

ANNUAL SCHOOL REPORT 2019-20

Good Evening everyone. Our Chief Guest for this evening Sri G. Lokanadha Reddy, Vice Chancellor, Dravidian University, Guest of Honour Sri M S Chandrasekhar, MEO, Santipuram, Sri Gopal Agrawal, Chairman and Correspondent, Sri G Radhakrishna Joint Correspondent, Sri J Chakrapani Reddy, members of faculty, alumni, parents and my dear students. It gives me great pleasure to welcome you all to the 19th Annual Day Celebrations of Sri Sri Paramahansa Yogananda Vidyalaya and to present the Annual Report of the School for the year 2019-20.

At the outset, we pay homage to our patron saint Sri Sri Paramahansa Yogananda, whose teachings and values we imbibe and whose blessings have guided us in all our endeavours

I believe that the purpose of education is to replace an empty mind with an open one. The direction in which education starts will determine a child's future. The whole object of education should be to develop the mind that works and to free a child's potential by instilling in him a curiosity to learn, so that he will continue to learn as long as he lives.

Now the school report. We all know, presentation of the school report on its Annual Day is an enduring tradition to take time to pause, turn around to look at the fruitful year gone by, achieving both the expected and unexpected, while setting various milestones and then synergizing ourselves to move ahead to face the challenges in the coming year, with a positive attitude.

I start with academic results. Sri Sri Paramahansa Yogananda Vidyalaya, being a CBSE School, focuses on the holistic development of every student but at the same time we ensure that the academic training takes the centre stage in our system and our results do showcase this fact. Here are the Board results: A batch of 24 students of class X appeared for the CBSE examination (2018-19) and we are proud to announce that we had 100% result. The topper of the school was PN Mohith Reddy who scored 90% and 4 students scored above 80% and 10 students scored above 70%. V. Mounitha Shree scored centum in Social Science, which is the first for the school in any subject. I congratulate Mr. Murugan and Mrs. Shameem.



Till now 14 batches of X std. students have gone through Board Examinations and we are proud to announce that our result is 100% every year. Congratulations to all the students for their results and my best wishes for their bright future.

Co-curricular Activities:

By providing a conducive and encouraging environment, the students are mentored to participate in a variety of activities/competitions. It enables the student to grow in confidence, knowledge and enhance their all-round development. Co-curricular activities provides children opportunities to showcase their talents. House-wise competitions were conducted throughout the year.

Some of the co-curricular activities which were conducted were as follows:

Colouring, drawing, greeting card making, English rhymes, framing sentences, spell bee, elocution, memory test, cook without fire, best out of waste, advertisement of products, tables recitation, abacus, estimating weight and length, fancy dress, decorating pots, rakhi making, poem recitation, class room decoration, clay modeling, English quiz, maths quiz, science quiz, poster making, quotations poster making, debate, sports quiz, essay writing, painting, story telling etc.

Students from Class IX and X participated in Maths Quiz as a part of Hubs of Learning, conducted at Bharatiya Vidya Bhavan's Sri Venkateswara Vidyalaya, Tirupathi.

Functions and Celebrations:

Important days, National and International, like World Population Day, Children's Day, Republic Day, Independence Day, Vigilance Awareness Week, National Science Day, Constitution Day, Maths Day, Fit India School Week, 150th Birth Anniversary of Mahatma Gandhi, Khadi Day, Gurupoornima, Freshers Day, Investiture Ceremony, Teachers Day, Sports Day, Rashtriya Ekta Divas etc., were celebrated as a part of CBSE curriculum to promote secularism, national integrity and to spread the message of peace and universal brotherhood.

On 21st June 2019 International Yoga Day was celebrated with a rally by the students in Kuppam and Santipuram raising awareness of Yoga for peace and well being.

Eco-Club:

Eco Club plays an important role in creating environmental awareness amongst the future generation. It is a platform where we get knowledge about environment. It also enables the students to be sensitive towards environmental concern to tackle environmental



problems. With this in view, Eco Club activities are conducted every Saturdays integrating Swacch Bharat Abhiyan

Educational Tour:

Educational Tour is an integral part of our school curriculum. A three day tour to Hyderabad was scheduled from 9th Dec. 2019 to 13th Dec. 2019. A batch of 36 students were escorted by four teachers and returned back safely with rich experiences.

Staff enrichment and Orientation Programmes:

'Teachers are also learners.' Staying updated is the key to success in any field, especially in education. Our teachers constantly strive to stay updated by attending workshops and various training programmes enriching their knowledge and experience. Some of the programmes attended by our staff are as follows:

On 30th May 2019 Teachers Orientation Programme was conducted by Miss. Meenakshi Das, with the faculty of Shakti Public School, Tiruttani, TN, in our School on Language and Learning.

Teachers Reading Session is held every Saturday, in which the teachers read magazines like Reader's Digest, Biographies, Encyclopedias etc., to enrich the teacher's knowledge.

CBSE Training:

Hubs of Learning:-(A programme launched by CBSE by grouping 6-10 schools from the academic year 2019-20) was attended by the Principal on 4^{th} Nov.2019, at Bharathiya Vidya Mandir, Tirupathi and 5^{th} Dec.2019, at Kalikiri.

The Principal attended a conference on 'Artificial Intelligence,' held at Delhi Public School, Bengaluru North on 19th September, 2019.

Mr. Narayana Reddy, Mrs. Nalini attended Science teachers workshop at Sainik School, Kalikiri on 5th Dec.2019.

Mr. Srinivasulu and Mr. Madhar attended Maths. Teachers workshop on 12th Dec. 2019 at Bharatiya Vidya Bhavan's Sri Venkateswar Vidyalaya, Tirupathi. The resource person was Prof. P V Arunachalam, former Vice Chancellor of Dravidian University, Kuppam, author and winner of several National and International Awards.



Teachforce Training Session:

On May 27th 2019 Xseed training was held, the agenda was Lesson Plan preparation and execution.

On Sep. 11th 2019 e-training on Differentiation Instruction to reach all Writers was held.

On 24th Oct. 2019 Observation of Classes by the Teachforce Faculty was conducted.

On 27th and 28th Nov. 2019 e-training on Building skills Across Subjects and Communicating through circle time was conducted. On 30th Nov. e-training on Building Writing Skills was conducted.

Sports and Games:

Sports and games are an integral part of a student's life. Sports and games encompass more than just the benefits of physical things, it increases the students confidence, self-esteem and mental alertness which makes them an essential part of the curriculum.

Our students are not only good in academics but excel in sports also. Here are the highlights of the achievements of our students:

Our students bagged Runners Place in the Inter-School Basket Ball Competition for boys, held at Sainik School, Kalikiri, on 5th Dec.2019.

Our students participated at the CBSE VII Cluster Level Sports Meet as follows:

Under 17 Football-Boys, held at Nalamalla Reddy Foundation School, Hyderabad on 1st Sep. 2019.

Under 17 Basket Ball-Boys and Girls, held at Sri Prakash Vidyaniketan, Vishakapatnam on 29th Sep.2019

Under 17 Kho-Kho-Boys and Girls, held at Akshara Vidyalaya, Nellore on 1st Oct. 2019.

Parent Teacher Meets:

We firmly believe that positive communication between parents and teachers goes a long way in improving the efficacy of education. We ensure active participation of parents in the teaching learning process. Apart from regular periodic communication between the teachers and parents the following PTM's were held during the last session:

Three PTA meetings were held during the session.



The parents discussed the progress of their wards with their subject teachers and some gave their own suggestions as well.

Infrastructure Development:

We have well equipped Physics, Chemistry, Biology and Computer labs. Our Main School

Building as well as the premises is installed with CCTV to monitor and observe the activities of the students. We have separate hostels for Boys and Girls.

Well maintained and hygienic Dining Hall serves both the Hostel and Day Scholars with clean and nutritious meals. Guest House provides lodging for parents who visit their wards from long distance. Recently, we have procured two Senses Digital Boards worth Rs. 4.5 lakhs for our AV rooms. We have renewed all the electrical DB boards for the safety of students costing Rs. 5 lakhs. All our school vans are equipped with GPS and fitted with Speed Control Device for the safety of the students. All the parents can track the school buses through GPS VTS app.

Library:

A library is an important source of knowledge to young minds in schools. It develops the important habit of reading among the students. The school library plays a great role in the life of students by serving as the store house of knowledge. Our Library is well stocked with nearly 10,000 books. We have enriched our library with subscriptions for more number of Newspapers, Magazines, Educational Periodicals and subjects in English.

Conclusion:

I am foremost grateful to our patron saint Sri Sri Paramahansa Yogananda for guiding and inspiring us. I would like to thank most gratefully our beloved Chairman, Sri Gopalji Agrawal whose indomitable spirit, knowledge and wisdom inspires and motivates us in every endeavour we undertake. I am grateful to all my staff for their determination and hard work that helped us to carry out all programmes and academic activities. My special thanks to members of the Press and the Media, Shamiyana, Lightning and Sound specialists. I must thank the administrative staff for working hard and making sure that SSPYV looks better than ever before. I would like to thank the members of the School Managing Committee for their consistent support. It is because of their interest in SSPYV affairs, which motivate us to achieve higher academic standards and have continued to encourage the future development of the school and guide its destiny.



Once again I thank the teachers who worked hard to prepare the students for all activities so that they realize their highest potential. I express my gratitude to them.

I request my staff, students, parents, management and everyone concerned with running the school for extending helping hand so that within the foreseeable future, SSPYV becomes one of the top schools in the region. In the end, I once again thank our Honoured Chief Guest Sri Lokanadha Reddy garu and Sri Chandrasekhar garu and all of you ladies and gentlemen for accepting our invitation and obliging us with your gracious presence on this grand evening.

Thank You

Jai Hind.



ANNUAL SPORTS REPORT (April to December - 2019)

	NAME OF THE STUDENT	CLASS	HOUSE	PLACE	POINTS	
	50 MTS RUNNING (BOYS)					
1. 2. 3.	AYAN HUSSAIN H B ISMAIL ZUBIULLAH MOKSHITH P	1 1	TAGORE SASTRI TAGORE	1 2 3	5 3 1	
	50	MTS RUNNING	(GIRLS)			
1. 2. 3.	SANSKRITH S VINISHA REDDY S ARZIYA KOWSAR M	I I	GANDHI SASTRI SASTRI	1 2 3	5 3 1	
	50	MTS RUNNING	(BOYS)			
1. 2. 3.	PUNEETH N BHARATH KUMAR A CHARVIK DHARSHIL M		NEHRU SASTRI GANDHI	1 2 3	5 3 1	
	50	MTS RUNNING	(GIRLS)			
1. 2. 3.	HEMAVATHI T SRIVARSH K KEERTHANA G		NEHUR GANDHI GANDHI	1 2 3	5 3 1	
	50	MTS RUNNING	(BOYS)			
1. 2. 3.	SANDEEP A BHAVITHA REDDY L PRANEETH V		SASTRI SASTRI TAGORE	1 2 3	5 3 1	
	50	MTS RUNNING	(GIRLS)			
1. 2. 3.	TEJASHREE S NITYA SREE G NAKSHTRA K S		SASTRI SASTRI NEHRU	1 2 3	5 3 1	



1 aramanansa					
NAME OF THE STUDEN	NT	CLASS	HOUSE	PLACE	POINTS
	50 MTS R	UNNING	(BOYS)		
LAVANKUMAR REDD MANOJKUMAR.J ARAVIND.B	Y.S	IV IV IV	TAGORE TAGORE GANDHI	1 2 3	5 3 1
	50 MTS. R	UNNING	(GIRLS)		
	oo milot k		(311123)		
lipikasai.p.s Gnanalekha.r		IV IV	nehru nehru	1 2	5 3
KAVYASREE.G.C		IV	GANDHI	3	1
40	00 MTS RUI	NNING (S	ub-Juniors)		
CHARAN.P BHANUPRAKASH.S TEJASHWAR REDDY.S	5	V VI VI	GANDHI NEHRU NEHRU	1 2 3	5 3 1
[400MTS R	UNNING	(GIRLS)		
ABHINAYA.M RASHMITHA.S THRISHA.P		V V VI	TAGORE Sastri Nehru	1 2 3	5 3 1
	200MTS I	RUNNIN (BOYS)		
KIRANRAJ.R TEJASHWAR REDDY.S CHARAN.P	5	VI VI V	SASTRI NEHRU GANDHI	1 2 3	5 3 1
200MTS RUNNING (GIRLS)					
ABHINAYA.M SANJANA REDDY.B RASHMITHA.S		V V V	TAGORE Tagore Sastri	1 2 3	5 3 1
	LAVANKUMAR REDDOMANOJKUMAR.J ARAVIND.B LIPIKASAI.P.S GNANALEKHA.R KAVYASREE.G.C CHARAN.P BHANUPRAKASH.S TEJASHWAR REDDY.S ABHINAYA.M RASHMITHA.S THRISHA.P KIRANRAJ.R TEJASHWAR REDDY.S CHARAN.P	LAVANKUMAR REDDY.S MANOJKUMAR.J ARAVIND.B 50 MTS. R LIPIKASAI.P.S GNANALEKHA.R KAVYASREE.G.C 400 MTS RUN CHARAN.P BHANUPRAKASH.S TEJASHWAR REDDY.S 400MTS R ABHINAYA.M RASHMITHA.S THRISHA.P 200MTS I KIRANRAJ.R TEJASHWAR REDDY.S CHARAN.P 200MTS R	LAVANKUMAR REDDY.S IV MANOJKUMAR.J ARAVIND.B IV 50 MTS. RUNNING LIPIKASAI.P.S GNANALEKHA.R KAVYASREE.G.C IV 400 MTS RUNNING (SO CHARAN.P BHANUPRAKASH.S TEJASHWAR REDDY.S VI ABHINAYA.M RASHMITHA.S THRISHA.P VI EQUOMTS RUNNING KIRANRAJ.R TEJASHWAR REDDY.S CHARAN.P VI 200MTS RUNNING ABHINAYA.M RASHWAR REDDY.S CHARAN.P VI 200MTS RUNNING ABHINAYA.M TEJASHWAR REDDY.S CHARAN.P VI 200MTS RUNNING	LAVANKUMAR REDDY.S MANOJKUMAR.J ARAVIND.B IV TAGORE MANOJKUMAR.J IV TAGORE MANOJKUMAR.J IV TAGORE GANDHI 50 MTS. RUNNING (GIRLS) LIPIKASAI.P.S GNANALEKHA.R IV KAVYASREE.G.C IV GANDHI 400 MTS RUNNING (Sub-Juniors) CHARAN.P BHANUPRAKASH.S TEJASHWAR REDDY.S VI NEHRU A00MTS RUNNING (GIRLS) ABHINAYA.M RASHMITHA.S THRISHA.P VI A00MTS RUNNING (GIRLS) KIRANRAJ.R TEJASHWAR REDDY.S KIRANRAJ.R TEJASHWAR REDDY.S VI SASTRI NEHRU 200MTS RUNNIN (BOYS) KIRANRAJ.R TEJASHWAR REDDY.S VI SASTRI TEJASHWAR REDDY.S VI NEHRU 200MTS RUNNIN (BOYS) KIRANRAJ.R TEJASHWAR REDDY.S CHARAN.P VI SASTRI TEJASHWAR REDDY.S VI NEHRU CANDHI COMMTS RUNNING (GIRLS) VI SASTRI TEJASHWAR REDDY.S VI NEHRU CANDHI COMMTS RUNNING (GIRLS)	LAVANKUMAR REDDY.S IV TAGORE 1 MANOJKUMAR.J IV TAGORE 2 ARAVIND.B IV GANDHI 3 SO MTS. RUNNING (GIRLS)



	1 aramanansa				
	NAME OF THE STUDENT	CLASS	HOUSE	PLACE	POINTS
	200 M	S. (Junior (Girls)		
1. 2. 3.	PALLAVI.B POOJITHA.D.N VAISHNAVI REDDY	VIII VIII VIII		1 2 3	5 3 1
	0001476 B				
	200MTS Ru	inning (Juni	ors Boys)		
1. 2. 3.	DHANUSH .B.R GAGAN VENKAT SAI S DHANASEKHAR.K	VIII VIII VIII	TAGORE TAGORE SASTRI	1 2 3	5 3 1
	[
	400MTS RU	NNING(Se	nior Girls)		
1. 2. 3.	BHAVANA .S.M VISHWA PRAKASHINI.G CHITRA.V	IX X X	TAGORE GANDHI TAGORE	1 2 3	5 3 1
	400MTS RUN	NNIG (SEN	IOR BOYS)		
			,		
1. 2.	BHARATH.R VIKRAM RATHOD.T	X X	GANDHI NEHRU	1	5 3
3.	RAJSING H	X	TAGORE	2 3	1
	HINHORG	CHOTRUT	(POVC)		
	JUNIORS	SHOTPUT	(BOA2)		
1.	GNANENDRA.K.G	VIII	GANDHI	1	5
2.	DHANASHEKAR.K	VIII	SASTRI	2	3
3.	LIKITH.R	VIII	NEHRU	3	1
	JUNIORS	-SHOTPU	T (GIRLS		
1. 2. 3.	ARTHI.S TEJASWINI.R PALLAVI.B	VIII VIII VIII	TAGORE GANDHI NEHRU	1 2 3	5 3 1
$oldsymbol{igsq}$					



-	1 aramanansa				
	NAME OF THE STUDENT	CLASS	HOUSE	PLACE	POINTS
	9	SLATE RACE			
1.	POORNITH G		NEHRU	1	5
2.	SANSKRITHI.S	li	GANDHI	2	3
3.	PUNITH.K	'	GANDHI	3	1
J .			0/11(2111	3	·
	ZI	GZAG RAC	E		
1.	PUNITH.K		GANDHI	1	5
2.	SANSKRITHI.S	'	GANDHI	2	3
3	.POORNITH		NEHRU	3	1
)	.i OOKNIIII	'	NETTRO	3	'
	SHUT	TLE RUN (B	OYS)		
1.	PUNITH.N	l II	NEHRU	1	5
2.	DHANUSH	"	SASTRI	2	3
3.	BHARATH	"	TAGORE	3	1
٥.	DHARATT	"	IAGORE	3	1
	SHUT	TLE RUN (C	GIRLS)		
1.	ANANYA REDDY	l II	GANDHI	1	5
2.	HEMAVATHI.T	l ii	NEHRU	2	3
3.	CHATHURA.S	II	SASTRI	3	1
	LEMON	LID CROOL	L		
	LEMON A	ND SPOON	(GIRLS)		
1.	TEJASREE.S	III	SASTRI	1	5
2.	THEJASHWINI.S	l III	NEHRU	2	3
3.	MEGHASHREE.R	III	GANDHI	3	1
J.	MEGI I/ OF INCE.IX	""	G/ ((\B) ()	3	
	LEMON A	AND SPOO	N (BOYS)		
1.	RAGAVENDRA.S	III	SASTRI	1	5
2.	GUNAVARDHAN.B.V	'''	SASTRI	2	3
3.	AKHIL.G	l iii	NEHRU	3	1
]	, and file. G	""			'



SKIPPING (GIRLS)		NAME OF THE STUDENT	CLASS	HOUSE	PLACE	POINTS
1. PAVADHARANI.M.A 2. KAVYA.G.C 1. KAVYA.G.C 1. V GANDHI 2. 3 3. TRILOKYA.K 1. V SASTRI 3. 1 SKIPPING (BOYS) 1. LAVAN KUMAR REDDY.S 1. V TAGORE 2. MANOJ.M 1. V TAGORE 2. MANOJ.M 1. V TAGORE 3. VARUN KUMAR REDDY 1. V NEHRU 3. 1 ZIGZAG RACE (BOYS) 1. AYAN HUSSAIN.H.B 1. TAGORE 1. SAVAN HUSSAIN.H.B 2. LOKESHKUMAR 1. NEHRU 2. 3 3. SHASHANK.K 1. TAGORE 3. 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S 2. SHARANYA.K.J 3. GNANAPRIYA 1. SASTRI 3. GNANAPRIYA 1. SASTRI 3. GNANAPRIYA 1. SASTRI 3. AKHILESH 1. TAGORE 3. 1 SACK RACE (BOYS) 1. KOKILA.S 1. TAGORE 3. 1 SACK RACE (GIRLS) 1. KOKILA.S 1. TAGORE 3. 1 SACK RACE (GIRLS) 1. KOKILA.S 2. NAKSHATHRA.K.S 1. TAGORE 3. 1 SACK RACE (GIRLS) 1. KOKILA.S 3. II TAGORE 4. 5 3. SACK RACE (GIRLS) 3. TAGORE 4. 5 3. TAGORE 5. TAGORE 6. 5 7. TAGORE 7				L	· · • -	
2. KAVYA.G.C 3. TRILOKYA.K 1V SASTRI 3 1 SKIPPING (BOYS) 1. LAVAN KUMAR REDDY.S 2. MANOJ.M 1V TAGORE 1 5 2. MANOJ.M 1V TAGORE 2 3 3. VARUN KUMAR REDDY IV NEHRU 3 1 ZIGZAG RACE (BOYS) 1. AYAN HUSSAIN.H.B 2. LOKESHKUMAR 1 TAGORE 1 5 2. LOKESHKUMAR 1 NEHRU 2 3 3. SHASHANK.K 1 TAGORE 3 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S 2. SHARANYA.K.J 3. GNANAPRIYA 1 SASTRI 3 1 SACK RACE (BOYS) 1. DHARSHAN.K 1 NEHRU 2 3 3. GNANAPRIYA 1 SASTRI 3 1 SACK RACE (BOYS) 1. DHARSHAN.K 1 III NEHRU 1 5 2. GUNAVARDHAN.B.V 1 III SASTRI 2 3 3. AKHILESH 1 TAGORE 3 1 SACK RACE (GIRLS) 1. KOKILA.S 2. NAKSHATHRA.K.S 1 II TAGORE 1 5 3. TAGORE 1 5 4. TAGORE 1 5 4. TAGORE 1 5 5. TAGORE 1 5 6. TAGORE 1 5						
SKIPPING (BOYS) 1	1.	PAVADHARANI.M.A	IV	GANDHI	1	
SKIPPING (BOYS)	2.	KAVYA.G.C	IV	GANDHI		3
1. LAVAN KUMAR REDDY.S 2. MANOJ.M 3. VARUN KUMAR REDDY 1V TAGORE 2 3 3. VARUN KUMAR REDDY 1V NEHRU 3 1 ZIGZAG RACE (BOYS) 1. AYAN HUSSAIN.H.B 1 TAGORE 2 3 3 1 2. LOKESHKUMAR 1 NEHRU 2 3 3. SHASHANK.K 1 TAGORE 3 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S 2 SHARANYA.K.J 3 GNANAPRIYA 1 NEHRU 2 3 3 TAGORE 3 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S 1 GANDHI 1 5 2. SHARANYA.K.J 3 HEHRU 2 3 3 TAGORE 3 1 SACK RACE (BOYS) 1. DHARSHAN.K 1 III NEHRU 1 5 3 TAGORE 3 1 SACK RACE (GIRLS) 1. KOKILA.S 1 III TAGORE 3 1 SACK RACE (GIRLS)	3.	TRILOKYA.K	IV	SASTRI	3	1
2. MANOJ.M IV TAGORE 2 3 3 1 1 1 1 1 1 1 1		SK	 PPING (BC	DYS)		
2. MANOJ.M IV TAGORE 2 3 3 1 1 1 1 1 1 1 1						
IV NEHRU 3 1	1.	lavan kumar reddy.s				
ZIGZAG RACE (BOYS)		-				
1. AYAN HUSSAIN.H.B I TAGORE 1 5 2. LOKESHKUMAR I NEHRU 2 3 3. SHASHANK.K I TAGORE 3 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S I GANDHI 1 5 2. SHARANYA.K.J I NEHRU 2 3 3. GNANAPRIYA I SASTRI 3 1 SACK RACE (BOYS) 1. DHARSHAN.K III NEHRU 1 5 2. GUNAVARDHAN.B.V III SASTRI 2 3 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) 1. KOKILA.S II TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3	3.	VARUN KUMAR REDDY	IV	NEHRU	3	1
2. LOKESHKUMAR I NEHRU 2 3 3. SHASHANK.K I TAGORE 3 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S I GANDHI 1 5 2. SHARANYA.K.J I NEHRU 2 3 3. GNANAPRIYA I SASTRI 3 1 SACK RACE (BOYS) 1. DHARSHAN.K III NEHRU 1 5 2. GUNAVARDHAN.B.V III SASTRI 2 3 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) 1. KOKILA.S III TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3		ZIGZ	AG RACE (B	OYS)		
2. LOKESHKUMAR I NEHRU 2 3 3. SHASHANK.K I TAGORE 3 1 ZIGZAG RACE (GIRLS) 1. SANSKRITHI.S I GANDHI 1 5 2. SHARANYA.K.J I NEHRU 2 3 3. GNANAPRIYA I SASTRI 3 1 SACK RACE (BOYS) 1. DHARSHAN.K III NEHRU 1 5 2. GUNAVARDHAN.B.V III SASTRI 2 3 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) 1. KOKILA.S III TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3	1	AVANI LIHICCAINITED	,	TACORE	1	_
ZIGZAG RACE (GIRLS) I TAGORE 3 1 ZIGZAG RACE (GIRLS) I GANDHI 1 5 1. SANSKRITHI.S I GANDHI 1 5 2. SHARANYA.K.J I NEHRU 2 3 3. GNANAPRIYA I SASTRI 3 1 SACK RACE (BOYS) III NEHRU 1 5 2. GUNAVARDHAN.B.V III NEHRU 1 5 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) II TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3						
ZIGZAG RACE (GIRLS)						
1. SANSKRITHI.S 2. SHARANYA.K.J 3. GNANAPRIYA 1. DHARSHAN.K 2. GUNAVARDHAN.B.V 3. AKHILESH 1. KOKILA.S 2. NAKSHATHRA.K.S 1. GANDHI 1 2 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	٥.	31 // (31 // (1 (K.) K	'	MOOKE	3	
2. SHARANYA.K.J I NEHRU 2 3 3. GNANAPRIYA I SACK RACE (BOYS) 3 1 1. DHARSHAN.K III NEHRU 1 5 2. GUNAVARDHAN.B.V III SASTRI 2 3 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) II TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3		ZIGZ	AG RACE (GIRLS)		
2. SHARANYA.K.J I NEHRU 2 3 3. GNANAPRIYA I SACK RACE (BOYS) 3 1 1. DHARSHAN.K III NEHRU 1 5 2. GUNAVARDHAN.B.V III SASTRI 2 3 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) II TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3	1.	SANSKRITHI.S	1	GANDHI	1	5
SACK RACE (BOYS)	2.		1	NEHRU	2	
1. DHARSHAN.K 2. GUNAVARDHAN.B.V 3. AKHILESH SACK RACE (GIRLS) 1. KOKILA.S 2. NAKSHATHRA.K.S III TAGORE 1 5 2 3	3.	GNANAPRIYA	1	SASTRI	3	1
1. DHARSHAN.K 2. GUNAVARDHAN.B.V 3. AKHILESH SACK RACE (GIRLS) 1. KOKILA.S 2. NAKSHATHRA.K.S III TAGORE 1 5 2 3		SAC	 K RACE (BO	YS)		
2. GUNAVARDHAN.B.V III SASTRI 2 3 3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) 1. KOKILA.S II TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3			1	,		
3. AKHILESH III TAGORE 3 1 SACK RACE (GIRLS) II TAGORE 1 5 1. KOKILA.S III TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3					_	
SACK RACE (GIRLS) 1. KOKILA.S 2. NAKSHATHRA.K.S III TAGORE 1 5 2 3						
1. KOKILA.S II TAGORE 1 5 2. NAKSHATHRA.K.S III NEHRU 2 3	3.	AKHILESH		TAGORE	3	1
2. NAKSHATHRA.K.S III NEHRU 2 3		SAC	K RACE (GI	RLS)		
2. NAKSHATHRA.K.S III NEHRU 2 3	1	NONII V C		TACORE	1	_
					_	
	J.	, 0.100 110 111	"	1121110	, ,	'
						J



400	1 aramanansa					
	NAME OF THE STUDEN	т (CLASS	HOUSE	PLACE	POINTS
	P	OTATO GAT	HERING	(GIRLS)		
1.	PAVADHARANI.M.A		IV	GANDHI	1	5
2.	GNANALEKHA.R		IV	NEHRU	2	3
3.	DHARSHINI.K.R		IV	GANDHI	3	1
		POTATO GA	THERIN	G (BOYS)		
1		, c	IV/	TACODE	1	_
1.	LAVANKUMAR REDDY	1.5	IV	TAGORE	1	5
2.	SHOBHAN.N		IV	SASTRI	2	3
3.	ARVIND.B		IV	GANDHI	3	1
		CHESS SEN	NIORS (B	OYS)		
1.	CHANDANESWAR.S		χ	GANDHI	1	5
2.	VISHWAPRAKASHINI.	G	X	GANDHI	2	3
3.	HARSHAVARDHAN .		X	NEHRU	3	1
٥.			^		J	·
		CHESS SEN	VIOR (GI	RLS)		
1.	NIKITHA.N		VIII	SASTRI	1	5
2.	CHARANRAJ.R		X	SASTRI	2	3
3.	ARTHI S		X	TAGORE	3	1
	Г	SWIMMING	ILINIOR	(ROVS)		
	Ľ	JVIIVIIVIII VG	JOHIOK	(0013)		
1.	VENKATESH T		VII	TAGORE	1	5
2.	BHANUPRASAD G		VII	TAGORE	2	3
3.	shashank n		VII	SASTRI	3	1
	[·	SWIMMING	IUNIOR	(GIRLS)		
	Ľ		JOINIOR	(GIKE5)		
1.	LIKITHA S		VII	GANDHI	1	5
2.	VARSHINI ROY P		VII	NEHRU	2	3
3.	DEEKSHITHA PD		VII	GANDHI	3	1
					-	
			l	l		



4X100MTS (Sr. BOYS - RELAY)					
NAME OF THE STUDENT	HOUSE	POINTS			
1. DEVI SRI PRASAD, SAI CHETHAN, SACHIN KUMAR BOHARA, VIKRAM RATHOD	Nehru	5			
2. GOWTHAM, PARTHUSARADTHI, CHARANRAJ, HARI.S	Sastri	3			
4X100MTS (Sr.GIRLS RELAY)					
1. VISHWAPRAKASHINI G, SANJANA N, SRI LEKHA R M, LIKITHA T	Gandhi	5			
2. JYOTHIRMAI S P, SHARMALA .M, DEEKSHA M P, VAISHNAVI	Nehru	3			

FOOTBALL (BOYS)

WINNERS SASTRI HOUSE	RUNNERS NEHRU HOUSE
CHARAN RAJ.R (CAPTAIN)	VIKRAM RATHOD.T(CAPTAIN)
GOUTHAM REDDY.S	DEVI SRI PRASAD.S.V
KUSHVANTH.P	ABDUL THOHID.S.K
manoj sreekar.c.h	S.BALA CHANDRA
HARI.S	harshavardhan reddy.g
PARTHASARATHI.G	SACHIN KUMAR.S
dhanashekar.k	SAI CHETHAN.C
kiran raj.r	KARTHIK.M.S
PAVAN KALYAN.K.V	PUNITH.L
sharath kumar reddy.m	GOUTHAM.M
JASWANTH.K	TEJESHWAR



THROW BALL			
RUNNERS NEHRU HOUSE			
SHARMILA.M JYOTHIRMAI.S.P DEEKSHA.M.P VAISHNAVI.K PALLAVI.B THANUSREE.M GAYATHRIDEVI.G.S RI DEVI GS			

C.B.S.E VII CLUSTER SPORT AND GAMES SRI PRAKASH VIDYANIKETHAN, TUNI, VISHAKAPATNAM

BASKET BALLS (BOYS)		BASKET BALLS (GIRLS)	
CHARAN RAJ.	X	SHARMILA.M	Χ
SUJITHKUMAR.M.A	X	SANJANA VAISHNAVI.N	X
HARI.S	IX	MOUNIKA V.C	Χ
SARKESH.K	IX	SAIDEEPIKA.U	X
RAJ SING.H	X	LIKITHA.T	VIII
SANJAY.S	IX	SRILEKHA.R.M	Χ
HARSHA VARDHAN.G	IX	VISHWA PRAKASHINI.G	Χ
GOWTHAM.S	VII	LIKITHA.S	IX



NALLAMALA REDDY SCHOOL, HYDERABAD C.B.S.E VII CLUSTER FOOT BALL (BOYS)

singh raj.h	X	SACHIN KUMAR BOHAR	IX
manojsreekar .c.h	X	KIRAN RAJ.R	VI
TEJESH.U	X	DHYANESH.P.D	X
VIKRAMR RATHOD.T	X	ABDUL THOHID .S.K	X
GOWTHAM REDDY.S	X	gagan venkat sai.s	VIII
DHARSHAN REDDY.C	X	GOWTHA REDDY.S	X
BHARATH.R	X	JASWANTH.G	VIII
SAICHETHAN	IX	DIWAKAR.P	X

AKSHARA VIDYALAYA, NELLORE C.B.S.E VII CLUSTER

KHO-KHO (GIRLS)		KHO-KHO (BOYS)
BHAVANA.M	VII	KIRAN RAJ.R
Sravani.k.r	IX	UDAR.B
lathikasaranya.s	IX	harshavardhan.b.v
JAHNAVI.P	VIII	teshwar reddy.s
ARITHI.S	VIII	tejesh reddy.s
tejashwini.r	VIII	venkatesh.t
vorshiniroy.p	VII	achyuth sai ram.p
BHAVANA.R.M	VII	rohith.K
Sanjana.r	VII	jaswanth.k
vaishnavi.k	IX	deekshith kiran.s
		KARTHIKEYA.P
		uday kumarry reddy.c



INTER SCHOOL COMPETION BASKET BALL SAINIK SCHOOL - KALIKIRI

RUNNERS		
HARI.S(CAPITAN)	IX	
SACHIN KUMAR BOHAR	IX	
SANJAY.S	IX	
harshavardhan.b	IX	
SARKESH.K	IX	
MOHAMMAD FARID M.D	IX	
DHANSHEKAR.K	VIII	
TEJASWAR	VIII	
venkatesh.t	VII	
LIKITH.R	VIII	
SHARATH.M	VIII	
THARUN REDDY.S	VIII	

FIRST PLACE : 5 Points
SECOND PLACE : 3 Points
THIRD PLACE : 1 Point

DEPARTMENT OF PHYSICAL EDUCATION

Mr. Naresh B Ms. Sumalatha A



	Co-Cur	ricular A	Co-Curricular Activities / Events - 2019-20	- 2019	-20	
S.No	Name of the Event	Held on	Name of the Student	Class	Name of the House	Place
_	Colouring	15/06/19	Sanskrithi P	٧I	Gandhi	I
			Sufiya J K	K	Nehru	=
			Ayan Hussain H B	≤	Tagore	=
			Daiwik Ram K	≤	Nehru	=
			Bhavyesh M G	B	Gandhi	_
			Girivarshini K R	B	Tagore	=
			Gowtham S	IB	Sastri	≡
		,			;	
2	Drawing	15/06/19	Harshitha A N	ΥI	Gandhi	_
			Thakshak Reddy	Η	Tagore	=
			Preksha D S	ΥII	Nehru	=
			Ekshitha N	IIB	Tagore	_
			Keerthana G	IIB	Gandhi	=
			Bhavitha Reddy T	IIB	Sastri	=
			Anagha N	ΥIII	Gandhi	_
			Preethi Raj J	ΥIII	Sastri	=
			Manikandan A S	ΥIII	Tagore	=
			Abdul Faizan	IIIB	Gandhi	_
			Tejashree G	IIIB	Sastri	=
			Gunavardan B V	IIIB	Tagore	≡
3	Greeting Card Making	15/06/19	Lasya S	IVA	Nehru	_
			Bhuvanendra N K	IVA	Nehru	=
			Gnanalekha R	IVA	Gandhi	=
			Yashwitha C	IVB	Sastri	_
			Lasya G M	IVB	Gandhi	=



Held on
22/06/19
22/06/19
22/06/19



S.No	Name of the Event	uo pleH	Name of the Student	Class	Name of the House	Place
			Akhil P Nakshatra K S Badrinath H Sai Sahasra	## ## ## ## ## ## ## ## ## ## ## ## ##	Sastri Sastri Tagore Gandhi	≡ -= ≡
	English Elocution	22/06/19	Anshar Hussain H B Kavya Shree P Tejashree G	< < < > > >	Sastri Tagore Nehru	-=≡
	Memory Test Competition	4/7/2019	Vikas Reddy Bhuvan Reddy Poornith Reddy G Nichal Sujay Reddy Bhuvan Sai Likith Reddy C		Tagore Tagore Nehru Tagore Gandhi Nehru	-==-==
	Cook with out fire	4/7/2019	Anagha N Nishanth P Kokila S Nithish S Rithish E S Veda Seyon K	Y Y Y H H H H H H H	Gandhi Sastri Tagore Sastri Nehru Tagore	-==-=
	Best out of waste	4/7/2019	Bhuvanendra N K Shreya Ragvendra Dhanush Reddy S Charitha Redddy T Harshitha	1VA 1VA 1VB 1VB	Nehru Tagore Tagore Tagore Gandhi	-=≣



	Name of the Event	Held on	Name of the Student	Class	Name of the House	Place
1			Lasya G M	IVB	Tagore	=
			Lipsika Sai	IVB	Nehru	≡
_	Advertisement on product	4/7/2019	Saanjana B	ΥA	Tagore	_
			Umar Farooq	۸۸	Tagore	_
			Keerthana	۸۸	Nehru	=
			Sree Spandana R	VB	Tagore	≡
			Varsha Sree B	VB	Tagore	Ξ
	Tables recitation	12/2/2019	Rishith R	_	Tagore	_
			Charvik A	≤	Gandhi	=
			Vikas Reddy S	Υ	Tagore	≡
			Monish S S	B	Tagore	_
			Nischal Sujay Reddy	B	Tagore	=
			Poojitha Reddy	B	Tagore	Ξ
			Chatura S D	ΥII	Sastri	_
			Loksunder P	ΥII	Tagore	=
			Charvik Dharshill M	ΥI	Gandhi	Ξ
			Puneeth N	IIB	Nehru	_
			Dhanush Narasimha	IIB	Tagore	=
			Vineeth Adithya S	IIB	Sastri	≡
	Abaciis	12/7/2019	Gnanalakha R	IVA		_
			Shrava Ragyandra	IV A	Tagore	- =
			Jilleya Nagveridia	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Iagore	= =
			Mithun	IVA	lagore	=
			Sai Skanda H S	INB	Nehru	_
			Yashwitha C	IVB	Sastri	=
			Charitha Redddy T	IVB	Tagore	Ξ



12/7/2019
27/07/19
27/07/19
27/07/19



S.No	Name of the Event	Held on	Name of the Student	Class	Name of the House	Place	
	Telugu poem recitation	3/8/2019	Vinisha Reddy	M	Sastri	_	
			Rajeev Nandan P	Υ	Sastri	=	Para
			Rishith R	\leq	Tagore	=	am
			Jishnu Charan	IB	Gandhi	_	ah
			Saanvi P	IB	Sastri	=	ans
			Monish S	IB	Tagore	Ξ	sa
			Kanishka S	∀	Tagore	_	
			Abhishek C	Υ	Nehru	=	
			Preksha D S	Υ	Nehru	≡	
			Mahitha L	IIB	Gandhi	_	
			Ananya Reddy	IIB	Gandhi	=	
19	Telugu handwriting	3/8/2019	Lavan Kumar S	<u> </u>	Gandhi	_	
)		Shreya Ragvendra	IVA	Tagore	=	
			Adarsh Reddy B	IVA	Nehru	Ξ	
			Arvind B	IVB	Gandhi	_	
			Ajay G A	IVB	Tagore	=	
			Lasya G M	IVB	Tagore	≡	
20	Telugu elocution	3/8/2019	Thamira S	\ \	Gandhi	_	
)		Jashwanth G	VB	Sastri	=	
			Sree Spandana R	∀ >	Tagore	=	
	Fuglish Guit	22/06/10			Todoro	_	
	Ligisii quiz	61/00/22			Nehru	- =	
					Gandhi	Ξ	
							34
							1



-	1 aramanansa	
Place	=≡=≡	
Name of the House	Sastri Tagore Nehru Gandhi	
Class	IIIB V ≻ × IIIB	
Name of the Student		
Held on	12/7/2019	
Name of the Event	Maths quiz Classroom decoration	
S.No	22 23	•



Paramahansa $-=\equiv -=\equiv$ $- = \equiv$ - = ≡ **-= =** - = ≡ Name of the House Co-Curricular Activities / Events / Individual/ Group - 2019 - 20 Gandhi Gandhi Gandhi Sastri Gandhi Nehru Gandhi Gandhi Tagore Nehru Gandhi Nehru Nehru Sastri Sastri Sastri Sastri Sastri Sastri Sastri Sastri Class \geq \geq \geq \geq \geq \geq $\equiv \equiv \equiv$ **= = =** $\exists \exists \exists$ > > > \times \times \times Name of the Student Prajwal Pridharshan NiKhil Sujith Kumar Achyuth Sai Ram P Vishwaprakashini Sachin Hari Raj Varshini Roy P Revant Kalyan Jaswanth MG Manoj Sreekar Sachin Hariraj Yashaswini N Syed Sameed Varshini Roy Niroop GM Hasini Rao Vaedavyas Saidiyaa R Likhitha S **Thanishka** Kavya S Nikitha 6/15/2019 6/22/2019 6/15/2019 Held on (World Environment Day) Name of the Event Greeting Card Making Essay:World Env.Day Poster Making S.No 7



S.No	Name of the Event	Held on	Name of the Student	Class	Name of the House	Place
4	Puzzle Solving		Manikanth Raj Thanishka M Gayathri Devi GS	\times \times \times	Tagore Nehru Nehru	-=≡
rO	Sudoku		Chandaneshwar Deeksha Charan Raj	×××	Gandhi Nehru Sastri	-=≡
9	Spellbee		Alekhya Krishna , Hasini Neelima A Saidiyaa	> > >	Nehru Gandhi Nehru	-=≡
	Spellbee	29/06/2019	Rohith, Likhitha Bhavana Varshini A	5 5 5	Sastri,Gandhi Gandhi Sastri,Gandhi	- ≣ ≣
8	English Quiz	6/29/2019	GRADE 8		Sastri Nehru Gandhi	-=≣
6	Pick 'N' Speak	6/29/2019	Hemanth Gagan Manikanth Raj Likhitha	\times \times \times	Gandhi Tagore Gandhi	-=≡
10	Write about your goal	6/29/2019	Raj Singh Roohi Mehar Vishwaprakashini	×××	Tagore Tagore Gandhi	-=≡



Name of the Event	nt	Held on	Name of the Student	Class	Name of the House	Place
Poster Making 15/07/2019 Gurupoornima	15/07/2019		Saidiyaa R Dhakshitha G Srujan V	5 5 5	Nehru Tagore Sastri	Parama - = ≡
Essay :Gurupoornima 7/15/2019	7/15/2019		Achyuth Sai Ram Likitha Jahnavi Ram	3 5 5	Tagore Gandhi Nehru	
			Hasini Rao NR Pallavi Kavya S	≣ ≡ ≡	Gandhi Nehru Nehru	-=≡
Elocution on 7/15/2019 Gurupoornima	7/15/2019	0	Thanishka Sravani Md. Nayeemuddin	\times \times \times	Nehru Sastri Tagore	-=≡
			Chitra Manoj Vishwaprakashini	×××	Tagore Sastri Gandhi	-=≡
Table Recitation 7/27/2019	7/27/2019		Harshavardhan BV Dhanush Sai Venu G	555	Sastri Nehru Gandhi	-=≡
			Likitha S Rohith Varshini Roy P		Gandhi Sastri Nehru	-=≡



Place \equiv $- = \equiv$ Name of the House Gandhi Sastri Gandhi Nehru Gandhi Nehru Gandhi Nehru Sastri Sastri Nehru Gandhi Sastri Gandhi Tagore Gandhi Sastri Tagore Nehru Nehru Sastri Class === $\equiv \equiv \equiv$ **5 5 5** > > > > > > \times \times \times \times Name of the Student Gowtham Raj K Somasankar PV Jahnavi Ram R Nuthan Reddy Tharun Reddy aswanth MG Dharshan PV Dhanashekar Hasini Rao Neelima A Chandana Thanishka Hasini M Bhavya S Bhavana Likhitha Sravani Pallavi 7/27/2019 7/27/2019 Held on 8/3/2019 8/3/2019 8/3/2019 8/3/2019 Name of the Event Kannada Story Telling Vikram Betaal Stories Sumathi Shathakalu Vemana Padyalu Maths Quiz Sudoku S.No 16 20 15 19 17 18



Place = = **-= =** = = $- = \equiv$ = = = = = - = Name of the House Nehru Gandhi Tagore Tagore Nehru Gandhi Nehru Sastri Gandhi Nehru Tagore Gandhi Sastri Tagore Sastri Tagore Sastri Tagore Sastri Class VIII, VII and × $\equiv \equiv \equiv$ **= = =** \geq > > > $\times \times \times \times \times$ Name of the Student Vishwaprakashini G Gagan Venkat Sai S Syed Sameed Achyuth Sai Ram P Manikanth Raj BS Alekhya Krishna Somasankar PV Deekshitha PD Manoj Sreekar Hasini M Pallavi B Sravani Rohith Chitra 17/08/2019 8/31/2019 8/17/2019 8/17/2019 8/31/2019 Held on 8/3/2019 Hindi Essay (Krishnastami) Theme-Vinayaka Chaturthi Name of the Event Classroom Decoration: Elocution: Telugu Day Debate: Kashmir and Quiz: Current Affairs Poem Recitation Article 370 S.No 26 22 23 24 25 21



Place = ≡ $-=\equiv$ $- = \equiv$ - = ≡ $- = \equiv$ $- = \equiv$ Name of the House Gandhi Sastri Nehru Gandhi Nehru Gandhi Tagore Sastri Gandhi Sastri Nehru Sastri Tagore Tagore Nehru Class $\equiv \equiv \equiv$ $\equiv \equiv \equiv$ **5 5 5** > > > > > > Name of the Student Prajwalpriyadharshan Achyuth Sai Ram Alekhya Krishna Grade II and V Syed Sameed Varshini Roy Nikhil Sujith Somasankar Hasini Rao Hasini Rao Chandana **Grade VIII** Bhavya S Grade IV **Grade VII** Grade IX Grade III Bhavya Seniors Nikitha Likitha Hasini Juniors 25/10/2019 21/10/2019 11/23/2019 Held on Essay Writing Telugu Day Name of the Event Diwali Celebrations **Essay: Plastics** Spellbee S.No 29 28 30 27



Place	Paramahai					42
		_ = <u>≡</u>	_ = <u>=</u>	_ = <u>≡</u>		
Name of the House	Sastri Gandhi Sastri	Sastri Gandhi Tagore	Sastri Gandhi Tagore	Tagore Sastri Gandhi		
Class		≣ ≣ ≣		≣ ≣ ≣		en Taj
Name of the Student	· - -			Prajwal Priyadharshan Chandana Hasini Rao	Place ≤ ≡ = −	Mr. Sampath .S, Mr. Murugan .P & Ms. Amreen Taj Department of CCA
Name of	Rohith K Bhavana Bharadwaj	Chandana Hasini Arthi		Prajwal Priy Chandana Hasini Rao	CCA Points 131 129 100 83	Mr. Murugan .P & N Department of CCA
Held on		11/23/2019	11/30/2019	11/30/2019	_ <u> </u>	Sampath .S, Mr $D\epsilon$
Name of the Event		Quotation Poster Making	Sports Quiz	Esssay:Constituition	House SASTRI NEHRU GANDH	Mr. 5
S.No		31	32	33		



Prize list for the Annual Day Celebrations 2019-20

• Academics Toppers for the year 2018-19

SI. No.	Student Name	Grade
1.	Abhiram Naidu. V	LKG
2.	Likith C	UKG
3.	Preksha D S	IA
4.	Keerthana G	ΙB
5.	Anagha N	IIA
6.	Gunavardhan B V	IIB
7.	Gnanalekha	IIIA
8.	Charitha Reddy T	IIIB
9.	Anshar Hussain H B	IVA
10.	Tejasree K S	IVB
11.	Hasini M	V
12.	Achyuth Sai Ram P	VI
13.	Hasini Rao N R	VIIA
14.	Chandana N	VIIB
15.	Thanishka M	VIII
16.	Chithra V	K
17.	Mohith Reddy P N	Х

• 100% Attendance for the year 2018-19

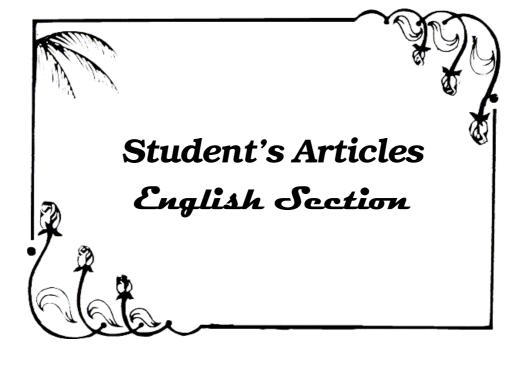
SI. No.	Student Name	Grade
1.	Taheera Banu S	IIA
2.	Ajay G C	IVA



BEST IN DIFFERENT ACTIVITES

SI. No.	Activity	Student Name
1	Best Student in CCA	Master Manoj Sreekar C H (Sastri) - Class X
2	Best Student in Yoga	Master Likith K - Class X
3	Best Student in Swimming	Sharmila - Class X
4	Best Student in Karate	Venkatesh - Class VII
5	All Rounder	Miss Vishwaprakashini - Class X
		Master Raj Singh - Class X
6	Best House in Academics	Tagore
7	Best House in Sports	Sastri
8	Best House in Cultural Activities	Nehru
9	Best House in Eco Club	Gandhi
10	Best House in Language	Tagore
11	Best House in English Activities	Nehru
12	Best House in Math Activities	Sastri
13	Best House in Science Activities	Gandhi
14	Best House in Social Activities	Nehru
15	Overall Champions	Gandhi
16	Best Class:	SENIOR: IX JUNIOR: IA
17	The most Punctual Class:	X
18	The most Presentable Class:	SENIOR: VIII & X
		JUNIOR: IVA&IIIB
		SUB JUNIOR: IB&IIB
19	School Toppers 2018-19:	Mohith Reddy P N
		CGPA - 450/500







INDIA

Country Name : India

Capital City : New Delhi Largest City : Mumbai

Official Languages : Hindi & English

Demonym(s) Indian

Membership : UN, WTO, BRICS, SAARC

and SCO

Government : Federal Parliamentary

constitutional Republic

Legislature : Parliament
Upper House : RajyaSabha
Lower House : LokSabha

Dominion : 15th August' 1947 Republic : 26th January, 1950

Total Area : 3287263 Km²

Population : 2016 (1324171354)

Currency : Indian Rupee (Rs) INR

Date Format : DD/MM/YYYY

Driving Side : Left
Calling Code : +91

Time Zone : UTC + 05:30 (IST)

- Shravani K R Class - IX



LARGEST, SMALLEST, BIGGEST AND FASTEST

ARCHIPELAGO

1. Largest Indonesia

AREA

1. Smallest state in Area (India) Goa

Smallest Union Territory (India) Lakshadweep
 Largest State in Area (India) Madhya Pradesh

4. Largest City in Area (World) London

ANIMAL

1. Fastest animal at short-run Cheetah

2. Fastest animal The Peregrine Falcon

3. Most intelligent animal Chimpanzee

4. Most cunning animal Fox

BIRD

Largest Bird
 Largest Sea Bird
 Fastest Bird
 Swift

4. Smallest Bird5. Singing BirdHumming birdNightingale

SEVEN WONDERS OF THE ANCIENT WORLD

1. The Pyramids at Giza, Egypt

- 2. The Hanging Gardens of Babylon
- 3. The Temple of Artemis at Ephesus
- 4. The Statue of Zeus at Olympia
- 5. The Mausoleum at Halicarnassus



6. The Colossus of Rhodes

7. The Pharaohs (Lighthouse) at Alexandria, Egypt

ABOUT EARTH

1. Equatorial diameter	12756 Kms.
2. Polar diameter	12,714 Kms.
3. Distance from the sun	149,597,900 Kms.
4. Period of Revolution	365 days 5 hrs,
	48 mins. 55.51 secs.

5. Period of Rotation 23hrs 56 mins, 4.09 secs.

-Nikitha, Arthi and Pallavi Class - VIII

SPACE QUIZ

- 1. How many moons does Uranus have?
- 2. Which is the biggest planet in our Solar System?
- 3. What is a Nebula?
- 4. How long has the sun been shining?
- 5. Large hot stars are in which colour?
- 6. A group of new young stars are called as?

Answers:

- 1. 12 2. Jupiter 3. Cloud of dust and gas in space
- 4. Bluish-white 5. About four billion years 6. Star Cluster

-Dhanashekar Class - VIII



POEM

"Me and My Brother's Quarrel..."
I quarreled with my brother
I don't know what about
One thing led to another
And somehow we fell out
The start of it was slight
The end of it was strong
He said he was right
I knew he was wrong...!



We hated one another
The afternoon turned black
Then suddenly my brother
Thumped me on the back
And said, oh! come along
We can't go on all night
I was in the wrong
So he was in the right.

It is common for brother and sister to quarrel, although sometimes they may not even be able to say why they quarrel but how long do such quarrel last? How do they end?

> - Nikhitha & Pallavi Class - VIII



THE PRESENT

The future is too far away to dream of The past is too behind to dwell on The world is too big to go unnoticed Nature is too beautiful to be passed by.

The present was meant to be lived in The world was meant to be cared for Nature was meant to be appreciated Life is meant to be enjoyed.

Love the Present, Love the World, Love Nature and Love Life.

> - Hasini Rao N R Class - VIII

Simple..., it's OUR LIFE

We've all been through thick We've all been through thin We've all been to the light And back to the dark again.



Everyday is a struggle
Everyday may be a new fight
Everyday may be a game
And Everyday may leave a new scar.

But never forget that everyday is new Everyday is an adventure waiting for you.

> - Hasini Rao N R Class - VIII

Relationship between Mom and Daughter

To my Daughter, I love you so,
You are so special, I hope you know
With every day, that passed by
You are more the twinkle, in my eye.
To loving, so giving a heart of gold,
Always my baby even when I am old
Your love shines through, for all to see
I feel so proud, you are a part of me.

-Pallavi B Class - VIII



TEACHER'S

Teacher's Paint their minds
And guide their thoughts
Share their achievements
And advise their faults
Inspire a love of knowledge and truth
As you light the path
Which leads our youth
For our future brightens with each lesson you teach
Each smile you lengthen
Each goal you help teach
For the dawn of each poet
Each philosopher and king
Begins with a Teacher
And the wisdom they bring.

- Pallavi & Nikitha Class - VIII

AMAZING FACTS ABOUT SPACE

- 1. The surface of the sun is nearly 60 times hotter than boiling water. It is so hot it would melt space craft flying near it.
- 2. The moon has no air or water. When astronauts went to the moon they had to take air with them in their spacecraft and space suits.



- 3. Saturn is the lightest planet in our solar system. If there was a large enough sea, it would float like cork.
- 4. If you could fit the milky way on these two pages, the sun would be so tiny, you could not see it.
- 5. The US space station Skylab launched in 1973, fell back to earth in 1979. Most of it landed in the Ocean but some pieces hit Australia.

- Dhanashekar Class - VIII

GOLDEN WORDS

What is this life if full of care
We have no time to stand and stare
We have no time to stand beneath the boughs
And stare as long as sheep or cow
And no time to see when woods we pass
Where squirrels hide their nuts in grass
But we can't find it...!

So, please don't waste time... it is precious.

If you save 5 minutes, you can learn a moral word

If you save 10 minutes you can learn a topic

If you save 30 minutes you can read or learn a chapter

There are so many benefits of saving time....



GLOBAL WARMING

1. If you lined up all the polystyrene foam cups made in just one day, they would encircle the earth. Can you calculate the amount of waste generated in a year?



- 2. In Glacier National Park, the number of glacier has dropped from 150 to 26. None will be left within the next 80 years.
- 3. Warmer winters mean skiers have more trouble finding places to train.
- 4. The present carbon di-oxide concentration is the highest in the past 420,000 years and possibly in the past 20 million years.

- Gayath Devi G S Class - IX

HINDUISM

Hinduism is the oldest religion in the world. Hinduism is world's third largest religion after Christianity and Islam. Hinduism is the dominant religion of India, where Hindus form about 84 percent of the total population. Hinduism is also known as "SANATAN DHARMA" or the everlasting religion.

HINDUS: Four Vedas

- The Bhagvad Gita
- The Ramayana
- The Mahabharata
- The Puranas
- The Upanishads
- Ramcharitmanas



MUSLIMS

• The Holy Quran

SIKHS

Guru Granth Sahib

CHRISTIANS

• The Bible

PARSIS

Zend Avesta

- Nikhitha & Pallavi Class VIII

VOLCANOES AND WATER FALLS

1. 2. 3. 4. 5.	Volcanoes Gaullatiri (Chile) Laskar (Chile) Tupungatitio (Chile) Popocatepeti (Mexico) Cotopaxi (Equador) Sangay (Equador)	Height(ft) 19882 ft 19652 ft 18504 ft 17887 ft 19347 ft 17159 ft	
,	<u>Water-falls</u>	Height(ft)	
1.	Angel (Venezuela)	2648	
2.	Ribbon (California)	1612	
3.	King George (Guyana)	1600	
4.	Upper Yosemite (California)	1430	
5.	Gavarnie (Pyrenees, France)	1385	
6.	Tugela (Natal, South Africa)	1350	
	,		- Nikitha
			Class - VIII



INTERESTING FACTS

The Internet, sometimes called simply 'the Net,' is a worldwide system of computer networks-a network of networks in which users at any one computer can, if they have permission, get information from any other computer (and sometimes talk directly to users at other computers).



Internet usage has grown tremendously. From 2000 to 2009, the number of Internet users globally rose from 394 million to 1.858 billion. By 2010, 22 percent of the world's population had access to computers with 1 billion Google searches every day, 300 million Internet users reading blogs, and 2 billion videos viewed daily on YouTube. In 2014 the world's Internet users surpassed 3 billion or 43.6 percent of world population, but two-thirds of the users came from richest countries, with 78.0 percent of European countries population using the Internet, followed by 57.4 percent of the Americas.

- S.Tharun Reddy
Class - VIII

JOKES

Maths teacher : What is a line?

Pappu : A line is a dot that's going on a walk.

Maths teacher : Then what are parallel lines?

Pappu : A dot going for a walk with his girlfriend.



Sheela : Did you pass in your exam?

Munni : Our whole class passed but our teacher

failed.

Sheela : How?

Munni : She is still teaching the same class.

- K. Vaishnavi

Class - IX

SHORT TIPS TO KEEP YOU IN TIP TOP HEALTH

1. Eat healthy and on time.

- 2. Sleep is important.
- 3. Focus on breathing.
- 4. Watch your posture.
- 5. Don't drink sugar calories.
- 6. Avoid processed junk food.
- 7. Avoid bright light before sleep.
- 8. Eat vegetables and fruits.



Class - IX

RIDDLES

- 1. Why is Europe like a frying pan?
 Because it has Greece at the bottom
- What 7 letter word is spelled the same way backwards and forwards?
 Racecar
- How do you spell COW in thirteen letters?See O double you



- 4. Why was the picture sent to jail? Because it was framed
- 5. I make two people out of one, who am I?
 Mirror
- 6. I have no feet, no hands, no wings but I climb to the sky. What am I? Smoke
- 7. I run in and out of the town all day and night. What am I? Road
- 8. I always have one eye open. What am I? Needle

- K. Vaishnavi Class - IX

RIDDLES

- What teaches without talking?
 A book
- What can't be used until it is broken?Egg
- 3. I am in the sky. I happen when it rains while the sun shines. I am colourful. What am I?
 Rainbow
- 4. What has many keys but can't open a door? Piano
- 5. What letter is not me?



6. What do snowmen eat for breakfast? Frosted flakes

7. What do you get when you cross a snowman with a vampire?
A frostbite

8. Who is never hungry during Christmas? Turkey. Because it is already stuffed.

COMPUTER ABBREVIATIONS

1. Al : Artificial Intelligence

2. SW : Software3. HW : Hardware

4. ACL: Access Control List

5. HD : Hard Disk6. CC : Carbon Copy

7. BIN : Binary

8. BCC: Blind Carbon Copy

9. MS: Microsoft

10. PC : Personal Computer11. OS : Operating System

12. CPU : Central Processing Unit

13. CD : Compact Disc

14. HTML: Hyper Text Markup Language

15. WAN : Wide Area Network
16. NIC : Network Interface Card
17. PAN : Personal Area Network
18. LAN : Local Area Network

19. RAM : Random Access Memory

20. ROM : Read Only Memory



- D K Jeevitha Class - VII



AMAZING FACTS

Orange has almost no other perfect word which rhymes like it. The only word in the Oxford English Dictionary that rhymes with orange is sporange, a very rare alternative form of sporangium.

It is impossible to breathe and swallow at the same time.

- D K Jeevitha Class - VII

LIFE IS PRECIOUS

We're waiting for tomorrow,
But tomorrow never comes,
Our last breath is right upon our heels,
Yet we still refuse to run,
86,400 seconds,
And we are in another day,
All slipping through our fingers,
As we look the other way,
Days, weeks, months and years,
Are made up of right now,
A string of fleeting moments,
That we never can pin down,
We gaze into the furute,
As though it's where we're meant to be,





Always planning for that day,
When we can say that we're happy,
We spend so long looking forward,
That we may as well be blind,
Since we don't see until the very end,
All the things we've left behind,
Now I know it's just a theory,
But I think I've worked out how,
The only way to happiness,
Is to love what we have now.

- D K Jeevitha Class - VII

A FEBRUARY SURPRISE

The trees are still asleep today
And do not seem to know
A storm came by last night and heaped
Their branches full of snow.
See how they started up with surprise
As one by one they wake.
"Why, gracious me!" they seem to say.
And give themselves a shake.

- Nikitha N Class - VIII



JOKES

Wife : Had your lunch?
Husband : Had your lunch?
Wife : I'm asking you.
Husband : I'm asking you.

Wife : You're copying me.
Husband : You're copying me.
Wife : Let's go shopping.
Husband : Yes I had my lunch.

Doctor : Have you ever fainted before?

Patient: Yes, the last time you told me your fees.

Santa: My wife died yesterday, I am trying to cry,

but tears won't come out, what to do?

Banta : No problem. Just imagine she came back.

A CROOKED RHYME

There was a crooked man, and he walked a crooked mile, He found a crooked coin against a crooked smile; He bought a crooked cat, which caught a crooked mouse, And they all lived together in a little crooked house.

> - Arthi and Pallavi Class - VIII



CHILDREN LEARN WHAT THEY LIVE

"If a child lives with criticism, he learns to condemn...

If a child lives with hostility, he learns to fight...

If a child lives with fear, he learns to be apprehensive...

If a child lives with pity, he learns to feel sorry for himself...

If a child lives with ridicule, he learns to be shy....

If a child lives with jealousy, he learns to feel envy...

If a child lives with shame, he learns to feel guilty...

But

If a child lives with tolerance, he learns to be patient...

If a child lives with encouragement, he learns to be confident...

If a child lives with praise, he learns to love...

If children live with approval, they learn to like themselves..

If a child lives with honesty, he learns what truth is...

If a child lives with fairness, he learns justice...

If children live with recognition, they learn to have a goal...

If children live with sharing, they learn to be generous..

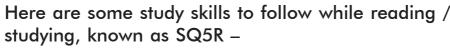
If a child lives with security, he learns to have faith in himself and those about him...

If a child lives with friendliness, he learns the world is a nice place in which to live."





STUDY SKILLS





S	-	Survey	Reading the lesson from the title to the last line
Q	-	Question	While reading ask yourself – When? Why? What? Where? How?
1 R	-	Read	Read and underline the words you consider significant
2R	-	Recite	Reading out with the correct pronunciation
3R	-	Review	Revise what you read within 24 hours
4R	-	Remember	Remember
5R	-	Reproduce	Reproduce it on paper.

- Vishwa Prakashini G Class - X

QUOTES ON SMILE

"Smile, it's the key that fits the locks on everyone's hearts." "I can't say how much I like you and how special you are to me, But I can say my world is full of smiles when I am with you".

"If I can see the pain in your eyes then share with me your tears. If I can see the joy in your eyes then share with me your smile."



"Rules to be happy in life:

Never hate

Don't worry

Live simple

Expect a little

Give a lot

Always smile

And keep in touch with God."

"Don't cry because it's over, smile because it happened."

QUOTES ON SADNESS

"The pain is not on the day of missing our dear ones; the pain is really when you live without them and with their presence in your mind."

"Tears are words neither the mouth can't say nor can the heart bear."

SAD - Seasonal Affective Disorder

The sadness summary of life contains three descriptions:

Could have, might have and should have.

- Nikitha and Pallavi Class - VIII



QUOTES ON EDUCATION

"The roots of education are bitter; but the fruit is sweet." – ARISTOTLE



"Education is the movement from darkness to light." – ALLAN BLOOM

"Education is the key to unlock the golden door of freedom."
- GEORGE WASHINGTON CARVER

"You are always a student, never a master. You have to keep moving forward." – CONRAD HALL

"The great aim of education is not knowledge but action." – HERBERT SPENCER

"Education is not the filling of a pail, but the lighting of a fire." — WILLIAM BUTLER YEATS.

"Education is the most powerful weapon which you can use to change the world". – Nelson Mandela

- Thanusree M Class - IX

Quotes of Dr. Abdul Kalam

A good book is a source of great knowledge and wealth for many generations.

You have to dream before the dream comes true.

One best book is equal to a hundred good friends, but one good friend is equal to a library.

I am not a Handsome guy, but I can give my hand-to-some one who needs help. Beauty is in the heart not in the face.



TRUST ME

Money says earn me
Calendar says turn me
Future says win me
Time says plan me
Beauty says love me
But God simply says work hard and trust me.

JOKE

Harsha: Hemanth gives you 3 dogs, Dhanush gives

you 2 dogs. How many dogs will you have?

Kiran : 6 dogs. Harsha : How?

Kiran : Already I have a dog in my home.

- Harshavardhan Class - VI

AMAZING FACTS

A 1200 pound horse eats about seven times its own weight each year

The Eiffel Tower receives a fresh coat of 300 tons of reddishgreen paint every seven years.

A cow gives nearly 200,000 glasses of milk in her lifetime.

The average person falls asleep in seven minutes.



The estimated weight of the Great Pyramid of Egypt is 6,648,000 tons.

Guinness Book of Records holds the Record: The Record for being the book most often stolen from public libraries.

THOUGHTS FOR THE DAY

Where there is a will there is a way.

Mother is the dearest on the earth.

Bad handwriting indicates our incomplete education.

Don't sit like a rock, work like a clock.

Every revolution was first a thought in one man's mind.

God will help me, if I try to help myself.

Don't advertise all your secrets in your desire to be honest.

In order to be happy one should have good health.

I will not lose my temper. I shall remain calm.

Time and tide wait for none.

- P. Thrisha Class - VI

RIDDLES

What has a head, a tail, is brown and has no legs? What comes once in a minute, twice in a moment, but never in a thousand years?

I can fly but have no wings. I can cry but I have no eyes, wherever I go, darkness follows me. What am I?

Ans. A penny The letter 'm' Clouds



Life is a book. The first page is birth. The last page is death. Center pages are empty, you can fill them with joy, smile, love and happiness.

- R S Raghavendra

AMAZING FACTS

An ostrich's eye is bigger than its brain.

Offered a new pen to write with, 97% of people will write their own name.

Camels have 3 eye lids to protect themselves from blowing sand.

- M Bhavana Class - IX

POWER OF BELIEF AND TRUTH

Men often become what they believe themselves to be. If I keep on saying to myself that 'I cannot do' a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that 'I can do it', I shall surely acquire the capacity to do it even if I may not have it at the beginning.

The future belongs to those who fuse intelligence with faith and who with courage and determination grope their way forward from chance to choice, from blind adaptation to creative evolution.

> - G Prajwal Priyadharshan Class - VIII



CHANGE



The six cardinal principles of success are

1. Commitment - binding yourself to a goal.

2. Honesty - uprightness or probity

3. Attitude - adapting yourself to the needs

4. Non-controversial - not poking your nose into

other's affairs

5. Goal-setting - setting goals and moving

forwards and

6. Emotional intelligence - the ability to keep one's

emotions under control.

- G Prajwal Priyadharshan Class - VIII

WATER

Water is commonly used thing in our daily life. Without water we can't live. Water is essential for all human activities. There is only little amount of fresh water available on Earth. A large percentage of water present on earth is salty. The fresh water bodies are rivers, lakes, ponds etc. Unfortunately a lot of fresh water is wasted every day. So everyone should get involved in saving water BECAUSE WATER IS LIFE.

- D H Bhargav



FAMOUS INVENTIONS AND DISCOVERIES AND THEIR INVENTORS

Television JL Baird

Radio Gugleilmo Marconi

Telephone Alexander Graham Bell

Electricity Benjamin Franklin
Electric Light Bulb Thomas Alva Edison

Thermometer Daniel Gabriel Fahrenheit

Radium Marie Curie

Telescope Galileo

Telegraph Samuel Morse
Electromagnetic Theory Heinrich Hertz
Theory of Relativity Albert Einstein

X-rays Wilhelm Conrad Roentgen

Cosmic Rays RA Millikan
Automobile Daimler

Penicillin Sir Alexander Fleming

Insulin Frederick Banting

Magnetic Tape Fritz Pfluemer

Electron Theory Bohr

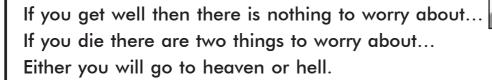
- D N Poojitha Class - VIII



IRISH PHILOSOPHY

There are only two things to worry about either you are well or you are sick.

If you are well, then there is nothing to worry about...
If you are sick, there are two things to worry about...
Either you will get well or you will die.



If you go to heaven, there is nothing to worry about... But if you go to hell, you will be so busy shaking hands with your friends...

You won't have time to worry...!

- Likhitha Class VIII



FUNNY MATHS TRICKS



Step – 1 Think of a number below 10

Step – 2 Double the number you have thought

Step – 3 Add 6 to the number

Step – 4 Half the answer, that is divide by 2

Step – 5 Take away the number you have thought from the answer, subtract the answer from the number you

have thought.

Answer: 3

Trick – 2

Step – 1 Think of any three digit number, but each of the

digits must be the same as 333, 666,...

Step – 2 Add up the digits

Step – 3 Divide the 3 digit number with the digits added

up.

Answer : 37 - Chandana N

Class - VIII

JOKES

1. Father: I have four sons...

The first is an Engineer, the second has done his MBA, the third, Ph.D, and the youngest son is a thief.

Neighbour: Why don't you throw your youngest out of

the house?

Father: He is the only one EARNING in the house,

the rest are jobless....

- Thanishka Class - IX



RIDDLES

- I am there in every person. But I am hidden.
 What am I?
- 2. I am full of holes. But I carry water. Who am I?
- 3. I shoot everyone but they will not die. What am I?
- 4. When does Christmas come before Thanksgiving?
- 5. The more you take, the more you leave behind. What am I?

Answers:

- 1. Smile 2. Sponge 3. Camera
- 4. In dictionary 5. Foot steps

- Thanusree M Class - IX

QUOTES ON TEACHERS

A teacher takes a hand, opens a mind and touches a heart.

What a teacher is, is more important, than what he teaches.

A good teacher can inspire hope, ignite the imagination and instill a love for learning.

I am indebted to my father for living but to my teacher for living well.

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.



MOTHER

A mother's arms are more comforting than anyone else's. - Princess Diana

A mother is she who can take the place of all others but whose place no one else can take. —Cardinal Mermillod

FRIENDSHIP

Best friends can turn a horrible day into one of the best days of your life.

A best friend makes good times better and hard times easier.

A best friend is like a four leaf clover —hard to find and lucky to have.

A best friend is someone who makes you laugh even when you think you can never smile again.

Being honest may not get you a lot of friends, but it will always get you the right ones.

WINNING HABITS

To make wonders, find and do what you love to do.

Create an inspiring vision and start moving towards your dream.

Remember, there is no failure, only feedback.

Look for opportunities always and everywhere.

Learn continually

Strive to make people happier

Never give up.

Change is the nature of life but, challenge is the future of life. So challenge the change. Never change the challenges.



AMAZING FACTS

Thomas Edison, inventor of light bulb was afraid of the dark. Bullet proof vests, fire escape, windshield wipers and laser printer were all invented by women.

The strongest muscle in the body is the tongue.

The average person laughs 13 times a day.

It is impossible to lick your elbow.

The Statue of Liberty's index finger is eight feet long.

- Fathima Saniya SK Class - IX

LIFE QUOTES

Sweet words are easy to say
Sweet things are easy to buy
But sweet people are hard to find.
Life ends when you stop dreaming
Hope ends when you stop believing
Love ends when you stop caring
Friendship ends when you stop sharing.



FUN FACTS

A person is born with two to four million sweat glands.

Some Japanese robots can identify different types of cheese.

Humans have the longest childhood of all primates.

Quotes

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. No one stops growing until he stops asking questions.

> - Sharath Kumar M Class VIII

JOKES

1. Ram : What are you doing?

Raghu : Recording my baby's voice.

Ram: Why?

Raghu : After he grows, I am going to ask him

what it meant?

- Bhargav Class - VIII

JOKES

Teacher: "India will ban corruption." Which tense is this?

Student : This isfuture impossible tense.

Teacher: Why are you late today?

Student: Teacher I was dreaming of playing football.

The game finished late because of rain.



The Next Day

Teacher: Why are you late again?

Student: Due to a sign.

Teacher: What does a sign have to do with being late?

Student: The sign said, 'School Ahead, Go Slow.'

Teacher: What's that you need, that you can't see or feel.

Student in 2000 : Air Student in 2019 : Wi-fi

Teacher What happened in 1869?

Student: Gandhiji was born.

Teacher: In 1873?

Student: Simple, Gandhi was 4 years old.

Teacher: Tell me the place where there are many people but

you feel still alone?

Student: Examination hall.

Drink Water

We should drink water more
So it doesn't smells bad any more
Here you see her, feeling so sad
Because her mouth smells really bad
Her friends made fun of her
She was feeling shy to speak with her sir.

- Tejasree G Class - V A



FUNNY TRICK QUESTIONS

- 1. Scientists are trying to find out what is between earth and heaven. Can you find it?
- 2. I have ocean but no water. Who am I?
- 3. When do we have to stop at green and proceed with red?
- 4. How can we make seven an even number?
- 5. How can you make the number one disappear?

Answers

- 1. And
- 2. World Map
- 3. When we are eating a watermelon
- 4. Remove the letter 's' from it
- 5. Add g for one (gone)

- Saanvi K R Class - V A

PARENTS LOVE

No gift on earth is greater, No treasure held above, The joy that comes from knowing, A parent's endless love

Inspite of how it's tested, It grows from year to year, Providing strength and comfort, It always draws us near



It warms and it protects us, And guides us from afar, Shedding light upon us, Like a bright and shining star

And when all things are measured, Not one shall rise above, Or be compared in value, To a parent's endless love!

> - Tamanna S Class - V A

NO JUNK FOOD

John ate gobi double He was in a trouble He saw a bubble He was playing with Marble

He ate pani puri He told very sorry He ate burger And became a beggar

He eats a lot of junk food And enjoys the childhood He eats in a pizza hut Because he lives in a hut.

> - Shree Spandana R Class - V



BAD BREATH

O' Forefathers, we can't breath well, The air you left, has dirty, bad smell, You have cut all trees, timber just to sell, The land is polluted, how to dwell?

Where you unwise, none to foretell? The gift you gave, is sorry like a hell, O' Forefathers, we can't breathe well, O' Forefathers, we can't breathe well.

> - Harshavardhini S Class - V A

BEST QUOTES

- Dream, dream, dream. Dreams transfer into thoughts. And thoughts result in action.
- Excellence is a continuous process and not an accident.
- Suffering is the essence of success!!!!
- For me, there are two types of people: The young and the expired.
- It is not enough that we do our best, sometimes we must do what is required.
- Good, better, best, never let it rest, till your good is better and your better is best.
- You learn more from failure than from success. Don't let it stop you. Failure builds character.



- Don't talk, Just act. Don't say, Just show. Don't promise, Just prove.
- A leader is one who knows the way, goes the way, and shows the way.
- Your best teacher is your last mistake.
- The best thing about having a sister was that I always had a friend.

- Thamira S Class - V A

Ever wondered about the funny contradictions we see in our daily views?

Well, here are some to ponder over...

- 1. Why do we call it 'building' when it is already built?
- 2. If money does not grow on trees, why do banks have 'branches'?
- 3. Why doesn't glue stick to it's own bottle?
- 4. Why does a round pizza come in square box?



- Nikitha Class - VIII



FUNNY BACK-TO-SCHOOL JOKES

Jim : Why was school easier for cave people?

John : Why?

Jim : Because there was no history to study...!

David: Why did the broom get a poor grade in school?

Dan : I don't know. Why?

David: Because it was always sweeping during class!

Krish: Why was the teacher wearing sunglasses to

school?

Yash: Because she had bright students!

Chad: Why do magicians do so well in school?

Josh: They're good at tricky questions.

Teacher: Students, we will have only half a day of school

this morning.

Students: Hurray...!

Teacher: We will have the other half this afternoon.

Teacher: Daniel, what is the chemical formula for water?

Daniel: H-I-J-K-L-M-N-O

Teacher: What are you talking about?

Daniel: Yesterday you said it was H to O.





Maths Teacher: A man from Los Angeles drove towards

New York at 250 miles per hour and a man from New York drove towards Los Angeles

at 150 mph. Where did they meet?

Johnny : In jail!

Peter : What's the difference between a teacher and a

train?

Ted : What?

Peter : A teacher says, "Spit out that gum!" and a train

says, "Chew!Chew!"

- Anshar Hussain H B

Class V - A

MY LONG-EARED DOG...

My long-eared dog is very sweet. He loves to lick my stinky feet. And that is why I'd use my mace Before I'd let him lick my face...

> - Ayan Hussain H B Class I- A

LEARN FROM THESE PROVERBS

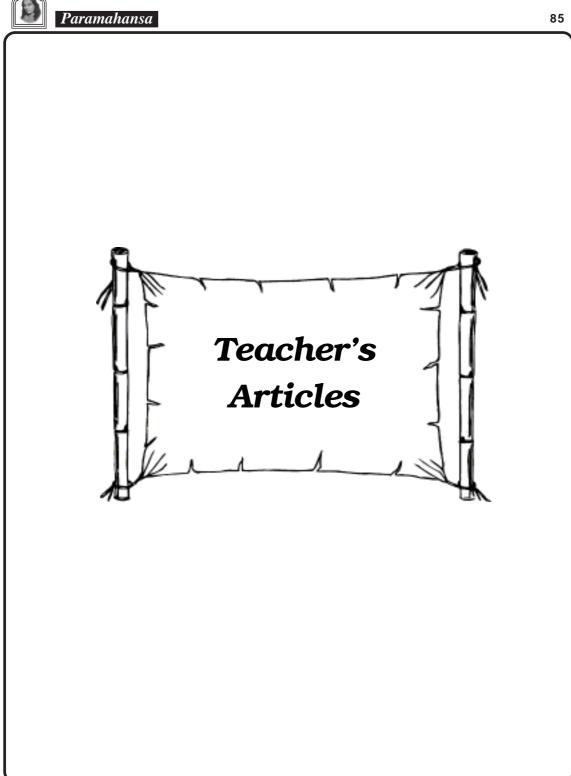
Everyone acts like a freshener in their own problems...
 But, in case of others problems,
 Everyone acts like an expert.

2. 'Sun rises in the East'

Fact: Sun neither rises nor sets, only earth rotates...

- Pallavi Class VIII







HEALTH AND FITNESS

Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health.



Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. Being fit allows us to perform our activities without being lethargic, restless or tired.

A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well-being of a person, it also involves the mental stability or the internal peace of a person.

Generally, a healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins and vitamins essential for a human's lifestyle. Practicing Yoga including regular exercises in your daily routine also help you maintain your desired fitness, blood sugar and immunity level.

Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you lead a stress -free life style, maintaining happy moods, high energy levels, etc. Each individual should take of one's health on a priority; no single day should be skipped for making efforts on maintaining



physical and mental fitness. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle.

Conclusion: Health is the most important thing that a person should take care of. Leading a healthy lifestyle leads to happiness, success and achievements.

FIT INDIA MOVEMENT

Fit India scheme was launched on 29th August, 2019 by the Prime Minister of India, Sri Narendra Modi.

The inaugural ceremony took place at the Indira Gandhi Stadium at New Delhi, amid a huge gathering of politicians, bureaucrats, film and television personalities, sport's personalities and common public. There were performances of India's native martial arts, cultural dance forms, yoga sessions, etc.

The prime minister stated that fitness has always been an integral part of India's culture but unfortunately due to the evidence of our sedentary lifestyle, the health conditions are resulting in the form of obesity, diabetes and blood pressure, etc.

People pledged to strengthen the movement and take it to every house and every individual. During his speech, it was also mentioned that there is a decline in overall Physical strength in an average Indian. In fact, the movement is expected to lead India towards a healthy and fit future.

PARDHIVULU J TGT (English)



21st CENTURY SKILLS FOR THE STUDENTS

- 1. Let Your Students Lead The Learning Learning takes place best in environments where students feel empowered to learn. Effective teachers are more like moderators, offering inspiration and guiding students to discover for themselves. Give students the opportunity to be self learners, which guarantees lifelong learning. This brings us directly to the second point.
- 2. Create an Inquiry-Based Classroom Environment- If students are to lead the way to learning, they need to be able to ask questions- and then find the means to answer them. Students (and teachers) need to "wonder out loud" as they encounter new information. A KWL chart (What do you know? What do you want to know? What have you learned?) can guide students toward true self motivated learning.
- 3. Encourage Collaboration- "We are greater than the sum of our parts." Herein is the heart of collaboration. A healthy, active classroom is a sharing classroom. Students are social beings, and even more so in a language class. Find every opportunity to allow students to form pairs and small groups. Not only does this encourage the development of speaking and listening skills, but it also teaches students how to effectively achieve goals together.
- 4. Develop Critical Thinking Skills- Learning is more than memorizing and remembering. Critical thinking skills take students well beyond simple comprehension of information. Students use these skills to solve problems in new situations, make inferences and generalizations, combine information in new patterns and make judgements based on evidence and criteria. Introduce activities in your lessons that build critical thinking skills along with language skills.



5. Encourage Creativity- Encourage your students to be creative throughout each lesson. Creative activities allow students to express what they've learned in a new way. This synthesizing and personalizing of knowledge consolidates learning, and creates an experience that remains with students long after the class is over.

By keeping these strategies in mind as you plan each lesson, you will be encouraging the development of 21st Century skills. Of course, your students may also need time to adjust to this new way of learning. However, they will soon begin to feel empowered to think more critically, to ask questions and seek answers, and to express themselves creatively. Most importantly, their communication skills will become much stronger as a result, which always remains our main objective!

- Mr. SAMPATH S TGT (Science)



ONE DAY IT WILL BE OVER... LEAVE YOUR LEGACY

I wish I didn't take life so seriously...
I wish I gave more happiness to my family...
I wish I knew how precious life was... How fleeting....
How special and at the same time fragile & insignificant...

I wish I didn't give up on my dream so easy...
One Day YOUR Life Will Flash Before Your Eyes,
Make Sure It's Worth Watching...
When we look back on our life...
In our last breaths...

We will all wonder...

Did my life mean anything...?

Did my life mean anything to this world...?

Was I loved... Did I have an impact on any ones else's life.

DID...I...MATTER...?

Before you reach that last breath

Today might be the time to make a change...

Make your life matter!

One Day It will all be over

There will be two dates either side of the dash...

Make Sure That dash is not empty

Make Sure it is full of LIFE... full of LIVING

Oscar Wilde Once Said "To live is the rarest thing in the world.

Most people exist, that is all."

...And he was right.

Don't take anything or anyone for granted!

What is important to you?

What dreams do you have...?



GO GET THEM!

What are you waiting for? You only have ONE SHOT If you miss the target at-least you will live with pride Knowing you have no regrets!

Keep your head when everyone else is losing theirs
Trust yourself when everyone else doubts you
Take pride when the haters appear
Master your dreams when all others give up on theirs
Be the Captain when everyone else is content
Being the crew
Be the lion when all others are playing sheep
Be the leader when all others are following

Live Each day as if it may be your last on earth It may be... LEAVE YOUR LEGACY...

(... a Transcript from Motivational Speech...)

- Mrs. SHAMEEM S TGT (Social Science)



INTERESTING FACTS ABOUT ENGLISH

- ✓ The most common letter in English is 'e'
- ✓ The most common vowel in English is 'e'
- ✓ The most common consonant in English is 'r'
- Every syllable in English must have a vowel (sound) not all syllables have consonants.
- ✓ Scraunched' is the longest English word with 1 syllable.
- ✓ The word 'startling' is the only nine letter word in English where you can remove one letter at a tme to create another word STARTLING-STARTING-STARING-STING-SING-SIN-IN-I.
- Oxyphenbutazone' is the highest scoring word in the game of scrabble.
- Twyndyllyng' is the longest word in the English language without any vowels.
- ✓ The English language does not have a script of its own.
- ✓ The word 'abstemious' has all the vowels in the alphabetical order.
- ✓ We can find 10 words in the seven letter word 'THEREIN' without rearranging any of its letter THE, THERE, HE, IN, REIN, HER, HERE, ERE, THEREIN, HEREIN.
- ✓ More English words begin with the letter 'S' than with any other letter.
- ✓ The only word in English that ends with the letters 'mt' is 'Dreamt'.
- ✓ The word "book keeper" along with its associate book keeping
 is the only unhyphenated English word with there consecutive
 double letters.
- ✓ The word 'uncopyrightable' is the longest English word in normal use that contains no letter more than once.

- SADIYA KOUSER F TGT (English)



GOOD HABITS FOR STUDENTS TO PRACTICE EVERYDAY

Write down the three to five most important tasks to accomplish for the day

Update your calendar with key dates and events

Work on your most challenging task during your most productive time of day

Write down at least one thing you're thankful for

Perform focused deep breathing for two minutes

Read your favourite inspirational quote

Perform a random act of kindness

Get five minutes of sun

Spend time with like-minded people whom you want to learn from

Drink at least eight glasses of water

Exercise for at least 15 minutes

Go to bed and wake up at roughly the same time every day

Get at least eight hours of sleep every night

Follow a bedtime routine

Set up your phone so that you receive reminders for things you have to do

If you're trying to change a bad habit, set up a reward and punishment system

If you don't understand something that was taught in school, clarify your doubts on the same day

Create a study plan for any upcoming tests or exams

Be at least five minutes early for every appointment

Review your homework list



Before you start work make sure you have all the materials and resources you need

Focus on one task at a time, don't multitask

Before you get down to work, remove all distractions

Breakdown a big task into several smaller ones

Whenever possible, do your regular homework at the same time and place everyday.

- Seshachalapathi M TGT (Telugu)

KIDS THESE DAYS...

Police : Where do you live? Kid : With my parents

Police: Where do your parents live?

Kid: With me

Police: Where do you all live?

Kid : Together

Police: Where is your house

Kid : Next to my neighbours housePoice : Where is your neighbours house?Kid : If I tell you, you won't believe me

Police: Tell me

Kid: Next to my house

Peter : Daddy, I got a hundred marks in school today Father : Why, that's wonderful! For what did you get a

hundred in?

Peter : 30 marks in Maths, 50 marks in English and

20 marks for Science Altogether 100 marks.

 Jayasudha S TGT (Maths)



WONDERS OF SCIENCE

We are living in an era of science. New inventions of science are changing life of every individual on the planet. These inventions have become an integral part of our life and we can't imagine life without them.

- 1. Electricity: Invention of electricity is one of the greatest wonders of modern science. All the electric home appliances like TV, fan, lights etc., are the gifts of science.
- 2. Agriculture: Now-a-days farmers use new scientific tools to increase agricultural production.
- 3. Transport: Today we reach any part of the world within hours by cars, trains, aeroplanes and ships.
- 4. Medical Science: Medical science is a boon for lives of we humans. The discovery of medicines and vaccines has helped to cure many deadly diseases. Science has given eyes to the blind, legs to the lame and hearing to the deaf. With the advancement in medical science heart transplant is also possible now-a-days.
- 5. Computers: Computers are one of the wonderful inventions of science. They help us make the complex calculations in fraction of a second. We can store a lot of information in computers and communicate through them.
- 6. Nuclear Energy: Nuclear weapons like atom bombs help in the security of the nation.

All these wonders of science have simplified man's life to a great extent.

- Narayana Reddy B TGT (Science)



MOTIVATIONAL QUOTES THAT KEEP YOU MOTIVATED EVERYDAY

- √ No one is going to push you except yourself
- ✓ Always believe something wonderful is about to happen
- ✓ Nothing is permanent in this world, not even our troubles
- ✓ Letting go isn't easy, but it is necessary
- ✓ Don't lose hope. You never know what tomorrow may bring
- ✓ Life is tough, but so are you
- ✓ Stop being afraid of what could go wrong and think of what could go right
- ✓ Work hard in silence. Let your success be your noise.

- Raj Kumar N *PRT*

POSITIVE ATTITUDE

A positive attitude makes you happier and more resilient, it improves your relationships, and it even increases your chances of success in any endeavor. In addition, having a positive attitude makes you more creative and it can help you to make better decisions. To top it all off, there are studies that show that people with a positive attitude live longer than their sourpuss counterparts. Below you'll discover 21 ways to create and maintain a positive attitude.



- 1. **Having a morning routine**: How you start your morning sets the tone for the rest of the day. Make sure that you have an attitude-boosting morning routine that puts you in a good mood so that you can start the day off right.
- 2. Carry an attitude of happiness with you: Instead of waiting for external things to make you happy, be happy and then watch how that influences the things that go on around you. Happiness is an attitude, not a situation.
- 3. **Relish small pleasures**: Big pleasures-graduation, getting married, being promoted, having your book published-come too infrequently. Life is made up of tiny victories and simple pleasures. With the right mental attitude, watching the sunset, eating an ice cream cone, and walking barefoot on the grass are all you need to be filled with joy.
- 4. **Smile**: Smiling will give you an instantaneous attitude boost. Try smiling for a minute while you think of a happy memory or the last thing that made you smile. Smiling releases endorphins and serotonin, also known as the feel good hormones.
- 5. **Upload positivity to your brain**: Read books with a positive message, listen to music with uplifting lyrics, and watch movies in which the protagonist's optimism helps him/her to overcome obstacles and win, despite the odds. Change your attitude for the better by uploading as much positivity into your brain as you possibly can.
- 6. **Have a Zen Attitude**: Think of life not as something that's happening to you, but as something that's happening for you. Look at any challenging situation, person, or event as a teacher that's been brought into your life to teach you something.
- 7. **Be Proactive**: A reactive person allows others and external events to determine how they will feel. A proactive person decides how they will feel regardless of what may be going on around



them. Be proactive by choosing your attitude and maintaining it throughout the day, regardless of what the day may bring.

- 8. **Change your thoughts**: Positive thoughts lead to a positive attitude, while negative thoughts lead to a negative attitude. Changing your attitude is as easy as hitting the "pause" button on what you're thinking and choosing to think different thoughts.
- 9. **Focus on the Good**: In order to have a positive attitude, focus on the good. Focus on the good in yourself, the good in your life, and the good in others.
- 10. **Visualize**: When things aren't going your way, keep a positive attitude by visualizing yourself succeeding and achieving your goals.
- 11. **Watch your words:** Use positive words when you talk to yourself. Studies have found that positive self talk can boost your willpower and help you psych yourself up when you need to get through a difficult task. In addition, it can calm you down when you're worried or anxious.
- 12. Use Gratitude to improve your Attitude: When you find yourself focusing on what's wrong in your life, what you don't have, or what you're missing out on, adjust your attitude by feeling gratitude.

Conclusion:

"Our attitude toward life determines life's attitude toward us." The above tips will help you to keep a positive attitude at all times. Live your best life by having a great attitude.

- FARZEENA A PRT



ALWAYS HAVE A SMILE ON YOUR FACE: 10 REASONS TO SMILE

1. Smiling makes us attractive:

We are naturally drawn to people who smile. There is a real physical attraction factor linked to the act of smiling.

2. Smiling relieves stress:

Believe it or not smiling can reduce stress even if you don't feel like smiling or even know that you're smiling!

3. Smiling elevates our mood:

Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better.

4. Smiling is contagious:

How many smiles have been described as having the power to lighten up the room? Smiling not only has the power to elevate your mood, but it can also change the moods of others and make things happier.

5. Smiling boosts your immune system:

Smiling can also boost your overall health. The act of smiling actually helps the human immune system to function more effectively.

6. Smiling lowers your blood pressure:

When you smile, there is a measurable reduction in your blood pressure.

7. Smiling makes us feel good:

Studies have shown that smiling releases endorphins, natural painkillers, and serotonin.



8. Smiling makes you look younger:

Not only can smiling make you more attractive it can also make you look more youthful.

9. Smiling makes you seem successful

Studies have shown that people who smile regularly appear more confident, are more likely to be promoted, and are more likely to be approached

10. Smiling helps you stay positive:

Try this test: Smile, now try to think of something negative without losing the smile. It's hard, isn't it?

- Urmila D PRT

VEGETARIANISM QUOTES

- ✓ Animals are my friends... and I don't eat my friends.
- ✓ People eat meat and think they will become strong as an Ox, forgetting that the Ox eats grass.
- ✓ No anima need to die in order for me to love and that makes me feel good.
- My food is grown and harvested, not born and killed. Sorry if that offends you.
- ✓ Non-Violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.

- Vasavi PRT



GREAT MATHEMATICIANS Sir George Polya

Sir George Polya was born in Hungary on December 13, 1887. He was a professor of mathematics from 1914 to 1940 at ETH Zurich and from 1940 to 1953 at Stanford University. He made fundamental contributions to combinatorics, number theory, numerical analysis and probability theory. He is also noted for his work in heuristics and mathematics education. He has been described as one of the martians.

Later in his career, he spent considerable effort to identify systematic methods of problem solving to further discovery and invention in mathematics for students, teachers and researchers. He wrote five books on the subject 'How to solve it,' 'Mathematics and Plausible Reasoning.'

In 1976, the Mathematical Association of America (MAA) established the 'George Polya Award' for articles of expository excellence published in the College Mathematical Society.

In 1987 the London Mathematical Society (LMS) established the Polya Prize for outstanding creativity in imaginative exposition of, or distinguished contribution to Mathematics within the United Kingdom.

- Madhar S A PRT (Maths)



CHANDRAYAAN-2

Chandrayaan 2, India's most awaited second mission to moon set out on its way to moon on 14th July 2019 at 2:51 pm. People around the globe had been curious about this follow-up mission and its launch since Chandrayaan-1, the first successful moon mission attempt by ISRO.

Chandrayaan-2 was rescheduled several times due to different technical reasons. However breaking all barriers it has embarked on its journey with the key objective of mapping lunar water. Here are a few interesting facts about India's second moon mission.

Let's have a look into the details:

Chandrayaan 2 is the successor to Chandrayaan 1, launched on Oct. 22, 2008.

Chandrayaan 2 is the second space mission of India to the moon.

Rocket used: Geo Synchronous Satellite Launch Vehicle III-MI.

Chandrayaan-2 was launched from Satish Dhawan Space Centre, Sriharikota, A.P.

It weighs 3.5 tons and consists of three modules / vehicles.

This mission is expected to make India the fourth country to softland a craft on the moon's surface after Russia, America and China.

- Mrs. Nalini Yogendra PRT



THE IMPORTANCE OF SPORTS IN SCHOOLS

Sports and games are given lesser attention in Indian schools since it is considered just physical activity. But sports and games encompass more than just the benefits of physical things, it increases confidence, self-esteem and mental alertness which makes them an essential part of the curriculum. Games and sports should be made an integral part of a student's life. A student should study hard to be successful in various test and examinations. But, he/she should also get involved playing games to derive the health and vigour of life.

Why sports should be included in schooling?

When children participate in school sports, it provides a sense of belonging, and being part of a group, enabling to work in a team environment. Besides, it helps the students to interact with peers in a social and friendly manner. It also helps to learn to consider the interests of teammates and to practice mutual respect and gain their cooperation. Work together, share time, emotional space and other resources help to understand each other. Furthermore, it helps to take turns to play and learn to cope with success and failure as a group and a team. These interactions can greatly facilitate bonding and lasting friendships with schoolmates, which can help make children more sociable in their future career. Several researches have indicated that children who participate in sports and physical activities are less likely to move towards crimes. How? Engaging themselves in sports reduces the amount of unsupervised free time on their hands and prevents boredom. This makes options such as smoking, alcohol, and drugs less attractive. It was found out that girls who play sports do better at school and learn the importance of goal setting, planning, strategizing all of which can be important sections of workplace success. The benefits



of playing sports are several, and it leads to balanced mental growth. It teaches the children life skills like social skills, team efforts, leadership, patience. It inculcates confidence, discipline and playing without crossing the rules. Above all, it builds sportsmanship, which is very essential where it helps to deal with both winning and losing with grace. All of these experiences and habits are also useful in their future life including career.

Physical benefits

- It strengthens the heart since it is like other muscles. When heart and other muscles respond to physical activities and can become stronger and more efficient. Finally, strengthening the heart muscle can help ward off heart disease.
- 2. It reduces fat and cleans the arteries and veins. Sports and games reduce the amount of harmful cholesterol and fats in the human body. Rigorous exercises can increase the flexibility of the walls of blood vessels, and helps to lower blood pressure. Besides, it helps in reducing blood sugar levels. Exercise prevents sugar from accumulating in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy. This can reduce a person's risk of developing diabetes.
- It improves breathing and strengthens the lungs. Game and sports increase lung capacity, and their efficiency in moving air in and out of the body. As a result, more oxygen is pulled inside the blood.
- 4. It controls weight and helps to remain slim. It also strengthens bones not just the muscles and improves their strength.
- Finally, several researchers have found out that sports and games have helped prevent cancer in many people. It was also found out that people who exercise regularly have lower incidences of cancer like colon, prostate, uterine, and breast cancers.



Overall benefits of sports

Sports also results in improvement of confidence, self-esteem for some students who are not strong in academics. It helps to strengthen their belief system, which may result in improved academic performance. It also serves as the best icebreaker for fresh students, and helps in friendship and faster assimilation. Therefore taking into consideration all these merits, the schools should include sports environment with proper facilities, dedicated instructors and time to help their students pursue sports.

Conclusion

Slowly, educationalists and government & private departments have realized the importance 'games and sports' and have been making steps to make them as an integral part of the present- day school education. And times are changing. Now, games and sports have become a new medium which helps to develop the inborn sports talents of students. If the government and private educationalist initiatives are properly laid down, one can see a different face of the students in future.

- Naresh B Sr. P.E.T.



IMPORTANCE OF LIBRARY

I have always imagined that paradise will be kind of a library.

Nothing is pleasanter than exploring a library

Libraries will get you through times of no money better than money will get you through times of no libraries.

A library is not a luxury but one of the necessities of life.

A reader lives a thousand lives before he dies.

Reading is a means of thinking with another person's mind, it forces you to stretch your own.

I do believe something very magical can happen when you read a good book.

The whole world opened up to me when I learned to read.

- Udaya Rani P Librarian

THE POWER OF FORGIVING

- ✓ Forgiving becomes a hot new way to manage anger, cut stress and, may be most important, improve health.
- ✓ Giving up grudges can reduce chronic back pain.
- ✓ Forgiveness could be a powerful antidote to anger, which is strongly associated with chronically elevated blood pressure and increased risk of heart disease.
- ✓ Fred-Huskin author of 'Forgive for God' emphasized that forgiving does not mean condoning the offence and has found that letting go of a grudge can slash one's stress level by up to 50 percent.

- Tittiba Priya *PRT*



FREUDIAN PSYCHOANALYTIC THEORY OF PERSONALITY

Sigmund Freud's Psychoanalytic theory of personality argues that human behavior is the result of the interactions among three component parts of the mind.

- 1. Id
- 2. Ego
- 3. Superego

Id: The id is the most primitive of the three structures, concerned with instant gratification of basic physical needs and urges. It operates entirely unconsciously.

Ego: In contrast to the instinctual id and the moral super ego, the ego is the rational, pragmatic part of our personality. It is less primitive than the id and is partly conscious and partly unconscious. This is what Freud considered to be the 'self' and its job is to balance the demands of the id and superego in the practical context of reality.

Superego: The superego is concerned with social rules and morals, similar to what many people call their 'conscience' or their 'moral compass'. It develops as a child learns, what their culture considers right and wrong. However, both your id and your super ego are involved.

Freud believed that the id, ego and superego are in constant conflict and that adult personality and behaviour are rooted in the results of these internal struggles throughout childhood. He believed that a person who has a strong ego has a healthy personality and that imbalances in this system can lead to neurosis and unhealthy behaviours.

> - Baby PRT



STAGE THEORY OF COGNITIVE DEVELOPMENT

Swiss biologist and psychologist Jean Piaget (1896-1980) observed his children (and their process of making sense of the world around them) and eventually developed a four-stage model of how the mind processes new information encountered. He posited that children progress through four stages and that they all do so in the same order. These four stages are:

- Sensorimotor Stage (birth to 2 years old)
- Preoperational stage (age 2 to 4 years old)
- Concrete operations (7 to 11 years old)
- Formal operations (11 to 15 years old)
- a. Sensorimotor Stage: The infant builds an understanding of himself or herself and reality (and how things work) through interactions with the environment. It is able to differentiate between itself and other objects. Learning takes place via assimilation (the organization of information and absorbing it into existing schema) and accommodation (when an object cannot be assimilated and the schemata have to be modified to include the object).
- **<u>b. Preoperational Stage:</u>** The child is not yet able to conceptualize abstractly and needs concrete physical situations. Objects are classified in simple ways especially by important features.
- **c. Concrete operations:** As physical experience accumulates accommodation is increased. The child begins to think abstractly and conceptualize, creating logical structures that explain his or her physical experiences.



d. Formal Operations: Cognition reaches its final form by this stage. The person no longer requires concrete objects to make rational judgements. He/she is capable of deductive and hypothetical reasoning. His or her ability for abstract thinking is very similar to an adult.

Shabrin Taj
 Office Staff

TRUST GOD AND ENJOY THE TRIP CALLED LIFE...

If you see the moon...
You see the beauty of God...

If you seem the sun...
You see the power of God...

And... If you see the Mirror...

You see the best creation of God...

So Believe in YOURSELF...

We all are tourists and God is our travel agent

Who already fixed all our Routes Reservations and Destinations

So...!

"Let God direct your steps, God plans and GOD'S clock is never early nor later as it always strikes on time..!"

When GOD solves your problems, you have faith in GOD's ability;

When GOD doesn't solve your problems, GOD has faith in YOUR abilities.

Trust God and enjoy the "Trip" called LIFE...

- Suma N PRT



EMOTIONAL INTELLIGENCE

Emotional intelligence in contrast to IQ (Intelligent Quotient) is the ability to understand and manage one's own emotions. Emotional stability is severely affected due many factors like the breakdown of the joint family system, both parents pursuing professional careers and thus not able to spend much time with their children, violence portrayed in the movies and on TV and generally by the fast pace of modern life.

The modern youth is ill-equipped to recognize and manage their emotions let alone understand the emotions of others. It is very pertinent that teachers/parents should understand this important fact and try to teach children to monitor and manage their emotions harmoniously so that the child can develop a stable personality and maintain good interpersonal relationships with parents, friends, teachers and others in the society.

People with better emotional control can manage stress and thus prevent depression which may lead to destructive behaviour.

People with better emotional control can persevere in a given task and thus become successful in whatever careers they pursue.

Emotional intelligence includes Personal skills or Competencies like **self-awareness**, **self-regulation** and **motivation** and Social or Interpersonal skills or Competencies like **empathy** and **social skills**.

Emotional intelligence in the long run will decide more than IQ whether a person is successful or not.

Hence, let's educate our children the art of managing emotions to make them to lead happy lives.

- Murugan A P PRT



KEY DIFFERENCES BETWEEN AUTHORITY AND RESPONSIBILITY

- The power or right, inherent to a particular job or position, to give orders, enforce rules, make decisions and obtain conformity, is called authority. Duty or obligation to undertake and complete a task satisfactorily, assigned by the senior or established by one's own commitment or circumstances is called responsibility.
- ✓ Authority refers to the legal right of the manager to give orders and expect obedience from subordinates. On the other hand, responsibility is the corollary, i.e., result of the authority.
- The position of an individual in an organization determines his/her authority, i.e., the higher the position of a person in the corporate ladder, the more is the authority and vice versa. As against this, the superior-subordinate relationship forms the basis for responsibility.
- ✓ While authority is delegated, by the superior to subordinates, responsibility is assumed, i.e., it is inherent in the task assigned.
- ✓ Authority needs the ability to to give orders and instructions, whereas responsibility demands the ability of compliance or obedience, to follow orders.
- ✓ Authority flows downward, i.e., the extent of authority is greatest at the top level and lowest at the low level. On the contrary, the responsibility exacts upward. i.e., from bottom to top, the subordinate will be responsible to superior.
- ✓ The purpose of the authority is to take decisions and execute them. Conversely, responsibility aims at executing duties assigned by the superior.
- ✓ Authority is inherent with the position, and so it continues for a long period. Unlike responsibility, which is attached to the task assigned and hence it is short-lived, it ends as soon as the task is accomplished.

- Radha Rani

PRT