

JEEVANA NEWSLETTER

2019 - 2020

FROM THE CHAIRMAN'S DESK

Dear Parents,

Another year is drawing to a close and as always it has been our endeavour to 'educate' your children. Academics is one important facet of education. However, along with literacy, personality development is key and this has also been our focus over the years.

In this fabulous Newsletter, you will see children performing in various activities. The annual programs help them in overcoming stage fear and fear of public speaking. Sports hone the physical and mental skills. CC activities help children in developing their hidden talents. The exhibitions have shown how creative our little kids can be! On the sports front, we have been having extra classes in TT. We hope to add Football and Shuttle, the coming year. As a day school, with the limited time, only so much can be done. Some students due to their inherent talents and the interest of parents have attained honours at State and National levels. I urge other parents to spend quality time with their children as this will bring out the best in them. We hope that the education we provide not only produces Doctors & Engineers but also Economists, Painters, Musicians, Scientists, Literature scholars and the like.

To achieve all this, the principal and her blue team of VP, Heads, teachers and staff strive day in and out. As you peruse this Newsletter, you will be able to see the progress and achievements our children are making. Hearty congratulations to the team for bringing out this wonderful Newsletter!

As always, we are all continuously learning. We welcome your valuable comments so that we can better ourselves.

All the best to you and your family. We are all blessed that we get to enjoy and celebrate life an extra day this year!

M.S.Iyengar

CHAIRMAN

29th February, 2020

PREFECTS SWEARING IN CEREMONY - 2019

The Prefects swearing-in ceremony was scheduled on the morning of 28th June, 2019. The Higher secondary block of our school was packed with earnest students, nostalgic ex-jeevanites, dignified teachers and elated parents. The ceremony began as the Prefects led by the Principal and the Chief Guest along with the teachers marched towards the stage. On that very special day, we commenced the



ceremony by sending our prayer of gratitude to the Almighty. We were privileged to be introduced to the students and teachers as the Prefects of Jeevana by our Principal. The chief guest Ms Vichitra RajaSingh and our respectable Advisor Mr Ananthan had taken the pleasure of pinning the badges for the Headgirl and the Headboy respectively. The other

dignitaries on the stage were then called upon to pin the badges for the prefects. Then came the oath-taking moment when all the Prefects took the oath to honestly discharge their duties and uphold the virtues of the school. The oath-taking was followed by an impelling speech by the convivial and cheerful chief guest on doing what you love for a living. That was not the end! The students who had aced their Std X and Std XII board exams were rewarded for their academic excellence. The management had also taken the opportunity to extend their sincere gratitude to the teachers who had produced such results. The ceremony came to an end as the Principal thanked everyone for having graced the occasion with their presence.



**Vinitha Sunder (XII- B)
Headgirl**

Thanks giving

“Every year students of Std XII conduct the intra-school competition. So, this year you will conduct it. I want the plan by next week,” said Our Headmaster. Hearing this we students got exhilarated. Due to the pumped up energy we finished planning and scrutinized the list of events of the competition within the deadline. We handed over the plan to our headmaster who grinned typically to show his approval of the plan.

After this, so many decisions were to be taken regarding our responsibilities. We were asked to choose the judges for the events, the timing and location of the events and so on. Answering these questions was a stressful process but it was completed within two weeks. A few days later, the process of collecting the participants’ names started. We divided ourselves into groups and started collecting the names right from Std V to Std XI. In the meantime, the rest of the students prepared invitations to invite the judges to judge the events.

By the next week, the events were conducted as per the schedule. For two weeks, the sweet voices of the kindergarten tots and the students of Std I & II filled the halls of junior section as they recited poetry written by great poets like Valerie Bloom and Roald Dahl. The students of Std III painted posters by pouring their creativity into the canvases straight out of their minds. Std IV Students had fun events than the rest. It was obstacle race. The students unveiled good sportsmanship and they clearly enjoyed during the race as they giggled while they tackled every obstacle on the course. This set a metaphorical example of how one must tackle every problem with courage instead of simply running away from it.

During these two weeks, the student of senior section too, participated in the competitions. Std V to Std VIII were participating in competitions like yoga, bookmark making, face painting, poster making and storytelling. The bookmarks and posters were stunningly made by the juniors. They were all so bright, colorful and creative. Mind blowing and inventive ideas were put forth on the posters and as face paintings. The mindfulness of the yoga poses done by the juniors were really appreciable and amazing.

Std IX & X participated in ball shooting and photography competitions. To be honest, almost everyone participated in this event. They were all so hyped up to get the highest score. This really worked very well for them, maybe, as it was due to the fact that they should start throwing their ‘balls of hardwork’ into the ‘hoops of achievement’. Anyhow the result was outstanding.

Finally Std XI had dumb charades competition. The participants cleverly acted out the given words to their teammates. The communication within the students was excellent, even though it was gesture movements, the teammates were excellent at guessing their partner’s actions. After this, the points were totaled and the articles were sent to the judges. The judging

process took nearly three weeks to complete as the teachers were busy with their regular classes.

To conclude, this experience of organizing and planning the competitions were really difficult but a real eye-opener. We were exposed to a lot of new obstacles but we did have fun with our friends by tackling every obstacle. This particular adventure made us stronger as a team as it strengthened the bond among us. This makes us to be thankful for the school that provided us this golden unforgettable opportunity

- **Dharshini. R (XII-B)**

A Spirited Sports Day

Annual Sports Day is an important event in the life of every school. Sports themselves have a vital role in making a child sound physically as well as mentally. The 36th Annual Sports Meet was celebrated with great enthusiasm in our school premises, on 27th July, 2019. The School's playground was overflowing with passionate and excited students. Zealous, young and tender souls who adorned themselves gracefully, representing their house, had assembled in the playground. The programme began with the arrival of the Chairman and the Director of the school after which the Chairman hoisted the flag. The students entered into the spirit of the occasion with the oath being administered by the sports captain.



The Chairman declared the sports meet open. This was followed by the first event, March Past, which was catalyzed by the morning sunlight, footsteps were tuned by the drumbeats and the ex-jeevanites were watching with wistful eyes. Students of classes 5 to 12 competed in events including sprints, relays, sack race and skipping race. The students displayed a wide array of colorful and reverberant events. The students of Std XII organized and planned the day encouraging team spirit and leadership qualities. The Best march past trophy and the overall champion trophy was awarded to the respective houses. Students mesmerized the audience with their energetic performances. The sports meet came to an end by congratulating the winners with medals and certificates. It was a red letter day indelible in our memories.

I Vinishaa (XII B)

SPORTS DAY CLICKS



A TRIBUTE TO TEACHERS



Jeevana never forgets to honour and entertain teachers on Teacher's Day. This year was no exception. We, the students of Std X, took a short break from our regular classes and trained ourselves hard for the day. We decided to entertain all the teachers, whose heart and soul dedication is to impart knowledge in us.

The first event of the day was singing of songs from various eras. The theme being '90 vs 2K Songs', gained the spectator's support after crossing a lot of hurdles. The next event, a play, clearly portrayed the 'Ladder to Success'.



The ladders are none but our teacher. This theme was on the backdrop too.

The dancing divas have set the stage on fire with their twinkling toes. The magic show was an 'out of the track' event, staged in Jeevana for the first time. Feast to the eyes of the audience was the drama with fusion of fictional and non-fictional legendary characters, who were our classmates. The play imbibed in our minds how important teachers are and also the need for friendship.

Following the feast, was the most awaited show, the boys' dance. We had to run of fire-extinguishers as the stage was set ablaze by the dancers!

The event was both learning and fun. The compères and the audience made the show a resounding success.



- **Monica V (X-A)**

Our Republic Day



Our school celebrated India's 71st Republic Day with great éclat. The students took pride in glorifying and celebrating the spirit of unity and brotherhood. The event began at 9 a.m. with the hoisting of the Indian National Flag by the Director of the school, Dr. Ramesh Sundaram. Sujitha, the Vice-Headgirl welcomed the gathering and compered the programme

Vinitha Sunder, the Headgirl, addressed the students and urged them to do their best and feel proud to be

an Indian. The students dispersed after the National anthem was sung and with the image of the fluttering tricolor in their mind and heart. May we continue celebrating this day forever!



(Click here for the Headgirl's speech : <https://www.youtube.com/watch?v=RjW-yF6DDBU>)

PROUD MOMENTS – STD VIII : ANNUAL PRESENTATION



The eleventh of January, 2020, the most awaited day for the students of Std VIII, for which they had been untiringly practising - day in and day out to showcase a dual program of a Stage Show and an Exhibition finally arrived after a long wait.

The idea of conducting such a dual program on the same day proved to

be effective. It gave a lot of scope for the maximum participation of the students in at least one of the programs, be it a Stage Show or an Exhibition

based on their curricular or co-curricular skills. It even gave them the freedom to display their skill in the respective field.

The students seemed to be rocking the stage by their splendid performances ranging from the Prayer song which was invoking the almighty's blessing to the skit – both in Tamil and English demonstrating their speaking and acting skills to the dances both classical and semi classical proving their integrated dancing skills synchronising with the song and the beat. As usual the fantabulous performances of the



dance shows with their colourful costume and attire undeniably stole everyone's eyes and hearts. The audience was enthralled to watch their kids on the stage. The air was filled with joy and excitement. After the show the audience was found to be strewn in different directions, heading

towards the Exhibition rooms. Several rooms were allotted for several subjects like English, Math, Physics, Chemistry, Biology, Geography, History and Physical Education etc. There were dioramas, game shows, exhibits, cut-outs, puppet shows, hand-made projectors and displays pertaining to each of the subjects.

Parents and teachers participated in the game shows and quizzes conducted by the students with full enthusiasm. The day was a grand success as it entranced joy and ecstasy in students, teachers and parents by giving them "**PROUD MOMENTS**".



- **Ms. Aruna Manikandan**

STD VII : ANNUAL PRESENTATION AND EXHIBITION

The stage was all set for the students of Std VII on 7th December, 2019, to showcase their talents and versatility on the Annual Presentation. The same revived the spirits of the parents.



The English Skit "The Selfish Giant" grabbed the attention of the audience by the amazing eloquence of the students and splendid music. The puppet show added flavour and grace to the skit. No wonder the Tamil skit brought the memories of Tenali Raman to the audience. The story may be familiar but the outfits and acting were the most highlighted one. The stage paved way for the girls to tap on the floor. The girls in their sparkling apparels tapped their feet with their elegant movement and synchronised with the music. Bharatanatyam, one of the oldest forms of classical dances, took its place on the stage and gave the Annual Presentation a graceful end. The costume, the blend of song and the dancers' movements glorified the performance. The applause from the audience would be an ever green remembrance. From the Annual Presentation, the audience took the path to the exhibition which waited to give a feast to their eyes. English, The language of the skies welcomed everyone and made every kid and adults play vocabulary based games with joy. Besides this, display of the models of the Fairy Tales 'Tinker Bell', 'Snow White' and 'Frozen' were attractions to the visitors. It was fantastic to see the rendezvous of various fairy tale characters with the prince in the castle. The tower with the famous mathematicians gave a warm welcome to all. There were many exhibits showing easy methods to solve various mathematical problems. The entire room was filled with colourful charts. The chemical smell enticed the visitors into the room of experiments. The experiments made everyone venture into the field of science. The experiments were age appropriate and were well

explained. Stepping into the past is a real thrill. The puppet show on Rise of Christianity thrilled and amazed all. The display of the layers of atmosphere and a map of the Antarctica made one know the connectedness to the world. Traditional games were well designed and explained by the students. Moving towards the modern part was the computer world. The computer lab was crowded with the visitors to know about the latest programs.

The day did not end without inviting the visitors to the art and craft show. Hidden inside the colourful exhibits was the wonderful work of the nimble hands of the students. The games show was an interlude to the exhibition. It relaxed the minds of all by giving everyone a chance to play various games in the open air auditorium.



The displays and the working models stand a testimony to the students' effort and interest in the exhibition. The day ended gaily with the smile and sweet memories in all.

- **Ms. Diana**

STD VII : ANNUAL PRESENTATION AND EXHIBITION - PHOTOS



STD V & VI : ANNUAL PRESENTATION

New Year brings new hopes and new challenges. It is also an eventful time when most schools organise the most important event of the year, the Annual Presentation. Celebrating the school annual presentation provides the school with an opportunity to showcase its achievements. This function also gives students an opportunity to showcase their various talents and interact with their teachers in a more informal environment. From dance performances to plays and musical events to speeches, the school annual presentation is one day that is eagerly anticipated by children and parents alike every year and we witnessed one such memorable moment on 15th February, 2020. Incorporating music is beneficial to both the teacher and the student as it strengthens the bond between them. Jeevana always sets its standard to a new level by exploring such concepts which was evident through their motivational action song and choral recitation, an extension of the classroom learning. There has been no doubt about the role of drama in a child's development. Jeevanites were trained to excel in such skills through their skits like Akbar & Birbal, King Lear, Vikatakavi, books to movies presentation and musical skit which developed their creativity, expression, confidence, teamwork, communication and language. Keeping children focused is yet another challenging task for teachers and training them in mime not only keeps students busy but also focused on developing their acting skills. Our witty children of Jeevana took the show to the next level through their 'Tradition vs Trend' mime. As we all know, music and dance always has the power to make anyone tap their feet, dance is more than just a way of exercising and entertainment, it is a way of communicating. Through dance, children can gain a multitude of important developments such as sensory and spatial awareness, coordination, concentration and mobility. The final bang with the different genre of dances stole the show starting with optical illusion dance, rhythm of India, yoga dance, folk dance, garba and classical dance leaving the audience awestruck. Hats off to the entire team!

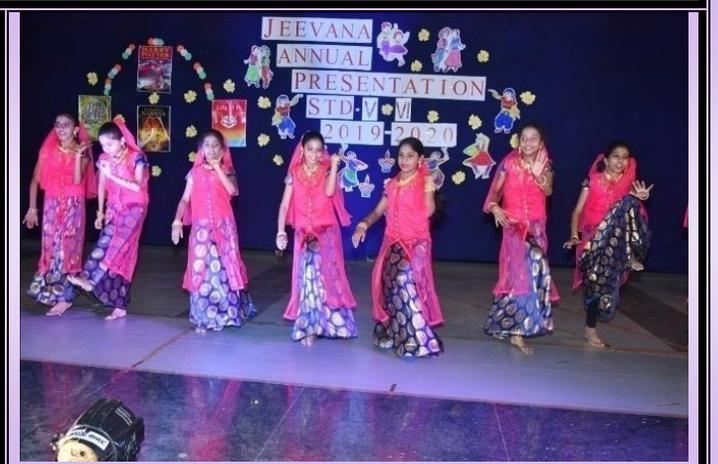
- **Ms. Priadarshni**

Std V & VI celebrated their Annual Day on 15th February, 2020, with great zest and joy. The evening witnessed a spectacular collection of multicultural, entertaining and thought-provoking stage performances by the students. Flawless dialogue deliveries, dance choreographies and colourful costumes revealed the excellent hard work of both the teachers and the students.

The valuable guidance and encouragement given by the teachers made the students perform elegantly. There was an emotional touch in the entire program. It was such a pleasure to be there in the function. The massive effort of our efficient and hardworking teachers behind this led the function to a grand success. My hearty congratulations to all for your mind blowing performances! Kudos to the entire team of teachers!

- **Ms. Latha. N**





STD IV : ANNUAL DAY



Std IV Annual presentation was extremely good. Each and every event was mind-blowing. The skit was the master of all, the clarity in speech was awesome and we were spellbound listening to their accent. Dances were wonderful with excellent coordination and the spectacular impression

made by the classical dancers was amazing. Thunderous applause filled the auditorium and our heart.

- **Ms. Pearlin Ruby**
Coordinator (KG Section)



STD IV : EXHIBITION



With an endeavour to promote creativity among budding young students, the exhibition and the presentation of STD IV was organised. It was a great opportunity for the students to showcase their talents in various fields (i.e.) English, Maths, Tamil, Science, Social, Computer Science and Value Education. The exhibition was held on 25th January, 2020 with lots of splendour and grandeur.

The students put in their best efforts to make the exhibition interesting with their innovative exhibits. The exhibits were attractive and colourful for they had

been prepared and designed well by the students. The students were obviously enthusiastic about their work.

The visit to English exhibition was really worthwhile. Fantasy and reality are two opposing themes but the “Alice in Wonderland” exhibition brought fantasy to reality with all the settings on point, made by the students themselves. Harry Potter’s exhibition was a valuable learning experience about the process of converting an interesting series of books to wonderful exhibits.



Maths exhibition was really a motivation, students made wonderful models on various topics. It obviously gave an exposure and confidence to present different ideas. The highlight was, the students dressed up as mathematicians.



There are no words to describe the Tamil exhibition where they brought out the Indian culture and tradition through various exhibits and especially the “kummi” dance.

The students of the Science exhibition displayed many self designed working scientific models and projects.

They gave detailed explanations about their project.

The students of the Social exhibition portrayed rich cultural heritages of the different states whilst paying tribute to the Great Mahatma Gandhi. They even offered saplings to the winners of the games which was indeed a beautiful way to save nature.

The students of the Computer exhibition gave their best in making presentation and more in Computer lab. The icing on the cake was the beautiful value education displays of all the activities the students had done in the classes. On the whole, every visitor applauded the students for their novel ideas .The day was certainly a grand success.



- **Ms. J. Malathy Petricia**

STD III & IV : SPORTS DAY

“Plant a tree, plant a tree so that next generation can get air for free”
“Don’t make Trees rare, keep them with care”

The Spirit, the will to win and the will to excel are the things that endure.

These qualities are so much more important than the events that occur. The sports day presentation was held on 6th September, 2019, with the theme save water and save tree. The day was commenced by the blessings of almighty through our prayer song. The first event was the March past. The four groups with their different colour sports attires mesmerized the parents. Third standard students performed the mass drill, it was thought provoking. They performed the exercise based on saving tree and saving water.



The action showed was conservation of water, not to cut tree, sowing of seeds and to plant trees. That was a very positive gesture towards a greener earth.

United with the spirit of Olympics the boys of standard 4 performed the mass drill with the central theme of the 2020, summer Olympics. The students performed different exercise based on the games like Boxing, Archery, Short put, Badminton, Shooting, Weightlifting, Table tennis, Fencing. It not only inculcates a spirit of healthy competition but also fosters friendship, sportsmanship and commemorates the 2020, Olympics. It showed the debut of several sports like karate, surfing and skateboarding.

The girls of standard 4 performed the excellent aerobics dance for the “Kerala boat song”. The energetic & graceful performance of girls took the audience to the real feel of the God’s own land. The aerobic help the students to improve the mental health, reducing stress and help to stimulate bone growth.

The most interesting and throbbing part of the day was track events



like running, zig zag, relay. Race gave an opportunity to the students to showcase their strength, agility, unity, understanding, will power and team work for various forms of sporting activities. As the saying goes, Talent wins games, but teamwork and intelligence win championships.

- **Ms. Deepa Wesley**

STD III : PRESENTATION AND EXHIBITION



On 15th February, 2020, we had our Annual presentation and exhibition. All the performances were really appreciable and the kids were brightly dressed and looked awesome in their festive outfit. Children performed well and showed off their talents in front of everyone.

In the exhibition, it was inspiring to view the way the kids explained their displays and

working models tremendously. The group tasks were prepared in a pleasurable manner, through which the children were made to learn cooperation, teamwork and trust in them, which was appreciated by the parents.

- Ms. S.Gayathri.

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PRESENTATION CLICKS



A VISUAL TREAT - STD I & II : SPORTS DAY

The 36th Annual sports meet was a fantastic event. The weather was good enough that the kids' efforts were undisturbed. The highlight of the opening ceremony was the 'March Past' by the little jawans (a real visual treat, infact), so beautifully displayed by the zestful innocence of the kids.

The students eagerly participated throughout displaying great support for each other with lots of cheering and good sportsmanship. We are aware that kids are not always easy to deal with, but the patience and the firmness of the teachers make a huge difference.

The running commentary given by the teacher was loud and clear and it was a constant source of strength and support guiding them all the way.

On behalf of all parents, we take an opportunity to thank all the teachers and headmistress who have put in a lot of effort for making the day a successful one.

The message was clear "FROM LITTLE SEEDS GROW MIGHTY TREES".

Ms. L.Ramanidevi

Parent of Jaicharuvidhula (II-E)

ENTERTAINING AND INFORMATIVE: In a typical unassuming fashion, the Annual Sports Presentation for classes I and II began exactly on time. As soon as the event was declared open by Mr. Gunaseelan, HOD – Physical Education Department, our attention shifted to the children.

Some leeway was required and provided for events featuring kids. All the events here unfolded like clockwork, with the cooperation of the kids and the obvious meticulous planning and training of the associated staff and teachers.

The events chosen were unique and engaging. Every child beamed on completion of his/her part and joined the spectators on encouraging their friends. From Soccer cone game to showing how to save rain water, the events were entertaining and informative.

Ms. Mythili, who kept all of us apace with the events, ably compered the show. It was also gratifying to note that when one child tripped and fell, immediate attention was provided including first aid, but the show wasn't interrupted. That showed the experience and temper of all the staff.

As parents, we sometimes become more competitive than our kids. So, not awarding prize was refreshing and helped the kids and parents enjoyed the event without stress. The event ended just as it began, crisply. The overall organization of the event has set a high bar and our expectations have risen accordingly.

S.Srikumar
F/o S.Surabhi (I - C)

STD II : ANNUAL DAY

The Annual Day for Std II was on the 9th of January, 2020. The entire show was excellent and engaging. To be specific, Mime was extraordinary. Actually, a few days before the Annual Day, my son, Prathamesh often used to instruct me not to use mobile phone while driving, though actually I had stopped the vehicle to attend a phone call. He seriously insisted me continuously not to use mobile while driving. Initially, I could not comprehend from where he would have got such a thought and awareness. He was inspired even during practice and rehearsal itself and was able to grasp the message. Later, when I attended the Annual Day presentation, I realized that the school has imparted such awareness in him.

My special thanks to the Headmistress, coordinator and all the teachers who guided my son to dance with patience and brought great impact and awareness in him. On the whole, all the events were very nice. Thank you for your support.

Mr. ANANDARAJ G
F/o Prathamesh (II E)

ANNUAL DAY'S CLICK





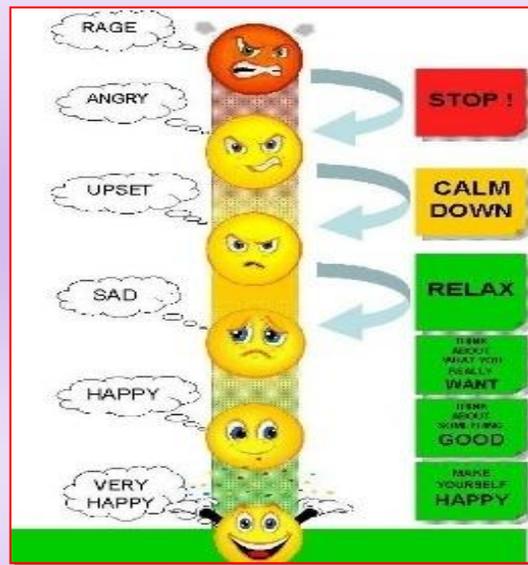
HAPPENINGS IN JUNIOR SECTION

The new academic year was ushered in on 3rd June, 2019. We were able to see the eager faces of the tiny ones in their bright uniforms. They beautifully adapted to the new class rooms and

teachers.

Special sessions:

We conducted the special sessions on 'Anger Management'. The Resource persons Ms. Hema. S. kumar and Ms. Deivanai were very happy as the kids responded well and the sessions were very interactive. It was an enriching experience to our kids.



OUR SPORTS DAY

Our sports day was on 22nd August 2019. Children were looking resplendent in their uniform. The program started with a prayer and the parade that followed was a feast to the eyes. The Mass drill is an extension of the regular stretches they do in the class. In the junior section we follow Team games. These games develop Self-esteem, Team work, stronger relationships and Time management. Children of the various sections participated in the team games with full energy and enthusiasm. Healthy life style game, It's a beautiful day, Soccer cone game, Overcoming hurdles, to name a few. The game save water, save earth was an eye opener and children learnt all about rain water harvesting. The highlight of all was the flag relay event which evoked patriotic feeling in all our hearts. All in our sports day was totally fun and it was very informative. Hats off to our Jeevanites.

Sports Day's Clicks:

PARADE



MASS DRILL

SAVE EARTH



BORN TO ACHIEVE

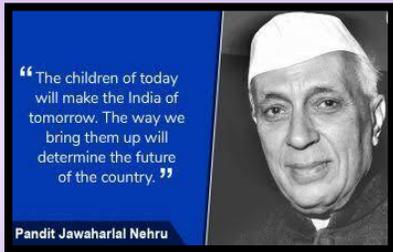


FATHER OF OUR NATION

Mahatma Gandhiji's 150th birthday was marked by children singing his favourite Bhajan 'Raghupathi Raghava Rajaram'- we had kids dressed up as Mahatma Gandhiji. Speeches were organized and children shared their views on Patriotism, Ahimsa and Satyagraha.



CHILDREN'S DAY



Children's day was celebrated with great pomp and splendour. Children were looking beautiful in their grand dresses. We had party games and a puppet show. Children remembered Pandit Jawaharlal Nehru, the first Prime Minister of India and his contribution to our Motherland.

Ms. Mythili
Headmistress (STD I & II)

STD I : ANNUAL DAY PRESENTATION

I had a wonderful opportunity to visit my kid's Annual Day presentation. The children presented the skits very well with proper intonation, pronunciation and delivered the dialogues in an excellent manner. The dance movements with colorful costumes were very attractive. It was a visual treat.

Through Mime the children depicted how to follow safety rules on the road. It was a marvelous performance above their level. I really enjoyed the show. Hats off to all the teachers who trained the children in a beautiful way!

Ms. Gayathri
(M/O, Dushan Dev - I 'B')

ANNUAL DAY CLICKS



KINDERGARTEN : SPORTS PRESENTATION

line comes Tippy Tippy Tap Toes where children balance a bean bag targeting different areas of the brain and the body at the same time for better balance and coordination.

Knowing our history always saves us for life. Chronology of Communication is one such activity as we all know communication brings people together and our children beautifully communicated the history of communication.

Though kites can be flown alone it feels great when the activity is carried out in a group. Our little kite flyers socialized with their team in this activity. Awe is an important emotion that helps us get outside ourselves. Water is one of the best sources of wonder, and our little boatmen made us experience this awe feeling with their boating style.

The magic in life is hidden in the emotions, relations, dreams and experiences people share. Our budding roses made us realize this blessing through Strangers Magic. The key ingredient that separates champions from everyone else is not talent or ability. It's how you handle your failures, setbacks and mistakes. Our stepping stone to Success taught us this important thought for the day.

Merriment and love of life are semantically related as they bring in cheerfulness. Our Matchless Merry making clowns filled the air with cheerfulness. Last but not the least, our children had an end note by pointing out that we plant trees which not only saves nature but also saves human.

S Logambikai
Headmistress (KG Section)

SNAP SHOTS OF SPORTS DAY (KG SECTION)



SNAP SHOTS OF SPORTS DAY (KG SECTION)



The Power of music : Thyagaraja Aradhana



Power of music knows no bounds. Its divinity and serenity can cure any kind of illness in our soul and body. The tint of spirituality and delight of Carnatic music can drive everyone to the seventh heaven. Saint Thyagaraja is one of the greatest among the Carnatic music composers of South India and one among the musical prodigies of all time. His Keerthanas about gods are of delicate spirituality, full of melodic beauty and in the highest sense artistic. Every year this remarkable festival falls in the month of January in Thiruvaiyaru.

As you are aware, we are doing our best to showcase young talent and encourage them by providing a platform to perform. We believe that such opportunities will motivate them to take up music with a greater passion.

Every year, our students present a small vocal recitation on Thyagaraja Aradhana day, in the school. This year 72 students from Std III to Std VIII took part in the rendering of 'Pancharatnakriti' associated with 'Thyagaraja Aradhanai' on Saturday, the 11th of January, 2020. The children were led by the vocalist Mrs.RajaPriya along with Mrs.Meenakshi, the violinist, Mr. Bharatwaj, the flute master and Mr.Vigneshwaran, the Mirdhangam trainer. The rapport between the singers and the supporting performers were extremely good on that day. The audience enjoyed the children's performance and it was a divine experience for them to be a part of the presentation. The focus of the children was highly appreciable. As Plato had quoted, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything", the children arouse and expressed a wide range of positive emotions, including joy, contentment and a sense of curiosity.

This early initiation into Carnatic music will not only bring in discipline but also make them good rasikas of Carnatic music. We take this opportunity to thank all the parents who have encouraged their children and appreciated them wholeheartedly after the presentation.

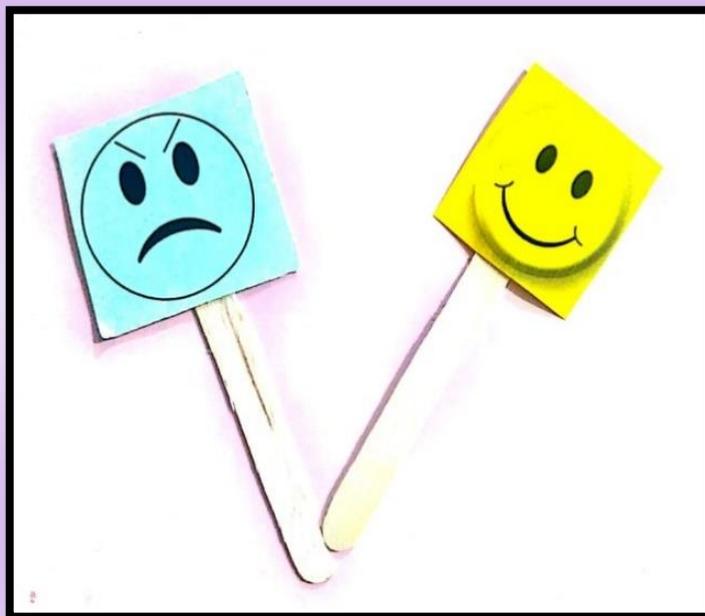
Ms. Renuga Ramesh
Headmistress (STD III and IV)

ANGER! IS IT MANAGEABLE?

At one point of time in our life, we would have experienced this impulsive emotion called 'ANGER'. The better we know to manage it, a better person we become. As adults and the so-called grownups, we at times fail to manage our own anger, but we expect our tiny wards to control it. With a little effort, everything is possible. Having this as the key concept, it was thrilling to enter a class full of approximately forty students with bubbling energy.

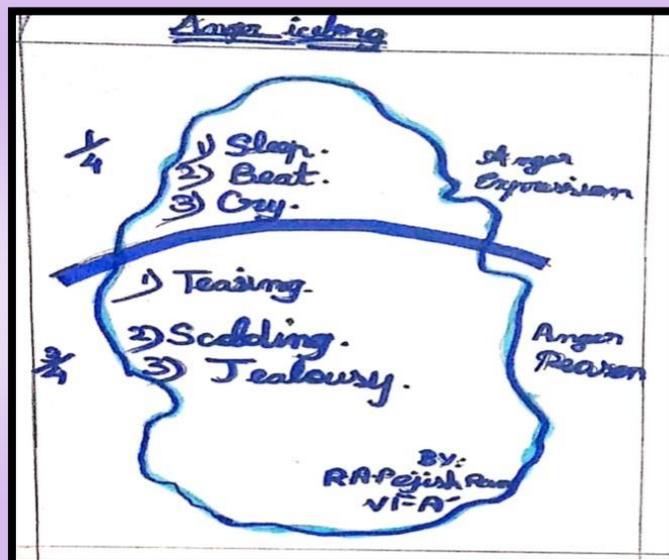
The event is a special session on "Anger Management", It was conducted for Std V and VI students in the last week of August, 2019. All the students participated eagerly. They enjoyed the activity named "**Paper lollipop**". Two different smiley faces, one with a smiling face and the other with an anger face, were attached to an ice cream stick each. Both the smiling face and the anger face sticks were placed in front of every child. They were asked to choose between the two. Nearly, 99% of the children took the smiling face.

A few who took angry face were asked for the reason, the reasons were, "I want to be different" and "I often get angry".



They were asked to show the lollipop sticks to their neighbours. The child next to another child, who saw the angry face was not happy as they have shown an angry face. Realising this, the rest 1% of the students also changed to the smile lollipop. A probing question was put forth - When everyone wants to see only a smiling face, then why should we show our angry face at others? Session's purpose was obtained here.

Without any pause we passed on to the next activity named "**Anger Iceberg**". Younger generation is smarter and logical; they need appropriate reason for accepting what so ever is told to them. The concept of iceberg was explained to them. Three fourth of our anger triggering reasons are hidden like an immersed iceberg whereas rest other one fourth of the iceberg popping out is the expression of



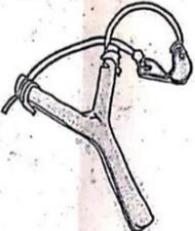
anger. Unless or until the immersed part is addressed, changes cannot be brought out in the external behaviour. Then discussion on anger outburst and the actual reason behind the anger were written by the students.

A worksheet on anger management was provided to all the students, it had three categories of options, like immediate remedies, long term management

and some fun based tricks to manage anger. Each category of options was explained to them. They were able to relate it with their own life and were able to choose the best options that suited them.

JEEVANA SCHOOL, MADURAI
'Special session on Anger Management'

Name: Aradhya Devarajam class & sec: V.C

<p>Everyone has anger triggers, or things that make them angry.</p>  <p>What makes me angry? <u>When my sister takes my things I get angry.</u></p>	<p>When I am angry, I can point that energy in an appropriate direction.</p>  <p>Where can I redirect my anger? <u>Kick a pillow, Play with a doll, See the mirror while I am angry.</u></p>	<p>Choose one option from each of group of the following:</p> <p>During the anger outburst:</p> <ul style="list-style-type: none"> • I will take deep breathe. ✓ • I will drink some water to cool myself. • I will move away from that place. • Taking a shower. • Cry or sleep- then forget it. <p>Long term remedy:</p> <ul style="list-style-type: none"> • Talking to an adult about it. • Cycling/walking/Dancing. ✓ • Hearing music/drawing. • Doing exercises regularly. • Write it down in a paper, tear/crumble it & throw it. <p>Fun time:</p> <ul style="list-style-type: none"> • See the mirror while you are angry. • Keep funny faces at the mirror. • Kick a pillow. • Play with a pet. ✓
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A Few

feedbacks:

- ✓ I will get angry frequently - shouting at the members of my family, beating my friends, using bad words – later, I will feel very bad about it. Through this session I have learnt how to manage it.
- ✓ Now, after this session I am feeling relaxed and I will try to control my anger.
- ✓ I could understand reason for anger and how to overcome my short temper.
- ✓ I will definitely try to overcome teasing and bullying habits, which lead to many of our friends getting angry.
- ✓ I was able to think about myself. I know what to do immediately when I get angry.

It was a wonderful and satisfying experience with vibrant children, their curiosity bore fruits. Now they are better informed and will be able to take varied choices to manage their anger triggering situations.

- **Ms. V. Chandraleela**

Social media, however, is a broad term. Looking at the technical definition, many websites and apps could technically be seen as “social media” even those whose main demographic is kids. Social media is a wider audience for them to shine, to post their favorite pictures, show off their cool friends and fashion or dancing skills.

There’s no doubt that we live in a digital world and as our children become more and more tech savvy in this digital age, it’s important that parents maintain a vigilant sense of security when it comes to our children’s online presence. Kids aren't being informed about Instagram and other social media apps from their parents—they are learning from friends, peers, older siblings, and other influencers—so it is important that parents take an active role in encouraging conversations."

Social media can be scary for parents and their kids — but by helping them to be smart with their choices, you can also help them to stay safe.

Here are a few tips to teach your child good social media habits early:

- ❖ Educate yourself about social media
- ❖ Establish an age limit for your child to start using social media
- ❖ Regularly check your child’s privacy settings.
- ❖ Keep your child’s profile private.
- ❖ Make sure they’re not posting personal details, including phone numbers, address, or check-ins.
- ❖ Don’t allow them to post photos or videos which jeopardize their safety or character.
- ❖ Make sure they choose a strong password.
- ❖ Never allow them to accept friend requests from people they don’t know.
- ❖ Set guidelines/rules for their social media use.
- ❖ Keep an open dialogue with your child.

I’m not saying that as long as our kids are not exposed to it, they are safe. I’m saying that our job is to protect our children as far as we can. I want my children to know that the sun does not rise and set on the internet’s ‘bottom’. By practicing positive social media habits yourself, you're setting up your children for a positive, rewarding, and inspiring social media experience.

- **Ms. Arul Jothi**

MY SCHOOL

My School

I love my school

It is really cool

Sadly there is no pool

The teachers here are hard to fool

The people are not too cruel

When we follow the rule

You would kill for this cool school

S. Kanishk, VIII A

THE UNINVITED GUEST

Thunder and lightning
Fire in the sky,
The whomping branches were frightening
Through the window high.

A nerve-racking noise,
And the lights were out.
I screamed at the top of my voice
But none heard me shout.

I was not alone.
I did not want to give an ear
to the chilling moan
which came near.

The winter freeze was making me shiver,
While the moon was turning red,
I heard a spooky whisper:
"I am under your bed".



-
S.B. RAKKSHA (XII - B)

A VISIT TO HAPPY ELDERS' OLD AGE HOME



Make a difference committee of our school has always played a significant role in bringing smile on the faces of 'the people in need'. We the students of Std XI, this year as members of this committee, had pleasure in representing our school in the distribution of necessary commodities to the HAPPY ELDERS' OLD AGE HOME.

We loaded our school van with the packed boxes

containing the merchandise. We finally unloaded them and handed over the boxes to the residents of Happy Elders' Home.

The residents of this Home may be weak but their hospitality is non-parallel. They served us some juice and snacks. They performed poojas for everyone's well being and good wealth. They extended their thanks and gratitude by offering special prayers to the Almighty for the growth and prosperity of JEEVANA and JEEVANITES and that His showers of blessings always fall upon us.

We introduced ourselves to them and they shared their sardonic story of how they ended up in an old age home. In this particular old age home the residents on the contrary seemed to be happy living there instead of their own 'home sweet home'. Some of them told us that they joined there by themselves and some were admitted there by their neighbours.

The place is surely a blessing for the aged who have been neglected by their children. It was a clean and tidy place just like a place of worship. One would get the feeling of entering a holy place when one enters that Home. Since we visited them two days prior to Diwali i.e.25th October,2019, we exchanged greetings and bid them good bye.

O' woe the day!

It was sad to realise and feel what a dutiful parent would feel when their own children, whom they have taken care, fed, educated and poured their love leave them in a miserable condition - a condition where they need them. To sum up, it became a red letter day in our life. It is an ever lasting memory for all of us who went there.

**MAKE A DIFFERENCE:
SOUNDARAMEENA.R (XI - C)**

HAVE YOU EVER ENJOYED THE JOY OF CHARITY?



“He who has never denied himself for the sake of giving, has but glanced at the joy of charity”, says a famous quote. Recently, I too felt this joys of charity when it was decided by the “MAKE A DIFFERENCE”

Committee of our school to visit “INBA ILLAM” on 10th January, 2020, an old age home in the outskirts of

Pasumalai, which is situated amidst a pleasant natural environment. Fortunately, the day had been my birthday too. We reached there around 10.00 a.m. We, a group of 11 students, with our games teacher Ms. Rochas, were there for an hour.

Nearly 36 old people are there who are abandoned by their children. It was an emotional experience for us! We distributed some of the essential items that they would need everyday like branded coconut oil, Shampoo bottle, Soaps, Detergents, Biscuits and Grocery items to them.

It had been a happy and an unforgettable experience in meeting those people and spending time with them, which made one thing clear in my mind that I should take care of my parents well when they become old.

Parents! Who are they? They spend their whole life, thinking about our welfare, happiness and the upliftment of our life. Is it not our responsibility to take care of them when they grow old? Yes, this visit had taught me to value my parents. Also I observed that those people spend their time in the lap of nature without any modern gadgets, surprisingly, were very happy, without a television set, mobile phones and Internet. I realized how much time I waste on those gadgets.

On the whole it was a wonderful and different experience.

- **R.SHIVARAM (VIII D)**

THE POWER OF VEGA STAR

Success is the star that comes along with me,
In the journey of my victorious life.
This is not just a star that all can own,
But a unique star that showers triumph.
When the path is full of obstacles and struggles,
It may be too difficult to detect this star.
But once it is found, it never lets you down,
And this is the only star of victory.
One who seeks this star with truth,
Will have a journey magical and smooth.
Success, happiness and wealth
Be yours every minute, second and hour
By the VEGA STAR, the Supreme power!!!



- **S.Vikasni (VIII – B)**

PREPARING TEA FOR MY DAD



On a pleasant and wonderful Saturday, I prepared tea for my dad. It was a simple task and a not-so-great accomplishment. My dad was suffering from fever but he still drank the tea that I had prepared for him and I think that was the reason that he got higher fever that day! Even though my dad had fever, he had judged the tea that it was a bit cold but tasted good. I really love the smell and the taste of tea. If I had prepared tea for my mom, she would have said that it was nice and would have explained the mistakes that I had committed but my dad explained the minute details in it. It was the first time ever I had prepared tea in my life and I had a very unique experience. My mom stood beside me and instructed what must be done. I am always afraid of switching on the stove, so my mom switched on the stove. I poured a cup of milk in the bowl and boiled it for 3-4 minutes. Then I added the main ingredient: the tea powder. When I took a spoon of tea powder from the container, and when the excess of tea fell from the spoon, it was so satisfying to watch. It was like the advertisement for Nescafe, but in slow motion. The most satisfying part is when the milk boils with the tea powder. Then I added the tea powder to the milk. It was really satisfying. It was like a less dense island floating on top of water, except that, the water was white in colour and the land was barren I was staring at the milk and observing it very closely. I was told to add sugar when the essence of the tea powder mixes and boils with the milk, by my mother. My mom left to do her other chores which were

time-eaters while I was still standing and observing the tea. After 2-3 minutes, the colour of the tea changed and there was a lactoderm [Malai] that was formed, like the surface of the donut and a hole inside with the tea powder. Then I was poking the lactoderm, which was awesome and so satisfying. Some may like playing with these substances but some may don't like playing with these substances so I am considering this as oddly satisfying. Finally, the essence mixed with milk and the colour was a lighter shade of maroon.

I didn't taste it since the tea was too hot. The aromatic smell lifted my spirits. The tea powder was completely mixed with the lactoderm and was clumped aside because of boiling of the milk. I took a glass that was washed by me and added two teaspoons of sugar since it was tea. Then, I switched off the stove and filtered the tea; the residue of the tea was spongy but when I had touched the powder before being boiled, it was rough and then it became spongy, as I said. When I served it to my dad, he first teased me, but after drinking it, he said that it was better than expected. In the same way, I have done cooking and many things like preparing dosa, cutting vegetables, etc. When I started doing things like these, my parents were not comfortable and after a little time later, they appointed me to do these things since I had the ability and the strength. So, this experience was an experiment on my dad and a test of my ability. Finally, I did something that was good and tested my ability. I had an awesome sense of frisson. It was worth my while actually.

N. GOKILAVANI (IX – D)

JEE : TOPPER AMONG FRESHERS

N. LOGA SUBRAMANIYAN of Std XII-A is the topper among freshers in MADURAI district in JEE Main (Phase 1) January, 2020, with 97.63 percentile. Congratulations & All The Best Loga !



YOLO (YOU LIVE ONLY ONCE)

Lovely Evenings:

Sitting alone with trees as my companions
And staring at the grey cloudy sky,
Was wondering how I would clear it without
any hurdles,
Wondering how I would reach the moon
(goal),
And how I would overcome the fear of failing-
I watched the airplane passing high above the clouds.
I felt optimistic that one day I will reach the Moon.



Dear Diary,

I Wish I had played than doing lots of homework with stress.
I wish I had been appreciated for improving a bit (for which I sat all day
and night preparing)
And not getting scolding for scoring 75 %.
I wish the next generation would come to school without such stress and
enjoy school life with less Pressure.
I wish the education system changes and no one else need to undergo the
stress that I had experienced.

- Sincerely
The Average Scores.

Dear Dad,

I don't want all those expensive gifts,
I don't await the surprises offered,
But you should know what I yearn for-
Despite your busy schedule the whole day,
I just wish you'd talked to me at the end of the day
And poured your care and love on me. That's my
carving wish.

-MANSI MANEK (XII-A)





FLASHBACK

Turning back to those pages,
Where we had nothing on our faces,
Other than a smile.
Toast to those days when we were together,
And now we wait to get together.
Things were right every minute,
But now we are apart every second.
Time is passing like a paper moving above a river,
That I am unable to catch.
Flashbacks flicker by when I think about it.
Generally it is said, 'Time is priceless'
Now I long for those days to come back,
For those days are just a remembrance now.
The sky can't be touched but can be seen,
And I am entranced by those memories all day long.
We danced, sang and even fought with each other
And these small fights took us apart and I hope
Someday we will come together as we did before,
We never gave up on each other.
Sometimes, when things were tough for one
The rest gave their shoulders to rest on.
Now we sleep to forget our sorrows but at last
Those good memories wake us up.
We get flashbacks when we wish to
Live, hoping that we would meet again.

- **Rohith Selvakumar & Pragathees [XII B]**

THE SECOND 'HOME'

With silly fights,
Shared snack bites,
Jolly pranks,
Among my comrade cranks
Happy was my school life.

Things changed.
Darker the days grew,
Scarce were the smiles.
We grew up into distance,
Of a million miles.
It was no more a dream,
Going to school
Casual, it's a rugged theme.

I sunk
Between the deluge,
And my fraught gasps,
I saw where I was headed to,
The edge of the abyss.

I held onto the faded light,
And swam against the tides
To escape this rotting blight.
And when I did,
It was already over.

- **A.V. Sujitha & S.K. Rakksha [XII B]**

THE LEAP OF FAITH

The world is moving forward,
And I am running behind.
I gave up on so many things,
But still there is something I couldn't find.

'The perfect boy -', "How charming?"
"How more perfect can a boy ever be?"
But how left I felt in the crowd, laughing,
Not being the one I wanted to be!

As time streamed past, I could feel,
The dread crawling slowly in me.
I couldn't step beyond boundaries,
That drew in smaller and smaller, closing in on me.

The smiles and laughter faded,
As I increased further, my pace,
To move forward, to take the giant leap,
Out into the dark unforgiving space.

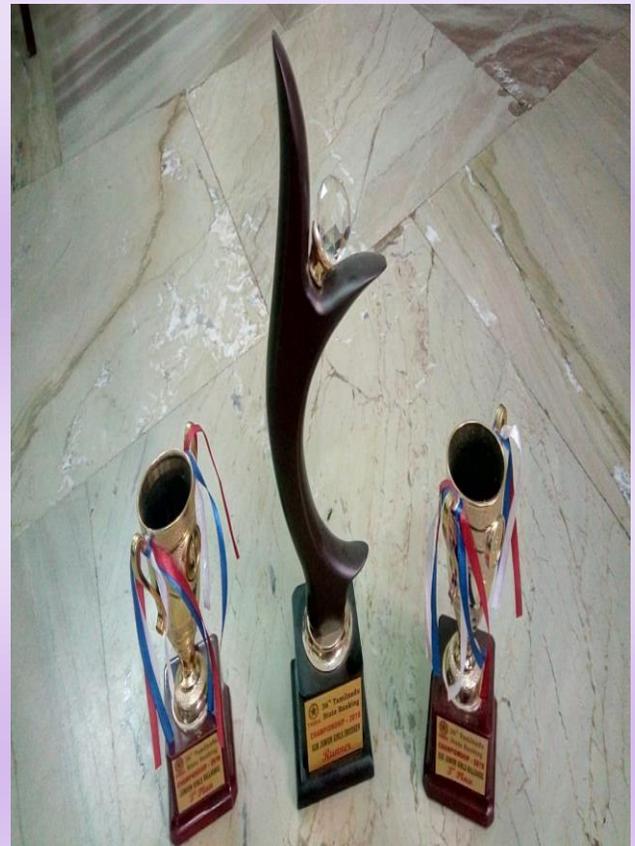
And now, the end has come,
I am about to take the leap,
But looking back, I could only see,
Little moments of chasm so deep.

And out will I go, mustering courage,
To start a brand new chapter in life,
Hoping that the world has a lot to behold,
And a chance to be a hero in the strife.

- **SV. Sushindhar & M.S. Nickil Vishwaa [XII B]**



SNOOKER CHAMPION : R.T.MOHITHA



R.T.Mohitha of Std XI B has won the Second Place (State No:2) in Sub Junior Snooker and the third Place (State No:3) in Sub Junior Billiards and Junior Billiards in the State Championship Competitions held at Chennai in December, 2019. She has also won the third Place (India No:3) in Sub Junior Snooker in National Championship at Pune in January, 2020. Congratulations ! Mohitha, you have made us proud !

SHUTTLE BADMINTON - GOLD MEDALIST : SANIA S (X-A)



Sania. S has won the following in Badminton Championship:

No	Name of the Tournament	Level	Prizes won
1	Junior International Badminton Series - Kathmandu	Mixed Doubles Doubles	Gold Medal Gold Medal
2	Yonex- Sunrise - Odisha 33rd National Sub Junior Badminton Championship 2019	U15 Girls Doubles	Winner
3	Tamil Nadu State Sub Junior Badminton Ranking Tournament- 2019 Namakkal	Mixed Doubles	Runner
4	All India nationals sub Junior Manipur	U15 Girls Doubles U17 Girls Doubles	Winner Runner
5	All India sub Junior Nationals Guwahati	U15 Girls Doubles U17 Girls Doubles U15 Mixed Doubles	Third Place Third Place Third Place
6	Yonex- sunrise	U17 Girls Doubles	Runner
7	Junior State Championship	U19 Girls Doubles U19 Mixed Doubles	Winner Runner

S.NO	NAME	STD	COMPETITION	PRIZE
1	JAIKASH.M.M	II A	CHESS TOURNAMENTS: STATE LEVEL ALL INDIA LEVEL DISTRICT LEVEL NATIONAL LEVEL CHESS CHAMPIONSHIP 2019, WEST BENGAL TAMIL NADU STATE CHESS CHAMPIONSHIP, 2019, SALEM	FIRST, SECOND THIRD MERIT AWARD SECOND
2	ASHWATH. K	III A	TURNING POINT – DRAWING CONTEXT	THIRD
3	NAVDEEP KRISH. K	III B	KARATE COMPETITION	THIRD
4	DEVA DHARSHINI K.S	III B	SILAMBAM KALAI KALAM	THIRD
5	HARIPRIYAN. N	III B	KARATE CHAMPIONSHIP	SECOND
6	SRI VAISHNAVI. M	III C	TALENT HUNT – ABACUS	THIRD
7	SRI VAISHNAVI. M	III C	RAMAN YOUNG SCIENTIST INNOVATOR AWARD	FINALIST
8	MITHIL SAI	III C	EYE LEVEL LITERARY AWARD COMPETITION	SILVER
9	PRANAV PANDIAN T.J	III C	DISTRICT LEVEL KARATE COMPETITION	THIRD
10	LEONARDO. K. MARX	III C	DRAWING & COLOURING TALENTZ FIESTA – DRAWING COMPETITION	FIRST SECOND
11	SHARVESH SANKAR. B	III C	TURNING POINT – DRAWING CONTEXT	SECOND
12	HAMSIKA. M.S	III D	THIRUKKURAL	SECOND
13	MITHRAN. H	III D	THE UNIVERSAL YOGA ACADEMY	SECOND
14	SHRIMAT SANJAY. A.S	III E	INTER SCHOOL ARCHERY COMPETITION	FIRST
15	VIDHUN. P	III E	KARATE ASSOCIATION OF INDIA	YELLOW BELT
16	IMMANUEL JOEL. W	IV A	DRAWING COMPETITION	FIRST
17	JAI KIRAN	IV A	RAMAN YOUNG SCIENTIST INNOVATOR AWARD	FINALIST

18	RISHWANTH	IV A	RAMAN YOUNG SCIENTIST INNOVATOR AWARD	FINALIST
19	SRINITHI	IV A	RAMAN YOUNG SCIENTIST INNOVATOR AWARD	FINALIST
20	JAI KIRAN. S	IV A	MADURAI DISTRICT SILAMBAM CHAMPIONSHIP	FIRST
21	YAZHINI VIVEK	IV A	DISTRICT LEVEL SILAMBAM CHAMPIONSHIP AND STATE LEVEL SILAMBAM KALAI KALAM	SECOND SECOND
22	P. ADYA	IV B	TAMILNADU SILAMBAM ASSOCIATION	THIRD
23	SANJAN. R	IV B	MADURAI DISTRICT LEVEL SWIMMING AQUATIC ASSOCIATION MADURAI * 50M BACK STROKE * 50M BUTTERFLY * 50M BREAST STROKE * 25 M BUTTERFLY STROKE * 25 M BACK STROKE	FIRST SECOND FIRST FIRST THIRD SECOND
24	AADESH. P	IV B	TAMILNADU YOGA FESTIVAL	SECOND
25	MITHUN ADHARSH	IV B	RAMAN YOUNG SCIENTIST INNOVATOR AWARD	FINALIST
26	KRISANG. R.T	IV C	BADMINTON TOURNAMENT	THIRD
27	AYSHWARRYA SRI. A.P	IV D	AQUATIC ASSOCIATION MADURAI * 50M BACK STROKE * 50M BREAST STROKE * 50M BUTTERFLY	THIRD SECOND SECOND

28	VIGNESH KUMAR. M	IV D	TAMILNADU SILAMBAM ASSOCIATION	THIRD
29	HARISH MUTHU. M	IV E	TAMILNADU SILAMBAM ASSOCIATION	FIRST
30	BARATH SURYA. C.P	IV E	MADURAI DISTRICT LEVEL SWIMMING AQUATIC ASSOCIATION MADURAI * 50M BACK STROKE	SECOND
31	YAZHINI. S.K	IV E	* MADURAI DISTRICT BADMINTON ASSOCIATION * BADMINTON : U – 10 SINGLES U – 10 DOUBLES * STATE LEVEL OPEN BADMINTON STATE LEVEL OPEN BADMINTON TOURNAMENT	WINNER SECOND FIRST THIRD
32	MUKUL. G		NATIONAL KARATE OPEN CHAMPIONSHIP	FIRST
33	MADHU SUUDHANAN. S	IV E	SILAMBAM KALAI KALAM	THIRD
34	SHASINI S	V D	BADMINTON TOURNAMENT : PEACE SHUTTLERS	SECOND
35	K YUKTAAMUGI	V F	50M BACKSTROKE 50M BUTTERFLY 100M FREESTYLE (XI MADURAI DISTRICT SWIMMING MEET)	FIRST PLACE
36	JEEVESH M P	V A	STATE LEVEL SILAMBAM CHAMPIONSHIP SOUTH INDIA SILAMBAM CHAMPIONSHIP.	THIRD THIRD
37	VARSHA J	VI D	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 GIRLS TEAM CHAMPIONSHIP AND UNDER 14 SINGLES TEAM CHAMPIONSHIP.	WINNER SILVER MEDAL

38	BALAPRANAV S	VI E	STATE LEVEL KARATE CHAMPIONSHIP TAMILNADU STATE INVITATIONAL KARATE CHAMPIONSHIP	THIRD (KATA) SECOND (KUMITE) THIRD (KUMITE)
39	VISHNU VISHAL.M	VI D	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP.	RUNNER
40	ABINAV P.S.V	VI D	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP.	RUNNER UP
41	ASHWIN.S	VI D	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP.	RUNNER UP
42	PRANIKA P	VII A	HEALTHY COOKING COMPETITION 'KIDDIBETES, 2019'	FIRST PRIZE (CASH PRIZE OF RS.5000)
43	VAIJAYANTHI.V	VII C	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 GIRLS TEAM CHAMPIONSHIP AND UNDER 14 SINGLES TEAM CHAMPIONSHIP.	WINNER BRONZE MEDAL
44	ASHWIN BHARATHI.A	VII C	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP	RUNNER UP
45	SHAILESH SRIRAM.R	VII E	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP AND UNDER 14 SINGLES TEAM CHAMPIONSHIP.	RUNNER BRONZE MEDAL
46	POOJAAH. B.M	VIII A	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 GIRLS	WINNER

			TEAM CHAMPIONSHIP.	
47	MEENAKSHI B	VIII B	ENGLISH ELOCUTION IN THE 'KIDDIBETES, 2019'	SECOND PRIZE (CASH PRIZE OF RS.3000)
48	TRINITY.K	VIII B	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 GIRLS TEAM CHAMPIONSHIP.	WINNER
49	DINESH . M	VIII C	NATIONAL LEVEL - MATHS OLYMPIAD	SILVER MEDAL
50	SHEA SANTHOSHI.S	VIII D	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 GIRLS TEAM CHAMPIONSHIP.	WINNER
51	CHIDAMBARAM.K	IX A	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP	RUNNER UP
52	NIVETHA.S	IX A	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 19 GIRLS TEAM CHAMPIONSHIP AND UNDER 19 SINGLES	WINNER SILVER MEDAL
53	POWMMIYHA.M	IX A	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 19 GIRLS TEAM CHAMPIONSHIP	WINNER
54	SANJANA.M	IX B	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 19 GIRLS TEAM CHAMPIONSHIP	WINNER
55	KISORE MUTHIAH.AN	IX C	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP	RUNNER UP
56	FAVAZ AHMED.S	X B	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 14 BOYS TEAM CHAMPIONSHIP	RUNNER UP
57	VAISSNAVI.V	X C	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 19 GIRLS TEAM CHAMPIONSHIP AND UNDER 19	WINNER BRONZE

			SINGLES	MEDAL
58	THEJASRI.A	X E	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 19 GIRLS TEAM CHAMPIONSHIP AND UNDER 19 SINGLES	WINNER GOLD MEDAL
59	SRI CHARAN.V	XI C	ASISC REGIONAL TABLE TENNIS TOURNAMENT, 2019, UNDER 17 BOYS TEAM CHAMPIONSHIP AND UNDER 17 SINGLES	WINNER GOLD MEDAL