers”

An Apollo Shine Initiative

A comprehensive Health Awareness Programme was conducted on 14.11.2025 (Children’s Day) by Apollo Shine for the students of Classes IX and X. The session was led by paediatrician ****Dr. Vigneshwari****, who addressed the topic ****“Health and Hygiene – Immunisation for Teenagers.”****

The programme proved to be highly informative, offering valuable insights into maintaining good health, the importance of hygiene, and the essential vaccinations required during adolescence. Students participated with great enthusiasm, making the session lively and interactive. The initiative successfully created awareness and encouraged students to adopt healthy habits for their overall well-being.



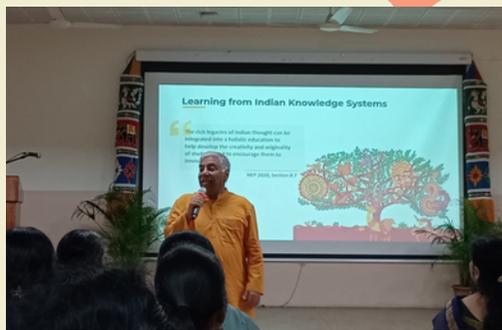
EMPOWERING EDUCATORS

2nd December

The Camel Art Workshop offered teachers hands-on exposure to professional art materials and painting techniques. Participants explored various Camel products, including brushes, canvases, HD acrylic colours, markers, and oil pastels. The resource person demonstrated brush selection, canvas types, shading techniques, and tool maintenance. Creative craft materials were also introduced. The session was informative, engaging, and highly beneficial for enhancing artistic skills.



22nd November



The Karadi Path "Raising Readers" workshop, conducted on 22 November 2025 at Sankara Senior Secondary School, introduced teachers to creative strategies for developing strong reading skills in young learners. Through engaging demonstrations using music, mime, theatre, and storytelling, the resource person highlighted how experiential learning makes language acquisition joyful and effective. The session was interactive, informative, and equipped teachers with practical tools to inspire confident and enthusiastic readers.

RYLA 2025

Seven students from Sri Sankara Vidyashramam proudly represented the school at RYLA 2025 at Malayasia, an international forum promoting leadership and youth empowerment. On 14 November 2025, the delegates shared their inspiring experiences, highlighting leadership sessions, cultural interactions, and collaborative activities with youth representatives from across the globe.

The session was honored by the presence of our Managing Trustee Shri N. Kumar, Trustee Mrs. Madhura Visweswaran, and Rtn. Sesha Sai, Honorary Consul General of Seychelles in Chennai. As a mark of respect, Rtn. Sesha Sai presented a commemorative book to the Managing Trustee and a special compliment from the University of Cyberjaya.

Each participant received a Medal and 11 Certificates of Appreciation from reputed Malaysian institutions, reflecting their dedication and exceptional representation of the school on an international platform.



“Mysuru Memories: Std. 12 Learning Beyond The Classroom”



We Class 12 students went on a two-day educational excursion to Mysore, an experience that beautifully blended learning, exploration, and fun.



Our journey included visits to several notable places that showcased the beauty and heritage of the city. We began at the Mysore Zoo, where we observed a wide range of animals and understood the significance of wildlife conservation. We then visited St. Philomena's Church, admiring its serene ambience and impressive architectural style.

The day concluded beautifully at Brindavan Gardens, where the vibrant musical fountain show and peaceful surroundings made the evening truly memorable.

On the second day, we explored the cultural and spiritual essence of Mysore. Our visit to the Chamundi Temple offered a quiet moment of reflection, followed by the fascinating Sand Museum, where the intricate sculptures captured our interest. The highlight of the day was the visit to the magnificent Mysore Palace, where we were awestruck by its royal architecture, rich history and timeless grandeur.

The excursion was well-organized and provided each of us with meaningful learning experiences beyond the classroom. We participated enthusiastically in all activities and returned with wonderful memories, valuable insights and a renewed sense of curiosity..

As the School Pupil Leader, I am proud to say that this Mysore excursion was truly enriching and will be remembered fondly by all of us.

DEVASHREE STD XII
(SCHOOL PUPIL LEADER)





NCC

Visit to Indian Navy Warship Saptagiri

Our NCC cadets had the opportunity to visit the Indian Navy warship Saptagiri at Chennai Port. During the visit, the cadets gained insights into the ship's key features, its defence capabilities, and the roles and responsibilities of the naval personnel on board. The visit provided a valuable and enriching learning experience, offering the cadets a closer understanding of naval operations.



A Glimpse into Naval Excellence





Marching Towards Discipline and Excellence

A group of 15 cadets (14 girls and 1 boy) from our 9th Standard attended the NCC camp held from November 5th to 14th at the Air Force Station, Tambaram, organised by the 1 Signal Unit. With participants from over 15 schools and colleges, the camp offered army discipline training, weapon handling, physical training and various instructional sessions.



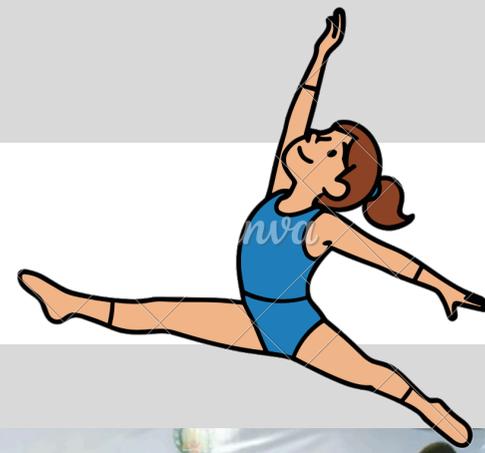
In the cultural programme, Cdt. Rajshree proudly presented the welcome dance. In sports, our cadets performed exceptionally —Cdt. Nethra Shree won 3rd place in the 100m, and Cdt. Laksha Shree secured 3rd place in the 200m, bringing honour to our school.





STATE CHAMPION R. DEVASHREE SHINES IN ARCHERY!

R. Devashree of grade VIII secured First Place in the State-level Archery Championship under the Sub Junior category. She has been selected to represent the state in the National sub junior Archery Championship organised by Archery Association of India to be held in Arunachal Pradesh.



Congratulations to J. Bhargavi - State-Level Gymnastics Achiever!

Bhargavi of Class VIII secured Third Place in the BDG/RDG Gymnastics (New State Games) Team Event. Her commendable performance reflects her dedication and skill, bringing credit to the school.



ROAD SAFETY AWARENESS PROGRAM



Mr. Hussain, Inspector of Police (Traffic), Thiruvannamiyur, addressed the students on 27.11.2025 as part of the RSP Unit's Traffic Signal Awareness Program conducted in the school.

He explained the importance of obeying traffic signals, wearing helmets, and following road signs.

He emphasized that understanding these rules is essential for the safety of all pedestrians and commuters.

The interactive session concluded successfully, reinforcing the students' commitment to road safety.



LIFESAVING SKILLS IN FOCUS



A Basic First Aid Awareness Session was organised on November 27th, 2025. The session was handled by Mr. Tharun from the Royal Life Saving Society (RLSS), who is well-trained in emergency response. He guided the participants through essential first aid procedures with clear demonstrations and simple explanations.

The session covered the management of minor cuts and burns, techniques to help a choking person (including the Heimlich maneuver), the basics of CPR, and safe evacuation methods during emergencies. Participants gained hands-on experience and learned how timely first aid can make a significant difference until medical professionals take over.



Overall, the programme was highly informative and strengthened the participants' confidence to act responsibly during emergency situations.

Attention

FEATURED

Sri Sankara Vidyashramam Hosts 'Roots to Wings' Expo



Sri Sankara Vidyashramam, Thiruvanniyur, successfully hosted its vibrant 'Roots to Wings' Expo, a celebration of students' educational journey from foundational learning to creative expression.

The event was graced by Madhura Visweswaran, Co-Founder and Principal of Redwood Montessori School LLP, Chennai, who encouraged students to maintain curiosity and joy in learning.

She also emphasised the importance of young entrepreneurship, inspiring students to take initiative and believe in their ability

to create an impact.

Exhibits across all classes highlighted diverse subjects, including life skills, scientific exploration, wellness practices, cultural heritage, and language creativity. The Yoga and PT sections received special attention for showcasing wellness techniques and tracing the evolution of traditional games.

A highlight was the 'Young CEOs' segment, which featured student-run companies, artpreneurs, organic food initiatives, and artistic creations, reflecting the school's commitment to nurturing innovation and entrepreneurial thinking.

The expo successfully captured the school's spirit of empowering every child to grow with confidence, creativity, and purpose.

DRY YOUR CLOTHES

Single Pulley Cloth Drier
Ceiling Hanger
Floor Stand

ABDULLAH & BROS
3/5, Padmanabha Nagar, Adyar Signal
24913137, 9677180705, 9677149048

walking ceremony, where devotees walk across a bed of burning coals to demonstrate faith.

Illustration by Tanishka Aggarwal, Class 8K, Spring Dale Senior School, Amritsar

INDIRA VIZHA

Indira Vizha was a significant ancient Tamil festival dedicated to Indra, the deity of rain and the king of gods. It was a prayer for a bountiful monsoon and an end to difficulties like famine and disease.

Aruneshwaran M., Class 9B, Sri Sankara Vidyashramam Mat. Hr. Sec. School, Thiruvanniyur, Chennai

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Aruneshwaran M., Class 9B, Sri Sankara Vidyashramam Mat. Hr. Sec. School, Thiruvanniyur, Chennai

- Class 10C, Model Academy, Jammu
- Honey Gari, Class 9A, Ayush Minz, Class 9, Sachidanand Gyan Bharti Model School, Ranchi
- Srinandhan A., Class 9D, Aditi S, Class 8B, Sri Sankara Sr. Sec. School, Adyar
- Gaurangi Sharma, Class 9, Brightlands Girls Sr. Sec. School, Vaishali Nagar, Jaipur
- Aruneshwaran M., Class 9B, Sri Sankara Vidyashramam Mat. Hr. Sec. School, Thiruvanniyur, Chennai**
- S Deena, Class 10, Mani Hr. Sec. School, Coimbatore
- Arshi Noor, Class 8B, Zikra Mobeem, Class 8B, Sunway Sr. Sec. School, Rampur
- Anish, Class 8H, SH. S. N. Sidheshwar Sr. Sec. Public School, Gurugram
- Saanvi Dutta, Class 8, Shri Shikshayatan School, Kolkata
- Sachin Taware, Class 8A, V. Eng. Med. School (CBSE), Bangalore
- Midhun, Class 6G, Jubilee Hyderabad
- Tanish V. Solanki, Anany Class 9B, KLE School, Dharmapuri
- Vasundhara, Class 7C, Delhi Excellence, Attapur
- K. Abhiraj, Class 9, Aarti Khalsa Public Senior Secondary School, Port Blair
- A. Angel, Class 9B, Perks School, Coimbatore
- Devyanshi, Class 4, Little Saidulajab, New Delhi
- Virat Srivastava, Class 9, School, Pune

FRIENDS OF HERITAGE

NTACH

This is to certify that ARUNESHWARAN. M
of CLASS 9B, SRI SANKARA VIDYASHRAMAM Mat. Hr. Sec. School
participated in 'NATURE IN INDIA'S CULTURE' (Oct.-Dec. 2025)
and was awarded the prize for BEST ENTRY

Purnima Datt
Purnima Datt
Principal Director
Heritage Education and Communication Service
Indian National Trust for Art & Cultural Heritage

dated: 20/11/2025

How To Succeed In Your Exam

- Time Management
- Believe in your Self
- Get Organized
- Smart Study
- Exam Taking Strategies



Great idea to success in
your exam



DID YOU KNOW?

Study Habits That Help

1. **Start Early in the Morning**

Morning study sessions are more effective as your mind is fresh and alert.

2. **Keep a “Doubt Book”**

Maintain a small notebook where you write your doubts daily. Clarify them before the exam.

3. **Use the Pomodoro Technique**

Study for 25 minutes → Take a 5-minute break.
After 4 cycles, take a longer break.

4. **Make a Formula/Definition Sheet**

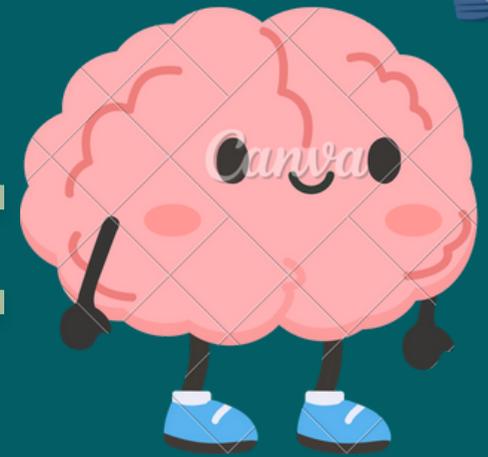
Useful for Math, Science, and Social Science—quick revision before entering the exam hall.

5. **Practice Mindfulness**

Deep breathing for 2 minutes helps reduce exam anxiety and improves focus.



Brain Mode ON:



Study Hacks for the Digital Age

Keep your brain on “Do Not Disturb” mode while studying.

Low battery? Take a break. High battery? Revise again.

Clear mental cache—review your notes before the exam.

Too many tabs open? Focus on one subject at a time.

Charge your brain with good sleep—no device works on 1%.

Update your knowledge regularly. Outdated versions crash in exams.

Airplane mode = Maximum concentration.

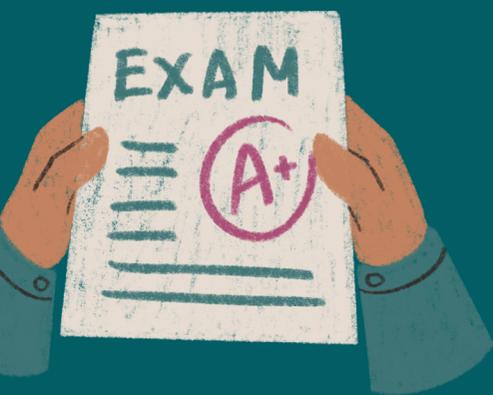
Don't screenshot everything—understand it instead.

Your notes are like apps. Organise them or they'll slow you down.

Auto-correct won't save you in the exam. Read before you write.

Buffering during revision? Switch to a stronger network—your textbook!

**Don't compare your progress with others.
Different phones, different processors.**



**ALL THE
BEST**

**READING
Corner**

The Great Search for Harry Potter



In our school library, one book series never stays on the shelf for long—Harry Potter! Students love searching for it, peeking between the fantasy and adventure sections, hoping to spot that familiar lightning-bolt cover. Finding a Harry Potter book feels like discovering a magical treasure. Whether you're meeting Hogwarts for the first time or rereading your favourite spell-filled moments, the excitement never fades.

So the next time you visit the library, join the adventure—will you be the one to find Harry Potter today?



YUGAN. S STD 5

**(KNOW)
YOUR CITY**

Margazhi Magic in Chennai

EVERY DECEMBER—JANUARY, CHENNAI COMES ALIVE WITH MUSIC AND DANCE!

THE CHENNAI MUSIC SEASON FILLS TEMPLES AND HALLS WITH BEAUTIFUL CARNATIC CONCERTS.

IT'S A TIME OF FUN, ART, AND FESTIVE CHEER FOR EVERYONE IN THE CITY!





WIT & WFFIMS

Word Ladder

Change **COLD** → **WARM** in 4 steps. You can change one letter at a time, and each step must form a real English word.

Rebus Brain Teasers)

- **MILLION**
- **THINK THINK**
- **CYCLE CYCLE CYCLE**

TRY IT NOW

Three students—Asha, Kiran, and Joel—submitted projects in Science, Math, and Literature. Match each student with their subject.

Clues:

Joel did not do Science.

The Math project was done by a girl.

Asha didn't choose Literature.

ANSWERS FOR October 2025 EDITION

Can you crack the secret message?

"Learning never exhausts the mind."

8	1	6
3	5	7
4	9	2

LEARNING
IS FUN
@SSV