

SHRI KRISHNASWAMY MATRICULATION HR. SEC. SCHOOL - ANNA NAGAR, CH- 40

NEWSLETTER



Mohandas Karamchand Gandhi

(02.10.1869- 31.01.1948)

A great leader Mohandas Karamchand Gandhi was born on October 2, 1869 in Porbandar, India. He became one of the most respected spiritual and political leaders of 20th century.

He has been offered the title of 'Father of the Nation' for his significant contributions to the country. He played an enormous role in attaining freedom from British.

The civil disobedience movement led India to independence and his efforts have since inspired movements for civil rights and freedom across the world. He was a source of inspiration to many political leaders all over the world.

Gandhi lived his life with acceptance and practice of truth, non-violence, vegetarianism, simplicity and faith in God and was a major political and spiritual leader within India. He was a pioneer of Satyagraha, which believed in resistance to tyranny through mass civil disobedience, firmly founded upon total non-violence.

It is a great opportunity for the countrymen to pay homage to this great leader, who sacrificed his life for the betterment of the country.



மோகன்தாசுகரம்சந்த்காந்தி

(அக்டோபர் 2, 1869 - ஜனவரி 30, 1948), மகாத்மாகாந்தி என்று அன்புடன் அழைக்கப்படுகிறார். இந்திய விடுதலைப் போராட்டத்தை வெற்றிகரமாக தலைமையேற்று நடத்தியதன் காரணமாக இவர் விடுதலை பெற்ற இந்தியாவின் தந்தை என்று அழைக்கப்படுகிறார்.

சத்தியாக்கிரகம் என்றழைக்கப்பட்ட

இவரது அறவழிப்போராட்டம் இந்தியநாட்டுவிடுதலைக்கு

வழிவகுத்ததுடன் மற்ற சில நாட்டு விடுதலை இயக்கங்களுக்கும் ஒருவழிகாட்டியாக அமைந்தது.

இவரது பிறந்தநாள் இந்தியாவில் காந்தி ஜெயந்தி என்கொண்டாடப்படுகிறது.

ONLINE LEARNING - IMPORTANCE & METHODS

The sudden outbreak of a pandemic disease called Covid-19 caused by Corona virus shook the entire world. This situation challenges the educational system across the world and forced educators to shift to an online mode of teaching in short span. Many academic institutions have to change their pedagogical approach to online teaching – learning.

During this pandemic situation, there is a need to protect and save our students, faculty, academic staff, communities, societies and the nation as a whole. Several arguments are associated with e-learning - Accessibility, affordability, flexibility, learning pedagogy and life-long learning.

Online learning is effective with (a) video conferencing with at least 40 to 50 students (b) discussions with students can be done to keep classes lively (c) internet connections are good (d) lectures are accessible in mobile phone and laptops (e) possibility of watching already recorded lectures and (f) instant feedback from students can be achieved and assignments can be taken.

Online Teaching is not more an option, It is a necessity:

Online teaching is emerging as a champion amidst this chaos. Therefore, the quality enhancement of online teaching – learning is crucial at this current situation. There is a requirement of a quick shift to online learning mode.

The challenge to educational institutions is to find new technology ,use it and re-defining its education, thereby helping students and academic staffs who are seeking guidance for digital literacy.

Benefits of Online Learning :

Getting the most out of your online education:

. These tips will make online learning experience more rewarding.

- Set a study schedule – During your scheduled study hours , resist the urge to check social media and get deviated from study.
- Set Goals – Make a plan to get through all of the material in the allotted time.
- Check the internet connection
- Find helpful resources before you need them

Practise Self-discipline and reach out to others to make the most of your online education.

Habits that are needed for online Learning Success

- ❖ Use a calendar to keep track of your goals.
- ❖ Create a study area where you can avoid distraction.
- ❖ Get plenty of rest , water and eat healthy diet to ensure your brain is ready to absorb the presented information.
- ❖ Schedule breaks during your study time to keep your mind attentive.

Today, we are forced to practice online learning, things would have been different if we have already mastered it. The time we lost in learning the modes could have been spent on creating more content. This virus surely has accelerated the process of online learning. People are practising social distancing , so this digital learning gave them a relief. Disasters and pandemic such as Covid -19 can create a lot of chaos and tension, therefore , there is an important need to study the technology deeply and with due diligence to balance these fears and tensions amidst such crisis.

“ Stay Safe , wear mask Maintain social distance & Stay Healthy”

**Nandhini Devi .M.P
Headmistress
SKMHSSAN.**

Mahatma Gandhi remains a relevant thinker today because of his practice of non-violence, political tolerance and religious pluralism. Satya, Ahimsa and Sarvodaya formed the bedrock of Gandhi's numerous messages to humanity.

On the occasion of 150 years of Mahatma Gandhi's birthday celebration various competitions were conducted for the teachers and students.

WINNERS- TEACHERS COMPETITIONS

**ENGLISH ORATORICAL
(BE THE CHANGE YOU WISH TO SEE IN THE WORLD)**

- 1) MRS.MALATHI
- 2)MS.J.JENIFER
- 3) MRS.LAVANYA

**SOCIAL ORATORICAL
(GANDHIAN PHILOSOPHY ON EDUCATION AND ITS RELAVANCE IN THIS CENTURY)**

- 1)MRS.A.KAVI
- 2)MRS.R.UMA MAHESHWARI
- 3)MRS.D.SELVI

**TAMIL ESSAY WRITING
(THE RELEVANCE OF GANDHIAN SATYAGRAHA IN THE 21ST CENTURY)**

- 1st prize- MRS.SRIMATHI
2nd prize- MRS.JOSHPINE
3rd prize- MRS.MANOSRI

**DRAWING COMPETITION
(HEALTHY MIND IN A HEALTHY BODY)**

- 1)MS.R.CHITRA
 - 2)MS.R.NARMADHA
 - 3)MRS.B.SANGEETHA
- MRS.A.MOHANA PRIYA(CONSOLATION)

QUIZ- COMPETITION -(GANDHIAN THOUGHT ON VOCATIONAL EDUCATION)

- Mr .S.PONRAJ
Mrs.R.MAHESWARI
Mrs.D.SELVI
Mrs.R.UMA MAHESHWARI
Ms.R.CHITHRA
Mrs.M.MALATHY
Mrs.R. KEERTHANA DEVI
Mrs.A.ANTHONY SELVI
Mrs.S.J.JOSHPINE
Mrs.J.CATHERIENE
Ms.K.VIDHYA
Mrs.CHHAYAPAL
Mrs.DEEPA RAGHAVA VARMA
Ms.R.NARMADHA
Mrs.A.MOHANA PRIYA
Ms.E.ELAVARASI
Mrs.M.E.REVATHY
Mrs.VANITHA SREE

WINNERS- STUDENTS COMPETITIONS

**ESSAY WRITING COMPETION
(ROLE OF MAHATMA GANDHI AS AN INSPIRATION TO THE LIVES OF THE FAMOUS WORLD LEADERS)**

- 1)C.ROSHAN – VII-A
- 2)J.PRIYANKA –VII-A
- 3) NIRMAL KUMAR-VII-A

**ORATORICAL COMPETITION
ROLE OF MAHATMA GANDHI AS AN INSPIRATION TO THE LIVES OF THE FAMOUS WORLD LEADERS)**

- 1) J.ROHAN –VIII C
- 2) B.L.V.S CHARAN- VIII-C
- 3) MENAKA.V-VIII-A

DRAWING COMPETITION (EVENT RELATED TO GANDHIJI'S LIFE)

- 1)M.VIGNESH SELVAN I-B
- 2)A.S.PRAJEETHA- II-A

POWERPOINT PRESENTATION ON FOOT PRINTS OF MAHATMA GANDHI

- 1)A.SAI SRUTHI –X- D
- 2) S.SRINIDHI –IX-C
- 3) K.KARSHA IX-A

**ORATORICAL
COMPETITION**

- 1)S.MADHUKSHARA X-A
- 2) E.HARIHARAN X-C
- 3)K.NIVITHA IX-C

**ROLE OF GANDHI IN
INDIAN FREEDOM
MOVEMENT(TAMIL)**

- 1)J.NIVEDITA III-B
- 2)R.HRIDHAI III-A
- 3)V.A.LEEMA SRI III-C

**ROLE OF GANDHI IN
INDIAN FREEDOM
MOVEMENT
(ENGLISH)**

- 1)J.KOUSHIK IV-A

**IMPORTANT PLACES
RELATED TO
MAHATMA GANDHI-
POWERPOINT
PRESENTATION**

- 1)S.A KRITHIKA –V-A
- 2)B.SAI VIGNESH –V B
- 3) S.SRINIKETAN VI-C

**ALBUM
PRESENTATION(PLA
CES RELATED TO
M.G.)**

- 1)B.N.V.S CHAITANYA VI-B
 - 2)S.SURENDRAN V1-A
 - 3)HIMANI V-C
- CONSOLATION
PRIZE**
S.SRINIKESH VI-C

LOGO DESIGNS

CLEAN INDIA LOGO DESIGN WINNER LIST :

1ST PRIZE : ANJANA KUMAR 12B



2ND PRIZE : SHARON
12B



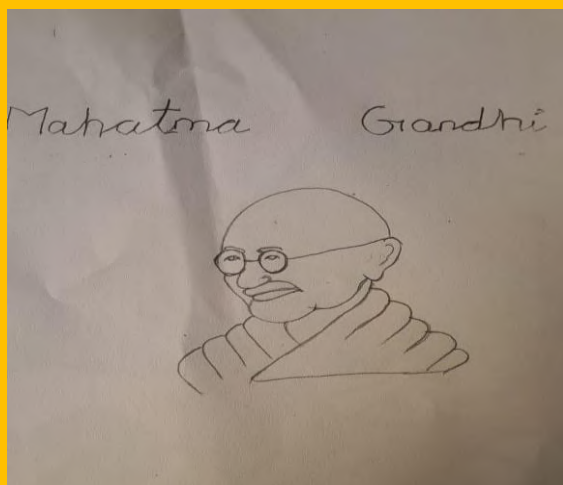
3RD PRIZE : KARTHIKA
12A



EVENT RELATED TO GANDHIJI

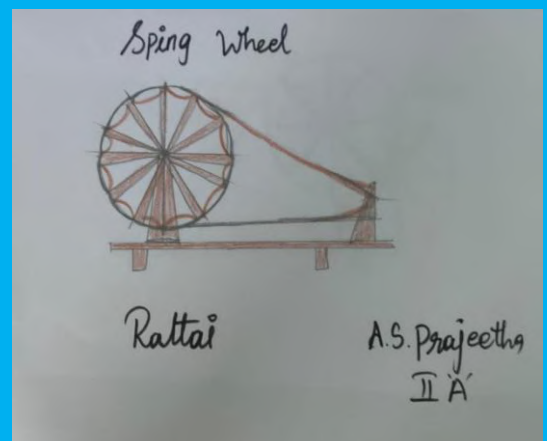
DRAWING COMPETITION

1ST PRIZE : M.VIGNESH SELVAN (I B)



IISTD : A.S.PRAJEETHA

(1ST PRIZE)

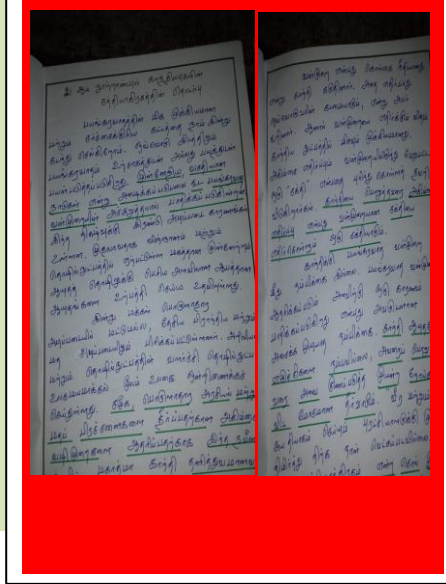
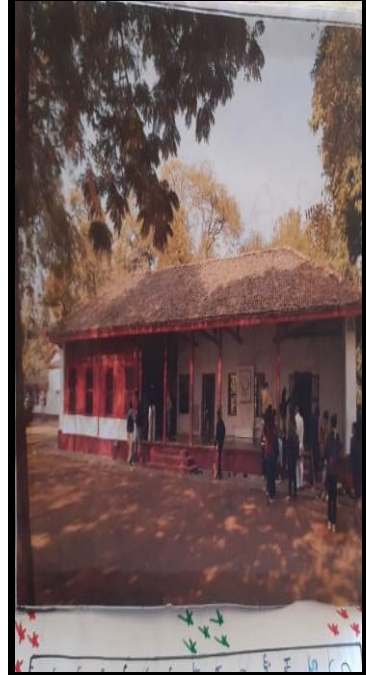
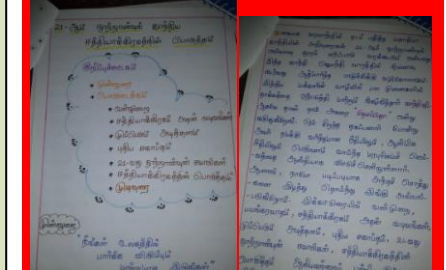
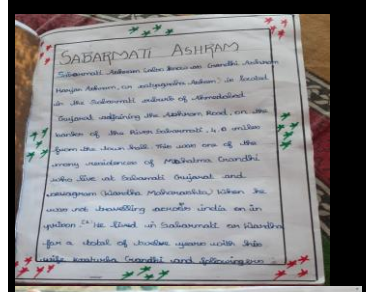
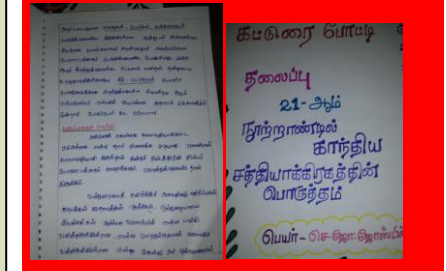
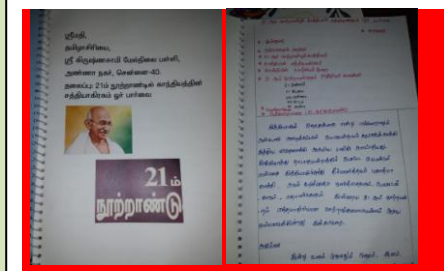
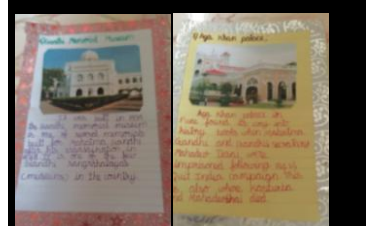
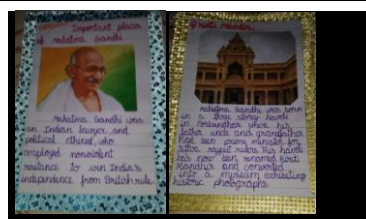
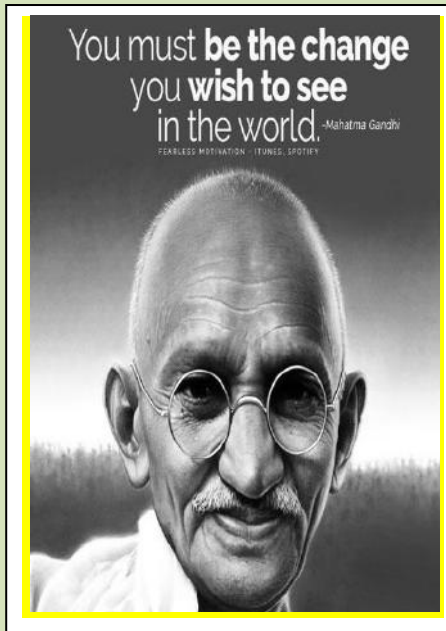


ROLE OF MAHATMA GANDHI AS AN INSPIRATION TO THE LIVES OF THE FAMOUS WORLD LEADERS

The life of Mahatma Gandhi has been an inspiration not only for Indians, but for people from all other countries as well. He was an epitome of many virtues, self-less actions, and peace-spreading thoughts. No wonder he is called Mahatma (The Great Soul) by the entire world. People are born; people die. But some people after they are gone leave behind them a trail of light that illumines the path for the striving followers. Longfellow has praised such people in his poem, 'A Psalm of Life'. He says, "And, departing, leave behind us Footprints on the sands of time".

The above written lines aptly describe the sublimity of Mahatma Gandhi's life. Mahatma Gandhi was a great soul whose philosophy and ideology influenced the world considerably. He practiced non-violence and tried to resist all opposition spiritually. He believed in overcoming fear, dependence on others through self-reliance and self-industry. He successfully resisted the British injustice, aggression, oppression using his non-violence and satyagrah. Ultimately he succeeded in winning Independence from the British. His philosophy and ideology were adopted by many great leaders of the world. Leo Tolstoy, Martin Luther King, Nelson Mandela, etc, successfully adopted and practiced his teachings. The world acknowledges his contributions to mankind even in modern times. Mahatma Gandhi's ideology is universal which is relevant for all times. People know very little about his subtly powerful and pragmatic ideology. If his ideology were not effective, the world would not have accorded him the title of Mahatma. His ideology is admired throughout the world for its universal and spiritual appeal. Its relevance in the contemporary turbulent times is more than it was in the past.

By C. Roshan VII "A"



IMPORTANT EVENTS IN MAHATMA'S GANDHI

IMPORTANT EVENTS IN MAHATMA'S GANDHIJI'S LIFE



Gandhiji in Sodepur Ashram



Salt Satyagraha 1930



Gandhiji with his associates in South Africa



**Early years of Legal practice
Johannesburg, 1900**

Round Table Conference in London



**Walking with journalist in Rome
December 13 1931**



With Wheel at Sabarmathi Ashram



**Meeting with Sardhar Patel and other
Members**



**Gandhiji Attending Asian Relation
Conference**

BHARATH NUTRITION WEEK

[1ST SEPTEMBER 2020 – 7TH SEPTEMBER 2020]



Per Serving



* Of your guideline daily amount

The main objective of BNW is to create awareness on the importance of nutrition for Health which has far reaching implications on development, productivity, economic growth and ultimately national development.

National Nutrition week is used to make the people get very knowledge about Nutrition and its importance for the Human body. Nutrition awareness create better attitude to maintain and focus on body growth. The government has made many of the themes to give the people all the nutrition ideas and their requirements to their body. So there are lots of themes to make the people get to focus on all the nutrition facts.

National Nutrition week emphasizes the importance and role of right nutrition for the human body.

GLIMPSES ON THEME OF NUTRITION

YEAR	THEME
2011	Smart Feeding from the Start
2012	Key for the Healthy nation
2013	Eat, Cook and Enjoy
2014	Aahar our poshakDeshkaAadhar
2015	Developmental key:Good nutrition
2016	Life cycle approach for better nutrition
2017	Optimal infant & young Child feeding Better Child Health
2018	Go further with food
2019	Eat healthy and do physical activity
2020	Healthy behaviour in every home

Importance of Good nutrients are

- **Provides us with energy to manager our lifestyle**
- **Maintains our healthy body**
- **Maintains the immune system**
- **Delays the effect of Ageing**
- **Reduces the risk of Chronic Diseases**
- **Healthy diet increases life span**

COMPETITION WINNERS

LIST OF BEST PROJECTS CONDUCTED ON THE EVE OF BHARATH NUTRITION WEEK

S.NO	NAME OF STUDENT	CLASS	TOPIC
1	Ridhushni.D	I A	Draw your Favourite Fruit or Vegetable
2	Kashikadharva	I B	
3	Janitha.P	I C	
4	Padmavathi.N	II B	
5	SangramParveenGodbole	II B	
6	NiveditaJaganathan	III B	Cook without fire (Salad preparation)
7	Haripriya.M	IV A	
8	Koushick.J	IV A	
9	Susithra.E	IV B	
10	Sarika. M	IV C	
11	Kahanasri.V	IV B	
12	Monish.N	IV C	
13	Jagathiswar	IV B	
14	Nithin. K	IV C	Germination of seeds
15	Thoshika.R	V C	
16	B.N.V.S.Chaitanya	VI B	Food pyramid
17	S.Sriniketan	VI C	Healthiest food in the world
18	Nimalan.M	VII A	Eating the Rainbow food
19	Sruthika.R	VII A	Eating the Rainbow food
20	Kalpana.C	VII C	Eating the Rainbow food
21	AshirF.Godman	VIII B	Emotional hunger effects health
22	J.B. Kurusil	VIII C	Our traditional food practice
23	K.Karsha	IX A	Know your food- Method to calculate the nutritive value of food
24	S.Abinaya	IX A	Effects of Malnutrition
25	B.Shayuktta	IX A	Natural food flavours
26	Lavanya, Ashwita,Lisha,Vaishali	XII B	Bharath nutrition week
27	K.Amudhan	XII A	Nutrition

VIEW THE PROJECTS ON BHARATH NUTRITION WEEK

Click on the link to
Watch
“Traditional food
by J.B.KURISIL VIII
C”

<https://youtu.be/nZ2OMVrYfEg>

Click on the link
to watch
Balanced diet by
Chaitanya

<https://youtu.be/BUYWICyC1VM>

Click on the link
to watch
Healthy food
around the
world by
S.Sriniketan VI c

<https://youtu.be/u9P6kpK95U8>

Click on the link to
watch “ Eating the
rainbow food” by
Nimalan-VII-A

<https://youtu.be/032k37gF5QE>

Click on the link
to watch “Eating
the rainbow
food”by
R.sruthika –VII-A

https://youtu.be/c_as5x86eIU

click on the link
Eating the
rainbow food –
by C.Kalpana
VII-C

https://youtu.be/sD4_8QdIN18

Click on the link to watch “Healthy childhood eating habits” by A.Kamlesh - VII-C

https://youtu.be/-ttuPu_sMnE

Click on the link to watch "Nutritive value of food by K.KARSHA of IX A"

<https://youtu.be/j48HNA5HEgk>

Click on the link to watch "Nutritive value of food by S.Abinaya IX A"

<https://youtu.be/hd2v4ZiDHKE>

Click on the link to watch "Nutritive value of food by B.shamyukta IX A

https://youtu.be/NDe70_Hh5uY

Click on the link to watch – “Healthy childhood eating habits” by J.Abhinav Chandran 7A

<https://youtu.be/g332CVyRhck>

V.Hariharasudhan 7A Eating the rainbow food on YouTube

https://youtu.be/o0SU-N--_U

R.Rohith 7C Eating the rainbow food on YouTube

<https://youtu.be/lq7KfatcNgE>

D.S.Pranav Karthic 6A Healthy food of the world

<https://youtu.be/SXuYxV1SHjk>

Click on the link to watch – “

Nutritional value of food of Indian states

“R.A.Vigneshwar-VI-A

<https://youtu.be/bT-GNAi0ItU>

Click on the link to watch –

Nutritional value of food of Indian states by G.Vaitheesh VI-A

<https://youtu.be/fUwoY6LFSwQ>

Click on the link to watch

“Healthiest food in the world” by Diya Dasaratha VI-B

<https://youtu.be/kGzP3ZPX8B0>

Click on the link to watch “Seed germination”

https://youtu.be/uDqbQhpa_oT0

Click on the link to watch “Fruit salad”

<https://youtu.be/Ui8fdGV7-Q>

<https://youtu.be/SKfYLSv0m1k>

TEACHER'S DAY CELEBRATION

The role of teachers is to help students learn by imparting knowledge to them and by setting up a situation in which students can and will learn effectively. But teachers play a complex set of roles, which vary from one society to another and from one educational level to another. Great teachers have the ability to change lives for the better. Teachers can act as a support system in students' lives. They can be a role model and an inspiration to go further and to dream bigger. They hold students accountable for their successes and failures and good teachers won't let their talented students get away with not living up to their full potential. Teachers of all walks of life and subjects have the ability to shape opinions and help form ideas about society, life and personal goals. Teachers can also expand students' limits and push their creativity. Teaching is a tough job, but it is one where you can make the most impact in another person's life. Children carry what they are taught at a young age throughout the rest of their lives. They will use what they have learned to influence society. Teachers have the ability to shape leaders of the future in the best way for society to build positive and inspired future generations and therefore design society, both on a local and global scale. The fact that students come into contact with many different types of teachers in their academic career means that more likely than not, there will be a teacher that speaks to them. Teachers don't accept failure, and therefore, students are more likely to succeed. Teachers know when to push students, when to give a gentle nudge in the right direction, and when to let students figure it out on their own. But they won't let a student give up. The following attributes make a teacher truly great who becomes an inspiration to their students

1. Compassion.
2. Passion for Learning and Children:
3. Understanding
4. Patience
5. Ability to Be a Role Model
6. Communication Across Generations and Cultures:
7. Willingness to Put in the Effort.

HAPPY TEACHERS' DAY

"THE TEACHER
refines and reconciles the
different currents of
thought...
He adopts the method,
not of denial but of
presentation and shows
how these different lines
of thought converge
towards the same end."



-S.Radhakrishnan-
(First Vice President of INDIA,
Sept. 5th,1888)

TEACHER'S DAY CELEBRATION AT SHRI KRISHNASWAMY MAT. HR. SEC. SCHOOL ANNANAGAR

In spite of all the schools being paralyzed by the global virus covid 19 teacher's day was celebrated with the same spirit we use to have every year but for we celebrated on virtual platform.

Principal Smt. Lakshmi Jayaraman gave her opening speech glorifying teaching community and their service proceeded by invocation to goddess Saraswathi by Mrs.G.sujatha. Guest speaker Dr.Revati Balu aired her most wonderful speech with anecdotes. Headmistress Ms.Nandini Devi shared her experience with teachers. Mrs.Amutha our maths teacher shared her experience of 18 years as teacher. Tamil dept teachers Mrs. Shantha Mary and Mrs. Srimathi shared the greatness of teacher through their emotional poems. Tamil dept teacher Mr. Ponraj shared his emotional and inspirational and fact filled speech on long heritage of Tamil language. Many teachers shared their messages on teacher's day. E-certificates of appreciation were posted and shared online as a token honor for their excellent academic results produced in the board examination. Mrs. Jenifer of English dept delivered her vote of thanks to end the celebration.

COUNSELLING FOR THE STUDENTS OF XII

THE MANAGEMENT, STAFF & STUDENTS OF

SHRI KRISHNASWAMY MATRIC. HR. SEC. SCHOOL
ANNA NAGAR, CHENNAI 600040.



Cordially invite you to the

COUNSELLING FOR STUDENTS

Webinar by **Mrs. Ashisha Benjamin**

Family and Student Counsellor

DATE : 03.09.2020

TIME : 10.30 AM TO 11.30 AM



Psychology is the scientific study of how people behave, think and feel. In this Pandemic situation schools are shut, and students are stranded at home, with extremely limited contact with friends and virtually no physical activity. These students are in a bigger quandary because of the Covid-19 pandemic because not only their education process is disrupted, but they also face a big challenge of proving themselves in their academic journey.

Our management has arranged a webinar Counselling for the students of 12th with the help of Mrs. Ashisha Benjamin a trained family and student counsellor. In this programme more than 120 XII std students participated in virtual platform. She had given guidance to students to face this current situation, with motivational videos and stories. She concluded and shared some points to find new ways to tackle the problems in life. she wished all the students to achieve their goal in life.

**" Educational is not
the learning of facts,
but the training of the
mind to think "**

- Albert Einstein

VINAYAKAR CHATHURTHI, GOKULASHTAMI CELEBRATION

VINAYAKAR CHATHURTHI, GOKULASHTAMI CELEBRATION

Vinayagarchathurthi celebration

Lord Ganesha , the symbol of wisdom bestows his presence on earth and remove obstacles. With such belief Shri Krishna Swamy Matric High Secondary school organized various programs on the auspicious occasion of Ganesh Chathurthi celebration through virtual platform on 22nd August 2020. The sole purpose of the celebration was to let the students stay routed with the Indian culture and to enable them to understand the significance of this festival.

The celebration started at 11.00 AM with a song with great enthusiasm. Teachers recited vinayagaragaval with great devotion. Aarti ceremony was performed by all the teachers and prasadam was distributed. Students of different classes participated in Vinayagar song , Speech in English and Tamil. Vinayagar art was wonderfully drawn by our art teacher.

The ceremony was ended with great joy, happiness and devotion towards Lord Ganesha.;" Everything that has a begining ; has an ending. Make your peace with that and will be well".



Krishna Jayanthi Celebration

The Krishna Jayanthi Celebration of Shri Krishna Swamy Matric Hr.SecSchool ,Annanagar held on 11th of August 2020 through virtual platform. The celebration started with song with a great enthusiasm. Students of different classes participated in English and Tamil speech related to janmashtami .Students won the soul of spectators by dressing in the attire of krishna and Radha. The events comprised of group dance and songs by the students of Std 2,3,4.This celebration mad awareness on our Indian tradition ,custom and culture. It conveyed a strong message " Victory of good and evil "; and the celebration concluded with the message of our Principal .She reminded the students about Lord Krishna's devotion and his path of Dharma.



INDEPENDENCE DAY CELEBRATION



INDEPENDENCE DAY

The Independence Day was celebrated with fervour in our school premises on 15th August, 2020. The flag hoisting was done by Dr. Sadhana Shankar, MBBS, MS, MRCS, Dip LAP (France) accompanied by two staff nurses in the presence of the gathering of people comprising of Principal, Head mistress, few students, Teachers and non-teaching staff. Due to Corona pandemic situations only few people were gathered to give respect for our national flag. The campus was swept by the mood of patriotism on this occasion.

NATIONAL SPORTS

National Sports Day is celebrated on 29 August, on the birth anniversary of hockey legend Major Dhyan Chand, who is regarded as nation's greatest hockey player of all time. Popularly known as "The Wizard" for his magical touch, superb control, creativity and extraordinary goal-scoring feat, Chand was instrumental in taking Indian hockey to greater heights under his talismanic leadership. The late hockey player had led India to three Olympic gold medals in the years – 1928, 1932 and 1936. He had scored over 400 goals in 22 years, spanning from 1926 to 1948. He was bestowed with India's third-highest civilian honour, Padma Bhushan in 1956. Regarded as the greatest of all-time, Chand also served in the Indian Army and brought laurels to the country.

The noteworthy memorial for him is the Major Dhyan Chand Award, the highest award for lifetime achievement in sports and games in India.

