



UGPS CHRONICLES

Learners Today, Leaders Tomorrow

Vol.01/No.2 / February 2022

Newsletter of Union Christian Public School



FROM THE PRINCIPAL'S DESK

MRS. SUSAN CHANDTY JACOB

Dear Children,

We have reached the end of yet another academic year with the blessings of God. You have adapted to the online, hybrid learning model and slowly to an offline mode. It has been a commendable effort from your side for the past two years of the pandemic to ensure that you connected to the teachers and remained physically, mentally and socially healthy in such challenged pandemic times.

As we continue to battle the problems of the Corona virus, it becomes evident that we must come to the point of realisation that the virus is continuing to mutate. The variants and lineages of the virus will be present. Vaccinations augment our immune system, especially the B and T lymphocytes, fight against the virus. This also enables the immune system memory cells to remember the virus's antigen, promoting a heightened response against the virus. The way forward is to vaccinate the maximum number of people globally so that the virus does not survive in the host cell.

The virus is a non-living particle outside a living cell, and they become alive when they enter living cells. They tend to make copies of their RNA, which helps them spread. If there's a copying mistake, the RNA gets changed. Scientists call those changes mutations. The changes they bring to their RNA may cause disease or have no ill effect on an individual's health.

So how strikingly similar is the nature of a virus to human behaviour. Sometimes suggestions or thoughts sowed by others could either not affect our minds or would be undermining our willpower. We need to understand the recommendations given by others, make suitable changes if required and continue to move ahead without losing credibility.

The pandemic saw an astonishing rise in internet usage and smartphone consumption. The tourism, aviation, travel, automobile, and construction sectors are showing positive strides after a fallout during the pandemic. Predictions for the future are almost always vague and uncertain since we only have our current scenarios to base our projections on.

Predictions for the future of the education industry are based on its endmost goal for the community of children. The primary aim of imparting education is to help a person become a productive member of society. It would involve working on developing their intellectual and emotional capabilities and having a knowledge of the 21st-century skillsets, which includes.

- Critical thinking.
- Communication skills.
- Creativity.
- Problem-solving.
- Collaboration.
- Perseverance.
- Information literacy.
- Technology skills and digital literacy.

I am sure that the need of the hour is to develop the above 21st-century skill sets while developing your own skill sets that keep you humane, happy, confident, and connected with others. This could include a host of values such as honesty, commitment, transparency and humility.

I wish you all the very best in the next academic year. May God bless all your future endeavours.

VICE-PRINCIPAL'S MESSAGE



"Small steps in the right direction can turn out to be the biggest step of your life." In the past two years we have witnessed a world going through turmoil. There were losses in several families which were difficult to fathom. Be it the loss of a loved one, or the loss of jobs or the loss of social niceties. In the education field, what we noticed was a drastic learning gap among children though online classes were fully flourishing and could bridge some of the gap that existed. When schools reopened we noticed that it was difficult for them to sit through long hours, had difficulty in eating breakfast before coming to school and had trouble in concentrating in the class. Some of the students have fallen a prey to gadgets. As adults, let us wean our children from unwanted habits and help our children to achieve great heights by taking small steps towards growth. Today's children are growing in a highly competitive world. There are new career fields emerging where our children can shine in the future. It is of utmost importance for us to have our children back to school to train

them to be better individuals excelling in every field. Let us have trust in God that the one who created us can only take care of us. Let us walk hand in hand for our children to acquire the twenty first century skills including life skills to manage themselves well. To sum up with lines of Kahlil Gibran, one of the best poems I have read and is extremely worthwhile in the current scenario.

Your children are not your children...

And though they are with you yet they belong not to you...

You may give them your love but not your thoughts,

For they have their own thoughts...

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday...

So let's create spaces for our children to express themselves freely and attain overall growth. As a school we are committed to provide nourishment and avenues for success as per their aspirations and dreams.

MRS. NISHA ANIL JOHN

The Story of a Marshland....



Congratulations to Jesima Shiney Class 8A of Union Christian Public school who bagged the first prize for the painting contest which was announced on preservation of Marshland at Pallikaranai. Special mention to Aron George Joshy of 8B, Abhishek Nathaniel of 8 A and S.Rojen Immanuel 8B who were awarded consolation prizes.

20 Students of Classes 6 to 8 of Union Christian Public School participated in the contest.

The Pallikaranai Marsh is amongst the few and last remaining natural wetlands of South India. This wet land is occupied by 625 species of animals, birds, reptiles and fishes, insects and plants, which includes 105 species of resident birds, 65 species of migratory birds. The Chennai Chapter of Alumni of College of Engineering, Trivandrum, Kerala, with an objective to promote awareness on preserving the Pallikaranai Marshland, launched a Painting Competition for students of Classes 6, 7 and 8 on 28th January 2022. The Topic for the contest was "Migratory Birds of Pallikaranai".

Over 400 students from 69 schools of Chennai registered for the contest and nearly 280 paintings were eligible for the contest. The contest was judged by eminent personalities which include Padma Shri. Santosh Sivan, Indian Cinematographer, film director and actor and by Ms.K.Geethanjali, IFS, Conserver of Nature, environment and Wildlife.



Consolation Prize Winners



S.ROJEN IMMANUEL(CLASS 8B)



ARON GEORGE JOSHY(CLASS 8B)



ABISHEK NATHANIEL (CLASS 8A)

The Oratorical Aficionado



J S Jeberson Immanuel of class 12 won the 3rd prize in the John K John Memorial Interschool Oratorical competition conducted by the Union Christian Matriculation Higher Secondary School on the topic 'Circadian Rhythm- Tuning in to the Body Clock'.

The Teen philanthropist



N. Semmozhi of class XI B, our young entrepreneur who has started selling portraits, donated her first earning to Chief Minister's Relief Fund through our Hon'ble Education Minister Anbil Mahesh Poyyamozhi for a cheque amount of ₹13,500/-

Our Tiny Nightingales



John D'Cruz
1st Prize



Abigail Sarah Thomas
2nd Prize

Don Bosco Matric Hr Sec School - Egmore conducted Inter school Online Carol Competition DB CHRISOL 2021 for the Senior Kindergarten. (UKG) Our students, John D'Cruz and Abigail Sarah Thomas won 1st and 2nd prize respectively.

The Last Man Standing



Jeffin Mathew Kurian of class XII A won the first prize for Shipwreck Competition in 'Impulse 2k21', the Chennai Public School Culturals

Vocalist on the horizon



Jotham Paul P of Class 4B secured 3rd place in "Christmas Super Singer season 3" organised by Eventz Indya, Coimbatore.

Farewell to the Pioneering Batch

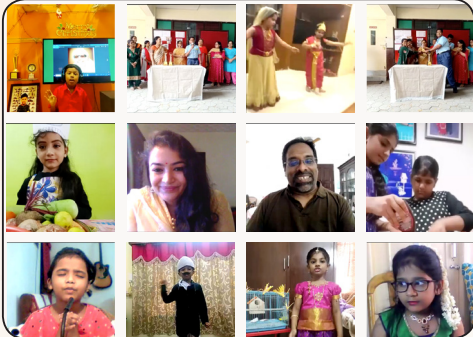
Farewell was organized by grade 12 students on October 13th to bid farewell to 2020-21 batch grade 12 outgoing students. It was an incredible evening hosted by juniors to wish the seniors a great future.

The programme started at 4.00 pm with a prayer, Bible reading and prayer song followed by inspiring messages by the Correspondent Ms. Elizabeth George, Secretary Mr. Vinod Simon, Principal Ms Susan Chandy Jacob and teachers' representative Ms. Leena Ashok. The message emphasized on the values that Union Christian Public School had inculcated in the students which they must carry with them wherever they go. The Correspondent and General Secretary gave out the Graduation certificate and Memento to the outgoing students. Alumni association was also inaugurated as the first batch was graduating out of the school. The official function ended with handing over the lighted candle by the out going students to the juniors. It was an evening of mixed emotions for all present at the school auditorium.



Junior Sparkz 2021

The maiden attempt at Junior Culturals, Sparkz 2021, started off with a creative flyer. Sparkz 2021 was organized under two categories, Stds 1&2 and Stds 3, 4&5. The events included solo singing, free style dance, and social awareness through puppetry.



The Tamil and Hindi events included Show & Tell and an elocution. The preliminary round was adjudged by the senior teachers of our school. The final shortlisted entries were showcased and spread over two days. A non-competitive family ensemble in video format titled, My Family, My Strength was played between the events. The video was compiled by Michael K Kurian of Std XI. October 26th marked the inaugural function with Ms. Sitara Suresh, Film Producer as the chief guest. The creativity and enthusiasm on display made the judges' work incredibly difficult. The competitiveness amongst the students was remarkable.

The valedictory function on 27th October was graced by our Chief Guest of the day, Mr. Freddy Koikaran, Creative Consultant amidst cheering and distribution of trophies to the winner and runner up house. The entire event was a well-co-ordinated effort by Mrs. Sapna Mary Mathew, Mrs. Mariam Margret and the entire team of UCPS. The students took active part and the event was a resounding success.

Sparkz Juniors - 2021

Overall Results of Inter House Culturals - 2021-2022

SOLO SINGING

CAT - 1 Classes 1-2

- 1st Nathan John Cherian I - B (Aqua)
- 2nd Abigail Christina Stephen II -A (Ignis)
- 3rd Darrisa Hannah Deepak II - A (Terra)
- 3rd Neil Jocy Philip II - B (Terra)

CAT - 2 Classes 3-5

- 1st Diya Elizabeth Augustinraj V - B (Aqua)
- 2nd Anjali Rebecca Augustinraj III - B (Aqua)
- 3rd S Vishwajith IV - A (Terra)
- 3rd Sharon Achu Koshy IV - A (Ignis)

PUPPETRY

CAT - 1 Classes 1-2

- 1st Daniel Dhruva II - B (Terra)
- 2nd Elianna Naava Jabez I -B (Ignis)
- 3rd Jonathan Mikel Peters II - B (Aura)

CAT - 2 Classes 3-5

- 1st Robin James III - B (Ignis)
- 1st K Keerthana V - B (Terra)
- 1st P Samuel Jachin Edward V - B (Terra)
- 3rd Herbert Cook P IV - A (Ignis)

TAMIL COMPETITION

CAT - 1 Classes 1-2

- 1st D Koshika I - A (Terra)
- 2nd A Adhveka II - A (Aqua)
- 3rd S Sarvesh II - A (Ignis)
- 3rd V Innilaa I - A (Terra)

CAT - 2 Classes 3-5

- 1st Jeffin Nathaneal Raj J IV - A (Ignis)
- 2nd S Vishwajith IV - A (Terra)
- 3rd S Sahaya Shalom III - B (Terra)

FREE STYLE DANCE

CAT - 1 Classes 1-2

- 1st Iyra Cherian I - A (Terra)
- 2nd K A Ashvikha I - B (Aura)
- 3rd A Adhveka II - A (Aqua)

SPECIAL CONSOLATION PRIZE

CAT - 2 Classes 3-5

- V Kevin Adriel V - B (Ignis)

HINDI COMPETITION

CAT - 2 Classes 3-5

- 1st Sharon Achu Koshy IV - A (Ignis)
- 2nd S Sahaya Shalom III - B (Terra)
- 3rd Jadon Joseph Abraham III - A (Ignis)
- 3rd L Abhilash IV -A (Terra)
- 3rd Tianna Susan Joshy V - A (Terra)

FREE STYLE DANCE

CAT - 2 Classes 3-5

- 1st K A Adhvika IV - A (Terra)
- 2nd K Arthi V - B (Ignis)
- 3rd V Mona Riyansika IV - B (Aura)
- 3rd Tianna Susan Joshy V - A (Terra)




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Editorial

Every Moment is a Fresh Beginning

The first newsletter of our school, "UCPS Chronicles" was successfully launched during this academic year and published in October 2021. The reviews of our newsletter have been incredible and the editorial board has once again collaborated with multiple stakeholders and strived for an enhanced and remarkable next edition. We trust the second issue will live up to the expectations.

"Progress is impossible without change" – George Bernard Shaw.

Creativity and innovation can enhance the quality and appeal of almost every aspect of our lives. Creative ideas set people apart from one another. Without creativity and innovation, every person would follow the same ideas, techniques, or even the same way of executing an idea - it would indeed make the world a bleak and bland place.

Creativity and innovation are what makes a person unique. Each person who is creative, views the world in a different way and that is what makes it special. Creativity is something that each person needs, to form ideas and innovation is needed to execute it exquisitely.

To upscale the academic and scholastic progress of our school, the management is bringing out innovative courses in the fields of technology, art, culinary skills and many more. A tinkering lab is on the anvil along with many surprises that await you in the new year 2022.

With a myriad of options available for students to pursue, the school is soon to provide career counselling for the students to decide in which field they would flourish the most.

The aim of these new ventures is to motivate the students to step out of their comfort zones, learn new skills and be open to new experiences.

Krithika Gopi, 9A & Editorial Board

Gloria

"For unto us a child is born, unto us a son is given, and his name shall be called Wonderful Counsellor, the Mighty God, the Everlasting father, the Prince of Peace."

It was an evening filled with mirth and rejoicing at the Union Christian Auditorium on 12th December, as "GLORIA", the Christmas Carol Concert organized by Union Christian Association which includes the Union Christian Public School, Union Christian Matriculation school and UCA College of Paramedical Sciences took place. Each and every participating choir never failed to amaze the audience as the angelic voices reverberated in the hall. The programme started with the students of both the Union Christian schools singing in

harmony and enthralling the audience with their soulful singing.

The other carol singers were The Canticles, Dhvani, CSI Holy Trinity Church, Vepery, Madras Musical Association, Madras Christian College, Tambaram, St. Thomas Orthodox Cathedral Broadway, Jerusalem Marthoma Church, Anna nagar, Madras Marthoma Syrian Church, Chetpet, The Celestial Voices, St. Paul's & St. Peter's Orthodox Church, Koyambedu and it definitely was an evening to remember, as they took their turn to keep the audience captivated with their amazing stage presence, song selection and incredible singing. Hail GLORIA!!!



Covidsafe Programme Organised By Kauvery Hospital

Session on coronavirus – How to protect yourself and others?

- What is Covid -19?
It's an infectious disease caused by the SARs- CoV – Virus. Experts say it originated in bats.
- Mode of transmission -People release respiratory fluids during exhalation in the form of droplets carrying virus and transmit virus. Risk of transmission is greater within 3 to 6 feet.
- Symptoms -may appear 2 to 14 days after exposure. Common symptoms include fever, cough, tiredness, loss of appetite and smell.
- Coronavirus risk factors – People who are older have a higher risk of serious illness from covid -19. Certain medical conditions which increase the risk include High blood pressure, serious heart disease, weakened immune system.

CORONA VIRUS PREVENTION

ACTION PLAN: GETTING VACCINATED IS A KEY PART OF PREVENTION

- Hand Wash- Wash your hand often with soap and water or clean them with alcohol-based sanitizer. Demonstration also given about how to do handwash.
- Wearing Mask -Cover your nose and mouth in public. Cloth mask is more advisable since it is reusable whereas surgical mask can be used only for four hours. Keep a 6-feet distance between each other.
- Healthy diet –
- Eat fruits and vegetables rich in Beta carotene
- Intake of Citrus fruits
- Get plenty of sleep
- Eat nuts especially almonds.
- Outbreak Management in school –
- Identify an outbreak-Any student with symptoms need to be taken to the health room.
- School physician and/or nurse shall evaluate the student as per the case definition of COVID-19. and the same to be informed to the parents as well.



In a nutshell all are advised to exercise utmost caution and follow covid safety guidelines till the threat of covid persists.

A Letter to the Prime Minister

The students of UCPS took active participation in the postcard campaign under "Azadi Ka Amrit Mahotsav" (AKAM) an initiative to commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. This campaign was organized by The Department of Posts (DoP), Ministry of Communication, Department of School Education and Literacy and Ministry of Education Government of India.

Our students had to write a postcard to the, Hon'ble Prime Minister on any of the two topics "Unsung Heroes of freedom

struggle" or "My Vision for India in 2047".

It was a wonderful platform for the UCPS students to pen down their thoughts on the topic and we had a joyful experience of writing on a postcard.



-Alona Ann Thomas 8B

No-Mo-Phobia On Cyber Security Day

The school cyber security day was conducted on the 15th of December 2021 in conjunction with the Psychology Day. There were many splendid performances from the talented students of the Union Christian Public School. A mime was performed, which was called "NO-MO-PHOBIA" performed by the students of class 9 and 11 showing the consequences of using our mobile phones too much. The Chief Guest Mr. Joseph Martin highlighted the importance of cyber security

in the modern world in his entertaining speech. The prize winners for the various competitions held for the cyber security day were announced. It was a unique experience for all of the students and teachers who were educated in the different ways of defending themselves online from various cybersecurity threats.

-Hannah John and Michael J Kurian Class 11A

An Insight into the Mind

Yes, we celebrated Psychology day in Union Christian Public School on December 15, 2021.

The We Volve Psychology club decided to spread awareness on child safety which the teachers and students felt was the perfect topic for students of 3-12 grade. We came up with the perfect mime to put up in our auditorium. 'It was a spectacle' one said. 'The mime was on point' another said.

Both girls and boys in India face early marriage, domestic abuse, sexual violence, violence at home and in school, trafficking, online violence, child labour and bullying and most of us are not even aware of it. We had crazy arguments and brainstorming sessions and A LOT OF PRACTICE because it is a very sensitive topic.

The performance started and it got over in a few blinks! The only way we knew that the mime was making sense was through the periodic applause we received

As soon as the mime was done, we had our guest speaker Ms. Anna Shobana, an advocate, on stage to give us more clarity on child abuse and safety. She made us aware of norms and laws that we never even knew about, she gave us a clear sketch on how to prevent these abuses beforehand and also what to do after.

We were all elated because we gave our audience a clear picture and awareness.



Yegammai .M Class11

A Christmas to Remember

Christmas is truly the most wonderful time of the year, with joy, love, laughter and happiness in the air and when it comes to celebrating the most joyful festival of the year no one can do it better than Union Christian.

Keeping the Christmas fervour, offertory was collected on the 16th December, 2021. Our children have contributed wholeheartedly for helping the needy and the downtrodden. The collections were distributed in various organisations.

The Union Christian campus was lit up for the Christmas celebration on 17th of December, 2021. Finally, after a year of lockdown the students and teachers came together and put up a breath-taking show within a short period of time and practice. The programme started with the melodious singing of our school choir followed by the hallmark of our school, the school band which left everyone captivated with their brilliant performance. The best gift for Christmas is not only the gifts and chocolates one receives but also the gift of love showered upon us by Jesus. This message was conveyed through a beautiful dance performed by the little ones of grade 4 and 5.

Jesus came into this world to give light for those who walked in darkness, he was truly a dazzling light. A mesmerizing performance from our students from grade 9 and 11 who brought light to the programme.

The Christmas play produced by the Union Christian Matriculation School depicted the birth of Jesus, and took the audience through a delightful journey of love and joy. A lively dance showcased by the talented dancers definitely brought up the seasonal joy of Christmas.

The programme ended with a heavenly singing by our teachers and staff of Union Christian School.

We have no one to applaud but the students who participated, the teachers and the staff who helped create such a spectacular show.

The magic of Christmas never ends, a joy that is shared is a joy made double.

-Diya Venkat and Neha Riona Alice(11)



Scimath Day

The Science and Mathematics department together celebrated SCIMATH day on December 21st 2021. The esteemed Chief Guests for the day were Mr. Raghav Sivaraman (Associate, McKinsey & Company) and Dr . K. Rajesh Babu (World record holder in Mathematics). The celebration kicked off with the inauguration of Science and Math clubs by the Chief Guest.

The students rendered melodious songs based on Earth and Trigonometry followed by an awesome dance on Math Symbols. The students from primary gave a scintillating dance performance on pandemic. The high school children gave a stunning dance on Nature and put up a hilarious skit in order to create awareness on COVID-19. The senior secondary boys staged a thought-provoking mime

on water conservation. The SCIMATH day concluded by the display of Science and Maths projects done by the students of Class III to IX and XI.

The entire day was fun-filled and eventful for the students. The SCIMATH day left an impression in everyone's heart and students will cherish the memories of the event for the years to come.

-Report by Christiano IX-A



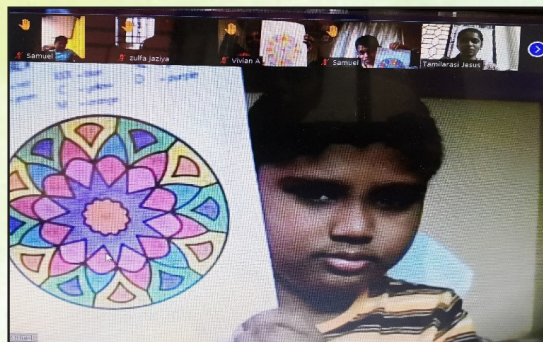
**MATHS DAY COMPETITION:
ABSTRACT PAINTING USING SHAPES
ANDREW JONES 5B (1ST PRIZE)**

**MATHS ART INTEGRATED ACTIVITY:
ROMAN NUMERALS
A JOSHUA DURAISINGH 5B**

**FACTOR TREE ACTIVITY
SHARON ACHU KOSHY 4A**



**FUN WITH FRACTIONS -
ZOE THOMPSON - 3B**



Christmas offertory

Acts 20 : 35

"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'"

Christmas season is the most joyful one. It's not in how much we give but how much love we put into giving that makes it special.

Keeping the Christmas fervour, offertory was collected on the 16th December, 2021. The amount collected was 55,509. The collections were distributed in various organisations like Y's Men Club of the East, Dean Foundation, Little Drops, Jeevodaya & Malankara Orthodox church. Our children have contributed wholeheartedly for helping the needy and the downtrodden. Let us all join to make a generation of Good Samaritans.

School Vaccination Drive

The school vaccination drive was conducted on the 12th of January 2022. It was organised in conjunction with the Union Christian Matriculation School. 52 students were vaccinated from classes X-XII from the Union Christian Public School alone. Through God's grace, the drive occurred successfully and students were vaccinated safely. Many were grateful for this opportunity provided from the school to vaccinate the students for free. Such events can help all of us fight against this brutal pandemic and end it swiftly. We, the Editorial Team, urge all those who are yet to be vaccinated to get the shot as soon as possible to aid the fight to stop this virus from inflicting any more damage into this world.



Michael J. Kurian Class 11A

Recycling Activities

The Earth is our home. We spend lots of time in nature parks and clubs. But sometimes, we take this beautiful thing for granted. We cut down trees, pollute the rivers and the air, and throw plastic and garbage in the ocean. We don't realize it, but we are destroying our environment. Without harming the environment, we can use the natural resources to the best of our abilities.



Look at these trash cans. Each of them is in a different colour. That is because we should put different kinds of waste in different bins, i.e., wet waste in the blue bin, dry waste in the yellow bin etc. This type of recycling is called Segregation. You might see these types of bins in places like VR Mall, parks and clubs. During construction, the government may have issued these types of bins to contribute more towards recycling. Now it's the peoples' turn to do their part which is to segregate the waste.



Segregating the waste is very important. If you live in an apartment, you might see Municipal Workers (People with florescent orange or lime green vests) working on the streets outside. We can respect them by not throwing garbage on the street outside. If everyone can pitch in to help save our earth, it will be as green as the trees.



-Hanna Elianna Devapragasam, 5 A

The Apple's Rise and battle for the best

Apple Inc. is a Multi-National Company that was founded on April 1 1976 at USA, Los Altos, California, by Steve Jobs and Steve Woznaik, which is now the World's Largest Technology Company from January 2021 and the world's most valuable company. The uprising of such a big established company was not an overnight phenomenon. It had competed with all the big tech giants like Microsoft and Google to reach such heights. With present CEO Tim Cook, even more new reforms and products and more competition are seen.

earbuds and then smart watches like the Mac OS7 Watch, it's fascinating the buyer's worldwide with its stocks going up day by day, all citizens are just craving for the Apple products.

The competition between Windows and Mac or Microsoft and Apple was just the beginning. This was started at 1984 when Apple launched its first and own system software "Mac System Software 1.0" that was two years after the release of Windows 1.0. We all have heard the saying "History Repeats Itself". This year, late October or early November, Microsoft is going to launch its new Operating Software, Windows 11, six years after the release of the popular Windows 10. With the beta launch releasing late last July, Apple has started launching the beta 4 versions of the Mac OS 14.7. Though the OS of Windows and Mac are completely different, to acquire more consumers, the battle wages on, with new features rolling out, it's all about the facts, durability and work efficiency.

Still the third generation of our world can remember in 1976 when Apple 1 was sold in the bicycle by Woznaik and after that, with Steve Jobs, a new empire was born. There are still people ridiculing the Apple for such a high price but it offers a variety of features only it can offer. With its own security, it promises secure, difficult to hack smartphones, which is what the youth are going nuts about. All the software engineers and IT - Hackers use Apple product for its security.

With new developments, each product it releases is better from the previous one. The technological advancement they have made has allowed Apple to also enter in healthcare devices with the new Mac OS7 smart watch which shows blood oxygen levels. In fact, Masimo Corp., a medical firm has opposed the smart watches sold by Apple as they ridicule it to be copied from them and has requested the US government to stop it from selling in the US markets.

This is also the similar battle in the smartphone industry with Google's Android and Apple's iOS. With more developments happening, it is becoming an equal or more efficient contender. With its own web search engine, Safari, and own app store, music player and video editor, the market for apple products are skyrocketing. With the expansion of Apple market, going into

Still, the products are zooming in the markets with public not concerned as they know about the products and the expansion of Apple Inc., is unpredictable as it is soaring high and can become a technological marvel in the next decade with serious planning and development of new products and investing in more fields of manufacturing and enhancing what they do as they believe they can. Only time can tell the real fate, with new competitors and uprising of new technology, the fate of Apple is not assured.

Dev Mehta 11A

Figuring out the Maze: The Adolescent

It is a wonder, how life changes. How within mere seconds there can be swift yet soft strokes of change that paint our life a hue of mixed shades. A brush of melancholy blue, vibrant and nascent dots of youthful yellow, a crimson dash of sublime passion adorns our idiosyncratic canvas that the Artist proudly calls His creation.

We all got through another few months of finally entering the school gates, of at last enjoying the open and peaceful ground of our homely campus, and getting back our chattering and chattering selves. So, this year, in another brand-new edition of the newsletter, we encounter our trusty psychiatrist, Dr Esther Suresh for another bout of question about us teens.

How do parents and their teens have free communication? Without having to feel like it's difficult to share things? Or any other blockage in their relationship?

Sometimes when life gets a microscopic bit too overwhelming, we tend to overreact and take it out on others. It is duly not our intention to do so.

“Parents have to put themselves in the shoes of teens and understand their problem. The teens also understand the hardships parents undergo to educate and provide for their needs and wants. Parents are not perfect and children are also not perfect, so they can hurt each other. Forgiving the hurts and insults caused on either side can help free and frank communication between parents and teens.

Google has been a really useful platform over the years, but sometimes we try to self-diagnose by typing in our symptoms and feelings. How do we confirm that we aren't actually suffering from a disorder and are the websites that test us for disorders accurate?

“Google does not have any intuition, gut feelings about you like a real doctor. When a doctor observes a patient and examines, he is able to arrive at a diagnosis. Typing a list of symptoms brings out the worst conditions in which one or many of those symptoms may be present. But it is not true at all. Google doesn't care about Your health nor does it know

about your health. Googling can quickly overwhelm you, causing severe anxiety (Cyberchondria).”

This is so very true since a lot of us have, let's admit it, google-searched for symptoms and panicked about our non-existent 'Health abnormality.' We must abstain from doing so, and get in touch with a doctor if the symptoms affect our daily routine.

How do we stop ourselves from overthinking?

Overthinking. To magnify the situation larger than an electron microscope ever can. And then panicking about how the situation is not going according to our plan. And then freaking out about the worst and most gruesome outcomes of that situation. Dr Suresh talks about this indirect trigger to anxiety, and how to prevent it from pulling us down.

“To think about something too much or for too long is overthinking. Overthinking can lead to anxiety and anxiety by itself aggravates overthinking. Living in the moment and taking control of your mind can stop negative emotions in their tracks. Fear of losing control over life when life does not progress the way you like are the root causes of overthinking. So, fantasizing and meticulously planning various life events should be avoided, so as to prevent the fear that life wouldn't progress the way you want.

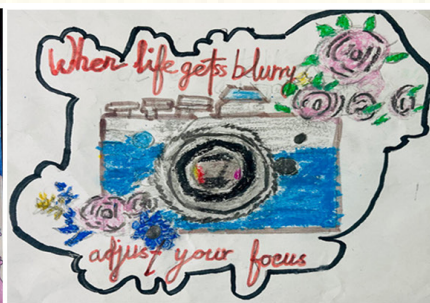
Teenage years can be tough. Teenage years through the pandemic can be strenuous and perplexing in its own way. But we must always learn to look ahead to the light shining at the end of the tunnel. And remember that God is holding our hand while we're walking through the dark valleys.

*Dr. Esther Suresh is a skilled psychiatrist with over 19 years of experience in the field of psychology and helps and treats people with De-addiction, Depression and Anxiety disorder and many other disorders and issues. She practises at Rofecha Clinic in Anna Nagar.

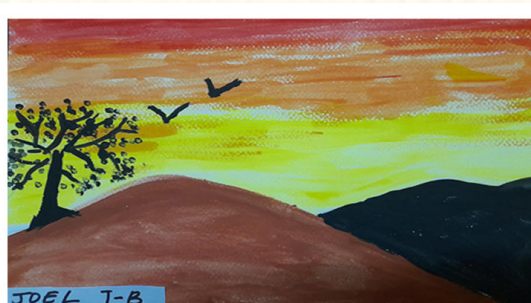
Megan Grace Prakash Class 9



Jotham Paul 4B



Dheena 4B



JOEL I-B



V. Mona Riyasika 4B



Jefferson Paul Abraham 7A



M. Hedziah Evelyn 7B



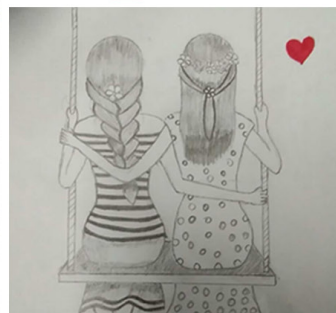
F. Gracia Miraclin UKGB



Johan Nathaniel 1B



Semmozhi 11B



Alona Ann Thomas 8B



Vipul Nandha

Climate Change

Climate change is so commonly spoken (and written about) to the point, that its cliché. But we still haven't done much to combat it! Why are humans so bad at thinking about climate change?

When we hear something sad, like how numerous species will go extinct, we try to shift our focus to a more cheerful topic, because that's how we're wired. Often when speaking about climate change, we hear a doom and gloom kind of message, which only makes us want to think about something that makes us happy.

Adding to the problem, people tend to think of climate change as a distant issue that will bother a distant generation. We can't see the problem. If CO2 was black, we would have dealt with this a long time ago. But wait. We can still feel the problem to a certain extent.

Many 'natural' disasters could be linked to climate change, like Australia's 'Black summer', named so because of the forest fires and the smoke. There were numerous wildfires in the USA, as well as floods. There were also floods in Africa.

But who contributes the most emissions?

Currently, the developed countries contribute more to climate change than the developing ones. However, countries like China are gradually increasing their carbon emissions as poverty reduces. But just because someone else made some mistakes, doesn't mean we have a license to do the same. The technology that allows us to harness renewable energy sources is getting cheaper and cheaper, meaning it will be easier for developing countries (like India) to develop sustainably.

This gives us a good chance. India's total carbon emission historically are quite low, especially considering our population. We can keep it that way, while still reducing the rate of poverty in the country.

-Aditi R Class 9

कविता

सरदार वल्लभ भाई पटेल

- Abisha Alex
Class 7-B

खुशबू से जिसकी महका सारा हिन्दुस्तान
वो थे वल्लभ भाई पटेल भारत की शान।
प्रतिभाशाली, व्यक्तित्व के धनी थे सरदार
भारत की आजादी के नायक थे महान।।

बारडोली सत्याग्रह की सफलता के बाद
सरदार की उपाधि वहां की महिलाओं ने दी
दुश्मनों के लिए लौह पुरुष थे सरदार पटेल
इनको मरणोपरांत भारत रत्न की उपाधि दी।।

हृदय कोमल, आवाज में सिंह सी दहाड़ थी
भारतीय राजनीति के प्रखण्ड विद्वान थे।।
शत् शत् नमन ऐसे महान व्यक्ति को
वे भारत की आन बान और शान थे।।



Our Shining Cricketer

S.M. Siddharth who won a medal and cash voucher worth Rs. 5000. This was for an inter district Under 15 cricket tournament held at Pondicherry in January. He was the captain of the team. Though his team lost the match, he was awarded the Best Fielder.

Dora Cake

Dora cake, also known as Dorayaki cake is a famous pancake from a famous cartoon Doraemon. This simple pan cake filled with chocolate spread is light, fluffy and is very famous among kids. This delicious pan cake can be served as breakfast or as snack. Let us see how to make this fluffy Dora cake. Preparation Timing:10 min Cooking Time :5 min

Quantity	Ingredients for Dora Cake
2	Eggs
¼ Cup (50g)	Sugar
2 tbsp	Honey
½ Cup (125ml)	Milk
¼ tsp	Vanilla Extract
1 Cup (130g)	Maida/All purpose flour
1/8 tsp	Baking Soda
¼ Cup	Chocolate Spread

Step 1: Into a mixing bowl, add eggs and beat it until it is foamy. Then add milk, sugar, honey and vanilla extract. Beat well until the sugar is dissolved.

Step 2: Now, add Maida and baking soda to it. Mix it well so that no lumps are formed. Batter should be at the right consistency for pouring, not too thick and not too thin. Rest it for 10 minutes.

Step 3: After 10 minutes heat a pan with some oil. Pour a ladle of batter and cover it with a lid. Heat should be on medium -low. Flip it and cook for a couple more seconds.

Step 4: Once the pancakes are cooled spread a thick layer of chocolate spread and cover it with another pan cake.



That's it, our soft and fluffy pan cake / Dora cake is ready to be enjoyed. Try making this recipe at home and share it with your friends and family members. Spread the Joy of Cooking!!

M.Samyuktha 5B

Release of the first Edition of Our Newsletter



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हमारे समाज में शिक्षा का महत्व

- Joann Elizabeth Abraham
Class 9-A

शिक्षा समकालीन और औद्योगिक दुनिया में एक महत्वपूर्ण भूमिका निभाती है। समाज में शिक्षा ज्ञान, बुनियादी तथ्य, नौकरी कौशल और सांस्कृतिक मानदंड मूल्य प्रदान करती है। लोगों को प्रतिस्पर्धी दुनिया में जीवित रहने में मदद करने के लिए पर्याप्त शिक्षा की आवश्यकता होती है। एक शिक्षित समाज एक अनपढ़ समाज की तुलना में अपनी युवा पीढ़ी को अपने परिवेश के अनुकूल बनाने के लिए पोषण करता है। केवल वह समाज जो शिक्षा के महत्व को पहचानती है, वह अपने सामाजिक, आर्थिक और वित्तीय क्षेत्रों में समृद्ध हो सकता है।

समाज में शिक्षा आवश्यक है क्योंकि यह व्यक्ति को पर्याप्त शैक्षणिक योग्यता प्राप्त करने में मदद करती है और उन्हें उपयुक्त रोजगार प्राप्त करने में सक्षम बनाती है। एक शिक्षित समाज देश के तेजी विकास की प्रक्रिया को भी सक्षम बनाती है। समाज में शिक्षा का महत्व लोगों को देश में चिकित्सा प्रगति और योजनाओं के बारे में ज्ञान देता है।

व्यक्ति का सशक्तिकरण: समाज में शिक्षा से व्यक्ति का आत्म-सशक्तिकरण होता है और वह अपने परिवेश के साथ-साथ समाज में कानून और विनियमों के बारे में जागरूक रहता है।

निर्धनता हटाना: शिक्षा एक मूल्यवान उपकरण है जो समाज में गरीबी को दूर करने में मदद करता है। एक शिक्षित व्यक्ति एक अच्छी नौकरी प्राप्त करता है जो बुनियादी जरूरतों को पूरा करने के लिए आवश्यक है और समाज से गरीबी के दाग को हटाता है।

सबको समान अवसर देना: समाज में शिक्षा का महत्व हमेशा महान रहा है क्योंकि यह जाति, लिंग, धर्म के बावजूद है। शिक्षित लोगों को उनके ज्ञान और क्षमता के आधार पर समान माना जाता है।

समाज में शिक्षा का महत्व लोगों को सही निर्णय लेने में मदद करता है और उन्हें झूठे वादों को अंतर करने में मदद करता है। यह हमारे देश की समाज को सही विकल्प बनाने में मदद करता है जो विकास और विस्तार को बढ़ावा देता है।

யூனியன் கிறித்துவ பள்ளிக் பள்ளியின் சார்பாக 2021-2022 ஆம் ஆண்டிற்கான தமிழ் வளர்ச்சிப் போட்டிகள் பொங்கல் பண்டிகை முன்னிட்டு கொண்டாடப்பட்டது.

இப்போட்டிகள் 1 முதல் 5 ஆம் வகுப்பு வரை உள்ள மாணவ மாணவியருக்கு இரு பிரிவுகளாக நாட்டுப்புற நடனம், நாட்டுப்புற பாடல் போட்டிகளும் இனிதே நடைபெற்றது. மாணவ மாணவிகள் இதில் ஆர்வமுடன் பங்கு பெற்று தங்கள் தனித்திறமை எ பாடல் மற்றும் ஆடல் வாயிலாக வெளிப்படுத்தினர்.

பழையன கழிதலும் புதியன புகதலும் என்ற கூற்றிற்கேற்ப எல்லோருடைய வாழ்விலும் பொங்கல் பொங்குவதைப் போல் இன்பமும் மகிழ்ச்சியும் பொங்கி எல்லா வளமும் பெற்று பெருவாழ்வு வாழ எங்கள் இதயம் கனிந்த நல்வாழ்த்துகள்.

"தித்திக்கும் தைத்திருநாள்!

உழவருக்கு நன்றி சொல்லும் பெருநாள்!

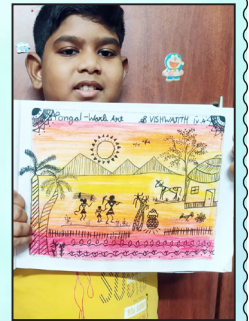
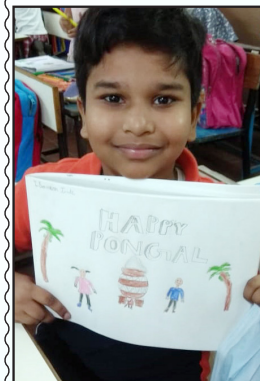
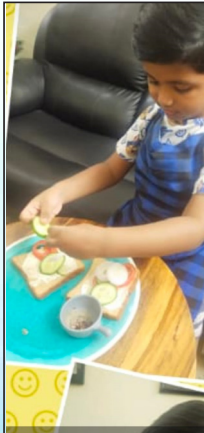
ஏழை எளியோரும் கொண்டாடும் மங்களநாள்!

மக்கள் வாழ்வில் மகிழ்ச்சி பொங்கும் நள்ளாள்!"

KG Activities



Pongal Celebrations - Warli Art

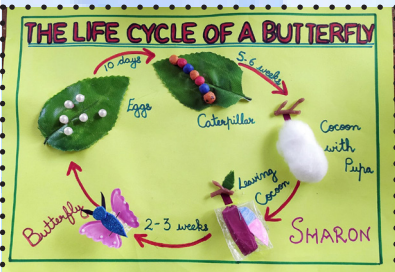


Samson 2B

G.S.Rakshikka Sree 4A

Vishwajith 4A

Life Cycle of Butterfly Activity



Sharon 4-A



Salena 4-A



V Magnez Amantha 4-A



S. Vishwajitha 4-A

Everyday Helpers



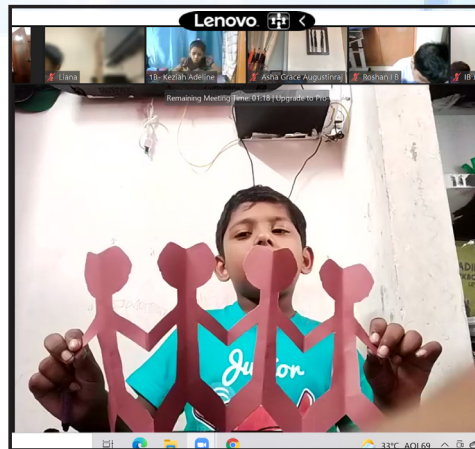
Iyra Cherian as a Teacher, 1A



Nathan Joel James of 1A as Chef

Life Skills

Let's Work Together



D. Krithwik 1B

Caring for Yourself

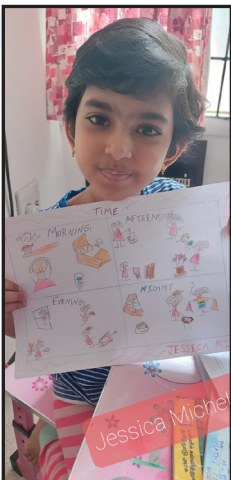


Devanand 1A

Miscellaneous Activities



Balloon Activity



Jessica Michelle E 1A



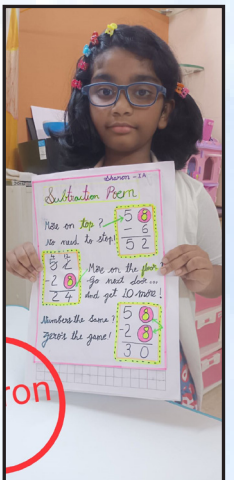
Meeting teachers during pandemic



Sharolyn 1A

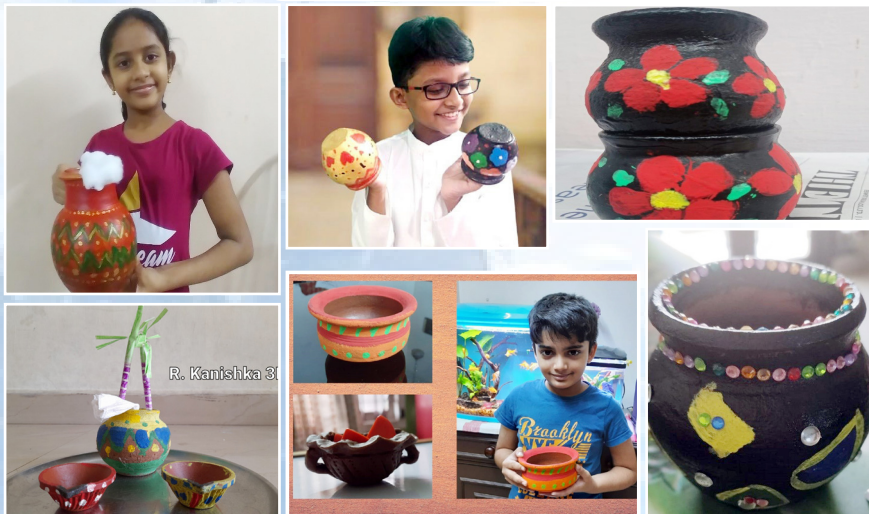


Jeshurun Immanuel P 1A



Sharon 1A

Pottery Design



Students in Traditional Attire



As a part of pottery and its importance, clay pots and diyas were designed by the students of class 3 and displayed in their traditional attire.

TEACHERS EDITORIAL TEAM

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- MS. P PRANALI RAUT

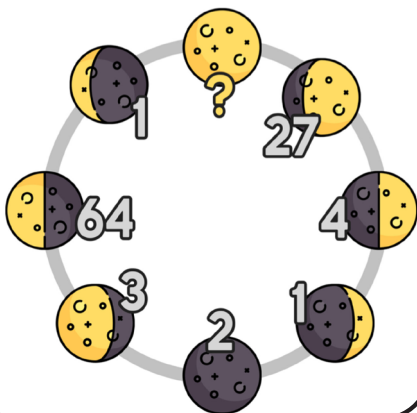
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- MOHAMMED ISHAQ IBRAHIM,
VIII A RANGE ROVER

Maths Puzzle

The solution to the previous edition's puzzle is 30. The next puzzle is given below:

Look for a pattern to find the value of the ? in the diagram below.



Good Luck! Now, for a riddle!
Which is heavier, a kilogram of bricks or a kilogram of feathers?

Children's Day Celebration

Children's day in our school is celebrated in the most ebullient resplendence with warm wishes from teachers and a marvellous program from our beloved teachers. This year, owing to the pandemic, we couldn't celebrate the day with everyone person-to-person, but we witnessed the grand show so spectacularly put together via YouTube which we thoroughly enjoyed. We had, at the beginning, Jothi Ma'am giving us a very cordial greeting and a brief history on the culmination of the Indian Children's Day. We then beheld a mellifluous and euphonious rendition of the hymn 'What a Friend we Have in Jesus,' by the teachers. After the hymn, each and every teacher including our Principal and Vice Principal, with such benevolence and affection, wished

us a very happy Children's Day and blessed us with wisdom and advice that we will forever carry in our hearts. We had a variety of highly amusing plays by the teachers which had us out of breath with wheezing laughter (though all of it was true). Elizabeth ma'am introduced us to the teachers who presented us with Shakira's Never Give Up song which definitely inspired us to never give up even if we mess up. Jothsana Ma'am introduced to us the last but not the least extravaganza of the dance performed by the teachers which was truly captivatingly elegant and groovy, leaving us all mesmerized and awe struck. Jothi ma'am brought us to the end of the melange of entertaining events and bid us farewell.



Jamil Champ



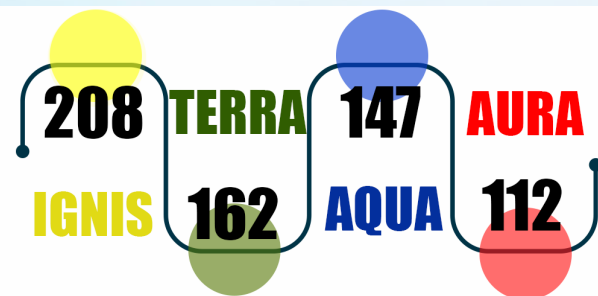
S.Rakshana has won the 3rd prize for Bharathiyar Tamil oratorical competition conducted by CBSE West Cluster Schools, hosted by Kola Saraswathi Vaishnav Senior Secondary School.



Congratulations!

S.Harsha of class 6 A got selected in Silambam National competition which will be held in Goa from 25th to 27th February.

CULTURALS OVERALL POINTS



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UPCOMING EVENTS

VIBGYOR Art Exhibition

Smash Inter School Badminton Tournament

Kindergarten Graduation Day