

KONGUNADU

MATRIC HR SEC SCHOOL,

NALLIPALAYAM, NAMAKKAL-3.

Edition : 3

KONGUNADU CHRONICLES

Issue : 2
September 2024



Prof. Dr. S. Rajan
Founder



Prof. Dr. N. Rajendran
Founder

VISION

- ✓ To provide good quality education by imparting Academics and Life Skills for every student to be an all-rounder in the global society

MISSION

- ✓ To impart basic education through efficient Teaching-Learning Process.
- ✓ To make students well versed in LSRW, Analytical thinking and shaping their future.
- ✓ To develop the student as skilled, creative, competent, efficient, disciplined and quality young minded person.
- ✓ To provide facilities for school children and teachers to update their knowledge to fulfill the teaching learning needs.



Prof. Dr. S. Raju
Correspondent



Er. T. Vasudevan
Secretary

Management Message

அறம் செய்.

கற்போம்! கற்பிப்போம்!!

"The purpose of education is to make good human beings with skill and expertise." - APJ Abdul Kalam



Mr. S. P. Ramasamy
Director



Er. D. Sakthivel
Treasurer

Mentor's Message

தளிர் நடையிடும் குழந்தை புத்தகப் பையேந்தி நுழையும் இடம் பள்ளிக்கூடம். ஒரு குழந்தை தனது தாய் தந்தைக்கு அடுத்ததாக நம்பிக்கையின் காரணமாக கற்றலில் பெற்றோர்க்காட்டிலும் ஆசிரியர் கற்றுவதே சரி என்று மறுத்துறர்கின்றனர்.இதற்கு அன்பு மட்டுமே காரணம் பெற்றோர்க்குத் தனிற என்ற மறந்தை மட்டுமே மக்கட்செல்வதும். ஆனால் ஒரு ஆசிரியருக்குத் தான் வகுப்பில் பயிலும் அனைத்து மாணவர்களும் தான் என்றால் மக்கட் செலவங்களாகும். அத்தகைய ஆசிரியர், பள்ளிக் கல்வியில் அந்தக்குறையின் வாழ்வில் ஏற்படுத்தும் அற்புதங்களோ அளவில் அடங்காதனவை.

இரு சிறிப் பார்வையைக் கொண்டு அழகான சிலையைச் செதுக்குவது மூலம் வாழ்க்கையின் எல்லா காலகட்டத்திலும் தேர்வு உண்டு. அதற்கு தகுந்த பயிற்சியால் மட்டுமே வெற்றி பெற முடியும் என்பதை மாணவர்களுக்குச் செயல் வழியாக உணர்த்துகின்றார். மேல்நிலைக் கல்வியில் மாணவர்களுக்கு வாழ்க்கைக்கான அடிப்படை திறங்களை வளர்க்க ஆசிரியர் ஊன்றுகோலாக மாறுகின்றனர். இவ்வாறாக ஒரு மாணவனின் வாழ்க்கைக்கு உதவும் அறங்காலை பள்ளிக்கூடம் எனில், அவர்களின் வாழ்க்கைக்கான கட்டமைப்பாளர் ஆசிரியர்களே ஆகையால் தான் ஒருங்கிணங்கல்வி பள்ளிக்கல்வியும் ஆசிரியர்களும் அவர்களின் நினைவை விட்டு நீங்குவதில்லை. பள்ளிக்கல்வியே மனித வாழ்வின் அடித்தளம் என்பதை உணர்வோம்.

“கல்வியே கனவுக்கோட்டையின் படிக்கட்டு கற்று வாழ்வில் வெற்றி கொடிக் கட்டு.

திருமதி. இரா. சுசிகலா, B.Ed., B.T.Ed., தமிழ்த்துறை

Chief Editor



Er. N. R. Thangavel
Director

Editor



Mr. M. Divyanathan
Principal

போல ஒரு ஆசிரியர் மாணவர்களைச் செதுக்கிறார். மழையில் வகுப்பில் நுழையும் குழந்தையிடம் உண்ணால் முடியும் என்ற தன்னம்பிக்கையை வளர்க்கின்றார். தொடக்கக் கல்வியில் போட்டிகளில் பங்கேற்க செய்வதன் மூலம் மாணவர்களிடம் விடுக்கொடுக்க அல்லது விடாழுமாற்கி, ஒற்றுமையுறவு, தேவையிக்குப் பின் வெற்றி போன்ற நறப்பண்புகளை கல்வியுடன் சேர்ந்தது ஒழுக்கம், ஒழுக்கம் இல்லையேல் கல்வி இல்லை என்ற உயரிய வாழ்க்கைப் பண்பை உணர்த்துகின்றார். உயர்கல்வி வகுப்பில் பொதுத் தேர்வின்



(1)



Editorial Board

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IX-A

SEPTEMBER 2024

S.NO	INDEX	PAGE NO
1	MENTOR'S MESSAGE	1
2	STUDENTS' FEAT	3
3	COMPETITIONS	8
4	CELEBRATIONS	9
5	ART CORNER	12
6	VIRTUE OF THE MONTH- SEPTEMBER	13
7	IMPORTANT DAYS TO REMEMBER	15



STUDENTS' FEAT

IT'S ENGLISH CAFE ROLLING TROPHY

S.NO	WEEK	CLASS
1	27 th Aug to 31 st Aug	I -C,VI-C,VII-B,IX - C
2	02 nd Sep to 06 th Sep	III-B, V-C, VII-B, IX-C
3	09 th Sep to 16 th Sep	I-A, V-A&C, VII-B, IX-C

100% ATTENDANCE



S.NO	WEEK	CLASS
1	02 nd Sep to 06 th Sep	PRE KG



BEST HOUSE OF THE WEEK

S.NO	WEEK	HOUSE
1	27 th Aug to 31 st Aug	KNIGHTS
2	02 nd Sep to 06 th Sep	SPARTANS
3	09 th Sep to 16 th Sep	SPARTANS



SPECIAL TALENT

S.NO	DATE	STUDENT NAME	CLASS	TOPIC
1	10.09.24	EVANGELINE E	III B	DETERMINATION
2	11.09.24	ASMA SIDHIKA A	III A	TAMIL PROVERBS



ECS ACTIVITY

S.NO	DATE	STUDENT NAME	CLASS	TOPIC	
1	03.09.24	VIA - PRIDE WALK ACTIVITY			
2	10.09.24	RITHESH PRAJIN S	IV A	DISCIPLINE	
3		DHAKSHWIN S	IV C		
4	12.09.24	HARIVARSHA P K	V B	TONGUE TWISTER	
5		LAKSHMIPRIYA P			



VI - A PRIDE WALK ACTIVITY



SILVER CARD HOLDERS

S.NO	DATE	NAME	CLASS	S.NO	DATE	NAME	CLASS
1	02.09.24	HEMA J S	LKG A	31	04.09.24	MUHAMMED AAHIL M	I B
2		THARUN T	I C	32		SANSHITHA S	II B
3		VIBISHA S	III A	33		UDHAYA PRASATH M	V C
4		HEMANTH M P	III B	34		GURUPRANESH M	VII B
5		PRATHIK ASWIN S	III B	35		LINGESHWARAN V	VII B
6		YOGITHA B	IV A	36	04.09.24	PAVISHKA S	VIII B
7		HARSHITHA SHRI Y R	V B	37		KANISTHAA SRI M	II B
8		LAKSHMIPRIYA P	V B	38		LITHANYA SRI K	LKG A
9		HARI VARSHA P K	V B	39		SABARI VELAN R	I B
10		GEETH VARSHA R	VIII A	40		KEERTHINEGA M	II B
11		ASRIN A	VIII A	41		MAHENDRA PRABHU R A	II A
12		SHARVIKA SHRI D	VIII A	42		SUBIN RAJ D	II B
13		TAMILYALINI S	VII B	43		NAKSHATRA K	II B
14		HAARISH KISHORE S	VIII B	44		RITHIKA R	III A
15		SARAH S	II C	45		VAYALUR VALLIYAMMAL R	V A
16		SHRINITHIN S	II A	46		OMVISALI S	V A
17		KANIYAMUDHU N	III C	47		YAZHINI G	V C
18		RAJA KEERTHI S	III A	48		RAKSAN SRINIVAS V	V C
19	03.09.24	HEVANTHIKA D R	IV B	49	09.09.24	VIKESH ARHAV M	II B
20		KAVINESH S	IV B	50		SHARVESH G	II B
21		AARATHANA A	V-B	51		YASVANTH HARI J S	II B
22		JESIKA S	VII B	52		ADITHYA A	II B
23		MADHU SRI J	IX B	53		SHANJANA K	V A
24		YUVABARATHI S	IX B	54		ISHANA FATHIMA I	V A
25		THALAIMALAR G P	II A	55		GURUPRATHESH M	V A
26		SAHASRA P	II A	56		HARSHITHA SHRI Y R	V B
27		HASRUTHA SHRI P	II B	57		AARATHANA A	V B
28		SAMYUKTA S	II B	58		PRANAVINEGA S	V B
29		ASMA SIDHIKA A	III A	59		THARIGA P	VI A
30		EVANGELINE E	III B	60		VAKSHANA SRI N	VII B

S.NO	DATE	NAME	CLASS
61	10.09.24	KAYAL SANMITHA S R	UKG A
62		TAMIL VADHANI G S	UKG A
63		RUBIKA SAKTHI K	I B
64		YASHWANTH S	III B
65		SRI SAMYUKTHA M	IV A
66		POORVIKA M	IV A
67		RAKSHA YAZHINI R	V B
68		VAISHNA SRI S	VI A
69		SHASHMITHAA SRI R	VI A
70		NAKSH PATEL M	VII B
71	11.09.24	MATHI VANDANI M	I A
72		KARUNYA G	I A
73		SHASHTIKA K	II B
74		SHARVESH K	V B
75		RITHIKA R	VI A
76		GURUPRANESH M	VII B
77	12.09.24	SRINIHA YAZHINI S	II B
78		MUHAMMED AQUEEL S	IV C
79	13.09.24	SHREYA SEE S	II B
80		HARISH R	IV C
81		KIRUTHIKASHINI L S	V C
82		SUGANTH ARHYA M	VII A
83		MAGI H	VII A
84		JOSHIKA SREE P K	VII A
85		HANSHIKA T	VII A
86		VISHALI G	VII A
87		HEMAVARSHINI S	VII A
88	16.09.24	HEMA J S	LKG A
89		SHANTHAVI MITHRA R	III A
90		THARA R	IV A
91		YOGITHA B	IV A
92		UTHIKSHA M	IV A
93		DHAKSHWIN S	IV C
94		KAVINA SREE K	V C
95		SANSITHA YAZHINI K	VI B
96		TAMIL YALINI S	VII B
97		NETHRA G S	VII B





GOLD CARD HOLDERS

S.NO	DATE	NAME	CLASS
1	02.09.24	NIVYAMALINI K	V C
2	03.09.24	HARIVARSHA P K	V B
3		LAKSHMIPRIYA P	
4	04.09.24	ASMA SIDHIKA A	III A
5	05.09.24	TAMILYALINI S	VII B
6	10.09.24	ISHANA FATHIMA I	V A
7		SHANJANA K	V A
8		GURUPRATHESH M	
9		AARATHANA A	V B
10	12.09.24	RITHIKA R	VI A



SKILL DEVELOPMENT PROGRAM IN COMPUTER SCIENCE CERTIFICATES ISSUED ON 13.09.2024

S.NO	NAME	CLASS
1	SHANDEEP K	IX B
2	PRANAV VIJAY P	X B
3	SHARUN KISHORE L	VII C
4	JAANESHWAR S D	X B
5	SHANJEEV K	IX B



ZONAL LEVEL GAMES

The zonal level games were conducted on 02.09.2024 at Govt, Hr. Sec, School, Kavakarapatti, Namakkal and the winners were appreciated.



S.NO	NAME	CLASS	MEDAL
1	KRUTHIK ARYHA J	X A	THROW BALL (UNDER-17) WINNER
2	MUKISH P	X B	
3	DHASWANTH M N	XI A	
4	ANISH S	XI B	
5	KANEESH K K	XI B	
6	LITHISH N	XI B	
7	RITHISH M	XI B	
8	SANJAY KUMAR V	XI B	
9	THASHWANTH S	XI B	
10	KAMALEDH R	XII A	
11	NIVESH M P	XII A	
12	MUHAMMED ANAS I	XII B	
13	KANNAN M S	XI B	
14	THAYA T S	X B	
15	THAYA T S	X B	BADMINTON SINGLES (UNDER-17) RUNNER UP

DISTRICT LEVEL CHESS TOURNAMENT ON 10.09.2024

Baskar Memorial District Level Chess Tournament - 2024 was organized on 10.09.2024 by Namakkal Chess coaches & Arbiters at Sakthi Matric Hr. Sec. School, Pudanchandai. Our students participated and won shields and certificates.

S.NO	NAME	CLASS
1	HASRUTHA SHRI P	II B
2	THANWANTH AARIYA S	IV C
3	ILANCHEZHIYAN V	V B
4	UDAYA PRASATH M	V C
5	NIVYA MALINI K	V C
6	MAGISA SIVANI S	VI B
7	GURU PRASATH M	VIII C



CM TROPHY 2024

The district level games for Chief Minister's Trophy 2024 was conducted and the winners were awarded with medals and certificates at PGP College, Namakkal on 12.09.2024.

S.NO	NAME OF THE PLAYER	SPORTS DISCIPLINE (EVENT)	MEDAL
1	VISHNUDHARSHAN G	Athletics-100m	Gold
2	NIVESH M P		Silver
3	NIVESH M P	Athletics-Discuss Throw (1.5kg)	Bronze
4	MUHAMMED ANAS I		4 th Place
5	AKILESH T M		5 th Place
6	MARIA THERESA D M		4 th Place



COMPETITIONS

KQUEST - QUIZ COMPETITION

On 30.8.2024 National level quiz competition (KQUEST) was held in the KSR institutes. In this our school students participated and got certificates of participation.

S.NO	NAME OF THE STUDENT	CLASS	S.NO	NAME OF THE STUDENT	CLASS
1	ANISHA N	IX A	24	PRITHVIKA S	IX C
2	KANESHKA SRI G		25	RAFFATH NISHA R	
3	LOGASAKTHI D S		26	SRUTHIKA SRI C	
4	NESHITHAA S		27	THARUNA R	
5	PRITHIHA SRI T		28	THEJAVARSHINI S	
6	RAKSHANA YAZHINI B		29	GOKULAN S S	IX A
7	YOGA PRIYA T		30	LOGITH SURYA S	
8	AKSHAYA S		31	LOHITH K A	
9	BHARANEETHA S S		32	MEGAAEZHILAN R	
10	DARSHANA D S		33	NITHEESH KUMAR P	
11	MADHU SRI J		34	VARSHAN M	
12	SAROJINI L		35	JAGANTH M	
13	SRITHARANI T		36	KARNESH M P	
14	SUBA SRI G		37	MAGESH S	
15	SUDHARSHANA S		38	MAHARAJA S	
16	THANUS SRI Y R		39	MONISH V	
17	THARIKA R		40	PRANEESH Y	
18	YUVA BARATHI S		41	SACHIN A	IX B
19	BAVANISHA S	IX C	42	SHAM PRASANTH D	
20	KAASHINI E		43	SHANDEEP K	
21	KANISHKA A S		44	SHANJAY ARUN A	
22	MARIA THERASA D M		45	SHANJEEV K	
23	MUKISHA A		46	VIVKE HARSHAN M	

S.NO	NAME OF THE STUDENT	CLASS
47	MITHUN ARYA M	IX C
48	NESHIK N R	
49	THAKSHAN S M	
50	THARIQ M	



DRAWING COMPETITION

On behalf of Teachers' day JCI & Nathan Arts, Namakkal conducted drawing competition at The Navodaya Academy on 01.09.2024. Our school student Harivarsha P K of V std B got medal and certificate.



CELEBRATIONS

SOCIAL SCIENCE DEPARTMENT DAY

Social Science Department Day celebration was held on 31 August 2024.

Our Principal Mr. M. Divyanathan sir was welcomed by the students in seven different languages to show our linguistic diversity.

Our students presented a beautiful patriotic dance, followed by teacher's speech. Then Quiz competition finale was held.

On 24.08.2024, the preliminary round was conducted for the Quiz competition from VI - IX stds. The winners of the preliminary round were divided into 6 teams named Ganga, Cauvery, Vaigai, Mt. Everest, Kolli hills and Anaimudi. The students participated with much enthusiasm and fun.

Drawing, Singing and Oratorical competitions were conducted with different topics for the Class I to V on 24.08.2024.

Our ASPL Kaneshka Sri G - IX A read out the pledge on this special day.

The celebration was concluded by giving the prizes to the winners and with Vote of Thanks

S.NO	NAME	CLASS
I Prize-Vaigai Team		
1	HARISH S	VI A
2	SUGANTH ARYHA M	VII A
3	HEMANTH P K	VIII B
4	PRITHIHA SHRI T	IX A

III Prize-Anaimudi Team		
S.NO	NAME	CLASS
1	PUGHAL VALLAVANN K S	VI C
2	KRISHNI S	VII A
3	PIRAIVEL S	VIII A
4	VARSHAN M	IX A

S.NO	NAME	CLASS
1	ARTTHIYA K	VI A
2	AJISH S	VII A
3	GEETH VARSHA R	VIII A
4	KANESHKASRI G	IX A



S.NO	NAME	CLASS	PRIZE
1	SHANVI MITHRAA S	I C	I
2	MOHAMMED HAFEEDH I	I A	II
3	NITHISH Y	I B	III
4	SHRIVIN AADHISH R K	II A	I
5	DHANYAMITHRA P	II B	II
6	PADMASREE P	II C	III
7	RAJAKEERTHI S	III A	I
8	MARIA CELINE D M	III C	I
9	ASMA SIDHIKA A	III A	II
10	VIRONIHA P	III B	III
11	RITHESH PRAJIN S	IV A	I
12	YOGITHA B		II
13	HEVANTHIKA D R	IV B	III
14	LAKSHMI PRIYA P	V B	I
15	KIRUTHIKASHINI L S	V C	I
16	YAZHINI G		II
17	SHANJANA K	V A	III



PARTICIPANTS



I - PRIZE



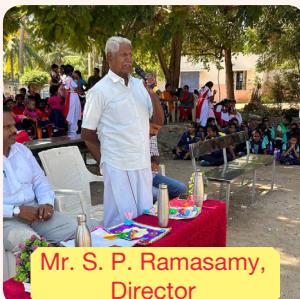
II - PRIZE



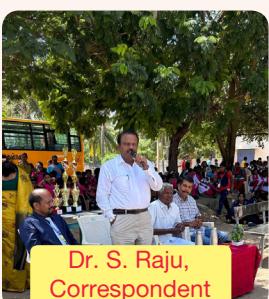
III - PRIZE

TEACHERS' DAY

On September 5, 2024, we celebrated Teachers' Day with a series of engaging activities. The event commenced with the Tamil Tai Valthu followed by a prayer song. Students from the KonguNadu band warmly welcomed the teachers. Subsequently, a student from the 7th grade delivered a welcome speech and introduced our esteemed guests Mr. S. P. Ramasamy, Director, Dr. S. Raju, Correspondent and Er. T. Vasudevan, Secretary. The KonguNadu choir captivated the audience with a beautiful song, while students from grades 1 to 8 showcased their electrifying dance performances. Fun games were also organized for the teachers, who actively participated and won prizes. Our management addressed the gathering with remarks on the significance of Teachers' Day. The celebration concluded with a vote of thanks and the national anthem.



**Mr. S. P. Ramasamy,
Director**



**Dr. S. Raju,
Correspondent**



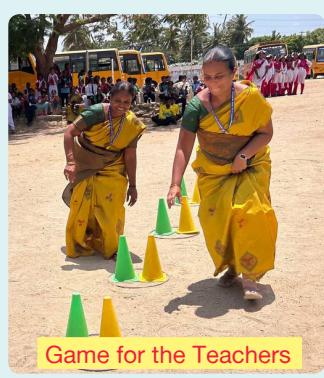
**Er. T. Vasudevan,
Secretary**



Welcome Dance



**Planting Sapling by
the Management**



Honouring the Teachers



Planting Saplings





VINAYAGAR CHATURTHI

We celebrated Vinayagar Chaturthi on 06.09.2024. The celebration commenced with a prayer song, followed with a dance performance by the students of VI std. Subsequently, students from the V, VI, and IX stds presented a Tamil drama that depicted the history and the significance of Vinayagar Chaturthi celebration. Our students also sang a Vinayagar song during the festivities. Mrs. Nagalakshmi delivered an insightful speech on the proper ways to worship Vinayagar and celebrate Vinayagar Chaturthi. The event concluded with a speech delivered by our principal, followed by the singing of the national anthem.



Dance

Skit about Ganesha

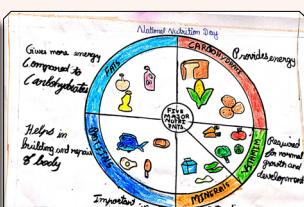
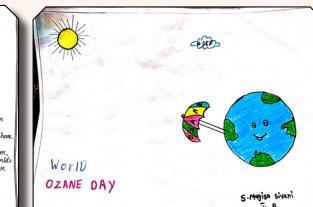
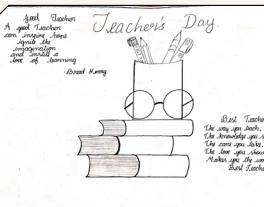
Skit about Ganesha



Skit about Ganesha

Skit about Ganesha

ART CORNER



VIRTUE OF THE MONTH - SEPTEMBER

RESPECT

CLASS : VIII A

DATE : 27.08.2024 to 30.08.2024

Day 1: Explanation about respect:

Respect is valuing others by treating them with kindness, consideration, and understanding. It involves recognizing their dignity, opinions and feelings, regardless of differences. Respect builds trust and positive relationships, fostering a harmonious environment.

Day 2: Story about respect: The students narrated the following story.

A group of children accidentally broke an elderly man's window but were met with kindness instead of anger. The man, Mr. Gupta, valued their honesty and used the situation to teach them about respect, showing that true respect involves understanding, kindness, and forgiveness. The children learned this lesson and began treating others with the same respect.

Day 3: Conversation about respect:

Amit: Why do you think respect is so important?

Sara: Respect helps us understand each other better and build trust. Without it, relationships will become difficult and negative.

Amit: That makes sense. So, respecting others means treating them kindly, even if we don't always agree.

Sara: Exactly! It's about valuing their opinions and feelings, even when they're different from our own.

Day 4: Famous quotes about respect:

Here are few famous quotes about respect:

1. "Respect yourself and others will respect you." — Confucius

2. "Respect is one of the greatest expressions of love." — Miguel Angel Ruiz.

3. "Respect is how to treat everyone, not just those you want to impress." — Richard Branson

4. "I speak to everyone in the same way, whether he is the garbage man or the president of the university." — Albert Einstein

COMPASSION

CLASS : VIII B

DATE : 02.09.2024 to 06.09.2024

Day 1: Meaning of Compassion:

Compassion is an empathetic understanding of person's feeling or a desire to act on the person's behalf.

Steps to show compassion to others:

1. Apology when they made mistakes.

2. Encourage others.

3. Helping someone with compassion.

Day 2: PROVERB ABOUT COMPASSION :

"A life not lived for others is not a life."

"Intense love does not measure it just gives."

"We can do small things with a great love."

"God doesn't require us to succeed, he only requires that you try."

-MOTHER TERESA

Day 3: DRAMA : THE NEW STUDENT

Moral: Kindness and compassion creates space for connection and belongings even in a new and unfamiliar place.



DETERMINATION

CLASS : VIII C

DATE : 09.09.2024 to 13.09.2024

Day 1: The students gave the meaning of the Virtue “Determination” as boldness, bravery, conviction, courage, etc.

Day: 2 The students gave the quotes on Determination.

1. The best and most beautiful things in the world Cannot be seen or even touched – They must be felt with the heart - Hellen keller.

2. Don't go where the path may lead, Go instead where there is no path and lead a trail.- Ralph Waldorf Emerson

3. Be yourself ; everyone else is already taken – Oscar Wilde

Day 3: The students performed the Skit ‘Two silly Goat’ about Determination.

Moral : DETERMINATION gives courage to take right decision at right time.

Day 4: The students gave some proverbs for Determination.

1. I'm determined to stay positive.

2. Determination is the key to unlock the achievements.

Day: 5 The students explained about the benefits of Determination.

1. Our DETERMINATION transforms the innate qualities to reach our goals.

2. Determination keeps us moving forwarded to create path to reach our goals.

3. DETERMINATION overcomes failure.

4. DETERMINATION celebrates others' success to stay focussed and positive.

PATIENCE

CLASS : VII A

DATE : 16.09.2024 to 20.09.2024

Day 1: Understanding Patience

Patience is the ability to endure difficult circumstances with calmness and composure

Day 2: The students narrated a story about Patience:

The story highlights the importance of patience in various situations, such as:

Waiting for one's turn (Carol waiting for lunch)

Helping others (Greg assisting Norm)

Overcoming frustration (Greg's patience with Norm's slow pace)

Day 3: The Power of Patience

Discover how patience can

- Build strong relationships
- Overcome obstacles
- Lead to success

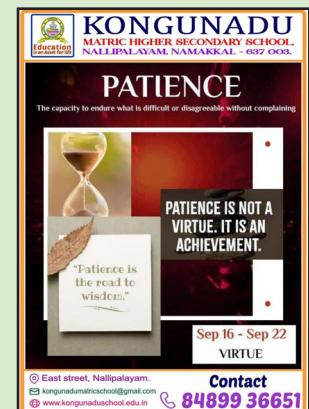
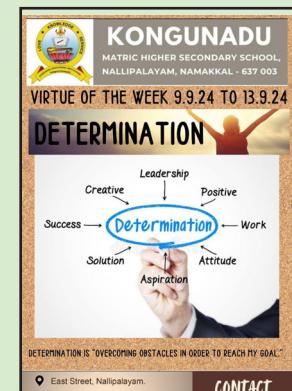
Day 4: Quotes to Inspire

Patience makes us physically stronger, Silence makes us mentally stronger.

A minute of patience can avoid a lifetime of regret.

Patience is not just a virtue, but a strength that can transform our life.

The goal is to encourage readers to cultivate patience and silence in their lives, leading to mental and physical strength.



IMPORTANTS DAYS TO REMEMBER...

NATIONAL SPORTS DAY (29 AUGUST)

National sports day is celebrated in India on 29th August every year. Games are compulsory in every school. All students may not be good at studies but every student enjoys sports. Sports teaches discipline, respect, friendship, leadership and teamwork. It is a crucial part of a student's growth and development. A good school aims to improve the students' physical abilities and helps them to learn a sense of good sportsmanship.

The testimony of this is our students who perform with extraordinary vitality in all the given sports whether Athletics, badminton, throwball or chess. Their performance have always been spectacular in all zonal, district and state level competitions. We teach our students the spirit of sportsmanship and the spirit of never give up.

Mrs. R. Aishwarya, B.E.,
Department of Computer Science



NATIONAL NUTRITION WEEK (01.09.24 - 07.09.24)

National Nutrition week is an annual nutrition event of great importance observed in the country from 1st to 7th September every year since 1982. The government implements programs to promote awareness about healthy eating and proper nutrition for maintaining a healthy lifestyle during the week.

“Nutrition Day” is a large scale, worldwide action project designed to reduce diseases - related to malnutrition among hospitalized patients and nursing home residents. The seven major classes of nutrients are carbohydrate, fats, fibre, minerals, proteins, vitamins and water. Nutritions can be grouped as either macronutrients or micronutrients.

This year's theme is “Nutritious Diets for Everyone.” “Our food should be a medicine, and our medicine should not be our food.”

Mrs. N. Jeeva, MSc., B.Ed.,
Department of Physics



TEACHERS' DAY (5 SEPTEMBER)

Celebrating Teacher's Day: A Tribute to the Sculptors of Young Mind

As we observe Teachers' Day, we honor the selfless dedication and patience of our educators. Through their skilled guidance. Teachers transform raw talent into masterpieces, much like a skilled sculptor coaxes beauty from stone.

Their role is multifaceted and vital, deserving of appreciation and respect. While countries around the world celebrate Teacher's Day on various dates, we in India commemorate it on September 5th to pay tribute to the visionary teacher Dr. Sarvepalli Radhakrishnan.

On this special day, we acknowledge the tireless efforts of our teachers, who strive to nurture and empower future generations. Just as a master sculptor carefully crafts each detail, our teachers shape young minds with care, kindness, and wisdom.

To all the teachers who dedicate their lives to the welfare of children, we extend our heartfelt gratitude and appreciation.

Happy Teachers' Day!"

Mrs. G. Jayalakshmi, M.Com., B.Ed., M.Sc., (Yoga)
Department of Social Science



INTERNATIONAL LITERACY DAY (8 SEPTEMBER)

The UNESCO has declared that world literacy day shall be celebrated every year on 8th of September. UNESCO proclaimed this on the 17th of November 1965 in order to promote the literacy levels all over the world.

UNESCO described literacy like basic human rights, is a tool with the help of which an individual development. Literacy is the main key which leads to the development of any country, without literacy and education there will be no development.

A literate person has better job opportunities. A literate person can lead a sustainable and a smoother life. Reports have been evident in showing a very clear link between the illiteracy and poverty in many countries. In fact, the prejudice against the women is also a function of the illiterate countries. "Education is the most powerful weapon for changing the world." - Nelson Mandela.



Mrs. P. Amudha, B.Sc., M.L.I.S., D.El.Ed.,
Department of Mathematics

WORLD OZONE DAY (16 SEPTEMBER)

The ozone layer, often referred to as Earth's sunscreen, plays a pivotal role in maintaining this delicate balance. World Ozone Day is observed on September 16 every year to spread awareness among people about the depletion of Ozone Layer and find possible solutions to preserve it. Ozone layer depletion is the gradual thinning of the earth's ozone layer in the upper atmosphere. I would like to underline the importance of ozone layer because it protects human health and crucial ecological process by blocking UV rays from the sun.

It is our collective responsibility to protect the ozone layer. Save Environment!!

Mrs. G. Manjula, M.Sc., B.Ed., M.Phil., Ph.D.,
Department of Science



சர்வதேச அமைதி தினம் (செப்டம்பர்- 21)

நமது உடலுக்கு தேவைப்படும் சிறந்த சிகிச்சை அமைதியான மனமே. 1981 ஆம் ஆண்டு ஜநாவின் பொது செயலாளராக பணியாற்றிய ஹமாஸ் சீன் என்பவரின் இறப்பை நிறைவு கூறும் வகையில் ஒவ்வொரு ஆண்டும் செப்டம்பர் 21ஆம் நாள் சர்வதேச அமைதி தினமாக அனுசரிக்கப்படுகிறது. சர்வதேச அமைதி சின்னமாக அமைதி புறா அறிவிக்கப்பட்டுள்ளது. அக்காலத்தில் காடுகளில் வாழ்ந்த மனிதன் மிருகங்களுக்கு அஞ்சினான். பின்பு மிருகங்களை ஜெயித்தான். இயற்கையைக் கண்டு அஞ்சினானன். பிறகு இயற்கையை ஜெயித்தான். இப்போது மனிதர்களைக் கண்டே அஞ்சுவதால் ஜெயிக்க வேண்டும் என்ற பேராசையால் இறுதியில் அமைதியையே இழக்கிறான். பல காயங்களுக்கு கண்ணீர் மருந்து. சில காயங்களுக்கு பிரிவு மருந்து. ஆனால் எல்லா காயங்களுக்கும் அமைதியே மருந்தாகும். மக்கள் தன் வஞ்சகத்தால் உள்ளத்தை உருக்கலையச் செய்து சுயநலத்தால் மனதை இருளில் வைத்து அமைதி வேண்டும் என்று எங்கெங்கோ செல்கிறார்கள். ஆகையால் மனிதாபிமானம் என்னும் சாவிக் கொண்டு மனதில் நல்லெண்ணம் என்னும் விதைகளை தூவி அன்பை சுவாசித்தபடி செல்வதே அமைதிப் பூங்காவிற்கு செல்லும் வழியாகும். அமைதி என்பது கட்டாயத்தால் ஏற்படுவது அல்ல. ஒருவருக்கொருவர் புரிந்து கொள்வதில் மூலமே நடைபெறும்.

திருமதி. வே. புவனா, B.lit., B.Ed., D.T.Ed.,
தமிழ்த் துறை



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