

# JEEVANA NEWS LETTER



**2018-2019**

*For Private Circulation Only*

## FROM THE CHAIRMAN'S DESK

Dear Parent,

I am happy to inform you that Jeevana is entering its 35th year! It has been an interesting and invigorating journey. Our basic philosophy on education remains unchanged; to provide holistic education to children wherein they not only excel in academics but also develop other skills. This is being done by providing cc activities, club activities, games and the like. As we have moved ahead, we have been trying to keep abreast with technology and introduce these after close scrutiny. Programs like Mindspark and Extra marks have proved to be extremely beneficial in developing skills in students. In the last year we have introduced a new software by which homework and marks are sent to you digitally. Our VP, Ms Padma Chandrashekar has also had several counselling sessions for parents which I understand from the feedback received, have been extremely useful.

I am sure you do understand that a day school has limitations due to the time available. The parents have to play a major role in the development of children. I often find that with 'nuclear' families, parents often do not spend sufficient quality time. With the multitude of distractions that students face, parenting is a great challenge today. My advice is that as parents, we need to be firm sometimes but at the same time we need not resort to losing our temper. There are times when you have to tell your kids, "No more use of the cellophones/ internet for the day!" Children are also becoming more sensitive so parents need to understand their children well and handle them with care from a very young age. It will not be possible to enforce discipline one fine day!

The Principal, the VP, HMs and teachers are doing their best in imparting quality education. However, I am sure we need to strive to improve all the time. Please feel free to interact with the Principal/VP/HM/teachers when you face problems. They are always at your service.

Wishing you and your children all the best!

**M.S. IYENGAR**  
CHAIRMAN

## PREFECT SWEARING – IN CEREMONY

The Prefect Swearing – in ceremony, a solemn affair in Jeevana, was held on the 23<sup>rd</sup> of June, 2018. It was a day of appreciation of students and also the day when we, students were introduced to our monitoring duties. The ceremony started with a march to the stage by the prefects of Jeevana along with their path-pavers, teachers. The ceremony commenced with a prayer to the Almighty. The Chief Guest and Director of the School, Dr.Ramesh, found pleasure in introducing the Prefects to the audience. This was followed by the pinning of badges where the Director and the Principal pinned the badges for the Head Boy and the Head Girl respectively. All the dignitaries on the stage were then asked to pin the badges for the Prefects. After this, came the part where all the Prefects took the oath to discharge their duties honestly and lead the school in the right way. The oath-taking was followed by an inspiring message by Dr.Ramesh, on how hardwork, conviction and talent can lead to immeasurable success. He concluded his speech by urging the prefects to be aware of their responsibilities in making the school better. He also encouraged them to be innovative.

The ceremony was held not to just give the students badges to adorn their uniforms but to appreciate them for their excellence and grant them leadership. On this occasion, the students who had aced their 10<sup>th</sup> and 12<sup>th</sup> board exams were felicitated. Teachers who had played a role in the academic accomplishments of students were also appreciated. The ceremony came to an end with a note of gratitude to everyone who had graced the occasion.

- D. KAVYA MITCHI (XII-A)

## INTRA SCHOOL COMPETITION – ONE OF OUR “FIRST EVER”

Every Year a series of exclusive competitions, organized by Std XII, are held for all the students. It's something that all of them eagerly look forward to and actively participate in. Offering all the students a chance to exhibit their talents through various competitions, it's also one event which Std XII is exhilarated about since they need to tackle and organize the whole series of competitions, from setting the rules to distributing the prizes.

Unlike most academic years where the competitions run for a week, this year the whole Jamboree was spread for over a month. All the students had sufficient time to prepare and get their thinking caps on for creativity and innovation. Std V indulged themselves in story telling and at the same time showcasing their amazing acting skills. Apart from this a flood of response was received for obstacle race, where the students jumped enthusiastically to cross a path full of various hurdles. While Std VI showed their artistry in greeting card making, Std VII exhibited their finesse in paper bag making. Std VIII students were challenged to race against time to complete a series of tasks in medley.

Std IX students brought out some amazing designs for certificates which were later, used as the final design for the thanks giving certificates for the winners. While on one hand the Std X students brought out awe-in spring posters which showed their prowess, the Std XI students presented their impressive teaching skills on the other.

Of course, the much younger pupils of the school is Std I to IV and the kindergartners, cannot be forgotten. It melted our hearts to see the young kids showcasing their talents by drawing and coloring and even reciting rhymes.

This seemingly, short period of one month which involved the combined efforts of teachers and students contributed to yet another golden memory for the school and especially for class 12 students. It's something that all of us can fondly think about in the future. It's something that will be a part of our 'first ever'.

- DEVAKI MISHRA (XII-B)

### WJ MC MAHON: A CREATIVE WRITING COMPETITION

It isn't every day you participate in a competition that has the potential to unleash the poet or writer in you. The MC Mahon Creative Writing competition held in Jeevana every year for the students of Std XI and XII of different schools in Madurai, aims to provide students a platform to enhance their creative writing skills. I had been given an opportunity to participate in this competition for the past two years in both poetry and Essay Writing categories.

It was indeed a nerve-wracking experience to saunter into a room where some of the young creative writers had assembled in their respective school uniforms and write a piece of poetry or an essay on the spot. It was only when I was confronted with such a situation did I realize the challenges of using my creativity to write an impressive piece that might win one a prize. In those moments of transforming my creativity to words, it dawned on me that the competition was not just about winning or losing but about discovering my writing abilities when I am presented with a time constraint.

In a society which believes that hobbies and ambitions are two completely different things, this competition made me realize how hobbies, if taken seriously can influence one's ambition. Having natured a passion for writing, I was elated when I enrolled my name for the competition. However, I did not expect to win it. But when I did win it, I was beyond ecstatic. The source for this feeling wasn't the prize or the certificate but the prospect of strangers reading my creative writing piece and liking it.

The Creative Writing Competition has thus encouraged me to keep writing and I am quite sure that it must have been the same effect on all students who had entered the competition. I hope that it continues to do so in the forthcoming years!

- D. KAVYA MITCHI (XII-A)

### MY MEMORABLE TEACHER'S DAY IN JEEVANA

All of us were hustling here and there. The teachers and students assembled quickly to watch our show. The show began after a small prayer and a welcome address.

The first show was about a crime scene where a few boys presented a real court scene. Looking at the boys' amazing performance, a few teachers were stunned. Teachers were made as jury, so, they helped the judge in giving punishment to the culprit. Finally, justice was restored.

The next show dealt with a face off. It was a real “clash of voices” between two teams – “Envy Needles” and “Fire Flowers”. It was not a battle using swords but songs. We also had beat boxes being done, which were equally enjoyed by the audience. Finally, it was an entertaining performance and became successful.

Next, everyone was ready to travel along with time because we had four boys to take us ahead of time by their narration. The interesting hero-the robot made us all understand how affectionate teachers are. The storyline symbolized their dedication. It was actually a tribute to our teachers. At the end everyone of us enjoyed travelling along with time.

For the next performance, a few energetic girls gave an entry with coolers to keep the audience cool and give them a cool performance. Since all the songs were taken from hit movies and albums’ the girls received a continuous supply of energy through clappings from the audience. The girls really entertained the audience with their dynamic movements.

The next performance was something new and unexpected as it was tried out for the first time in 'Jeevana History'. The show was about playing with light. The shadows of the boys spoke on behalf of them. The story carried a message “Enlightment.” The boys conveyed that teachers are our key to success and secrets of enlightenment. Though it was tried for the first time, it came out well. Every participant was appreciated.

The end was an entertaining performance. When the boys jumped on the dance floor, they were welcomed with extreme joy. Though the boys were not welcomed using flowers, the words of encouragement were like garlands to them. As an expression of gratitude, they gave a rocking performance. Their song selection made everyone dance out of joy. It was a great celebration.

As we proceeded to the end of the show, all of us thanked all the helping minds for making the show a grand success. Finally, compress organizers, people who were involved in making backdrops and invitation were introduced onto the stage. Everyone once again thanked the almighty. Now, the celebration has turned up to be an evergreen memory for me.

**- P.P.MAHALAKSHMI (X-B)**

#### **JEEVANA – A VERITABLE HEAVEN ON EARTH**

I found it unusually difficult to sort out the jumble of thoughts, memories and feelings that were fighting each other in the race to be first written on this pristine white page. I hope all of us especially Jeevanites are sure that school days would be the happiest in our lives. Jeevana didn't fail to provide me with memories that I could always strike a chord with.

I don't even have a photo of my first day at school but I remember it so vividly as if it had happened just yesterday. The days in the junior section were all about friends and fun. We used to decorate the class for each and every festival. The teacher used to perform for us on children's day.

I loved the Christmas day celebrations. In junior section we used to practice singing Christmas Carols for nearly two weeks. We had a humongous Christmas tree in the auditorium every year. The tree with all those colorful orbs, tinsels and the star on the top used to dazzle us.

In Std III when Santa Claus entered our class to distribute chocolates, we sprayed snow on his face. He had no other go except to remove his mask as he couldn't see a thing! And yes we found who the Santa was.

Kaviarasi mam used to give badges and stars to students for various activities and my reading class teacher gave big, colourful pebbles to those who read well which always served as incentives. Almost all the teachers were avuncular towards us and we maintained a good rapport.

We used to be fascinated to watch animated series like Bob the builder, Meena and movies, which would be projected on the walls. I still remember that one of our teachers used to doze off while the movies were being played.

All of us would be so eager to go on field trips even if we were only going to visit the Gandhi Museum for the n<sup>th</sup> time in our life. Right from going to Rajaji park in LKG to Kodai last year these trips are something all of us would love to look back into.

Most of the students in Std V become a victim of the breakout of the craze for Geronimo stilton books and I was no exception. Our hands would be filled with friendship bands during friendship days and we certainly miss our friends and teachers who had left Jeevana in the previous years. The class shuffling is something each and every student would be afraid of but every time it was a blessing in disguise as we had opportunities to make new friends.

In Std IX most of us would be eager to participate in the March past, even it means returning home dog tired. During sports days one would see the students in high spirits cheering for their team and hoping for a typical Madurai team weather.

Even today the prayer song. "We shall overcome", sung especially during prefect Swearing in ceremonies gives me goose bumps.

All of us would definitely miss the snacks bought in our school canteen especially the hot chocolate drink.

We also loved giving "word of the day" and meditation. We enjoyed the committee meetings and its activities.

We always looked forward to the CC activities, value education classes and sessions. We practiced with so much enthusiasm even for class presentations.

Despite the exams and occasionally dreary lectures, Jeevana is a veritable heaven on earth. It gives so much freedom and importance to students.

I consider my batch lucky to have been given so much opportunities and I'm sure that we made the best out of them.

I thank jeevana for giving me a forever fond memories in my school life and I'm grateful.

- S. KAVETHA (XII-A)

### **THERE IS NO BUSINESS LIKE SHOW BUSINESS**

It was a quiet Thursday morning with a slightly overcast sky and students of Jeevana International School went about their routine sluggishly. But class 12 was buzzing with activity. They were getting ready for their performances. Some were nervous and frightened while a few others were confident and assertive. It seemed that that was their long awaited day. As revealed by a few students, they had been planning for this since October of the previous year, but it was only on that day that they got approval.

When asked about their preparation, many said, "One can never get too much practice." It seems that Std XII had got only two days of full uninterrupted practice sessions. They were to perform in the second period and time just seemed to skip away.

Slowly the crowd started to gather. They were excited to see what Std XII had to offer. Soon enough the dignitaries joined us and the show kicked off. The show started with a light musical comedy named - Those lost glass slippers though many preferred the name – The Gorgeous glass Slippers. The story begins with Princess Cinderella, at Sherlock Holmes doorstep, to report about her lost glass slippers. Though reluctant at first, he set out to find them. On his way he meets a bunch of fictional characters such as meets Olaf, Boots, Mr. Bean and many more. The skit became a quick favorite among the kids, who could never get enough of it.

We had a live adaptation of the 1927 poem "Desiderata" written by Max Ehrmann, in the form of a mime. It was reported that the only pair of twin sisters of Std XII, put their heads together to come up with an interesting and a fun way to present it. For each stanza of the poem, they came up with a short story which taught the kids the essence of the poem in a simpler and easier way to comprehend. Many teachers exclaimed, "What better way could we teach the students about life and its ways than this!"

Following the same theme, about joys of life, we got to see a musical drama named – 'The sound of music'. The story is about a retired Captain who hires a governess named Maria, to tame his naughty daughters. Since the death of the Captain's wife, there was a dull overcast of gloom over his house. But after the arrival of Maria, the house lights up. The songs which were sung, had a melodious tune and were very much liked by the audience.

One of the dignitaries reportedly said that the energy and anticipation kept on escalating and that he couldn't wait to watch the next performance.

Up next we had something new, something different. We had our very own standup comedy show. Kavetha entertained her audience with a fascinating tale of why she preferred plain Dosa over Briyani. Though she got a few laughs, most of her jokes went over the audience's head.



As they always say, laughter is the best medicine. Sticking to that we got to see a full-on comedy – 'The lost kid. The story is about a kid who uses her innocence as a mask to make mischief and trick an innocent light headed lady. This was an instant hit among the kids.

At this point, the audiences' anticipation grew thirstier. This thirst was quenched by the amazing performance given by the band of Std XII. On the whole, we had three guitarists, one keyboard player who was handling 2 keyboards and a lead singer. The band played and sang songs such as Attention, Faded and Believer. After listening to these hits the audiences' excitement sky rocketted.

The audience was left awe-struck at such a display of talent by class 12. Collectively the show was smash hit. It was as if all the performances were done on a broad way. Finally Dr. Ramesh, our chief guest, congratulated class 12 students. He told us about his old days, back when he was in class 12. The event came to an end with Dr.Ramesh's Speech. But, for class 12 students this was one of their most memorable events. Many students now agreed – There is no business like show business.

**- NARSINGH BALAJEE (XII-A)**

**TIME MANAGEMENT (or) SELF MANAGEMENT**  
**A Workshop for Young Achievers**

“Always focus on the front windshield, not the rear view mirror”

This, being the most crucial period of our lives, where we have to deal with the pressure of board exams and entrance exams, we, the Students of Std XII have barely any time to relax and calm down.

The time-management workshop that we attended really served as a turning point where we learnt how to handle these days of sleepless nights, nervousness and anxiety about the exams that are fast approaching, with a lot of confidence. Thanks to our Vice-Principal, Mrs.Padma Chandrasekar for her sensational workshop where there was only positive vibe from the beginning to end. We attended the workshop in two batches, boys and girls. Now, I would like to share a few things about the workshop.

The workshop started off in a positive note, we were all warmly welcomed with a pleasant music, and we were told to meditate for a while. Even the first activity was whole a lot of fun. We were instructed to initially close our eyes and then to stand-up and look around. When we felt that a minute has passed, to our utter shock, the first thing, was it had already become two minutes before all of us stood up and the second thing, all of us didn't stand at the same time. Only then ma'am explained that it was a simple activity to demonstrate that each and every one of us, as an individual, can control our time to our own desire and it is up to us to use it properly. “The bad news is, time flies, the good news is, we are the pilot”. Through this we learnt to look at the usage of time through different eyes so that we can become our personal organizer.

Later on, we were divided into four groups and allotted a few topics that were related to time-management like mind tools, choices, big picture (long term future plans) etc, which we had to explain to the other groups in the form of Skit, Song, Poem etc.

Each group illustrated their topics with full-fledged enthusiasm and creativity. We had the enaction of a scenario, of the 'dualism' of our 'inner conscience' that arises when making decisions. We have to make the choices of what to prioritise, Furthermore, a few girls performed a skit about the never ceasing flummox of choosing the right career. The girls elucidated the importance of proper supervision, letting go off fear, making proper choices and going forward to achieve the 'big picture'.

A few girls sang a song based on the need to speed up without being late. 'To swim against the tide' with loads of courage.

Finally, the other took an example of a movie that appealed to one person but not to the others. The importance of proper communication which saves time spent in unnecessary grievances was brought out. They also gave a very interesting presentation stating 'Life is a movie' where actions have to be planned, priorities have to be made, goals have to be set – where clarity and monitoring play a major role.

It is my honour to extend my humble felicitations for making us plan, prepare and perform in just a few minutes' time, to our mentor of the day, Ms. Padma Chandrasekar.

The 'building blocks' activity was a highlight where we understood how things change when they are added value. The sessions came to an end with a group picture, even this had an inner meaning, everyone of us was adding value to it. Hence, it truly was 'picture-perfect' ending. Madam gave us colourful pebbles with encouraging words written over it. We all are now able to identify our time wasters and have learnt to create time by eliminating them.

I'm really happy to end this with a quote.

“Remember, most time is wasted, not in hours, but in minutes. A bucket with a small hole in the bottom gets just as empty as a bucket that is deliberately kicked off”

- S. ANGELINE REBECCA (XII-A)

### MAKE A DIFFERENCE – HOW WE SHARED OUR HAPPINESS

“The Smallest act of kindness is worth more  
Than the grandest intention.”

- OSCAR WILDE

All the years that I had spent in school had never failed to amuse me. When our class was offered a chance to volunteer for 'Make a Difference', a group to extend our help and support to those who are in need, I jumped at the opportunity.



We had planned a visit to the Happy Elders old age home to donate some general merchandise like food products and products for personal care and hygiene, etc. We made an announcement requesting the students of classes between III & IV to donate items, within a week's time. Their response was overwhelming.

On a Saturday, we set out to visit to the home. It appeared like a family of senior citizens. They were all bubbling with excitement, as each one of them introduced themselves and spoke about their lives. The atmosphere in the Home was surprisingly clean and perfect, just like our homes. We gave them the neatly packed items and engaged in a conversation with them. We were shocked to find out that it had been their choice to reside in an old age home. We were able to understand that they hadn't felt any need of their houses in recent years. Soon, we had to bid our goodbyes with a huge smile on our faces, but with a heavy heart. Though they were with people of their age, and in excellent care, it is still painful to be away from the ones we love the most in our family.

The students' contributions were so bounteous that we planned on a second trip to St. Joseph's Blind School in Paravai. We set out our visit on Monday, at 10.00 am. The Blind School, I must say, is not different from a normal school. The cheer of the student-crowd, and its noise greeted us.

They took us around the school, and explained the variety of activities in the school. They explained concisely, about Braille and how they read, write and do math using materials like a stylus, a math board and some iron chips. It was very impressive to watch them perform the exact same math that we do everyday, only, in Braille, and with such speed!

We were shown about the co-curricular activities, when a little boy skillfully played the keyboard while a group of girls sang a song. A few more students demonstrated the yoga asanas, with perfection.

We finally had to leave the school. When we look back at our experience in the school, we would not help but think how blessed we were, with our parents by our side, and no difficulties experienced in simple activities. It was a day to remember. Giving is not about making a donation. It is about making a difference.

**- A.V.SUSINDHAR (XI-B)**

### **MAKE A DIFFERENCE COMMITTEE - OLDAGE HOME**

A visit to an oldage home was a life-changing experience as it was filled with emotions. We the students from "Make a Difference" committee visited 'Inba Illam' and 'Happy elder's oldage home' on 2<sup>nd</sup> November, 2018 and 2<sup>nd</sup> February, 2019. We had carried contributions such as biscuits, soaps, pastes, oil sachets, etc, from students of Std I – XII. Our first visit was to 'Inba illam' where we were welcomed by them with warm smiles. The home had two common rooms. One for elderly women and other for elderly men. There was also a common dining hall and a large open space in the middle. We indulged in speaking to them and they shared their life stories with us. We all entertained them by singing songs and they felt enlivened. As, it was during diwali season, they wished us by singing songs. We ended our visit there with a special prayer for the students and staff of "JEEVANA".

Our next visit was to 'Happy Elder's Oldage Home'. It was really a heartwarming experience for all the students of our committee. Mr.Duraisingh, the organizer of the Home greeted us warmly. We introduced ourselves to the elderly people. They performed poojas for us and made us recite slogans too. We were served with some biscuits and drinks. They shared their routine activities like watching television, walking and their morning prayers.

“In the end, it's not the years in your life that count. It's the life in your years.”

The visit to the oldage home was a huge learning experience for us. Then we vowed to do something for the senior citizens and also contribute towards the betterment of their condition.

- LOGA DHARSHINI (XI-B)

### MAKE A DIFFERENCE COMMITTEE - BLIND SCHOOL

A warm day started with our visit to St.Joseph Blind school of 4<sup>th</sup> February, 2019. We the students of “Make a Difference” committee carried thoughtful gifts like biscuits, soaps, horlicks, etc. The teachers there guided us with their way of learning through the Braille's method in each subject. The kids recited rhymes and were learning numbers system with their maths board. Their writing method is from left to right and they use their slates and styles for it. The students of Class VIII, showed us how they would read and write in both English and Tamil. Class IX students worked out Maths sums on their boards. We were stunned by their courteous manners. When music hits you, you feel no pain, so were we when we were into their world of music. They entertained us playing keyboard along with a song. They were also taught by blind teachers. “Give this world good energy by doing yoga”. Their way of doing yoga spread positive vibes. They inspired us a lot. They possess immense will power and confidence and if they are supported properly, they can go to great heights. We were thankful to God for the blessings we had. A morning spent with them brought a ray of light into our lives and the experience we encountered there made us believe that no matter what challenges life throws upon us, move ahead in life with faith and hope from within.

- SRIVARSHINI (XI-B)

### SHARK BAIT

During a research experiment, a marine biologist placed a shark into a large holding tank and then released several small bait fish into the tank.

As you would expect, the shark quickly swam around the tank, attacked and ate the smaller fish.

The marine biologist then inserted a strong piece of clear fiberglass into the tank, creating two separate partitions. She then put the shark on one side of the fiberglass and a new set of bait fish on the other.

Again, the shark quickly attacked. This time, however, the shark slammed onto the fiberglass divider and bounced off. Uncluttered, the shark kept repeating this behavior every few minutes to no avail. Meanwhile, the bait fish swam around unharmed in the second partition. Eventually, about an hour of the experiment, the shark gave up. This experiment was repeated several dozen times over the next few weeks. Each time, the shark got less aggressive and made fewer attempts to attack the bait fish, until the shark got tired of hitting the fiberglass divider and simply stopped attaching altogether.

The marine biologist then removed the fiberglass divider, but the shark didn't attack. The shark was trained to believe a barrier existed between it and the bait fish. The bait fish swam wherever they wished, free from harm.

The moral:- Many of us, after experiencing setbacks and failures, emotionally give up and stop trying. Like the shark in the story, we believe that since we were unsuccessful in the past, we would always be unsuccessful. In other words, we continue to see a barrier in our heads, even though no real barrier exists between where we are and where we want to go.

- SUSMITHA SURESH (XI-C)

### INSPIRE SCIENCE CAMP

The INSPIRE Science camp was conducted between the 21<sup>st</sup> and 26<sup>th</sup> of November, 2018, by Saiva Bhanu Kshatriya College, sponsored by the Department of Science and Technology, Government of India. This programme was thought provoking and inspired us to explore in scientific careers.

We had the golden opportunity to meet Bhatnagar awardees like Prof. T. J. Pandian, Prof. M. Periaswamy, Prof. M. Lakshmanan and some other reputed people like Prof. Dr. N. Chandrasekar, Prof. S. Natarajan, Dr. P. Suresh, Prof. P. Kandaswamy, Prof. K. Pitchumani, Dr. Sujatha Kabilan, Dr. A. Subbiah Pandian, Dr. R. Parvathi, Prof. K. Kathiresan, Prof. S. Abraham John and Dr. V. N. Mani. The lecturers were very informative. We got to know a lot about all the interesting courses related to Science Institutes and also the scholarships which the Government provides to Science students. In one of the lectures, presented by Dr. R. Parvati, we applied the concept of straight lines to solve day-to-day problems like transport. The practical sessions were the charm of the programme. The most phenomenal moment was when, in a session by Dr. P. Suresh, the combustion of Hydrogen gas was demonstrated in a dark room. The explosion was simply cosmic! We wished that we had the quiz and seen the documentary film which were cancelled due to lack of time.

As the co-ordinator of the programme, Dr. Govindaraj always mentioned that this programme kindled our scientific temperament. Although we missed 3 days in our school, this programme was worth it. Out of the 150 students from many districts of Southern Tamilnadu, we won the 'BEST SCHOOL AWARD' for our interaction and active participation in the programme. For this our school had been presented with a Wall clock. We were also appreciated for being the first school to have sent the filled up applications of the participants. We hope we get to attend more such amazing programmes in future.

- (A.V. Sujatha, R. Keerthana Srija, N. Dharinii & R. Jyothsana Shri)

## QUOTES TO MOTIVATE - A VERY INTERESTING HOBBY

Our student, Teena Sarayou of Std X-C, has a unique hobby of writing quotations. A few interesting quotations are as follow:

1. Every individual has a uniqueness, insulting them depletes your personality.
2. Where the mind is without fear there will be only TRUTH.
3. There might be a reason for failure even though you tried hard for victory.
4. God will give us an appropriate way to reach our destination, All we need is PATIENCE...
5. We must be like the light rays, straight and marching towards our ambition.
6. Growing is all about learning something new every day and developing our personal talents.
7. Every human has a talent The Point is ..... they don't realise and exhibit it.
8. Education is not for good marks, it is for improving skills.
9. Life is like playing chess, we must think, and see the difficulties before making a move.
10. I am Monday, I am here to tell you that everyone hates me because I come after the holiday, SUNDAY but I am proud that I wake you up from the lazy mood of holiday to active mood of working.
11. When my stomach growls it says that you are tired to think for quotes, feed me then continue writing your quotes.

- TEENA SARAYOU ( X – C )

## STD VII EXIBITION – THE RIGHT MIX OF LEARNING AND FUN

We, the students of Std VII were given a very good opportunity to showcase our talents in various fields (i.e) English, Maths, History, Geography, Chemistry, Biology, Physics, Tamil, Art and Value Education.

The exhibition was held on 11<sup>th</sup> August, 2018 with lots of splendor and grandeur. The whole of the Senior Sections' ground floor was colourful with charts, posters, and all kinds of decorations.

There were many categories to interest the parents and all other spectators who came to see our exhibits which we had displayed with lots of eagerness and interest.

Let me start off with the art and Value Education section. At the Avant Garde art show, everyone was dazzled by the aesthetic art show, which proved the success of the students' hardwork. There were many exhibits at the Value Education Expo, but the center of attraction was the gratitude tree, the perfect mindfulness activity for children like us was a chance to count our blessings.

Now, let me tell about the geography section where I was involved. There was a huge description of the Antarctica, the discovery of this continent was clearly explained. The different layers of the atmosphere and topographical signs and symbols were also beautifully explained. Answering to the spectators' questions was really challenging but was a new experience. One of the main things that was stressed upon was the conservation of water.

The visit to English exhibition was really worthwhile to see the robot and all other displays. The games that were conducted really kindled our interest towards the English language.

Truly, there were no words to describe the Tamil exhibition where they brought out the Indian culture and tradition. All the parents were awestruck to see the models.

Science (Chemistry, Physics, Biology) exhibition was equally amazing. There were numerous projects showcasing the scientific skills and creative thinking of the students. The demonstrations were very clear and it proved that the students had achieved expected learning standards. It was clear that children enthusiastically researched and keenly took part in the exhibition.

Maths exhibition was really a motivation and students enthusiastically participated in the exhibition and made wonderful, amazing models on various topics. It was indeed an exhibition which gave them an exposure and confidence to present their thoughts and mind.

Social projects highlighted the role of social science in today's society and to develop our students to visualize the future of the nation and create sensible and responsible citizens. A walk through the history section is equivalent to a walk through time. There were various beautiful, intricate models and charts depicting rise and spread of Christianity.

Computer exhibition was awesome. The students involved, gave their best in making presentation and more.

Overall, it was a huge success. I must mention my deep sense of appreciation to all the teachers for their involvement and willingness to take on the completion of the task.

I'm really proud to be a jeevanite as we had got a very good platform to learn many new things. The exhibition had the right mix of learning and fun!

Thank you.

- S. OLIVIA GRACE (VII-A)

### **STD VIII: MEGA EXHIBITION**

It was a week of excitement for Std VIII Students. We were creating projects for our exhibition as well as contributing ideas to others. On 20<sup>th</sup> July, 2018 students of Std VIII were, hustling and bustling with the main topic of conversation the 'Mega Exhibition.'

On the last three periods of the day before the Exhibition, we were assigned to decorate and arrange our rooms. I was assigned for maths. When I entered the room at first, I saw just chairs and tables with projects piled up in a corner. The teachers assigned our places. And then the displaying started. The room was transformed from tables & chairs into fun filled mathematical structures. The other rooms also had a head full of work. When the bell rang denoting that the last period was over, we still had some unfinished work which was postponed for the next day.

On the next day, Saturday, when I entered the venue all the things which we had arranged were ready to be seen. The last minute adjustments were made. Our explanations were ready. Slowly parents and teachers came and we excitedly explained and the projects were shown. The day passed away pleasantly.

But sadly the day ended way too soon. The exhibition was a huge success because of our teachers', parents' and our efforts. It was a momentous day for us.

- VARSHINI (VIII-C)

### IF I COULD WRITE A BOOK

I love writing books that are full of suspense but I am like a cat who loves fish but doesn't want to get her feet wet. Whenever I sit to write any book I end up filling my bin full. I always wish that if I ever write a book, it shall be full of suspense and twists that will make you forget all your work and get you into the world of detectives. With every page you turn, you find twists and turns, making you eager to know 'what's next'. And I would wish that the ending would not be every time the same like that of every best seller. Writing a book is not a piece of cake and believe that a person who really wants to do something, either finds a way or gets another wonderful excuse to escape it. But this time, I hope that I would definitely write one.

- A. ROSHNI (VII-B)

### THE REWARD OF KINDNESS

Once upon a time, there lived a boy called Ram. Ram was a kind and caring boy. He lived with his parents in a farm in a lone country side. Even though he had all the things he needed, he did not have friends to share secrets and frolic around. There was a lake near his house. He did not know that the lake holds a secret passage to Magica, a magical land. One day, as he sat crying by the lake, a fairy appeared before him. The fairy told, "Oh! My name is Jerry. I have been observing you for the past two months. You have helped an elephant caught in a poacher's trap, you've helped a swan caught in a hunter's trap. You've also helped you are another when her hand was injured. Now if you feel lonely, stand by this Lake and call me. I'll come and well go together to Magica, a magical land under this lake." So they both went to Magica. All the magical creatures like unicorns, dragons, pixies, faries and brownies were there. Therefore, Ram's is good deeds were rewarded by Jerry. Ram was friendly with the magical creatures. So friends, the good deeds we do will always come back to us gradually.

- K. ARUNA (VI-B)



## ENGLISH RULES !!!!

English Days were celebrated with a lot of enthusiasm and fanfare in the month of August. Unlike the previous years, this time it was decided to have it in the first Term to circumvent the hectic schedules of portion completion and Revision examinations for higher classes. The D-days were 7th, 9th and 10th of August when Grades 9, 7 and 8, respectively, hosted the events. The Higher Secondary arena was lit with the dazzle of various games and activities prepared by the participants who had most of the forenoon to entertain the visiting classes. The games and activities tested the students' grasp over English vocabulary, parts of speech, Spelling, idioms, proverbs, etc. This fun way of learning furthers the cause of what we are trying to achieve in our classrooms. The stunning dioramas and banners prepared by the teachers depicting various aspects of literature, with the help of their students, were a sight to behold. While Ms MR Lakshmi's life-size boat depicting Adventurous voyages in literature attracted one and all like a lighthouse, the innovative display of book jackets as a banner by Ms Thiriveni's students was really eye catching. The dioramas of settings depicting horror and mystery by Ms Alamelu Priya's students were noticeable for their eye for minute details. The welcome banner prepared by Ms Jayanthi Martin bore her characteristic touch of artistic beauty and grace.

Due to constraints of time, not all the classes were able to visit all the events. Overall the days were memorable for all concerned, including the Teachers who had toiled tirelessly to bring it all to fruition. The Event was highly satisfactory as all the participants, which included both students and teachers, enjoyed themselves and learned something along the way.

- Ms. K.S.LAKSHMI

## HAPPENINGS IN JUNIOR SECTION - STD I AND STD II

We started the new academic year with a happy note on 4th June, 2018. Children were eagerly looking forward for their new classrooms and new teachers. The kids of Std I adapted themselves beautifully and settled down in the new environment.

### A SPECIAL SESSION

We conducted a special session on 'Safety Measures' which is the need of the hour. It was a presentation which was very interactive and children contributed a lot. Children learnt many new aspects and they also learnt about the importance of giving First-aid to any injured

### FIELD TRIP

Children of Std II were taken on a field trip to Parle-G in connection with the lesson on 'Food'. We left the school campus at 9:15 am and the ride was for about 45 minutes. We reached the factory at 10 am and were just on time to see the production. Before we could enter the actual manufacturing unit, children were briefed about the process of making biscuits by the co-ordinator. He also took the children to an auditorium where a video was shown on the making, processing and packing of Parle-G biscuits and toffees. Children were then taken to the site and they could see the actual process of making biscuits and packaging.

All in all, it was a very useful trip for our children and it augmented their learning process. We are planning to take our kids to some more places like this.

## OUR SPORTS DAY

Our much awaited 35th Sports meet was conducted on 24th August, 2018. The Sun God who was beating down on us for a week before the Sports Day, was very favourable to us on our Sports Day. The ground held a festive look with colourful balloons, posters, festoons, flower pots, rangoli and colourful flags. Parents started assembling very enthusiastically from 8.30 am itself. The Chief Guest of the day was our Director, Dr. Ramesh. The Vice Principal, Director and the Head of the Physical Education Department were welcomed by our children with colourful flags. The programme started at 9.15 am with a prayer to the Almighty. The Director opened the meet and there was a wonderful display of the mass drill and aerobics. Then we had the team events, section-wise and all our children participated in each and every event with full of team-spirit, co-operation, happiness and enthusiasm. Each and every event is memorable and praise-worthy. We are mentioning here the events section -wise - It's Study Time, Zig-Zag Fun, Prep Your Skills, An Evening Out, Caps Galore, Passing the Ball, Balancing Act, Obstacles Race, Jeevana Challengers and Go Eco-Friendly. It was a day full of entertainment and education. It was our Edu-Sports Day.

**- All in Jeevana Junior Section  
Std I and Std II**

## ABOUT ENGLISH EXHIBITION

English language is the blood of the soul into which thoughts run and out of which they grow. It shapes the way we think and determines what we can think about. It is the most powerful means of communication and an integral part of being human. Exhibition provides a platform to students so that they can exhibit their creative talents through their presentations.

The students of Std III & IV were given a chance to learn many things from the exhibition, in which they took part on the 21<sup>st</sup> July and the 4<sup>th</sup> of August in our Junior school premises. Now, I would like to share a few things specifically about the English Expo. Doing something novel makes one unique. To head towards this uniqueness, the students enthusiastically participated and exhibited their creative skills in the form of models, charts, games, poetry recitation, story narration etc.

The English Exhibition of Std III was named 'Paramount'. The highlights were 'The Dragon' a poem, Punctuation pool, sounds of animals, 'The Little Talk' poem sung by the students, models depicting prepositions and collective nouns, anagrams and display of Cinquain poem. The students gave their full-fledged involvement and they even modulated themselves as the poetic characters.

The English Exhibition of Std-IV was named 'Pegasus'. Students created little worlds of literary personalities like Shakespeare and there were displays of literary awards too. The world of fantasy was brought alive by the spectacular models of 'The Chronicles of Narnia' and 'Gulliver's Travels'. Many fun games based on grammar and vocabulary, poetry recitation were made by the students. The guests also enjoyed playing those games. The students were obviously enthusiastic about their work and everyone appreciated the efforts of the students for the successful event. The exhibits were attractive and colourful for they had been prepared and designed well by the students with the guidance from the English teachers.

The children were highly appreciated by the spectators and they were impressed by the hard work put in by the students. "Hats off!" to all the students and the teachers who were involved in the English Exhibition.

**- MS. J. MALATHY PETRICIA**

### HEALTH TIPS FOR CHILDREN

Taking nutritious snacks can help curb your child's hunger throughout the day. Regular healthy snacks also boost energy and help your child sneak in more of the nutrients essential for their growth and development.

Here's how to whip up healthy and tasty snacks for kids.

1. Keep junk food away from home. ( pastries, cookies, candy bars and chips)
2. Power up with proteins. ( Sprouted gram salads, peanuts, moong dhal, cow peas etc)
3. Go for the grain.
4. Offer a rainbow of fruits and vegetables. ( pine apple, strawberry, avocado, guava, grapes, mangoes, blue berries, apples, bananas, tomatoes, baby carrots, onion, capsicum, cucumber etc.,)
5. Have fun by using cutter to slice fruits and vegetables in different shapes, which would be attracted by the children.
6. Don't be fooled by labeling gimmicks. (Foods labeled as low-fat or fat-free can pack plenty of calories and sodium. And foods touted as cholesterol-free can still be high in fat, sodium and sugar).
7. Give them freedom to choose their favorite fruits by keeping varieties in the refrigerator.
8. Designate a snacking zone. (Schedule snacks so that they don't interfere with a healthy meal. Skip snacks and juice within two hours of mealtime so that your child is hungry enough to eat with gusto a balanced, nutritious meal).

Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!

**- Ms. HEMA S KUMAR**

## LIMITED USE OF MOBILES

Mobile phone is a wonderful gift of science. It is a gift to society. It has revolutionized the world of communication. Now a man can have communication anywhere, anytime to anyone sitting thousands of kilometers away from him. Though a small instrument, it can perform big functions.

The latest mobile has many more facilities. IT has a music system , Video game, recorder, speaker , camera and even internet facility available in it. A mobile user can use it as a recorder. It is of great facility to the mobile persons. They no longer need to carry a camera, recorder speaker etc.. .It has removed the boredom particularly during travelling.

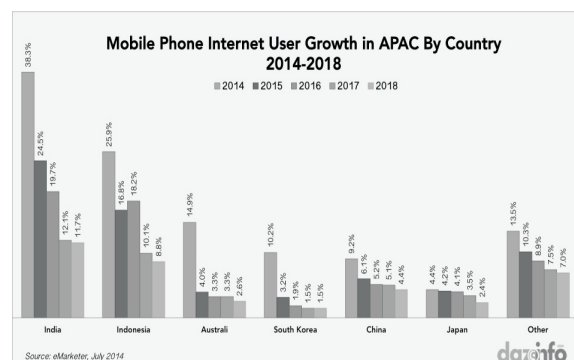
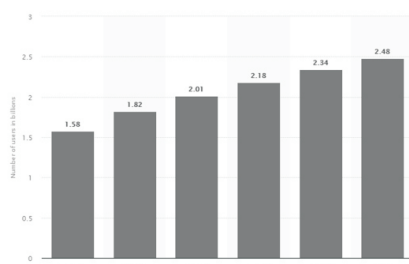
Mobile phones have received overwhelming response from all across the world. Now everyone has a mobile phone. It is useful for all. A businessman uses it to keep in touch with his clients, customers, his workers and other associates affiliated to him. It has contributed to his business expansion. Even green grocer and plumber have a mobile phone. It helps them in their business dealings. Almost all the big cities are well-connected by the mobile phones. Even in remote villages mobile facility is available. Many big companies have come into this field. Severe competition among them has caused to a fall in the prices of the instrument and cost of the services as well. As a result, now even middle class and lower middle class people find it convenient to afford mobile. This has led to increase in tendensity in India.

Mobile phones have particular value during the time of an emergency, such as an accident, robbery, murder or sudden serious illness. Today mobile, which once was a luxury has become a necessity, we cannot think of life without mobile phones. Today man, woman, elderly person even school going & college going children make use of mobiles.

### SOME HEALTH RISKS OF MOBILE PHONES YOU SHOULD BE AWARE OF:

- 1.Sleep disorder
- 2.Increased accident risk
- 3.Heart problem
- 4.Eye Problem
- 5.Infertility
- 6.Hearing impairment
- 7.Skin allergies
- 8.Infection
- 9.Stress

Number of mobile phone messaging app users worldwide from 2016 to 2021 (in billions)



However, mobile phones are wonderful inventions of science. It is up to the users how they make use of them. If used properly they are indeed a boon to us.

- G.DEEPIKA

## JUMPSTART HOW TO START EACH DAY EFFECTIVELY

1. Optimize your mind, so you could optimize your day. If you would win the morning, we win the day. Many incredible ideas came through dreams. The periodic table came from a chemist dream.
2. **Make your bed:**  
How you do anything is how you do everything. Success breeds success. Take a minute, make your bed, make it excellent and then carry that momentum throughout the day for your brain.
3. Brush your teeth with opposite hand. Your body affects your mind also. As your body moves your brain grooves.
4. Learning to juggle creates more mind power. Juggling builds better brain and it's amazing.
5. **Hydrate:** We lose lot of water when we sleep so drink plenty of water first thing in the morning.
6. Take a cold shower. Cold therapy is a great way, we know that if we hit your knee, you put ice on it to reduce the inflammation and you know top athletes take ice bath showering. It also puts you in Theta state, it is a relaxed state and it's a create state.
7. Make a not-to-do list instead of to-do list.
8. First hour of the day, do not touch your phone. It trains you for distraction and being reactive.
9. Avoid junk foods. Many junk foods affect our super brain.
10. Readers are leaders. Leaders are readers.
11. Meditate for 20 min a day and it takes us to alpha state.

"If knowledge is power, learning is your superpower." — Jim Kwik <http://jimkwik.com/about/>

- Ms. AJITHA SHRIRAM  
English Teacher

## KINDERGARTEN SPORTS DAY

The word Carol actually means dance or a song of praise and joy! Carols used to be written and sung during all four seasons rejoicing the beauty of humanity. That's how our sports day celebration in Jeevana started followed by a beautiful welcome speech by our tiny tots. Children usually learn about colour during their preschool years. The ability to identify colours is considered a marker and milestone in a child's cognitive process and is often part of early screening for development and educational admittance which was implemented in the colours activity where children were made to fill in coloured water inside a bottle and were able to segregate balls according to the different colours which was so multihued to watch.

Puppets can help develop Language and Communication. Puppets offer children an engaging way to interact and explore their knowledge and understanding of the world. In this activity children were made to arrange the different puppets that would be in a crib.

Who in their right mind could say no to the irresistible taste of ice cream? Being one of the most favorite snacks of children we gave a good chance for the children to make ice creams and match it with their favourite flavor in the fizzy frozen ice cream activity.

Mastering both fine and gross motor skills are important for children's growth and independence. Having good motor control helps children explore the world around them and also helps with their cognitive development. Gross Motor Skills: movements related to large muscles such as legs, arms, etc., are enhanced in the crazy froggies activity.

Fine motor skills are those that involve a refined use of the small muscles which control the hand, fingers and thumb. With the development of these skills, a child is able to complete important tasks such as writing, feeding oneself, buttoning and zippering. Little hands need to develop dexterity and strength which was enabled in three activities namely the dazzling decors, hop and scoop and the little artists' activity.

Jeevana has its own exceptionality right from kindergarten through the entire grades with its unique educational approach that builds the foundation for a lifetime of continuous learning. Rather than simply providing an atmosphere of education, we create an environment for education as our school is not merely a compound of building, but a place, an environment, and the circumstances, in which we live and grow.

- Headmistress (KG Section)

### **"GOOD TOUCH BAD TOUCH" PRESENTATION**

Children are one of the forms of God with all their innocence and endless affection. They make our life more meaningful, colorful and interesting. Each child is unique and deserves a life of dignity. But, is such an environment prevailing in today's world?

Human beings have come a long way from very few numbers to this era of occupying most of the earth's land surface evolving as the best and the dominant habitats than any living creature. The development of mankind showcases the immense ability of human brain. It is unbelievable if we look at the growth of mankind till this age. Name any field, we have grown drastically. To name a few, invention of wheels, Antibiotics, Space advancements, Computers, Mobile Phones, etc.

Of course our materialistic developments are great, but has our moral Values and Social Values developed? The answer is a big NO. We are comparatively better than the past generations in issues like Girl education, women empowerment but we still have issues like Terrorism, Racial indifferences, religious intolerance etc. The major reason for all these problems is we forget to give due respect to our fellow beings.



One such Problem which harms our Social and Moral values is Child Sexual Harassment. This shows how a human can stoop down to his lowest. Nowadays we hear lot of such incidence, thanks to the technology we get news at our finger tip. Lots of Childrens life are ruined by the bad mind of humans. Though some incidents gets everyones attention there are many such untold horrible incidents in and around us. It is very sad to note that sometimes a well known person is involved in these incidents.

Who is to be blamed for such horrible acts? The Society or lack of education or no severe punishments or is that the advancement of technology. The bitter truth is all these factors contribute. We have to improve on all these parameters, only then our children will be safe and secure.

Mahatma Gandhi famously remarked the real freedom is got only on the day when a woman is able to walk in the streets fearlessly even during midnight. But here we are in a state where we worry sending our children to play outside even during daytime. Had Gandhiji been alive today his eyes would have been filled with tears seeing the progress of this Country!

Children are dependent on adults. They love us, trust us, Obey us, follow us but not everybody are trustworthy.

Changing the environment overnight is not possible. Rather than blaming these external factors, equipping the child by imparting knowledge of understanding these things and teaching them how to protect themselves becomes extremely important.

In Jeevana School, apart from the academic performances, discipline, extra curricular activities we also take care of their safety. Taking this into consideration a special session on “Good touch and Bad touch” was conducted for Class III and IV. The main objective of the Program was to make them aware of the bad touch and how they should safeguard themselves against such acts. They were also given an understanding about who are the safe circle they can rely upon. The session was well received by the Children. They participated actively and eagerly. There were also many questions and doubts. Some children expressed they can courageously handle these kind of situation. One of the student of Class IV prepared a Chart of the People who can be considered as Safe Circle and displayed it. It was overwhelming to see the impact the child had after the session.

We hope this session has added to their confidence. It is also the duty of Parents to trust them rather than ignore and spending time with them. These two T's Trust and Time will make them confident and empower them to manage any Circumstances.

**Note:** – Links of some of the videos shown in the session

[https://www.youtube.com/watch?v=3T7Sox\\_h9Zs](https://www.youtube.com/watch?v=3T7Sox_h9Zs)

<https://www.youtube.com/watch?v=mh9g0Tgo3GI>

- Ms. DEIVANAI

### FEEDBACK FROM THE PARENTS ON THE EXHIBITION OF STD III AND IV.

1. The Exhibition today of Std IV was really super, splendid, fabulous, no other words to express. Each and every child were confident in showing off their talents motivated by the teachers. Hats off to all. How the three hours went is really unknown. And also the congratulations cards were welcoming.
2. ...students presented their projects with smiling face and fluently.
3. ...impressive arrangements and preparation. Expecting more such interactive events.
4. ...the students are energetic and fabulous in explaining the concepts.
5. ...very innovative ideas.
6. ...excellent communication...
7. ...students are motivated by teachers and we could enjoy the day with them. God bless.

### APPRECIATION FOR THE SPORTS DAY FROM A PARENT

Our hearty congratulations for putting up a splendid show on Sports Day for Standard II. We could visualise the dedication and humongous efforts of all the teachers as well as the tiny tots on that day. It was a real great feeling watching the kids performing with great zeal and enthusiasm.

A remarkable mention has to be made on the master of ceremony. A special note to Mrs. Mythiliji, who directed the whole show, wherein each and every single event was well explained by quoting the physical fitness that any child would get by such activity / practice as well as the team spirit of the children by doing so - a great life value to be taught to kids right at this age. She made it very clear to all the parents that the kids are learning to be team players, innovators and task managers. These virtues and values are so beautifully instilled into the kids as they are sure to become great citizens of tomorrow.

It's a real tough task to bring out the talents of every single child of this age and one could understand with ease that it is highly impossible without the efforts of the teachers. The commitment displayed by every single teaching and non-teaching staff is highly commendable.

Our heartfelt thanks to all the teachers and staff for their great efforts, energy and commitment. We feel proud that our child is in the good, safe hands of the mentors of Jeevana.

- Dr. S. Gnaana Saraswathi,  
M/O M. Alfred Subash (II -D)

## HATS OFF TO SUCCESS - STD IV EXHIBITION - 018

- I was really speechless on seeing the effortless delivery of the kids.
- All the displays were appropriately planned and neatly arranged.
- The mini theatre with Ramanujan's puppet show was very innovative. A story telling session in Maths.
- The grains, vegetable display and the seed germination even in the egg shell were fantastic.
- The lotus display, the talk about our school were excellent.
- The animations and the robot were amazing.
- Recycling and pollutions were really the best.( need of the hour)
- The grains display in the earthen pots and the confident explanation of the students had really persuaded everyone to ponder on grain diet.
- Though few are mentioned above each and every display needs a special appreciation.
- ONCE AGAIN IT'S PROVED THAT A STRONG TEAM WORK MAKE THE DREAM WORK.

- Ms. KAVITHA RAJENDRAN

## FIRST LEGO LEAGUE

Khavin. N (VII-D) and Gowtam Parthiban (VI-E) participated in Robotics competition at SSVM-Coimbatore conducted by First Lego League at South India level and have been selected for the next level.

There were 40 teams which participated in the event, out of which 7 teams were selected to participate in the international event (1 - Detroit, MI, 1 - Turkey, 5 - Lebanon) Lego Nationals tournament conducted in Bangalore on the 23rd & 24th of February, 2019.

Khavin (VII-D) and Gowtham Parthiban (VI) of Jeevana School have won the MOST PROMISING TEAM award in the Lego Nationals tournament.

We are happy for these Young Blooming Challengers. CONGRATULATIONS !!

## RAMAN YOUNG SCIENCE INNOVATOR (RYSI) AWARD 2019



The Raman Awards, instituted by Innovation and Science Promotion Foundation, in association with the Raman Research Institute Trust and supported by the social enterprise, ThinkTac, is India's premier annual contest to showcase hands-on science innovations by children (RYSI) and teachers (REST) from across the country. The RYSI Award, commemorating the discovery of the Raman Effect on 28th February 1928, has been instituted to create interest in Science at a young age, leading to more children taking up STEM as a career. The award aims to establish Science as a Fun and interesting activity that can be explored anywhere with simple materials. In this edition of RYSI Award, there were 5625 registrations from across the country. There were 4 rounds of reviews and it was a good challenge for the panelists to go through the submissions and identify the finalists. The finalists were identified and were confirmed their participation.

### KADAMBAVANAM

Blessed was the day  
God lead us through the way  
Fame was all games  
It stuck us all in frames  
Tykes went around  
As treasures to be found  
Sounds came around  
Made our dancers  
Go round and round  
Tradition was revived  
In all our children's vibes  
Food amidst woods was  
Ever the best  
To keep the rest next  
To its step

-Ms.M.VIJAYALAKSHMI

## CREATIVITY – '10% INSPIRATION - 90% PERSPIRATION'

Creativity comes in various forms. This creativity can be expressed in many ways. Writing a poem and creating an artwork design involve high imagination and a unique way of expression. Our students have proved that they are highly creative in bringing out their unbelievable thoughts and ideas in the form of art and poetry. The poets of our school had not been misers in selecting the words in the English language and had brought out their spontaneous overflow of powerful feeling and emotive qualities in their poems. A few poets' and artists' creations are listed below:

### POETS' CORNER

#### A WOMAN WHO INSPIRES ME

A woman who made me happy in my desperation,  
A woman who inspires me is my inspiration  
She is my mom.

I watched my mom fill out applications,  
I looked at the line that asked about the profession.  
I thought to myself that the space is too small.

To write down what she does, a whole page wouldn't be  
enough to cover it all.

My mom, My inspiration!

- A. ROSHNI (VII-B)

### TEACHERS

You picked me up,  
when I was down.  
You taught us values,  
when we did mistakes.  
You teach as well,  
when we don't know anything.

You take care of me,  
when I feel lonely.

You made me the best,  
when I was the worst.

-M. SHEBA (VIII-E)

## POEM – GOOD MANNERS

I say thank you  
I say please  
I say excuse me  
If I sneeze

I say I'm sorry  
when I'm wrong  
Because good manners  
make me strong

I don't push  
I don't shout  
I ask my teacher  
If I want to go out

I don't quarrel  
when we play and learn  
I always wait  
until it's my turn  
I don't grab  
I always share  
I speak kindly  
To show I care

I say hello!  
I know my manners  
How about you?

- C.P.ABIRAMI KRITIKA (VII-C)

## MY NEW SCHOOL

I entered Jeevana as a doubting Thomas,  
And became the hero of all the rumors,  
My day started when 30 days have passed,  
Leaving me in a pit of dark  
When all the chapters were over,  
And lessons were closed,  
I hit the book with nothing to know.  
Day by day my new friends and teachers,  
Motivated me to start a new head start.  
Then came my acid test,  
That was my first cycle test,  
I did well at some & tried in the best,  
My first cycle test was the load to the rest.  
Now here am I as a happy student,  
With good peers & dears,

Who play with me, learn with me  
and grow with me.  
Thus my story into Jeevana is a miraculous  
journey into the annals.  
My new school of history showed me,  
How God played his game in my life.  
I finally realized that destiny brought me here,  
Into a school so dear.  
Lots of games are here to distract you fear.  
From exams so near.  
My ground is my soul,  
The trees are my mind,  
My teachers are my heart,  
And my Jeevana is my Alma.

- M.S. CHIDHAMBARA KRISHNA (XI-B)

## TEMPORARY RAIN

As we sail across the seas,  
With waves that crash our hearts,  
Drowning in this doom of fear,  
The promises of good tomorrow might bring.

No matter who we trust,  
We love, we hate, we care  
In the end, it is just a solitary 'I'  
With an identity as temporary as the rain.

Battles with desire may stain our days,  
Lessening them without an ounce of pain,  
In this labyrinth we try to get along,  
Stopping now and then, struggling all along.

No question or doubt about the Man above,  
Flicker of life and hope lingers within,  
Until we are pulled into Heaven or Hell,  
And we fade away as temporary as the rain.

- D. KAVYA MITCHI (XII-A)



## CONFLICTION

What sin is there in joy?  
What joy is there in feelings,  
Feelings for the one you love,  
Love for the one you hate?

With mixed emotions we pad along,  
To whichever way that leads us,  
Unnatural uncertainties are  
destined to come our way,  
To make us foresee our foregone conclusions.

May I for a moment take a break,  
Climb down the ladder of ascending expectations,  
Behind me I see an ever - growing shadow,  
Embarking on a journey of nondescript notions.

How solemn yet serene it feels to be here,  
Stuck in a predicament of profound poignancy,  
Where revelations seep through sombre mind,  
Of how dusk may strike sooner than dawn.

- D. KAVYA MITCHI (XII-A)

## THE WORSHIPPER

I sauntered into the room,  
Where men with bowed heads sat,  
Where silence was man's lover,  
To me – an eternal foe.

The faces of His creations,  
Seemed to be moulded into one,  
Contorted in forced divinity,  
They pray for none but them.

The celestial beauties play around,  
With the mortal ambiguities of my soul,  
The bewilderment of my timid heart,  
A sardonic pleasure to the angels below.

Faith is a luxury to a man,  
Who believes to be son of Heaven,  
To men who question their birth,  
A glimpse of what it's like in death.

So here I sit in His divine court,  
Witnessing every trial of faith,  
Perhaps someday it would be me,  
Proved to be guilty and sent to Hell.

- D. KAVYA MITCHI (XII-A)

## A MOMENT'S BEAUTY

The girl stared at me,  
Her eyes- black and plain,  
Her skin- an unhealthy glow,  
Her voice – a screeching note.

She was, I decided,  
Not worth a second glance,  
A poorly painted picture,  
Without the touch of art.

Years rolled by until,  
The girl stared at me again,  
Gone was what I had despised,  
Replaced by enviable beauty.

Her eyes now sparkled,  
Her skin- a delicate porcelain,  
Her lips red and fiery,  
Her voice- a song of the angel.

Youthful days slipped away,  
Until I stared at her,  
Gone was I had envied,  
Replaced by fearful touch of old age.

Her beauty now secretly hid,  
Within the guarded chambers,  
Of her drooping black eyes,  
That concealed a truth to me.

The girl that stared at me,  
Was not just another person,  
She was 'me' that stared back,  
When I looked into the mirror.

And in all the years that flew,  
I was the same girl I knew,  
The beauty of my face changed,  
But that of my heart remained the same.

- D. KAVYA MITCHI (XII-A)

## SWEET CREATURE

Waltzing from side to side  
Just like my bodiless soul,  
The willow stood twenty feet high  
Amidst the ocean blue sky.  
Beautiful and elegant was she,  
As old as I ever knew;  
When an eight year old me gave her life  
during the bad old times of war.  
She crept the children out.  
For she carried souls,  
In the form of tales and stories,  
That spread through the whole of this town.  
She was steady and strong as the thunderbolt,  
And bore good weights when people of guilt  
Were hung in her mighty bold arms, that spoke  
Only of justice and trust.  
She knew as much as an animal,  
How much I loved her,  
For she didn't let me go.  
When a bullet of wisdom pierced through my jet black heart.  
Together we talked about the sign of the times,  
And how fate changed everything in over a century.  
Down came men with widened thoughts.  
Who no longer had fear of ghost town where we belonged.  
They cut her down into pieces of hope  
And shattered her invisible dreams  
Like a man doest to his woman.  
Nowhere to go  
While caught up in the middle,  
Worries and confusions began to hover  
Over my timeless heart.  
Will please someone plant a willow here?  
I shall spend the rest of  
My life in peace again.

- S. ADITI (XII-A)

## HOME

In the darkest of nights,  
was I born in the  
rumbling ditch of water  
So loyal has she been,  
to all my fellow mosquitoes,  
for she gave us life.  
When not a single soul  
supported our survival.  
Slothful pigs rolled their  
bodies over for they  
have always been grateful,  
for the soothe rig environment,  
that she provided.  
So powerful and deadly was she,  
that not a man dared to step,

inside of her, as he knew  
the consequences she would  
bring about in his life.  
Intoxicating and acrid she smelled to  
people that went past her,  
but to me redolence is all that  
she brought in.  
An ecstatic aura she had,  
which lit up all our puny hearts,  
that made us powerful for who we are.  
Oh almighty! So grateful we feel,  
for such be-nigh loyalty.  
I am immensely proud to call,  
this my home!

- S. ADITI (XII-A)

## LIVE LIFE TO THE FULLEST BECAUSE WE ONLY LIVE ONCE

Our feelings are just like clouds.  
They roam around like clouds on a windy day.  
Sometimes it's the sadness with the rain of happiness.  
We are the ones who should know to enjoy the rain and  
The view of colourful rainbow which  
Shows how meaningful life is !

## LIFE

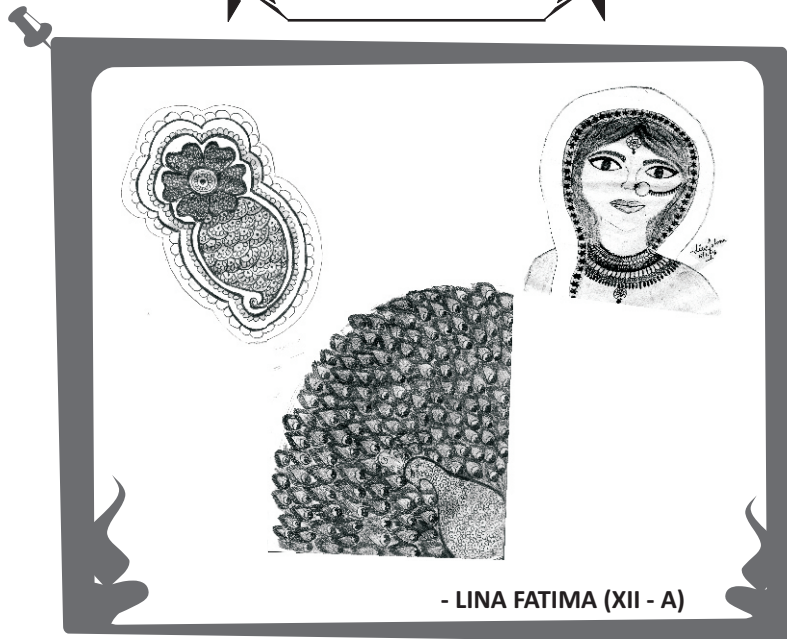
Even after Every storm the sky is  
Imperfectly perfect.....  
That's how life is I guess.....

## NATURE

Sometimes I wish I could  
Get lost into those forests.  
Enjoying the calm weather  
Amongst the trees with  
Chirping birds and to sit beside  
A river all alone, thinking where  
My life is going to take me.  
Because sometimes being alone  
Away from the toxic world,  
Amongst the nature is heaven

- MANSI (XI-A)

## ARTIST'S CORNER



- HARSHINI (XII - A)



- LEONARDO.D.MARX ( II - C)

## EXTERNAL COMPETITIONS - PRIZE WINNERS

1. Rakshita. M of Std II-A: topper in the Brain-O-Brain Fest, 2018.
2. Yoga Sankara. N of Std II-B: secured the 10<sup>th</sup> place in the Chess Competition conducted by Madurai Chess Association.
3. Aradhana. D of Std II-B: won the third place in Karate-District Level Kata Competition.
4. Yasikka.S of Std II-D: won the second place in District level skating competition and Gold-Topper in Regional & National level Brain-O-Brain Fest.
5. Mas Mithran of Std II-D: champion in Regional & National level Brain-O-Brain Fest.
6. Ritish Abinav of Std II-D: won the Silver Medal in the Chess Competition conducted by Madurai Chess Association.
7. Nithura. V of Std III-A: secured three points in Chess Competition held by A.K.R. Chess Academy.
8. Joshua Shalom. P of Std III-B: secured four points (4 times) and a cash prize of Rs.300/- in chess competition held by various Chess Associations.
9. Sanjan. R of Std III-B: won the third place in 25 m Butterfly, won the second place in 100m individual Medley and won the first place in 25m freestyle boys held by Decathlon.
10. Shiv Balaa. B.M.S of Std IV-A: has secured 3.5 & 3 points in two different Chess Tournaments.
11. AjayKrishna. J of Std IV-A: won the third place in Karate held by Heroshn Ryu Karate Do. India and won the Green belt International Shinkan Isshin Karate Competition.
12. Vashudhara. M of Std IV-C: won the second place in Silambam Championship, 2018.
13. Mithra. S of Std IV-C: secured first class in Dakshina Bharat Hindi Prachar Sabha.
14. Gautham. P of Std IV-C: secured first class in Dakshina Bharat Hindi Prachar Sabha.
15. Srinidhi. G of Std IV-D: secured the second place in Fancy Dress competition, the third place in Art from waste and the second place in Drawing, Competition at the KIDS FIESTA.
16. Yazhini. S of Std IV-D: secured the second and the third place in Singing and Drawing competition at the KIDS FIESTA.
17. Sreemathy. P of Std IV-D: secured the first class in Dakshina Bharat Hindi Prachar Sabha.
18. Harish Muthu. M of Std IV-D: won the second place in Silambam competition.
19. Deepan Kishore. K of Std IV-D: received cash of Rs.1000/- as consolation prize in Inter-school Drawing Competition conducted by KIDDIBETES.
20. Induja. R of Std IV-F: secured two points in Chess Competition.
21. Amoha.S of Std V-A: secured the first place in Silambam Championship.
22. Maxwell.V.J. of Std V-B: won Bronze Medal in Silambam.
23. Ashwin.S of Std V-D: Runner-up in Table Tennis Tournament held by Ellis Table Tennis coaching academy.
24. Varsha. J of Std V-D: won the runner-up place twice and winner once in Table Tennis conducted by Ellis Table Tennis coaching academy.
25. Soujanya. S of Std V-E: won the second place and a cash award of Rs.3000/- in Inter-School Drawing Competition by KIDDIBETES.
26. Madhavan. V of Std VI-A: has won the second place in Junior Mirdhangam Competition.
27. Yuvan Dev of Std VI-A: won the first place in solo dance and the second place in Foot Loose in an interschool cultural competition organised by Thiagarajar College of Engineering.
28. Ashwin Bharathi. A of Std VI-C: winner, runnerup (twice) and III position in various Table Tennis Tournaments.

29. Vimal Varshit. V of Std VII-B: won the second place and the third place (twice) in the open Karate Championship.
30. Shailesh Sriram. R of Std VI-E: a winner thrice and placed III in various Table Tennis tournaments.
31. Sushruth Paramaguru S.B of Std VI-F: won Silver Medal for his astomishing performance in Brainy bobs.
32. Trinty. K of Std VII-B: and Shea Santhoshi.J of Std VII-D: secured first place in State Level and the third place in National Level Table Tennis – Doubles Tournament conducted by ICSE council.
33. Krishna Kishore. D of Std VII-C: secured the first place in District level Silambam Competition.
34. Swathi. M of Std VII-D: won the third place in Art Competition by Global Art.
35. Alan Christ. A of Std VII-E: won the first and second place in state level in Chennai & Tirunelveli and the first place in District level Badminton competition held by Ameer Sports academy.
36. Alan Christ. A of Std VII-E: won the first and the second place in District Level Cycling competition held by Decathalon. Under different categories.
37. Alan Christ. A of Std VII-E: secured the first position under 13 Badminton Tournament and second place in Singles & Doubles Badminton Tournament conducted by Madurai Badminton Association.
38. Harshitha. A of Std VII-E: won in Ring-I, Ring-II & Road I in District level Skating Competition.
39. Aravind Subramaniyam of Std VII-E: won the second place in Sub-Junior Gymnastics Competition.
40. Sri Kamatchi of Std VII-E: received a cash of Rs.1000/- as consolation prize in English Elocution Competition organized by SPJ School.
41. Sanjana of Std VIII-B: and Nivetha of Std VIII: won the first place in State Level and won Bronze Medal in National Level Table Tennis Doubles Tournament conducted by ICSE council.
42. Rachana Sri of Std VIII-B: won the second place and received a cash of Rs.3000/- in English Elocution conducted by SPJ School.
43. Cotnis. I.S of Std VIII-C: won the second place in South Zone level Silambam Championship.
44. Anish. R of Std VIII-D: won the second prize in Inter Academy Cricket Tournament.
45. Sandeep Kumar.S of Std VIII-D: secured the first place in State Level Missile Launching of Aero Modelling Competition.
46. Thejasri of Std IX-A: and Vaissnavi of Std IX-A have won the
47. Favaz Ahmed of Std IX: won the Gold Medals in the National Level Table Tennis Tournament conducted by the ICSE council.
48. Jyothsana Shri.R of Std XI-B: won the cash of Rs.1000/- as consolation prize in English Elocution held by SPJ School.
49. Vinitha Shanthi Rohini Sunder of Std XI-B: won the first place and received cash of Rs.5000/- in English Elocution organized by SPJ School.
50. Kavya Mitchi.D of Std XII-A: won the first place in WJ MC Mahon creative writing competition.
51. Lina Fatima of Std XII-A: won the first place (twice) and the third place (twice) in boat & rowing competition held in Kodaikanal.