A splash of colours and joy at Family Colour Treat

SBOA Matric & Hr. Sec. School, Coimbatore, conducted a vibrant activity, Family Colour Treat, on July 4 to help young UKG learners understand colour concepts through the play-way method.

The event was graced by correspondent M Murugesan. Principal Saburai Banu Ibrahim addressed the gathering, highlighting the importance of family bonding and joyful learning through such interactive initiatives.

She also emphasised the school's year-long Eco Green project, associated with "WOW – Well-being of Wastes," organised by the Resident Awareness Association of Coimbatore, and encouraged parents to actively support this meaningful initiative.

Each UKG section was assigned a specific colour, with students and parents dressed accordingly, transforming the venue into a vibrant splash of hues.

Classrooms were decorated with balloons, cut-outs, word walls, flashcards, pictures, charts, hangings, and toys, all in their assigned colours.

Adding a personal touch, family photographs matching the colour codes were displayed, creating a warm and memorable atmosphere. The event featured lively parent-child activities filled with cheerful participation and laughter. In addition, as part of Van Mahotsav Week, parents joined in planting saplings around the school campus – instilling the values of environmental responsibility in young minds.

Embracing yoga with purpose and positivity

SBOA Matriculation and Higher Secondary School celebrated International Yoga Day with great enthusiasm and spirit.

The event began with an invocation to Tamil, followed by a warm welcome from principal Saburai Baru Ibraham.

Aram Asokan, alumnus and senior engineer – planning at DLF Ltd., Chennai, graced the occasion as the chief guest. In her motivational address, she urged students to stay rooted in Indian traditions, especially yoga, sharing personal stories that inspired and engaged the audience.

Students presented a captivating yoga demonstration that reflected the balance of mind and body, reinforcing the importance of daily yoga practice for holistic well-being.

Correspondent M Murugesan delivered the keynote address, highlighting the relevance of yoga in today's fast-paced world and its role in nurturing both physical and mental health among students.

A standout moment of the event was the remarkable yoga performance by siblings Joshika B and Thanvika G, aged 9 and 7, respectively. Winners of the Yoga Championship at the Commonwealth Yogasana Sports Games held in Bali, Indonesia, in May 2024, their display left the audience in awe. The event concluded with a heartfelt vote of thanks by Anugraka N of class VIII C, appreciating the efforts of participants and organisers alike.

KVMHSS School, Karumatha
patti, celebrated internatio
Yoga Day with a vibrant blend
tradition and awareness. Wh
made the event unique was t
student-led approach – ri
from the welcome to guid
peers through stretches, t
spirit of self-discipline and lea
ership shone throughout.

The 79th Independence Day was celebrated with great patriotic spirit at SBOA Matriculation Higher Secondary School.

The programme commenced with an impressive Guard of Honour by the National Cadet Corps, followed by a soulful rendering of Vande Mataram by the school choir, embodying unity, patriotism, and devotion to the motherland.

The chief guest, Lt. Col. Karthikeyan M., Commanding Officer, 5 TN Girls BN NCC, Coimbatore, hoisted the national flag along with M. Murugesan, correspondent of SBOA Schools, Coimbatore, and principal Sabural Banu Ibrahim. This was followed by a solemn pledge and an energetic, well-coordinated drill. Sree Sudharshana A of class XII A extended a warm welcome to the gathering, while PTA president S. Selvakumar delivered a motivating special address. The chief guest inspired everyone with a soul-stirring speech that ignited patriotism and enthusiasm. The celebration also featured an Independence Day address by Sitraksha K of class XI F, spirited patriotic songs, and a prize distribution ceremony that added to the grandeur of the occasion. The programme concluded with a heartfelt vote of thanks delivered by Aravind M. of class XII C.

Rapsodia Sportiva showcases sporting excellence

The 40th Annual Sports Day of SBOA Matriculation and Higher Secondary School, Chokkampudur, Coimbatore, was celebrated with great zeal and sporting spirit on Monday, November 3, 2025, at the school ground.

The event commenced with the energetic school band in attendance. The theme "Rapsodia Sportiva- The Spirit of Romania" captured the essence of rhythm, strength, and unity, celebrating the harmony between culture and athletic excellence. It reflected the school's vision of fostering global values through the universal language of sports.

Dr P Nithish Andreyya Raja Singh, president, SBOA Educational Trust, Chennai, presided over the function.

A Senthil Ramesh, secretary and correspondent, SBOA Educational Trust, delivered an inspiring keynote address, and M Murugesan, correspondent, SBOA Schools, Coimbatore, gave a motiveting special address.

Chief guest M P Dhivya, IPS, Deputy Commissioner of Police, Headquarters, Coimbatore City, unfurled the national flag and took the salute at the grand and disciplined march past. The programme began with an invocation to Tamil, followed by a gracious welcome address, flag hoisting, and the lighting of the Olympic torch, symbolizing the true Olympic spirit.

The day witnessed spirited competitions, precision drills, and vibrant performances like Goal Quest Romania, Yoga, Silambam, and the rhythmic band display. The celebration concluded with a vote of thanks and thrilling athletic events, showcasing teamwork, endurance, and excellence in sportsmanship.

illustrate how informed and consistent awareness initiatives.

Students put their thinking caps on at quiz battle

Hosted at SBOA MHSS, Coimbatore, on November 28, the 'Know for Sure' Inter School Quiz was organised by the SBOA Educational Trust, Chennai, in collaboration with Indiannica Learning Pvt. Ltd., inviting participation from nearly 450 schools.

Quiz masters Saurabh Beniwal and Titash Banerjee conducted three dynamic rounds that ignited curiosity and sharpened cognition. SBOA MHSS, Coimbatore, emerged Junior Champions, while SBOA International School, Mambakkam, Chennai, secured the Senior title.

M Murugesan, correspondent, delivered the presidential address. D Ravikumar, administrator, graced the occasion. Principal Sabura Banu Ibrahim congratulated the winners and appreciated all participants.

Strong GK

After witnessing the "Know for Sure" Quiz, I realised how such programmes motivate learners to think beyond their textbooks. The range of questions - from quick factual prompts to challenging analytical problems - encouraged participants to think fast, stay focused, and answer boldly. The session taught students to remain calm under pressure, trust their preparation, and express their ideas clearly. One of the quiz's biggest advantages was the impressive general knowledge displayed by the students. Exposure to history, current affairs, geography, mythology, currencies, heritage sites, and more expanded their understanding of the world.

Deeksha A, class X D

Teachers Discover Calm and Clarity at Workshop

The day brought together like-minded members of the SBOA family as SBOA Matric and Higher Secondary School, Coimbatore, hosted an inspiring one-day workshop titled "A Blissful Journey: From Entropy to Stillness." Faculty from SBOA Matric and SBIOA Public Schools participated with enthusiasm, creating an atmosphere filled with curiosity, reflection, and a collective eagerness to learn.

The programme began with Tamil Thai Vazhthu. M Murugesan, correspondent, SBOA Schools, Coimbatore, and D Ravikumar, administrator, SBIOA Educational Trust, Chennai, graced the occasion. Principal Sabural Banu Ibrahim warmly welcomed the guest of the day, Saurabh Beniwal – trainer, leadership consultant, counsellor, orator and quiz master – who led the session with humour, insight and an instantly engaging style.

He introduced the Three A's: Aware, Acknowledge and Action, emphasising conscious choices and inner balance. His inputs on emotional intelligence, self-awareness, self-regulation, empathy and social skills encouraged teachers to reflect deeply on their interactions within and beyond the classroom. With soothing music and simple narration, he helped participants relive warm flashes of their school days.

Teachers were divided into groups of ten and challenged to hold hands and untangle themselves without breaking the chain. Laughter, teamwork and spirited problem-solving brought the room alive, reinforcing lessons in cooperation and mindful coordination.

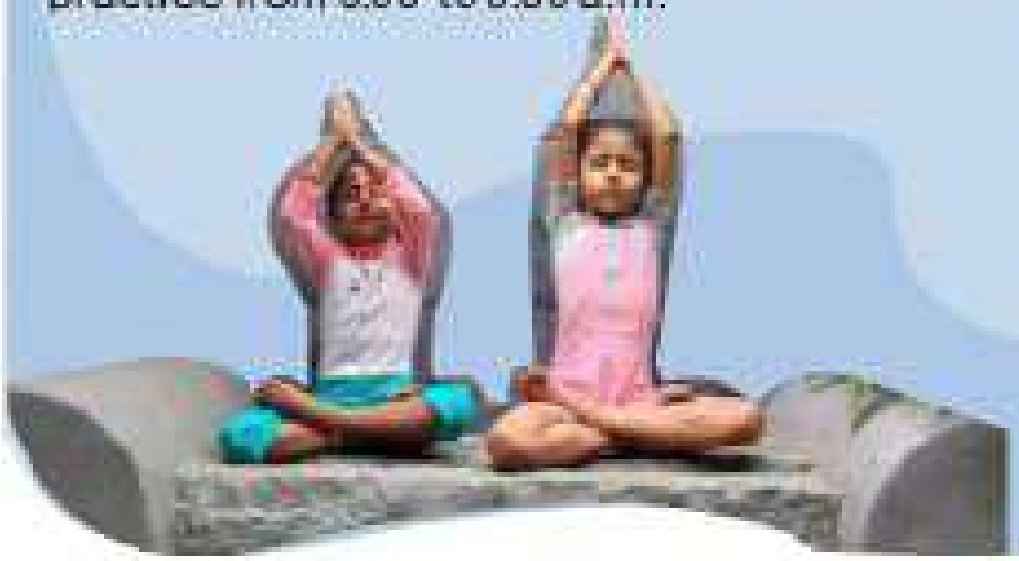
He further elaborated on the knowledge set, skill set, tool set and mindset, highlighting how personal growth strengthens professional effectiveness. His explanation of diverse learners – auditory, visual, read-write and kinaesthetic – offered new perspectives on classroom engagement. Through the Mehrabian model, he underscored the power of tone and body language in communication, stressing clarity, intention and mindful listening.

A cheerful song invited teachers to unwind with light movements, filling the hall with smiles and gentle energy. The workshop concluded with a Vote of Thanks, leaving teachers glad, enriched and carrying mindful thoughts, valuable insights and lasting memories.

Bali glory for yoga sisters

Two young champions from Coimbatore have placed India on the global map through the power of yoga. **Joshika** (9) and **Thanvika** (7), of SDOA Matric Hr Sec School, brought home top honours from the *First Commonwealth Open Yogasana Sports Championship 2025*, held in Bali, Indonesia.

Having embraced yoga at the age of four, the sisters now begin each day with dedicated practice from 5:00 to 6:30 a.m.



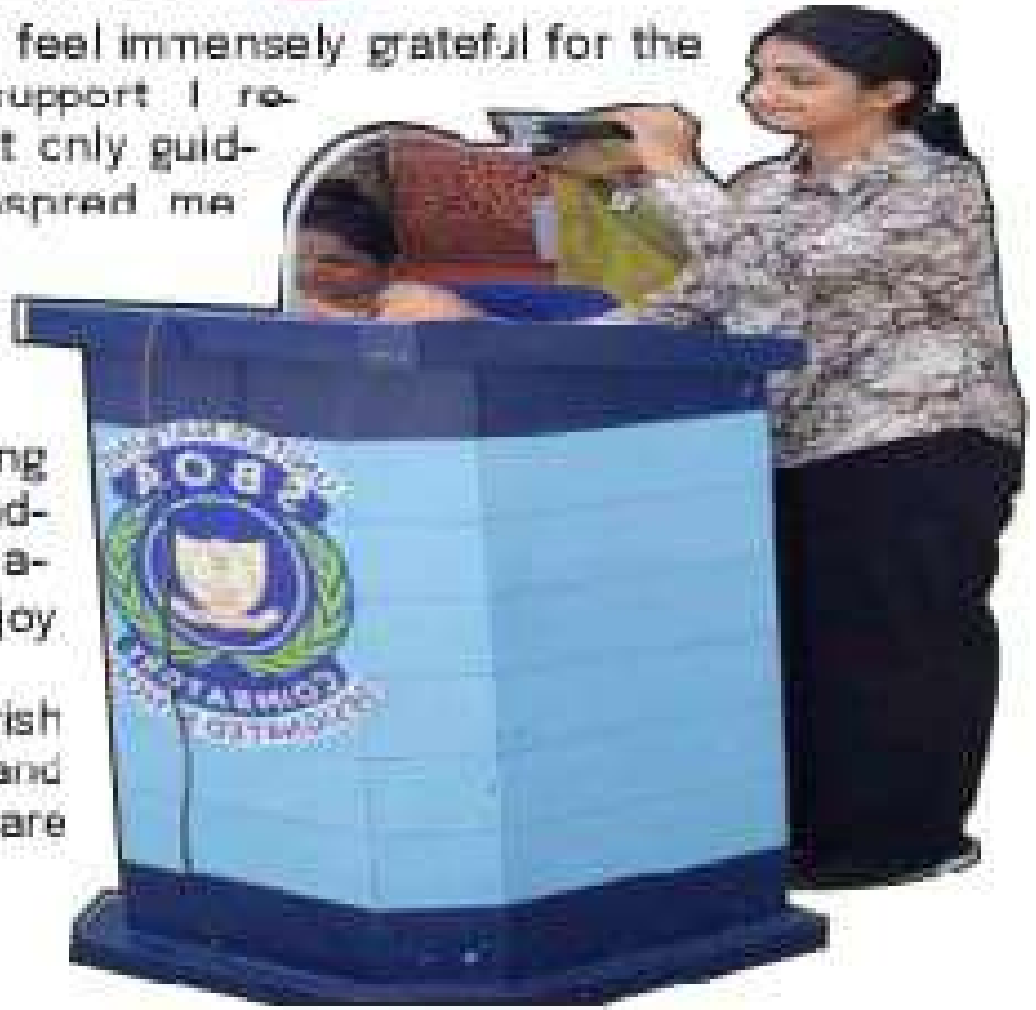
This early discipline has helped them cultivate focus, joy, and mental clarity. Yoga, they say, keeps them refreshed, improves their academics, and fills their lives with smiles.

With heartfelt gratitude to their encouraging teachers and supportive parents, Joshika and Thanvika beleve yoga is not just a sport but a way of life. For them, every asana mastered is like a trophy – proof that when passion meets persistence, even the youngest can inspire greatness.

Lessons for Life

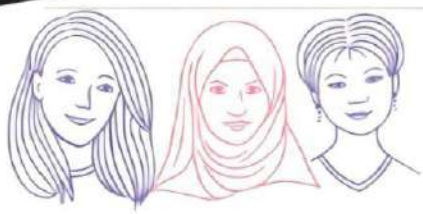
Looking back on my days at SBOA, I feel immensely grateful for the wonderful encouragement and support I received from my teachers. They not only guided me academically but also inspired me to participate in extracurricular activities, building my confidence and shaping my character. From LKG to Class XII, SBOA was my second home, teaching me values, discipline and friendship – lessons I will always treasure. I carry them with pride and joy wherever I go.

To all current SBOA students: cherish every moment, trust your teachers, and believe in yourself – your best days are happening now.



Aram Asokan, alumna

Mothers join vibrant Women's Day celebration!



SBOA Matriculation & Higher Secondary School, Coimbatore, celebrated International Women's Day with great enthusiasm and dignity, honouring the strength, grace and resilience of women. The celebration brought together the school fraternity and the mothers of students from KG to class V, creating an atmosphere of joy, appreciation and inspiration.

The programme commenced with a solemn silent prayer, invoking blessings for peace, harmony and the well-being of women, followed by a cordial welcome address greeting the distinguished dignitaries, guests and participants.

Vice principal Jeeva Senthil introduced the guest of honour, Dr Shilpa Terance, maternal, child and adolescent specialist, AJ Medical Center, Coimbatore, and highlighted her notable contributions to maternal and adolescent healthcare. She was ceremoniously honoured by principal Sabural Banu Ibrahim as a mark of respect and appreciation.

Secretary and correspondent A Senthil Ramesh, SBOA Educational Trust, Chennai, presided over the celebration and eloquently emphasised the invaluable role of women in shaping families, nurturing communities and strengthening the nation. On the occasion, he also honoured the educators of the institution with Women's Day gifts in recognition of their dedication and inspiring service in the field of education. Delivering the Women's Day message, Dr Shilpa Terance spoke on the importance of women's health, self-care and empowerment, encouraging women to prioritise their well-being while continuing to guide their families and society with strength and compassion.

The celebration was further enriched by the enthusiastic participation of the mothers of students from KG to class V. Around 65 participants showcased their creativity and talent in competitions such as cook without flame, vegetable carving and rangoli on the theme "Women and Nature".

The thoughtfully curated events offered the mothers a delightful opportunity to revisit their student days, evoking a sense of fond nostalgia. Many participants joyfully shared that, through their spirited participation and achievements, they felt as though they had momentarily returned to the cherished days of student life. The event also featured lively sports activities including throw ball, obstacle race and aerobics, in which nearly 50 mothers participated with remarkable enthusiasm, displaying admirable energy and sporting spirit, while fathers cheered them on as supportive spectators.

The competitions were organised with the objective of celebrating the talents of mothers and providing a joyful platform for women to express their creativity, confidence and vibrant spirit, while saluting the strength, will, wisdom and indomitable spirit of women.

The occasion was further enlivened by entertaining cultural performances presented by the staff of the school, bringing moments of joy and laughter to the gathering. The winners of the competitions were honoured with prizes in recognition of their creativity and spirited participation.

The celebration concluded with the vote of thanks, making the event a memorable and befitting tribute to the inspiring strength, dignity and resilience of women.