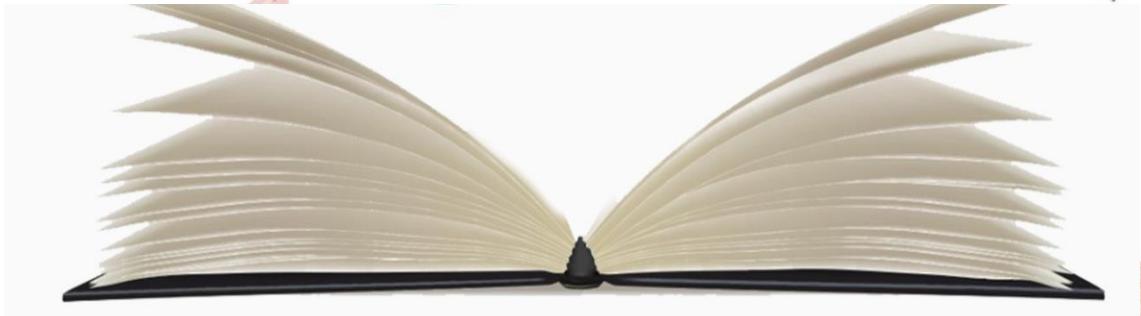




# Mindroid



## **MOMS ARE THE MOST BEAUTIFUL BEINGS IN THE WORLD**

*A mother is a role model, the best friend, and a pillar of strength for her kids. A mother views her kids as her world... As soon as a child is born, a mother develops a strong bond with the child. As the child grows, their relationship changes, but the feelings remain the same.*

*I trusted the most in my life my mother. A mother and daughter love is a special bond that spans throughout the years; through laughter, worry, smiles, and tears. There is a sense of trust can be never broken; a depth of love that is unspoken which turns into a lifelong friendship built on trust, sharing, hugs, kisses, warmth, and caring. A mother & daughter love is two hearts that come together as one. A love that is so unconditional and everlasting.*

*Mother is like an angel for her child, who always loves her child and supports him/her. In every child's heart, mother is placed in a special place in his heart because mother is the first person whom the child sees after his/her birth. This is the reason why a child and a mother have a special bond between them.*

*A mother is the first teacher for a child because other than pampering and nurturing, a mother also teaches her child the moral and cultural values. A mother undoubtedly possess some superpower as she gives the best to her child despite focussing household work and her career.*

*Often we misunderstand the guidance our mother provides us, and instead of being grateful for everything she does for us, we turn rude and disobedient. Even though she is hurt by our actions a lot, she is the most forgiving and understanding being when it comes to her child(ren). Father's love is also unconditional , but it is not to the level as a mother. The bond between our mother and us is that of flesh and blood.*

**“No one has loved you like your mom and no one ever will. . .”.**

**Mrs. R. Manjula**

**Dept. of Computer Science**



## LEARN FROM PEOPLE

*If we want to shine like a Sun, first burn like a Sun. All want to achieve like someone, earn like others, get more fame like celebrities and so on. We have to see the struggles and the difficulties faced by them also. We see only their glorious side but fail to see their hurdles. We should carefully observe all their struggles they undergo to get to the top position. When a duck swim on the water, we fail to see how difficult its legs are peddling inside the water to maintain its balance.*



*Learn from big people who created big histories. Go through each phase of them. Follow all their steps to achieve the success. Always don't read or follow only success stories. Life will not be like that always. Read or follow some failures also which will surely give you a good lesson and good experience.*

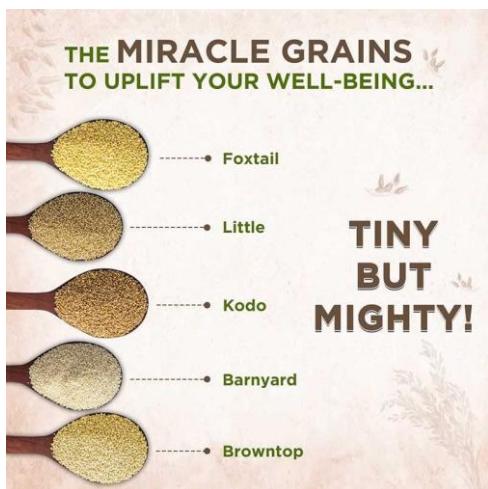
*Failure is the stepping stone for success. Once you fail, you will try to learn the new method of achieving it. Hardwork is the key to success.*

*Every person who achieves in their life has his own struggles. It is not a dream, of achieving success in an overnight sleep. So try to follow their footsteps, hard work and dedication to achieve like them.*

**Mr. R. Jeyatheerthan,**  
**Computer Science Teacher**



## MILLETS – A MIRACLE CROP



Millets are the oldest cultivated grains and staple food of India. India is the largest producer and the fifth largest exporter of millets. They are making a comeback, tiny seed grains that were pushed off our plates have several health benefits. There is a growing awareness of the need to move to the healthier, more accessible and inexpensive

diet that include millets as we face under-nutrition and mal-nutrition problems. Millets are rich in nutrients like protein, fibre, vitamins and minerals. They are particularly high in Magnesium, iron and phosphorous. Millets are naturally gluten-free. They have a low glycaemic index which helps to regulate blood sugar levels. Millets can be used in a variety of dishes including porridge, bread and salads and can be cooked in a similar way to rice. We need to embrace millets and eating them moderately help us to be healthy. Millets are environment friendly and also offer solutions to food scarcity as they are draught resistant and require less water and fewer pesticides.

Millets are often referred as miracle grains because of their numerous health benefits and the fact that they can thrive in harsh, dry environments where other crops may struggle.

To create a global demand and to provide nutritious food to the people, Government of India had proposed the United Nations to declare 2023 as 'The International Year of Millets'. Overall millets are a healthy and sustainable food option that can support both human health and environment.

**Durgadevi D**  
**Department of English**



## **PRIORITISING SELF CARE**

*In today's world as people rush to take care of family and other responsibilities, they often forget about their health and wellbeing. With the ever increasing stress, anxiety and pressure experienced by people, it is essential to pay close attention to one's mental wellbeing and to practice self care.*



*Self care is a sure way to exponentially reduce stress that may arise from a busy school schedule, endless work or the various expectation that are present in our personal life. But self care is something that many people struggle to prioritise. There is a misconception that self care is selfish. But when you practise self care you produce positive feelings which boost motivation and self esteem leaving you with increased energy to support yourself as well as your loved ones.*

*Self care is a vital aspect of maintaining good health especially when it comes to mental health. It means regularly engaging in physical activities that promote a healthy mind and body. It could be something as simple as going for a walk, spending time with family, practicing yoga, meditation or engaging in any form of exercise that one enjoys.*

*The importance of mental health and self care in today's world cannot be overstated. As we continue to face significant challenges in our lives, prioritising our wellbeing must remain a top priority. By doing so we can better cope with life's challenges, maintain healthy relationships and ultimately lead happier and more fulfilling lives.*

**M.K.VANAJA**

**DEPT. OF MATHEMATICS**



## IS SOCIAL MEDIA GOOD OR BAD?

“Social media: Don’t use it to impress people, use it to impact people”. These days, science has become a part of ourselves and to be more precise, we, our surroundings, touchable or intangible, are purely the outcomes of science. When we talk about science, technology is not to be unmentioned. In fact, in the



coming days, I’ll never not be surprised if a word “Tech and science dominant world” would be added in the synonyms list to our earth. The power of modern tech, to seal the entire world into our palms, when disentangled, lies to the credits of social media, which has got involved in almost all tasks from our diurnal schedule, with mobile phones being just a part of it. The internet community, of course, gave birth to endless debates thrashing out illimitable decisions if network is an advantage or the tool which will be the cause of our demise, and if asked to me, I’d say, there is no superior platform to become a person who is celebrated, other than social network, nevertheless a more distracting site in the world. The best thing about it is, as you all already are aware, communication; not just with simple people but with present legends on the globe. I don’t think there is anyone smarter than Google and social media has knowledge boundless than the vast ocean, which we can feed our brains on. I found my inspiration and passion with the major help of social media. In terms of media, Entertainment occupies an important part and it depends on the public’s view if a person finds it helpful and inspiring or as a distraction. The proportion of many hidden talents exhibited flawlessly, online, and folks supporting and growing into fans, enhancing the fame of the talented artist is charming. As much as the goodness of networking is praised, there are really dangerous entities which may even lead to deaths. One of the major negativities of it is, the toxicity people show towards something or someone, which affects the mental as well as the physical health of the creator or that person. I’ve come across a lot of individuals, who are completely different in their postings as to who they really are in real life. This falsehood of people have led to the mental breakdowns of many, who desired to have that ‘perfect’ life or ‘perfect’ body, the standards of which were set by the dishonest and deceitful persons. Apart from fantasizing social media, there are other factors like the addiction to video games, inappropriate content, cyberbullying, invasion of privacy, and lots more which results in depression, anxiety, loneliness, self-harm and even suicidal thoughts, which are the worst sentiments

one could have. Let's try to use the network world prudently and to create an impact on people, in a good way of course! "The great thing about social media was how it gave voice to voiceless people", but at the same time, "social media is where losers go to feel important". It depends on ourselves on how we use this greatest tool which is a creation of someone of our own kind and the choice is ours, to grow or to fall. "Engage, Enlighten, Encourage, and especially... just be yourself! Social media is a community effort, everyone is an asset."

*Bhuvaneswari.V,*

*Dept. of Mathematics*



## கல்வி

அ - அத்திப்பழம் போல தித்திப்பானது  
 ஆ - ஆழமான கடலைப் போல வற்றாதது  
 இ - இதமான காற்று போல சுகமானது  
 ச - சுரமான மண்ணைப் போல வலுவானது  
 உ - உறைந்த பனியைப் போல களங்கம் இல்லாதது  
 ஊ - ஊறும் கேணியைப் போல குறைவில்லாதது  
 எ - ஏறும்பைப் போல அனைத்து தன்மையையும் தன்னகத்தே கொண்டது  
 ஏ - ஏர் போல கடினமான எதையும் சுலபமாக மாற்றக்கூடியது  
 ஐ - ஐந்து கண்டங்களுக்கும் கண்ணானது  
 ஒ - ஒட்டகத்தைப் போல வறட்சியிலும் செழிப்பானது  
 ஒ - ஒசையைப் போல பாமர்களைத் தட்டி எழுப்பக் கூடியது  
 ஒள - ஒளத்தமாய் வாழ்வுக்கு மகிழ்ச்சியானது  
 ∴ - அஃதய கல்வியைப் பரப்ப முயல்வோம்.



*தே. வயோலா கிரேஸ்*

*தமிழ்த்துறை*



## **RIVER**

- *You are moving like a snake  
You have ups and downs in your life.*
- *No one can stop you,  
when you run fast.*
- *If you are happy,  
You will be calm and quiet.*
- *If you get angry,  
You will become an arrogant and  
swallow the lives of many. (Tsunami)*
- *Each and everyone loves you,  
Not only children but also  
youngsters and adults.*
- *When the sun beams fall on you,  
You will be glittering and shining.*
- *You are so patient,  
You are very flexible,  
You have tolerance,  
You have stability.*
- *You have no ego,  
no envy no jealous.*
- *You have never seen  
caste, creed and religion. (Unity in Diversity)*
- *You have no colour and no shape but  
your heart is WHITE.*
- *I need you and  
I never say 'GOOD BYE' to you.  
WHY?*
- *You taught me how to live  
in this world.*



**Ya! NATURE SPEAKS SILENTLY WITH EVERYONE!!**

***Mrs. R. Buvaneswari***

***Dept. of English***



## STORY – THE LONELY MOUNTAIN



*In the forest there were many trees and a dry river. There was a huge angry & lonely mountain. There was nobody to speak to the mountain, the mountain was very sad all the time. One day a little bird got hurt on its wing, it couldn't fly anymore so it sat on the mountain to take some rest. The mountain woke up and asked in a harsh voice why did u come to me?? The bird cried saying that she got hurt on its wing and cannot fly anymore, and the bird started talking a lot of stories to the mountain. Once when the bird's wing is*

*all right, the bird said bye my dear friend, it's time to leave I will come back one day to meet you and it flew away. The mountains saw the bird flying over the sunset, that time the mountain was filled with sorrow. One day the bird came to the mountain saying hello my dear friend how is you I came to meet you... and the bird started to share their own life and spoke a lot of stories. Again, the bird flew away saying that she will be back one day to meet the mountain. So, like this every time the bird used to come to the mountain and tell a lot of stories the mountain used to feel very happy thinking that he has a friend. Days passed away; the bird never turned up the mountain was longing to meet the bird again. The mountain was missing the bird, every day the mountain was waiting to meet the bird. And one fine day the mountain saw a bird flying towards him but it was not like the previous bird it was very weak it was very slow and the bird came and sat on the shoulder of the mountain and said in a older voice, Hello my dear friend the mountain felt very happy seeing that this friend is back and hugged at the mountain saying that he missed the bird a lot. Even though the mountain was very weak, it started telling a lot of stories of the mountain, and at last the bird said that... I am becoming very older I just came here to tell you that I will not come here anymore, and this will be my last journey with you, and this is my last love given to you the bird said and flew away.... Seeing the bird flying into the mountain's heart broke into pieces and it started yelling and crying heavily.... That tear came down to the forest and flowed through the river now the dry river was flowing with a lot of water. Water flowed into the village and many people used the water for their necessity now the village was happy with the water.*

**Kavitha Prassana**

**Dept. Of Kindergarten**



## நால் பார்வை

நாலின் பெயர் : தண்ணீர் தேசம்

நால் ஆசிரியர் : கவிப்பேரரசு வைரமுத்து

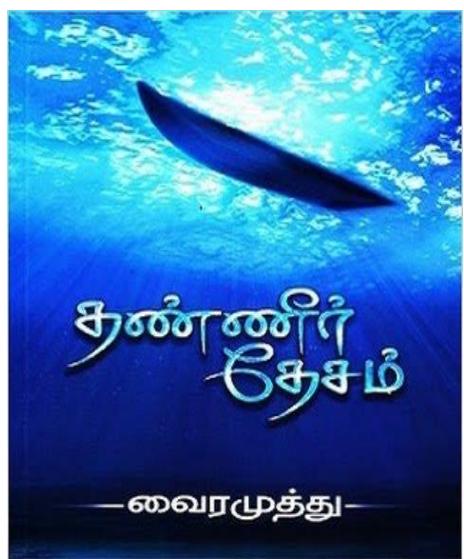
நால் வெளிவந்த ஆண்டு : 1996

தண்ணீர் தேசம் - கவிப்பேரரசு வைரமுத்துவால் எழுதப்பட்டு 1996ல் தமிழ் வார இதழ் ஆனந்த விகடனில் 24 தொகுதிகளாக வெளிவந்த கவிதை வடிவிலான ஒரு கதை. கடல், தண்ணீர், காதல், நட்பு, நம்பிக்கை, விடாழுயற்சி, வாழ்தலின் ஆசை - அனைத்தையும் இணைத்து பல அறிவியல் உண்மைகளோடு எளிய கவிதை நடையில் எழுதப்பட்ட கதை.

இக்கதையின் நாயகன் கலைவண்ணன். நாயகி தமிழ்ரோஜா. நாயகன் முற்போக்கான், புரட்சிகரமான சிந்தனைகளைக் கொண்ட பத்திரிக்கைக்காரன். நாயகி மிகவும் மென்மையான மனம் கொண்ட, கண்டங்களே தெரியாத, கல்லூரிப் படிப்புக்காரி. மிகப்பெரும் தொழிலதிபர் அகத்தியரின் ஒரே தவப்புதல்வி. இவர்களது காதலும் கண்ணியமும் குடும்பத்தாரால் அங்கீகரிக்கப்பட்ட ஒன்றே!

கதைப்படி (கவிதைப்படி), தமிழ்ரோஜா சிறுவயதில் கொடைக்கானலுக்குப் பள்ளிச்ற்றுலா சென்ற பொழுது ஏரியில் ஏற்பட்ட நீர் விபத்தில் சிக்கிப் பிழைத்த ஒரே குழந்தை! ஏரி முழுதும் சீருடைப் பிணங்களால் நிறைந்த அவலத்தை நேரில் கண்டதால் மனதின் அடிஆழம் வரை நீரச்சம் கொண்டவள். அவளது நீர் பயத்தைப் போக்க கலைவண்ணன் எவ்வளவோ முயன்றும் தோற்கிறான். எதிர்பாராத ஒரு நாளில்

கடற்கரையில் காதலர்கள் பேசிக்கொண்டு இருக்கும்போது கலைவண்ணனின் மீனவ நன்பர்கள் கடலாடக் கிளம்புகிறார்கள். விளையாட்டாக கலைவண்ணன் தமிழ்ரோஜாவை வற்புறுத்தி அவர்களோடு மீன்பிடிப்படகில் ஏற்றிக் கிளம்புகிறான். அரைநாள் பயணம் தான் அவர்களது திட்டம்! அவளது பயத்தைப் போக்குவதே அவனது நோக்கம்! ஆனால் விதியின் நோக்கம் வேறு.



கலைவண்ணன். பயண ஆரம்பத்திலேயே கொஞ்சமாக மனம் தேறி வந்தவளுக்கு, எதிர்பாராமல் நடுக்கடலில் பழுதாகி நின்று போகும் படகும், தீர்ந்து போகும் டைஸலும், குறைந்து கொண்டே வரும் உணவும், குடிநீரும், பகல் நேரத்து அதீத வெய்யிலும், இரவு நேர கடும் குளிரும், கடலின் நடுவில் திடீரென்று ஏற்பட்ட புயல் சின்னமும் - மரண பயத்தை மறுபடியும் கண்முன்னே காட்டுகின்றன! அவர்களுக்கு மட்டுமல்ல.. புத்தகம் வாசிக்கும் நமக்கும் தான்! தமிழ்ரோஜாவும் கலைவண்ணனும் இவற்றை எதிர்கொண்டார்களா? என்ன ஆனார்கள்? புயல் வென்றதா?

அனைத்தும்  
விரிவாக!

தண்ணீர்

தேசம்

புத்தகத்தில்

உணவின்றி, நீரின்றி, மாற்று உடையின்றி,  
உறக்கமின்றி, பலநாட்கள் வாடி, முழு  
நம்பிக்கையும் இழந்து, சர்வதேச கடல்  
எல்லைக்குள் சென்று மாட்டிக் கொண்டதால்  
உடனடி உதவியும் கிடைக்காமல், படகும்  
உடைந்து, கடலில் விழுந்து, வலுவான புயலின்  
கண் பகுதியில் சிக்கி, உயிர் பிழைத்தலே  
கனவாகி - இதற்கு மேல் ஒன்றும் இல்லை என்று  
நாமே ஒரு முடிவுக்கு வரும் போது - தண்ணீர்  
தேசம் நமக்கு விடை தருகிறது!

வீட்டுக்குள் அமர்ந்து இந்தக் கதையை /  
கவிதையை முழுமையாய் படித்து முடித்த போது -  
ஆழமாய் மூச்சு வாங்கியதும், கண்ணின் ஓரம் நீர்  
துளிர்த்ததும், வெறும் காலில் மண் தரையில்  
ரொம்ப நேரம் நின்றதும், கொஞ்சம் மண்ணை  
டடுத்து சர்க்கரை போல வாயில் போட்டுக்  
கொள்ள நினைத்ததும் - அக்மார்க் நிஜம்!

தாயின் அருமை பிரிவில்..!  
மனைவியின் அருமை மறைவில்..!  
நீரின் அருமை கோடையில்..!  
நிலத்தின் அருமை கடலில்..!  
நேசித்து வாசியுங்கள்!

*Bharathi V*

*Dept. of Kindergarten*



## ***FOLLOW WHAT YOU PREACH***

*Whenever there is a talk of Values I am reminded of a story narrated by my grandmother. There was a King who valued a particular sage's words. The sage was a very wise person and had many a time guided the King during his difficult times.*

*Once the King had a special request to the sage. His little Prince was affected by a sickness due to which he had to abstain from eating any form of sugar. The King could not convince the Prince. So he approached the Sage. The Little Prince had a deep affinity towards the Sage and respected his words.*

*The Sage heard the request and asked the King to come back the next week. This continued for a few weeks. Finally, the Sage called for the Prince and advised him to abstain from sweets. The little Prince agreed without any fuss.*

*Now the King was curious to know why the Sage took such a long time to say something so simple. The Sage replied that he was also very fond of sweets and could not remain without eating them. It took him some time to control himself before he could abstain himself from sweets. His point of view was that when he himself had a weakness he was not fit to advise others.*

*So I feel that whenever we talk about values we should first follow them ourselves. We should rather be a role model than a critic. By following us our next generation will adapt itself to good values. Spend quality time with children. You will surely reap the harvest of these actions. They will understand you and will be close to you.*

**R.Asha**

**Dept. of Physical Science**



## **PETS AT HOME**

*Pets, especially dogs and cats can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improves your cardiovascular health.*



*Caring for an animal can help children grow up more secure and active. Pets also provide valuable companionship for older adults. Pets help to calm the people and lower the blood pressure.*

*Kids learn empathy in the presence of pets. They grow up to be confident and responsible adults, they help children to socialize and teach them values in life.*

*At the point when duties are very much paced, a kid can profit enormously in raising a cheerful pet.*



***Mrs.Saritha.K***

***Dept. of Humanities***

## ***Generation Alpha***



*As a teacher, I can handle 30 students or more in the class room, but it is very difficult with my own child at home. Not only me. I see many parents struggling with their own kids. Nowadays, if they are asked to do any work, they are not ready to accept, and they also raise their voice to our level. May be it is a generation gap or the effect of technology. Who knows? May be our parents also felt the same about us. However, we have to enjoy their naughtiness as well as their intelligence.*



***G.Selvanayaki***

***Dept. Computer Science***

## TEAM WORK WORKS

Being an ardent lover of music, I always wonder what makes a song successful or mega hit whether the lyrics, composition of music, rendition by the play back singer or the actor acted for the song.

Though it is a million dollar secret, but it is true that the success of any song does not belong to any individual because it is the culmination of many artists and hence success cannot be attributed to a single person. Since the music director of the song involves many instruments, the need of dedicated individual musicians is needed to bring out the music to satisfy the director and hence the entire audience. Not only in music, the success of any organization is not depended on any individual but every individual. As Steve Jobs, founder of Apple quotes “Great things in business are never done by one person. They’re done by a team of people”.

If you work hard together as a team and put out as hard as you can for a short period of time, you’ll get to rest while everyone else pays for not working so hard.

Henry Ford, says

“Coming together is a beginning.

“Keeping together is progress”

“Working together is success”

Hence success of any institution depends upon the team work.

**Mrs. Sreeja Suresh**

**Dept. Of Humanities**



## **DREAM ASCENT**

*When Shadows fall and skies turn gray,*

*Hold onto dreams, don't lose your way.*

*Through trials and storms, keep your head*

*- held high,*

*For within your heart, the fire won't die.*

*Though paths may twist and doubts may*

*- creep,*

*Your dreams are treasures, yours to keep.*

*With every stumble, you learn to rise,*

*A phoenix's spirit in your eyes.*

*The road might be tough, obstacles may taunt,*

*But remember, your dreams are what you want.*

*In perseverance's embrace, you'll find your way,*

*So don't give up; let your dreams have their say.*



***Sangamithrah N***

***Dept. of Kindergarten***



## அம்மா

அம்மா - அன்பிற்கு அர்த்தம் தந்தவள்  
ஆற்றலின் ஆழ்கடல்  
இல்லத்தின் இளவரசி

ஈகையில் இன்பம் காண்பவள்  
உவகையோடு உபசரிப்பவள்  
ஊக்கத்தின் ஊன்றுகோல் அவள்,  
எண்ணங்களில் எழுச்சி தந்தவள்-நம்  
ஏற்றத்திற்கு ஏணியவள் - நம்மை  
ஜயமின்றி வையகத்தில்  
- வாழ்வைப்பவள்  
ஓப்பற்ற வாழ்வுதர  
ஓய்வின்றி ஓடுபவள்  
ஓளதமாய் ஆற்றி தேற்றி  
- அரவணைத்துக் காப்பவள்



நான் நிலவாக நீ தேய்ந்தாய்  
வெறும் 10 மாதங்கள் மட்டுமல்ல  
என் வாழ்நாள் முழுவதும்  
நான் ஓளிதர நீ மெழுகானாய் - நன்றி, நன்றி  
நன்றிகள் பல என்றாலும் அது உனக்கு என்றுமே ஈடாகாது  
உன் அன்பை சிறிதேனும் ஈடுசெய்ய  
இறைவன் எனக்குக் கொடுத்த வரம் - நானும்  
உன்னைச் சுகமாய்ச் சுமப்பேன்  
உன் முதுமையில், நீ எனக்கு மகளாகும் போது  
**நான் உனக்குத் தாயாக!**

*D. Tresa Roselin,*

*Dept. of Mathematics*



## *Unforgettable person*

*One day morning, when I was going to school, I met with a road accident unexpectedly. My bike slipped and I badly fell on the road with my little child. Luckily we did not get major injuries. By standers crowded us immediately, like a swarm of bees. Some of them just looked at us and passed from the place as we do normally. A lady came to help us and she admitted us in the nearby hospital. She informed my home and took care of us till our family members came. Later I asked about her and came to know that she was working in a paint company and she was in 1 hour permission to look after us, which I couldn't believe still. Happy that people are there with true kindness who expect nothing in return from us. This unforgettable poor lady taught me a lesson, "Be always the one who help others during their time of need".*



*Mrs.Nithya prabha*

*Dept of Physical Science*



**“JAI HIND”**



*A Resounding Anthem of Patriotism's Origin The resounding phrase "Jai Hind" holds a profound place in India's history, culture, and struggle for independence. Coined by Dr. Chempakaraman pillai, an iconic leader from the South Indian city Thiruvananthapuram, the phrase became a rallying cry for freedom fighters during World War II. Its literal translation, "Victory to India," encapsulated the spirit of nationalistic fervor and unity.*

*Dr. Subash Chandra Bose's use of "Jai Hind" in his speeches and writings infused a sense of purpose, urging citizens to rise against colonial rule. Even today, "Jai Hind" remains an enduring emblem of patriotism and a tribute to those who fought for India's sovereignty.*

*Santhi.A,*

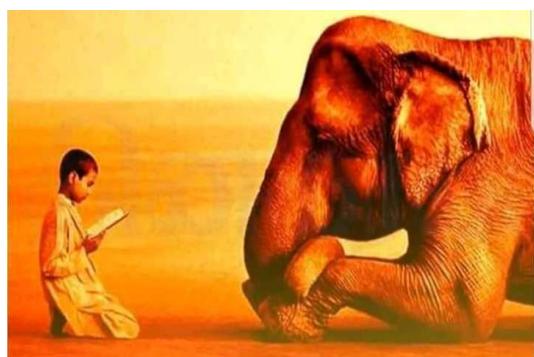
*Dept. of Kindergarten*



## பணிவு

பணிவு என்பது ஒருவரின் முன்னேற்றத்திற்கான முதல்படி. ஒருவன் உண்மையானவன் என்பதை மதிப்பிடும் அளவுகோல்தான் பணிவு.

சுயமுன்னேற்றத்துக்கான மிகச்சிறந்த ஒரு சொத்து பணிவு. பிறரைப் புண்படுத்தாமல் பேசாமலிருப்பதும், மற்றவர்கள் சொல்கேட்டு புரிந்து மதித்து நடப்பதும், விட்டுக்கொடுப்பதும் பணிவின் அடையாளங்களே.



துணிவு உங்களை உழைப்பில் உயரவைக்கும். பணிவு உங்களைப் பிறர் மனதில் உயரவைக்கும்.

ஓர் விமானம் பலரும் வியக்கப்பறக்க வேண்டுமானால் அந்த விமானத்தினுள் போதுமான எடை வேண்டும். எடையுள்ள விமானந்தான் உயரப் பறக்கும். அது போல பணிவுள்ள மனிதன் தான் உயர்வைப் பெற முடியும்.

இன்றைய தலைமுறையினரிடம் இப்பண்பு குறைந்து கொண்டே வருகிறது. இதனை உணர்ந்து செயல்பட்டால் வாழ்வில் உயர்ந்து வெற்றி அடைவர்.

“ பணிந்து செல் பலரும் உனக்குப் படியாவார்கள் “

இரா.சரோஜா  
தமிழ்த்துறை



## CAN YOU NAME IT?

- ❖ A can that gives light **Candle**
- ❖ A can that is sweet **Candy**
- ❖ A can that is truthful **Candid**
- ❖ A can that is a country **Canada**
- ❖ A can that crosses off **Cancel**
- ❖ A can that is a way a horse runs **Canter**
- ❖ A can you can row in **Canoe**
- ❖ A can that is an astronomical sign **Cancer**
- ❖ A can that is a fruit **Cantaloupe**
- ❖ A can that is a Chinese language **Cantonese**
- ❖ A can used to paint on **Canvas**
- ❖ A can that is a deep valley **Canyon**
- ❖ A can that is used for irrigation, waterway **Canal**
- ❖ A can that is a bird **Canary**
- ❖ A can that is a card game **Canasta**
- ❖ A can that projects from a vertical support **Cantilever**
- ❖ A can that is a savage **Cannibal**
- ❖ A can taken on hikes **Canteen**

**Rajamanohari. S,  
Dept. Of English**



## **SHORT STORY**

### **THE FORGOTTEN LIBRARY**

*In a quaint, forgotten town stood an abandoned library. No one could remember the last time it had been visited. The library was said to contain books that held secrets and knowledge beyond imagination.*

*One day, a curious young girl named Amelia stumbled upon the library. Dusty shelves lined with forgotten tomes greeted her. As she explored, she discovered a peculiar book with a cover that seemed to shimmer with an otherworldly light. Opening it, she was immediately enveloped in a world of magic and adventure.*



*With each turn of the page, Amelia found herself transported into the stories she read. She sailed with pirates, fought dragons, and solved mysteries in far-off lands. Days turned into nights as Amelia lost herself in the enchanting tales.*

*Word spread about the girl who had rekindled the magic of the library. People from all around came to read and experience the stories for themselves. The library, once desolate, bustled with life and imagination.*

*As for Amelia, she continued her journeys within the pages, living a thousand lives through the words she discovered. And in doing so, she brought the forgotten library back to life, proving that sometimes the greatest adventures are found in the most unexpected places.*

***Mrs. Gayathri S***

***Dept. Of Kindergarten***



## தேர்வின் போது விடுப்பு....யார் மீது கடுப்பு?

நான் ஒரு வகுப்பு ஆசிரியர். காலை நேரப் பரபரப்புடன் வகுப்பறையில் நழைந்து அலமாரியைத் திறந்து அன்றைய பதிவேடுகளைச் சரிபார்த்து மேசையில் வைத்து அடையாள அட்டையைக் கழுத்தில் அணிந்தவுடன் துவங்கும் அன்றைய நாள். மாணவர் வருகைப் பதிவேட்டைக் கையில் எடுக்கும்



முன் நிரப்பப்படாத மேசை நாற்காலிகள் கேள்விக் குறியாகக் கண் முன்னே நிற்கும். முன்னாறிவிக்கப்பட்ட விடுப்புகளை எளிதில் பதிந்து விடலாம். காரணமறியாத விடுப்புகளை என்ன செய்வது?....என்?.....ஓ! இன்றைக்குத் தேர்வா? மாணவர்களிடையே ஏன் இந்த மனநிலை? தேர்வின் பொழுது விடுப்பு எடுத்துக் கொண்டு வீட்டில் படித்துக் கொண்டிருப்பது காற்றில்லாத பலுான் போல. விற்பனைக்குப் பொருந்தும். விளையாடி மகிழ முடியாது. மாதாந்திரத் தேர்வுகளை எதிர்கொள்ள முடியாதவன் எவ்வாறு இருக்கித் தேர்வில் வெற்றிபெறுவான்? ஒரு மதிப்பெண் வினா, இரண்டு மதிப்பெண், ஐந்து, பத்து என அதற்குரிய நேரத்தைக் கணக்கிட்டு கற்றல் அடைவுத் திறனை மதிப்பிடுவது அல்லவா தேர்வு. சிறு தேர்வுகளில் இழக்கும் மதிப்பெண்களை இருக்கித் தேர்வில் மீட்டெடுத்து விடலாம். தவறவிட்ட தேர்வுகளை என்ன செய்வது? அத்தகைய நம்பிக்கையைப் பெற்றோர்களும், ஆசிரியர்களும் மாணவர் மனதில் விதைக்க வேண்டும். அடுத்த தேர்விலாவது வருகைப் பதிவேட்டை முழுமையான எண்ணிக்கையுடன் நிறைவு செய்ய வேண்டும் என்பதே எங்களது எதிர்பார்ப்பு.

ஜெ. கீதா  
தமிழ்த் துறை



## *The End of the World*

*A bright white light, shimmering from the night*

*-sky,*

*falls straight on the ground, within my eyesight.*

*The dust in the ground starts rising above,*

*The trees in the forest start to go underground.*

*The cities collapsing and folding themselves...*

*Opposing the cornfields, creating chaos.*

*I see people crawling out of their broken*

*-houses,*

*Wait... are they people?*

*They had wings the colour of cherry*

*and a half-burnt skin, moving towards the*

*-chaos.*

*I see a bright white cloud, it is shimmering,*

*Within the woods, having the warmth of home...*

*And here I go...*



***Prabhavathi.S***

***Dept. of Kindergarten***



## **HOW I TAUGHT MY GRANDMOTHER TO READ AND OTHER STORIES – BOOK REVIEW**

*This story was written by the great Indian writer Sudha Murty. This story has a collection of 25 short stories. These stories in the book are real incidents that occurred in the life of Sudha Murthy. One of the stories that inspired me the most is “How I Taught my Grandmother to Read and other stories”. This story tells us a pure love and affection between a grandmother and her granddaughter.*



*Sudha Murthy's grandmother was illiterate. She was addicted with a story 'Kashi Yatra' published serially in a weekly paper which was read by her granddaughter, Sudha Murthy. Grandmother was so addicted to listen to the episode. She tried always to read it but she couldn't. She felt sorry for being an illiterate. Granddaughter encouraged her to learn and she became her Guru. She learnt to read and write with the help of her granddaughter. She completed her studies on the day of Saraswati Pooja as she was made a promise earlier. On that day of Pooja she called her granddaughter and made her to sit on a stool. She gave her a gift of frock material and touches her feet as a sign of gratitude for her teacher for teaching so well with so much of love and affection. Even she touches her grandmother's feet in turn for blessings and felt so happy and proud that her grandmother read the story confidently in such a short period.*

*This story has touched my heart. I experienced life value and learnings. This story teach us the importance of education and the value of teacher. Sudha Murty conveys that the education is a process of expediting learning, acquiring knowledge, values and virtue whereas teachers change life, inspire dreams and push the limits of human potential. Education brings confidence to face anything and everything in life.*

*Each of the stories teach us a valuable lesson. I highly recommend this book to all age group. I am sure all will gain a value by reading these stories. It creates a carving in you to learn more about her life and it inculcates a value in you. So don't waste your time my dear friends grab it and read it.*

**Stay Happy & Keep reading.....**

**Mrs. Elizabeth G**

**Dept. of English**



## **EARTH'S OZONE LAYER**

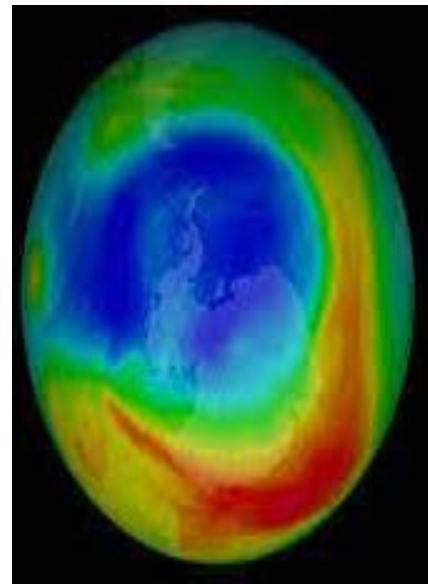
*The ozone layer is a region of Earth's stratosphere that contains a relatively high concentration of ozone molecules. It is situated approximately 10 to 30 kilometres (6 to 19 miles) above the Earth's surface. The ozone layer plays an important role in protecting life on Earth by absorbing and blocking the sun's harmful UV radiation.*

*By stopping the harmful UV radiation, the ozone layer helps to maintain the health of all living creatures in the earth. The ozone layer acts as a protective shield that prevents these harmful UV rays from directly penetrating the Earth's atmosphere. If these rays were to reach the Earth's surface in large quantities, they could have bad effects on living organisms, including causing skin cancer, cataracts, and damage to DNA.*

*The ozone layer is affected by human activities, primarily through the release of certain human-made chemicals known as ozone-depleting substances (ODS) in various applications, such as refrigeration and air conditioning chemicals, now we are using alternative chemical to avoid ozone layer depletion.*

*To prevent ozone layer loss, we have to,*

- *reduce emissions,*
- *support global cooperation*
- *raise public awareness,*
- *promote energy efficiency,*
- *assist developing countries in transitioning.*
- *Integrate ozone protection with climate action,*
- *prioritize multilateral agreements for a healthy ozone layer.*



**C. Sathya,  
Dept. of Kindergarten**



## THE MERCHANT OF VENICE BY WILLIAM SHAKESPEARE – A BOOK REVIEW

### ABOUT THE AUTHOR:

William Shakespeare was an English poet and a playwright.

He was one of the greatest writers in the English language and the world's greatest dramatist.

### CHARACTERS:

- Shylock
- Antonio
- Bassanio
- Portia

Antonio and Bassanio were close friends. Shylock and Antonio were money lenders. Whenever Bassanio was in need of money, Antonio would help him. On one such occasion when Bassanio was in need of money

Antonio borrowed money from Shylock and helped him as Antonio did not have money this time. Shylock was a strict money lender who put across a condition. If the money borrowed is not returned in time Antonio should give a pound of flesh from his body. Shylock was a shrewd and cunning person who was disliked by people whereas Antonio was a friendly money lender who was liked by the people. Shylock never liked Antonio and came up with this nasty plan. Portia was a wealthy lady and wife of Bassanio she tricked Shylock by turning up as a lawyer and persuading him to forgive Antonio who never intended to. Thereby the play concludes with a happy ending as Antonio was saved by the acting advocate Portia.

I liked all the characters in this play. The role of Portia is the most prominent one in the play, a powerful and witty character. The way Shakespeare had sketched the characters and shaped the play, is genuinely impressive.

“William Shakespeare is one of the best writers the world has ever seen and there have ever been.”

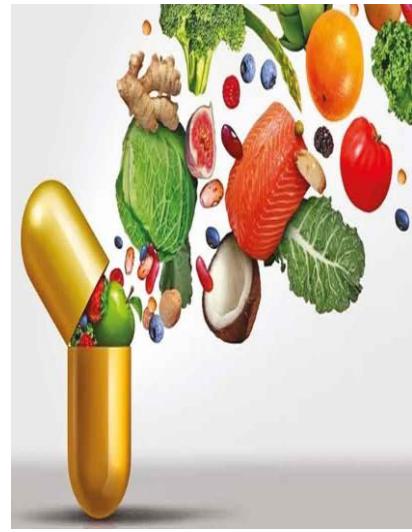


**Mrs. T. N. Kokila**  
**Dept. Of Humanities**



## உணவே மருந்து

அன்பு மகளின் திருமணம்  
இல்லமே பரபரப்பாய் இருந்தது  
அனைவரிடமும் ஆசி பெற்றாள் மணமகள்.  
அன்பாய் இரு என்றாள் அன்னை  
சிக்கனமாய் இரு என்றார் தந்தை  
உறவை நேசி என்றாள் முத்தவள்  
உணவில் கட்டுப்பாடு கொள் என்றாள் பாட்டி  
ஆரோக்கியமாய் வாழ வழி செய் என்றார் தாத்தா -  
அனைத்தையும் மனதில் கொண்டு  
புகுந்த இல்லம் சென்றாள் அன்பு மகள்  
பொறுப்புகள் பல சுமத்தப்பட்டன  
அடுப்படி அவளுக்கு சாசுவதமானது  
தாத்தாவின் சொற்கள் நினைவுக்கு வர  
ஆரோக்கியத்திற்கு வழி தேடினாள்  
தினை அரிசி கொண்டு தெரிந்ததைச் செய்தாள்  
இது என்ன உணவு என்றான் கணவன் -  
தினை என்றாள்.  
பறவைக்கு வைப்பதை எனக்குச் சமைத்தாயா? -  
என்று சத்தமிட்டான்.  
மறுநாள் கொள்ளு செய்தாள்.  
குதிரைக்கு வைப்பதையா எனக்குக் கொடுக்கிறாய்?  
என்று குதித்தான்  
மற்றொரு நாள் கேழ்வரகு சமைத்தாள்  
சோற்றுக்கு வழி இல்லாத குடும்பமா என் குடும்பம்?



என்று ஏசினான்.

மெளனம் கலைந்து மெல்லப் பேசினாள்.

அப்படி இல்லை...

உங்கள் உடலும் உயிரும் என் உடமை

அதைக் காப்பது என் கடமை. அதனால்தான்.....

என் அடக்கமாய் பதில் சொன்னாள்

எனக்கு நீ ஆசைக்குச் சமைத்துப் போடு

ஆரோக்கியத்தை நான் பார்த்துக் கொள்கிறேன்

என்றான் அதிகாரமாய்

சமையல் முறை மாறியது

காலங்கள் உருண்டோடின

கட்டுடல் கணவன் உருக்குலைந்து மெலிந்தான்

உள்ளே பல நோய்கள்

வண்ண வண்ண மாத்திரைகள்

எதுவும் பலனளிக்கவில்லை - இறுதியில்

இயற்கை வைத்தியம் பார்த்தான்

உடல் தேறியது

இயற்கை மருத்துவர் உணவின் முக்கியத்துவத்தைக்

சூற - மனதில் நெருடல்

மனைவி சூறியதைக் கேட்க மறுத்தோமே! - என்று

மெளனத்தில் மன்னிப்புக் கேட்டான் -

மனைவியிடம்.



திருமதி இரா. அழுதா,

தமிழ்த்துறை



## WHO IS SHE?

A woman is a stream,  
That accepts everything and flows on..

A woman is a tree,  
Who is the root of the family..

A woman is a land  
Who teaches patience..

*She knows to care*  
*She knows to toil*  
*She knows to sacrifice*  
*She knows to make peace*  
*She is a fire ball too.*  
*She knows to stand behind the kitchen doors*  
*She knows to stand behind success*  
*She binds her home*  
*She leads the world*  
*That is why she is phenomenal.*



*Anusha*

*Dept. of English.*



## A TEACHER FOR ALL SEASONS

A teacher is like Spring,  
Who nurtures new green sprouts,  
Encourages and leads them,  
Whenever they have doubts.

A teacher is like Summer,  
Whose sunny temperament  
Makes studying a pleasure,  
Preventing discontent.

A teacher is like Fall,  
With methods crisp and clear,  
Lessons of bright colors  
And a happy atmosphere.

A teacher is like Winter,  
While it's snowing hard outside,  
Keeping students comfortable,  
As a warm and helpful guide.

Teacher, you do all these things,  
With a pleasant attitude;  
You're a teacher for all seasons,  
And you have my gratitude



**Mrs. Sridevi. J**  
**Dept of Kindergarten**



## INTERESTING FACTS

- \* *Dolphins sleep with one eye open.*
- \* *If you keep your eyes open by force when you sneeze, you might pop an eye ball.*
- \* *Roots and horses can't vomit.*
- \* *Wearing headphones for just an hour will increase the bacteria in your ear by 700 Times.*
- \* *Chew a chewing gum while peeling onion will keep you from crying.*
- \* *Polar bears are left handed.*
- \* *Starfish have no brain*
- \* *An ostrich eyes is bigger than its brain*
- \* *A giraffe can clean its ears with its 21 inch tongue.*
- \* *Banging your head against a wall uses 150 calories a hour*
- \* *Owls are the only bird who can see the colour blue.*
- \* *Leonardo da vinci painter of monalisa painting invented scissors.*
- \* *Your heart beats over 1,00, 0000 times a day .*
- \* *Some worms eat themselves if they won't get any food .*



**Nithya R**  
**Dept. of English**



## TEACHER

You are the Teacher,  
You are always the best to me,  
You stand always with me,  
You always rest with me,  
You help me to learn everything  
You made to be clean and tidy Hygiene , healthy and to be neat.  
You sow the seeds  
You watered them daily, plants to bloom, Gave fruits, vegetables  
-and nuts.

You are the inspiration to me  
You gave me motivation  
You created me a new world  
You taught me love, and affection  
You gave me everything in the world very best .  
Without you I am zero.  
Always with you I am hero (or) heroine.



**C.Sasikala**  
**Dept. of Kindergarten**



## உலகம் இருக்கும் வரை 'ழு'கரமும் இருக்கும்

கல் தோன்றி மன் தோன்றாக் காலத்தே  
முன் தோன்றிய மூத்த தமிழே  
மூச்சுக் காற்றில் பிறந்தவளே என் உயிரின்  
மூச்சாய் உறைபவளே

மற்ற தேசத்தார் மந்தைகளாய் திரிகையிலே  
கற்ற தமிழால் சிந்தையில் உயர்ந்து  
பண்பால், அறிவால் அனைத்திலும் உயர்த்தி  
சிகரம் தொட்டிட வைத்தவளே

செம்மொழி யாவிலும் சிறந்தவளே  
எம்மொழி யாயினும் தாய் நீயே

எம்மொழி பேசும் தேசத்தில் பிறப்பினும்  
அம்மா என்றே அழைக்கும் குழந்தைகள்  
எம் மொழிச் சிறப்பை விளக்குமன்றோ!

மானமும் வீரமும் உன் குணமாய்  
வானகம் வாழ்த்திட வாழ்ந்தவளே  
மெல்லத் தமிழினி சாகும் என்றவர்  
சொல்லைப் பொய்யாக் கிடுவாய்

பழையன கழித்து புதியன புகுத்தி  
வழுவினை அகற்றி வளர்ந்திடுவாய்  
இயலிசை நாடகம் மட்டுமன்றி  
புயலென இணையத்தில் வலம் வருவாய்

ஆயிரம் யுகங்கள் கடந்து சென்றாலும்  
ஞாயிறைப் போல் நீ எழுந்து நிற்பாய்  
உலகம் இயங்கும் காலம் வரை  
**'ழு'கரமும் இருக்கும், 'ழு'கரமும் இருக்கும்,**



கு.சுதா  
தமிழ்த்துறை



## BE AN “OPTIMIST”

Once upon a time in Persia there was a businessman. He had four sons. Among them, Three were cunning and talented in their business but his fourth son was an honestman. After the death of their father, the assets were divided among themselves such that three sons had major part and the last son was left with a dried land , a house in the land and a well. As the fourth son was an optimistic person, he accepted silently and lived in his portion.



When he renovated his house, he found a box which was filled with gold and jewellery. He took the jewels and went to a nearby city to sell them so that he can start a business. But the merchant found that they were stolen jewels from the national treasury. So the merchant informed the king and the fourth son was arrested and capital punishment was declared. On the last day of his life i.e , he would be beheaded within a few minutes, as usual, the soldiers asked his last wish. He quoted that he needs a mat, which was used by his father for praying. The soldiers fulfilled his wish. When the son spread the mat he found a piece of paper inside the mat. It was a sales bill. His father actually had a habit of procuring a bill for whatever he was buying. Actually his father had bought king's treasures through his minister. He had obtained the bill and kept it in the mat. As soon as the son showed the bill to the king, he was released. So from this story we learn that whatever is happening in our life, we have to take it in a positive manner like the fourth son.

**Mrs. M.Revathi,**

**Dept. of Physical Science**



## ***ON THE BRIM OF DECISION***

*Here I am thinking  
On the way to tomorrow  
But I stopped on reaching the  
Line between present and past  
Now I am standing between both  
One leg past, one leg present  
But which way to go.....  
Thinks my mind so curiously  
My mind says past, but my soul requests present  
But the soul refuses, my conscious pricks!  
Now here I am thinking  
And then it came to me  
Combine mind and soul and I got  
The way I required a lot  
To go with the present  
But never forgot the past.*



***Krishnapriya R  
Dept. Of Kindergarten***



## **BALLAD OF THE EAST**



*'Kathakali' is a classical dance form of Kerala. It is distinguished by its elaborate costumes and makeup, which are integral to the character representation. It provides a window into the past and an opportunity to understand the ancient heritage that has been preserved for centuries. The characters of kathakali do not speak and the story presented through songs from the background. The text of kathakali song is known as 'Attakkatha'. Chenda, Maddalam, Chengila and Elaththalam are the instruments used with kathakali music. This dance drama is also based on 'Natya Shastra'. To perform kathakali, an artist needs minimum 4 to 5 years of training. The five major veshams in Kathakali are Pacha, Kathi, Kari, Thaadi and Minukku. From my childhood onwards I am very much interested to watch Kathakali – 'Ballad of the East'.*

**Mrs.Sudha Devi.P  
Department of Humanities**



## MY FAVORITE PSYCHOLOGIST HOWARD GARDNER'S MI THEORY

The concept of multiple intelligences is a theory proposed by Harvard psychologist Howard Gardner. He first proposed the theory of multiple intelligences in his book "Frames of Mind" in 1983, where he broadens the definition of intelligence and outlines several distinct types of intellectual competencies.

According to him, Intelligence is often defined as our intellectual potential; something which is inbuilt within us, something that can be measured, and a capacity that is difficult to change. Gardner defines intelligence as a "bio psychological potential to process information that can be activated in a cultural setting to solve problems or create products that are of value in a culture".

To broaden this theory of intelligence, Gardner introduced eight different types of intelligences consisting of: Linguistic, Logical/Mathematical, Spatial, Bodily-Kinesthetic, Musical, Interpersonal, Interpersonal and Naturalist.

By identifying their own unique mix of intelligences, individuals can gain a greater understanding of their own strengths and limitations and develop a more well-rounded sense of self and can

develop a greater sense of self-awareness and self-esteem, as well as pursue career paths that align with their strengths and interests. Understanding multiple intelligences is important because it helps individuals recognize that intelligence is not just about academic achievement, but also includes a range of different abilities and strengths. Additionally, understanding multiple intelligences can promote more inclusive and personalized approaches to education and learning that recognize and value the diverse strengths and abilities of all students.

Importance should be given to the development of the less effective ones should nurture of the most prominent element of intelligence in the individual. Individuals differ in their abilities. People are not with the same level of intelligence. Everyone has all the elements of intelligence, it's just that not all of them are inherent in each of them in every degree. If favorable opportunities are given all elements of intelligence can be developed in everyone. At the same in the absence of favorable environment, even elements of inherent intelligence remain undeveloped.

As children are different, different learning methods should be adopted for learning and conducive environment should be there to develop their intelligence level.

**A.S. Pradeepa**  
**Dept. of Hindi**



## BOOK REVIEW:

### NAME OF THE BOOK: *The Everyday Hero manifesto*

Who are everyday Heroes? The so-called “ordinary people” conducting themselves in virtuous and honourable ways. Author Robin Sharma has dedicated this book to all those ordinary people who work extraordinarily hard everyday and smile in adversity and try to build their empire like a hero.

The book is divided into three parts. The power of positivity, The discipline of productivity and the art of Science. In the first part, he provides some practical tips for staying positive, such as surrounding ourselves with positive people and focussing on the good things in our life.



In the second part, he provides a number of strategies for becoming more productive, such as setting clear goals, eliminating distractions and batching similar tasks together.

The third part of the book is about Service. Sharma believes that one of the best way to find happiness and fulfilment is to help others.

#### Moral:

We all have the potential to be everyday heroes. Positivity is a powerful force that can help us to achieve great things. Productivity is not about working harder, but about working smarter. Service is one of the best ways to find happiness and fulfilment. Overall, The everyday Hero Manifesto is a well-written and inspiring book that can help us to improve our life in many ways.

**Soundaravalli L T**  
**Dept. Of Mathematics**



# ARTICLE ON STRESS MANAGEMENT

## **Meditation:**

*Meditation is one of my favourite techniques for anxiety and stress management. Meditation, when practised consistently over time, can change your brain's structure.*

## **Time management:**

*Time management is the ability to use your time effectively and productively at work, the ability to create a schedule and plan your time to accomplish goals.*

## **Physical Activity:**

*Virtually any form of exercise can act as a stress reliever, even if you're not an athlete. Even if you're not really good in athletics, Yoga, aerobics, a game of tennis, or even a simple walk with friends or family can provide stress release and should be a part of an individual's stress management*

## **Positive Self-Talk:**

*Let's be honest, we all talk to ourselves! Sometimes we talk out loud, but usually we do it in our heads. Self-talk can be positive ("I can do this" or "everything will be OK") or negative ("I'll never get better" or "I'm so stupid"). Negative self-talk increases stress. Positive self-talk can help you calm down and manage stress. With practice, you can learn to shift negative thoughts to positive ones.*



## **Top 10 Emergency Stress-Stopers:**

*Emergency stress-stoppers are actions to help you defuse stress in the moment. You may need different stress-stoppers for different situations, and sometimes it helps to combine them.*

## **Here are some stress relievers:**

1. Count to 10 before you speak or react.

2. Take a few slow, deep breaths until you feel your body un-clench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time.
8. Turn on some chill music or an inspirational podcast to help you deal with road rage.
9. Take a break to pet the dog, hug a loved one or do something to help someone else.
10. Work out or do something active. Exercise is a great antidote for stress.

### **Stress-Busting Activities:**

*Doing things you enjoy is a natural way to relieve stress and find your happy place. Even when you're down, you may find pleasure in simple things like going for a walk, catching up with a friend or reading a good book.*

*When stress makes you feel bad, do something that makes you feel good – even if only for 10 or 15 minutes.*

### **Some of these stress-relieving activities may work for you:**

- Play with your kids or pets – outdoors, if possible.
- Take a walk in nature.
- Meditate or practice yoga.
- Work in the garden or do a home improvement project.
- Go for a walk, run or bike ride to clear your head.
- Read a book, short story or magazine.
- Meet a friend for coffee or a meal.

*The key is to find your groove and make it a practice. You'll be amazed at how quickly you may start to feel better once you disrupt the cycle of stress.*

**P. Agilandeswari**

**Dept. of Maths**



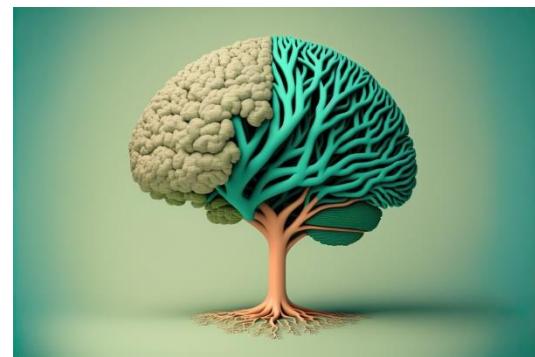
## ***MY TREE, MY MIND***

*Whenever I gaze upon you,  
You reflect me like my mind.*

*In my moments of joy,  
You sway gently in the breeze,  
Sharing my jubilance.*

*In my times of sorrow,  
You rustle the leaves in the air,  
Calming my distress.*

*In my state of confusion,  
You stand still,  
Teaching me the tranquility of mind.*



***Karunambikai D***

***Dept. of Kindergarten***



## ***A SMILE***



*That little smile in your face, a gift better than gold,  
Will break the stony barriers between strangers,  
Will mean a world of difference to someone,  
Will warm up the chill in someone's heart,  
A beacon of light in a world of darkness,  
A first brick to your dream castle,  
A smile is an unspoken gentlest words,  
The universal language of hearts.*

***Mrs. S. Tamil selvi***  
***Dept of Mathematics***



## THE LEGACY OF KNOWLEDGE

Once in a village, there lived a teacher named Mr Ellis and an eager young student named Lily. Lily was known for her curiosity and the thirst for knowledge. Everyday after school, she would rush to Mr Ellis house to ask him questions about the world.

Mr Ellis was patient and kind, always encouraging Lily to think critically and explore her interests. He would tell her tales of great thinkers and adventures, inspiring her to dream big. Lily's determination impressed Mr Ellis and he became a mentor and friend to her.

As years passed, Lily's passion for learning grew stronger. She excelled in her studies, thanked Mr Ellis for his guidance.



One day, a scholarship opportunity arose for a prestigious university. With Mr Ellis support Lily applied and was accepted with a scholarship.

At the university, Lily faced challenges that tested her resolve whenever she felt overwhelmed, she would remember Mr Ellis words and stories. She pushed through the difficulties, never giving up. Lily's hardwork paid off, and she graduated as a topper.

Returning to her village as a successful scholar. Lily found Mr Ellis proudly waiting. He was aged but was as wise as ever. Lily thanked him for shaping her life and vowed to pass on the knowledge he had given her to the next generation.

And so, the role now reversed. Lily became a teacher, just like Mr Ellis inspiring young minds to embrace learning and pursue their dreams. The bond between teacher and the student had come in a full circle, leaving an enduring legacy of wisdom, guidance and the joy of learning.

**M Jayanthi**

**Dept. of Kindergarten**



1) **What modern trends in education are baffling you? Why?**

*The pros and cons of the modern education trends are like both sides of the coin.*

*The baffling thing is that modern education which is technology based has affected social interaction among students a lot. They feel less motivated and lack peer interaction. Overuse of mobiles and tabs have reduced the span of attention of students.*

2) **How do you think students will remember you and your class after they complete their schooling?**

*I think they remember me as a supportive and caring teacher. They remember me as their second mother, because I found something in them and no one else did. They may forget what we said but they will not forget how we made them what they are.*

***Mrs. Narayani.V***

***Department of Humanities***



***i) Modern trends in education that baffle me include:***

- 1. Excessive focus on standardized testing, sidelining holistic development.*
- 2. Overreliance on technology, diminishing face-to-face interaction.*
- 3. Reduced emphasis on arts and physical activities, limiting creativity.*
- 4. Push towards individualized learning, potentially isolating students.*
- 5. Pressure on teachers to cover vast syllabi, compromising in-depth understanding.*

*ii) As a Kindergarten teacher, students are likely to remember me due to:*

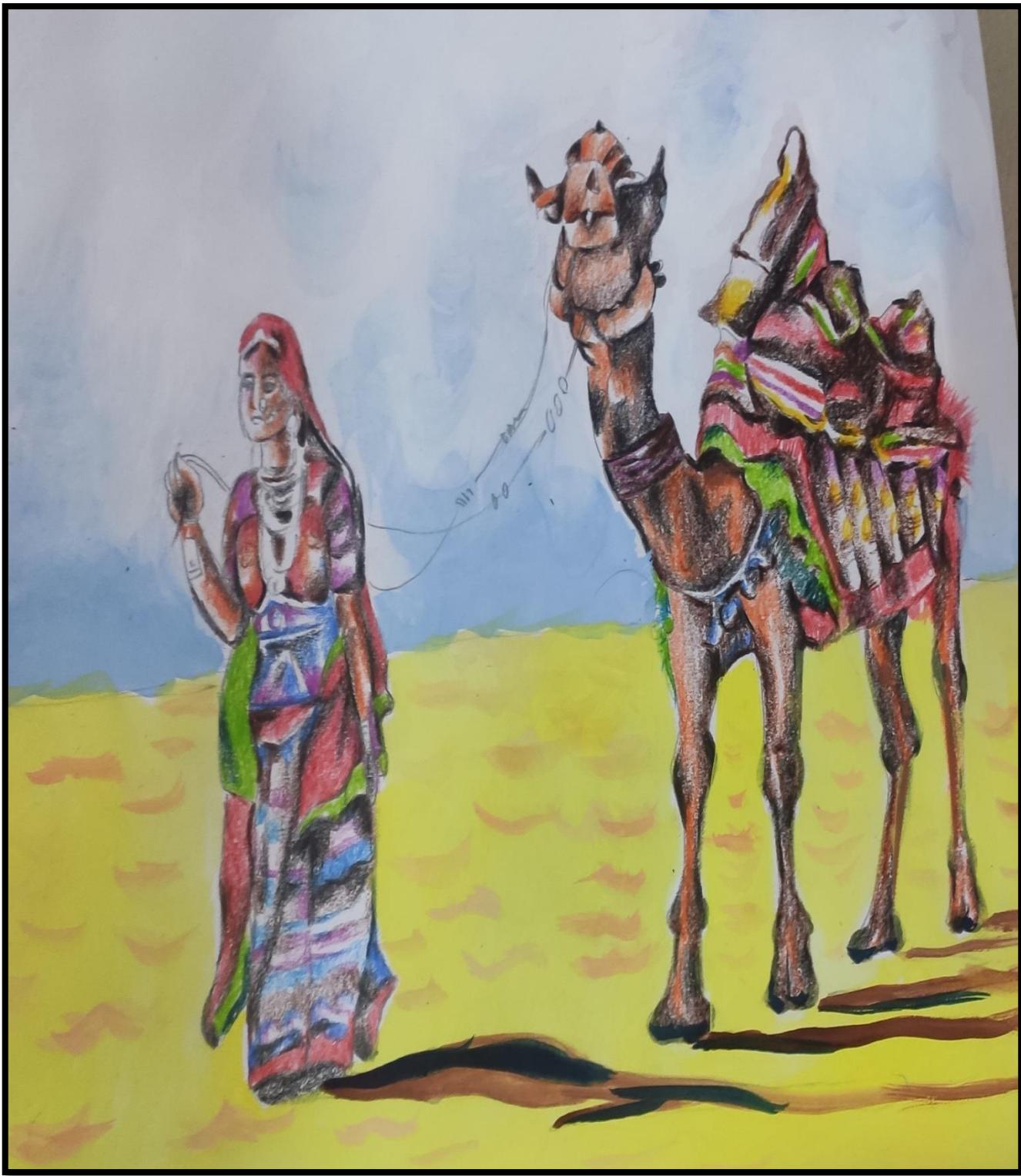
1. Strong emotional bonds formed at a young age.
2. My nurturing and supportive role during their formative years.
3. Engaging and memorable activities that leave an impact.
4. Positive learning experiences that shape their attitudes towards school.
5. The foundation laid, influencing their future learning and memories.

***Mrs. Malarvizhi A***

***Dept. of Kindergarten***



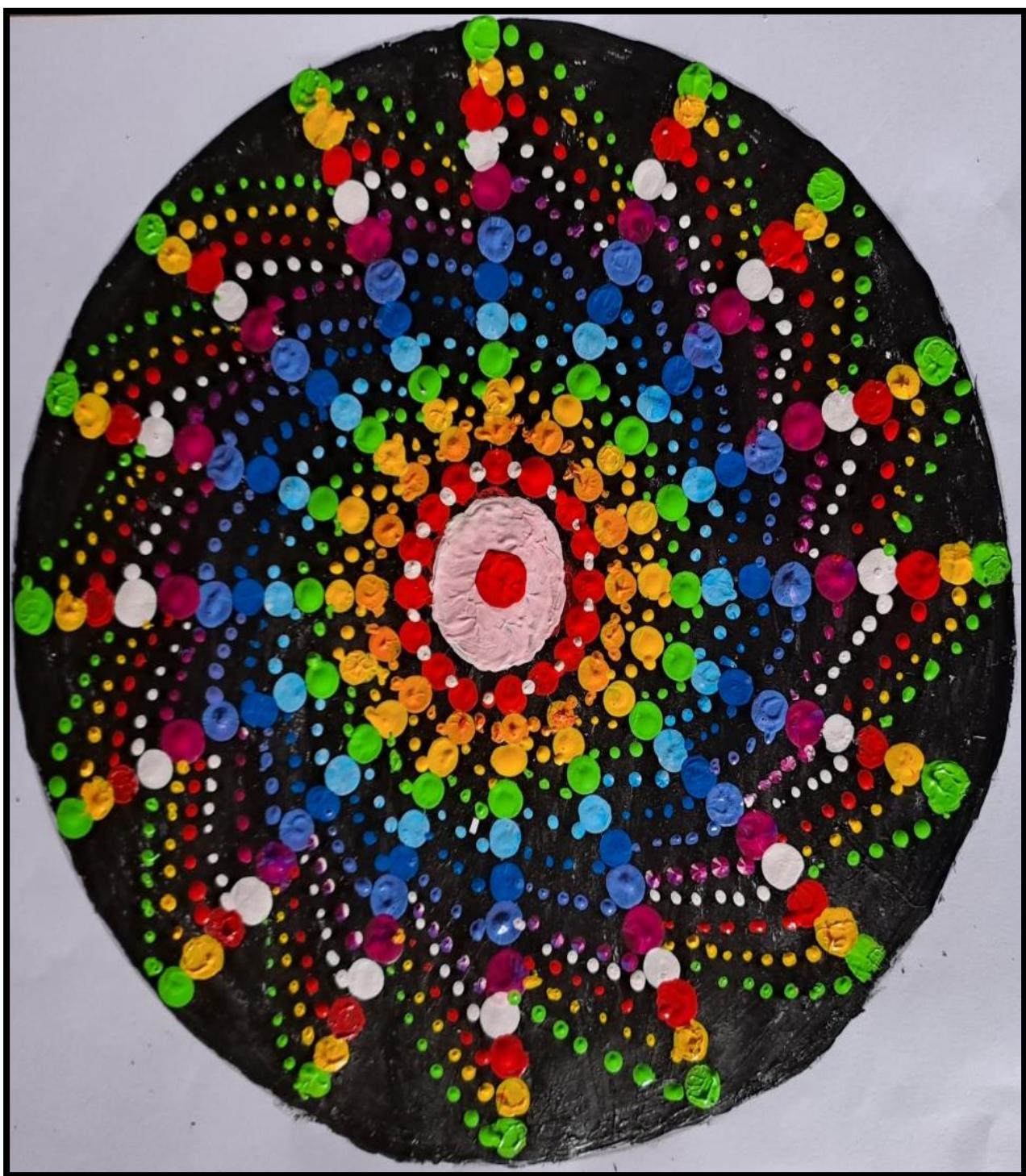
## ARTISTRY SKILLS



*Subramaniam A*

*Dept. of Art & Craft*





*Saroja Devi A*  
*Dept. of Physical Science*



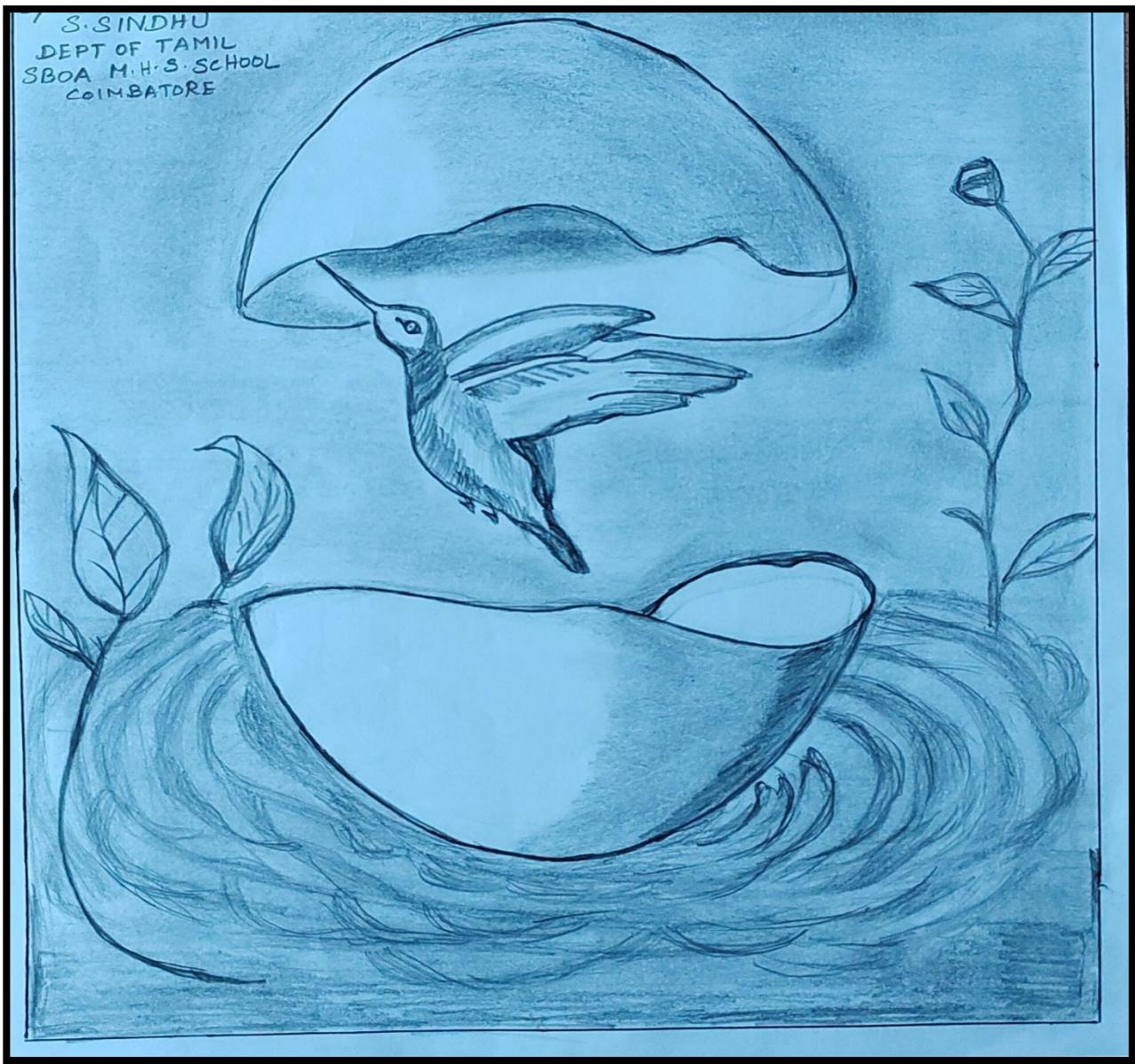


IN EVERY BEAUTY THERE IS A WOMAN.

*Hemalatha*

*Dept. of Physical Science*





பல்வேறு தடைகளை  
கடந்து இத்தரணியைக்  
கண்டதே  
எனது முதல் வெற்றி!

- பறவை

*S. Sindhu*  
*Dept. of Tamil*





*R. Hanna Roshini*  
Dept. of English

***R. Hanna Roshini***

***Dept. of English***

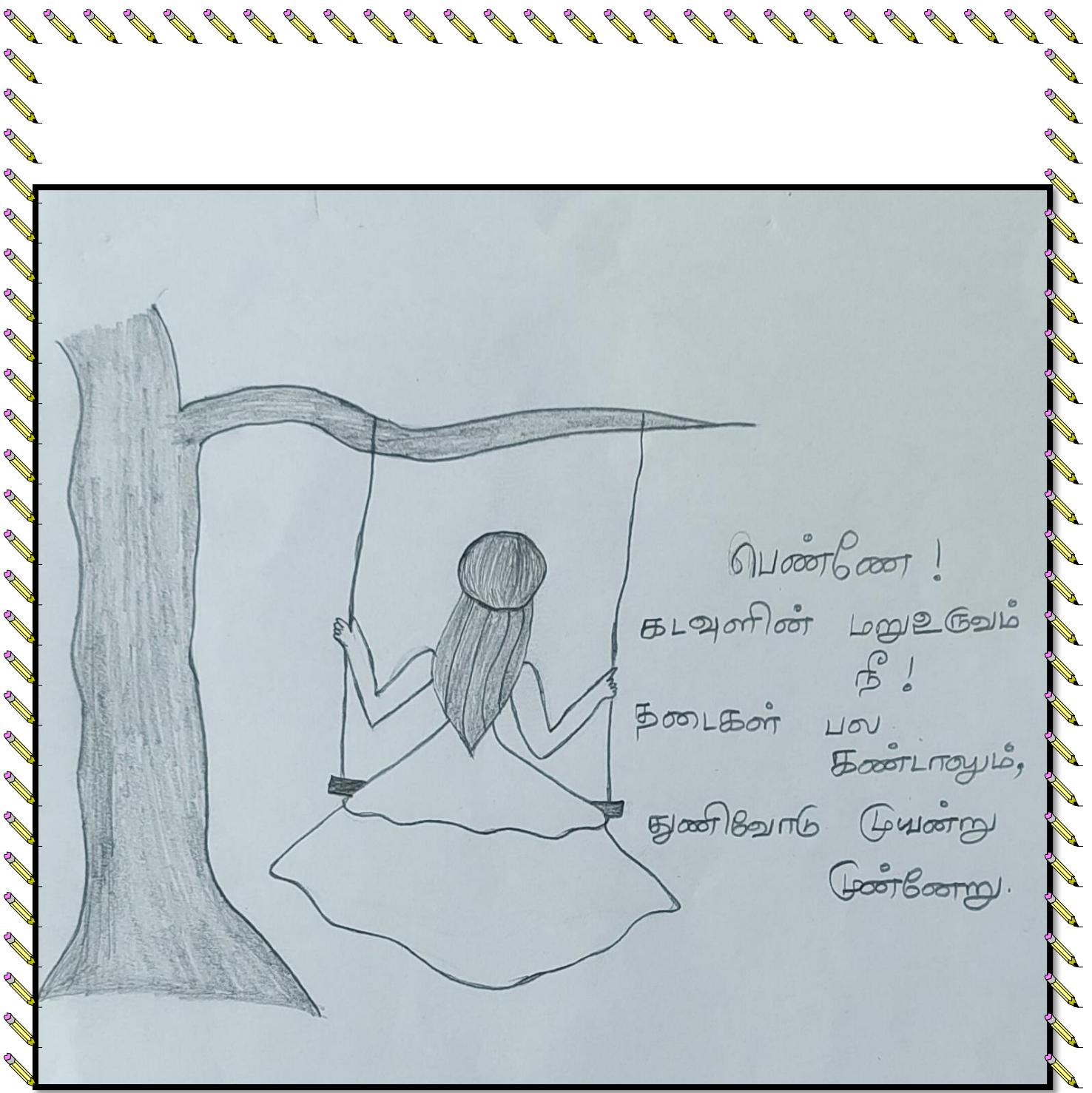




***Mrs.R.Buvaneswari***

***Dept. of English***





பெண்ணை !  
கடவுளின் மறுஉடையும்  
நீ !  
நடந்து பல  
கண்டாயும்,  
நுணித்துப் பூங்கு  
போன்று.

*Saravaprabha S*

*Dept. of Tamil*





Thank You!

