



SAN ACADEMY

PALLIKARANAI

# MONTHLY NEWSLETTER

JUNE '22

ISSUE : 6

VOLUME: 3



SAN ACADEMY  
PALLIKARANAI

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- **Observance of Food safety day**
- **Menstrual hygiene session**
- **Ocean day celebration**
- **Observance of International reading day**
- **No bag day activities**
- **BHARAT scouts and guides movement**
- **Awareness of Blood donor day**
- **Intra competition**
- **Club activities**
- **Hands-on activities**
- **Father's day celebration**
- **Skill enrichment program**
- **Karuna club activity**
- **E-Waste management drive**
- **Observance of International yoga day**
- **Show and tell program**
- **Observance of International day against Drug abuse**
- **Adolescent peer education program**
- **Orientation for Grade XI (2022-23)**
- **Grandparent's day celebration**
- **Investiture ceremony(2022-23)**
- **AWARDS, ACHIEVEMENTS & ACCOLADES**

# WORLD FOOD SAFETY DAY

6th JUNE



- World Food Safety Day on 7 June aims to draw attention and inspire action to help prevent, detect and manage foodborne risks, contributing to food security, human health, economic prosperity, agriculture, market access, tourism and sustainable development.
- Assembly started with tamil thai vazhthu, then with food safety pledge, followed by speech about better food better health, continued by 10 food safety rules, followed by news. Then principal mam gave general talk about food and benefits of food. The assembly ended with national anthem
- Children learnt the food safety measures as their take away



**SAN ACADEMY**  
GROUP OF SCHOOLS  
PALLIKARANAI

## World Food Safety Day



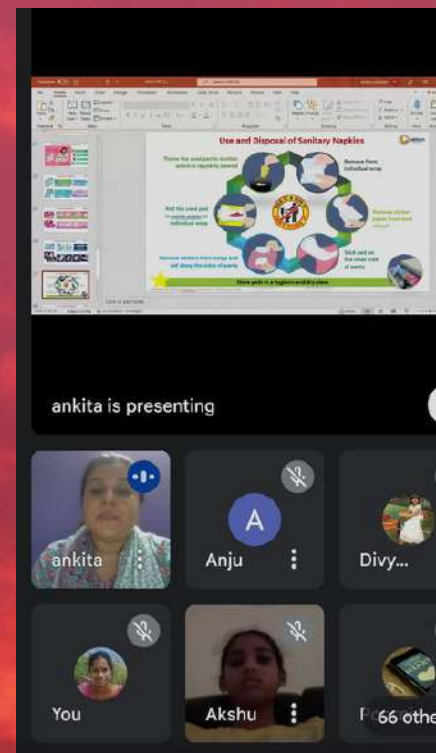
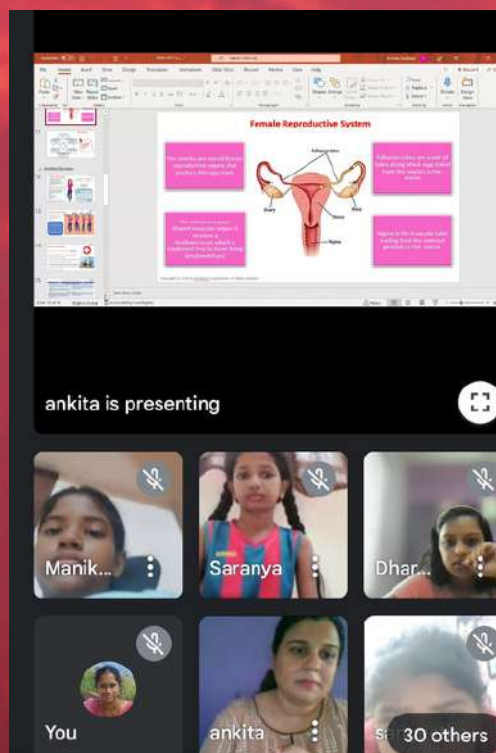
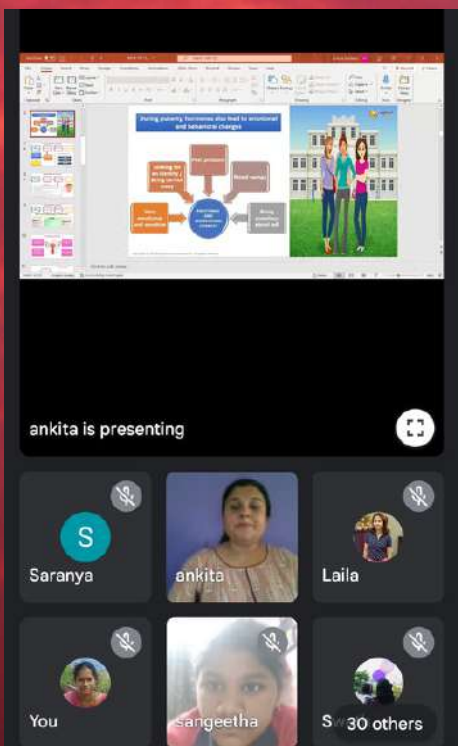
## Class VI to VIII

# MENSTRUAL HYGIENE SESSION

4th & 8th June

Resource person: Ms.Ankita & Ms.Nitya

- The resource people elaborately explained about the reproductive phase of women which are white discharge, Menarche, menstruation and menopause in their lives along with pictures of female reproductive systems.
- It was well explained using PPTs about how do girls get periods every month.
- They clarified all the misconceptions among people about their menstruation along with original facts behind the same.
- In this session, they explained the importance of good sanitary napkins, panty liners and their disposal.
- A demonstration on how to use and dispose these sanitary napkins was done using live products.
- They also showed a few yoga poses to our students to get relief from their menstrual cramps.
- Normal menstruation and abnormal menstruation were clearly explained along with the importance of consulting a doctor when it is required.





# WORLD OCEAN DAY

8th JUNE

- Oceans are the incubator of life and preserving their natural ecological state has become the call of the hour. San Academy Pallikaranai is continuously working towards supporting the Sustainable Development Goals. To mark the day, San kindergarten observed World Oceans Day on June 8, 2022. It raised awareness among the children to protect and preserve the oceans.
- The celebration commenced with a speech unfolding many wonders about the ocean and its Marine Life. The teachers explained how important it is to look after our oceans. Especially in respect of the amount of plastic used and found in our seas, endangering our sea life. The kids were briefed about the different ways that litter impacts the oceans and where it can end up. The little learners learned about the greatness of looking after our oceans by reducing our plastic use and using alternatives to plastic. The need of disposing of the litter correctly and share this message with family and others were shared with the kids.
- Teachers shared a few fascinating facts about the ocean and marine animals. Kids sang rhymes, the fish in the sea goes, five little fish, and 12345 once I got a fish, with actions that made them feel so excited about the ocean. Ocean paper craft activity was performed by the kids bringing out the beauty of the marine life. Earth's future depends on how conscious and aware our future generations are about conserving natural resources at the core of life on Earth. The young learners of San Academy will instill this fact and make our world a better place to live.



# INTERNATIONAL READING DAY

10th JUNE

**Resource person : Ms. Bharathy,  
Ms. Sherene, Ms. Mahalakshmi**

- Reading is one of the most enjoyable and beneficial activity. It is good for overall well being. Reading a good book reduces stress and has a tranquil day at home. Reading improves our knowledge, develops our imagination, boosts up our self esteem, improves creativity and learn to rediscover life in a better way. Reading improves individual's communication skills and confidence. It also makes us more empathetic towards others
- Students are motivated to inculcate the reading habit



# NO BAG DAY

11th JUNE

The students of grade 1&2 enthusiastically participated in the NO BAG DAY.

Students energetically danced their hearts out in the western dance session. It was a fun-filled session, where students learned new moves.

The session was followed by a reading session. Students learned to spell out new words from their story book. They also tried to make new rhyming words from the given word. The teacher concluded the listening class by asking the students to make fantasy words.

- The much-awaited craft corner session, was welcomed by children. The children drew funny animals from numerals. Children became ecstatic seeing animals spring out from numbers. Finally, the king of No Bag Day arrived.
- The aptitude session kindled the knowledge of not only children but also the teachers. It was an exciting session of patterns, numerals, and shapes.
- No bag Day was a huge success with children. The day shall be etched in the memory of the child in the days to come.





# SCOUTS AND GUIDES – HIKING

*11th & 18th JUNE*

- Venue: St. Thomas Mount. Started from school by 9.30 am, with 19-Scouters and 13-Guiders. Reached the venue by 10.10 am
- Students were paired and 4 scoutmasters got 8 students to take care of. Walked through the path noting down different signs and symbols to take the right path. Reached on top by 11. am
- Students had their snacks and watched the monuments, photo session, etc. Students cleaned the two-wheeler parking area, by removing stones, plastic bottles, and covers
- Yoga session was conducted by explaining. Action song, Yell, Claps, and games made the hiking more memorable
- Hiking is an activity of moderate difficulty, which involves walking across a long distance. It is also a great way to immerse yourself in the culture and history of that area. The advantage of hiking is that we take in plenty of fresh air
- The cool and clear breeze revitalizes our life and limbs. While on a hiking trip, one enjoys all the beauties and bounties of nature
- The entire nature clothed in green, is enjoyed by us to our heart's content. Nature! appears before us as a great teacher, healer, and consoler
- It gives us a moral lesson, "And this our life, exempt from public haunts, finds tongues in trees, books in running brooks, sermons in stones, and good in everything".







- Students had their snacks and watched the monuments, and took photographs. Students cleaned the two-wheeler parking area, by removing stones, plastic bottles, and covers.
- Yoga session was conducted by explaining.
- Action songs, yells, claps, and sensor games made the hiking more memorable.
- Students observed and noted different types of trees, plants, birds, and so on.
- Started from Mount at 1.00 pm and reached the school campus at 1.30 pm.





# WORLD BLOOD DONOR DAY

13th JUNE

The students of middle school wing commenced the assembly by welcoming their fellow students followed by Tamil Thai Vazhthu. Around ten students performed Mime on blood donation and it's importance followed by a speech on various blood groups and how blood donors connect lives. A student presented facts about blood followed by a speech on different species different blood. The program concluded with the principal addressing the gathering and giving away the star of the month for April from classes 6 to 8 followed by National Anthem





# HYGIENE AND INSIGHT ABOUT MENSTRUAL PERIOD

*13th JUNE*

The session opened with a few quotes on personal hygiene. The girl students of Class 6 to 8 were given an insight into how personal hygiene and health go hand in hand. They were told about the usage of the restroom, steps to use, change over the napkins during the menstrual cycle, and spreading awareness on personal hygiene. The students asked a few queries which were answered by the resource persons.



# HANDS ON ACTIVITIES

13th June

- Students enthusiastically participated in the hands-on activity that eventually paved the way for their creativity as well as critical thinking.
- Almost every student who participated utilized the given time to pen down their ideas.
- Through this individual activity students vividly inculcated their intrapersonal skills and brainstormed their notions about their expectations of abode.



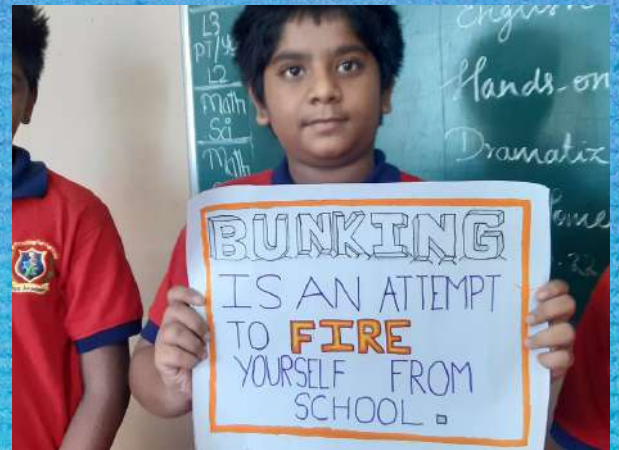
## Math Hands On Activity - Addition Of Integers



- Integers are the collection of whole numbers and negative integers. We can perform all the arithmetic operations like addition, subtraction, multiplication and division on Integers. The symbol of integers is "Z".
- Students of class VI learnt addition of integers through an activity.
- Take two different colour A4 sheet.
- Cut the A4 sheet into small squares.
- Write -1 into small square coloured A4 sheet.
- Write +1 into another small square coloured A4 sheet.
- Required number of -1 and +1 pasted in a plain A4 sheet.
- They are paired as  $(-1) + (+1)$  gives 0.
- All that remains is the answer.

### DRAMATISATION:

- Students of Class 7A to 7F participated in the Dramatization activity for the June month Hands on activity. Students enacted the main characters and supporting characters of the lesson Homesickness written by the famous author Roald Dahl. Students performed all the scenes which exhibited the central theme of the lesson about being honest and truthful. Students exhibited different posters on the moral value of the lesson. The act of drama enhanced the team spirit among all the students. On the whole students enjoyed performing with their friends.



Hands-on activities let the student mind grow and learn based on the experiences and the environment they are exposed to. Students of class VI underwent an experiential learning task wherein they experienced the forces of the magnets, which makes push each other away or pull towards each other. They also understood through experimentation that magnetic force is concentrated at the poles of the magnet.



## காடு:

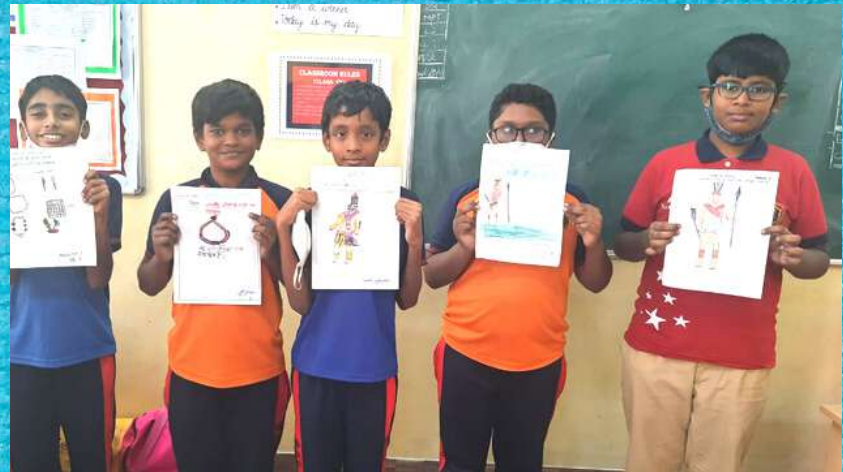
• இயற்கையின் வரமாக  
பல்லாயிர கணக்கான  
ஆண்டுகளாக மனிதன்  
சுவாசிக்க தேவையான  
ஆக்சிசனை பூமிக்கு  
வெளிவிடுகின்ற தாவரங்கள்  
அடங்கிய இயற்கையான சூழல்  
தொகுதியே காடுகளாகும் •  
காடுகளின் எண்ணற்ற  
பயன்களை பூமிக்கும் பூமியில்  
வாழும் மக்களுக்கும் வழங்கி  
ஒரு கவசமாக தொழிற்படுகிறது  
காடுகளை பூமியின் நுரையீரல்  
என்று சிறப்பித்து கூறுவார்கள் .  
• காடுகள் வெள்ளப்பெருக்கைக்  
கட்டுப்படுத்துவதுடன் மண்  
அரிப்பையும் தடுக்கின்றன . •  
நாம் சுவாசிக்க சுத்தமான  
காற்றையும் நாம் குடிக்க  
சுத்தமான நீரையும் நாம் உண்ண  
காய்கறிகள் கிழங்குகள்  
உணவையும் நாம் வாழ  
தேவையான வீடுகளை  
உருவாக்க தளபாடங்களையும்  
மருந்து மூலிகைகளையும்  
மனதை மகிழ்விக்கும் அழகான  
சூழலையும் இக்காடுகளே  
தருகின்றன





भारत की विविधता, संस्कृति, अलग-अलग राज्य तथा उनके खान-पान और वेषभूषा के बारे में जानकारी हासिल करना। पूर्वी राज्यों के भौगोलिक परिस्थिती के बारे में जानकारी हासिल करना।

पाठ- ५ पर आधारित यह गतिविधि थी। बच्चों को पूर्वोत्तर स्तित राज्य नगालैंड के लोगों तथा उनके संस्कृति से जुड़े चित्र बनाकर उनमें रंग भरना था। जैसे नगालैंड के लोगों आभूषण, वेशभूषा, वहाँ बनने वाली हस्तकला की चीज़े आदि। बहुत सारे बच्चों ने वहाँ के आभूषण , वहाँ के हत्यार का भी चित्र बनाए। इस गतिविधि के दौरान बच्चों के मन में एक अलग- ही उत्साह था।





# INTRA COMPETITION

15th June

Competition is the spice of life. SAN Academy conducts Intra competition, every month to create sportive nature in children. Theme of the competition varies as per the age criteria.

JUNE - CREATIVE ART SKILL

I - Origami on fruits/vegetables

II - Rock painting

III - Paper craft sunflower

IV - Nuts/cereals craft

V - wall hanging

VI, VII, VIII, IX, X - Paper Quilling



VI NOTE 8 PRO UAD CAMERA



Infinix HOT 10



NOTE 8 PRO D CAMERA





**Class - VI to VIII**



# INTRA RESULTS - JUNE



## SAN ACADEMY GROUP OF SCHOOLS, PALLIKARANAI

INTRA RESULT - JUNE 2022

CREATIVE SKILL

Event Date:15.06.2022		1st Postion		2nd Postion		3rd Position		
Class & Section	Topic	Name of the Student	House	Name of the Student	House	Name of the Student	House	
<b>CLASS I, II</b>								
I A	Class I: Origami Class II: Rock painting	ANVIKHA B M	VAYU	HASHINI S	AGNI	KRISHAA P, NIVESHARDHINI K	PRITHVI, AGNI	
I B		JAISHNAV V	AAKASH	ANVITHA SRI S	AAKASH	ILANKAVIN G B	AGNI, AAKASH	
I C		ADHVIKKA, SATHVIK B	AAKASH, AGNI	ADHITHARYAN C, CHRIS JOVIN	PRITHVI, AAKASH	AKILAN B, HESHANTH P	AGNI, PRITHVI	
I D		NETHR K P	AGNI	TEJASWIN RAINI	VAYU	SHRAHTHA D	AAKASH	
II A		HARSHINI D	AGNI	RITHANIN N	AGNI	MEERA C	PRITHVI	
II B		SRINICA K	AAKASH	MOHITH	AAKASH	AKSHARA THANGAVEL	PRITHVI	
II C		NITHIN PRADHAN R	VAYU	SERAH SREEDEV, PRANAV SHARMA	AGNI	ANKHITHAA BANU K, HIMANJAI M	AGNI, PRITHVI	
II D		LUXSHYA A K	PRITHVI	PRAJANASRI B S	VAYU	RAJA VARDHINI R	PRITHVI	
<b>CLASS III - V</b>								
III A	Class III: Paper craft sunflower Class IV: Picta slice/Nuts/Cereals craft Class V: Wall hanging	SATHVIKA VP	PRITHVI	SAI SATHVIKA	AGNI	JESSICA S	AAKASH	
III B		HARSHAD SAI	VAYU	LAKSAN MD	PRITHVI	RITHIKA	PRITHVI	
III C		SANA AALIYAH A	AGNI	ANIYAH SHAIIE	VAYU	RIHANA FATHIMA	PRITHVI	
III D		SIVA DHARSHAN S	AAKASH	MITUN V A	AGNI	SEDTHAARTH S	VAYU	
IV A		DHEEKSHITA P	AGNI	VAEDARTH RS	AAKASH	DASHWANTH A R	AGNI	
IV B		ADWITA S M	PRITHVI	DIVYA DHARSHINI J	AGNI	SAHANA MUTHU	AGNI	
IV C		RITHIK SINGH Y	PRITHVI	SRIVAISHNAVI S	AGNI	KRISH E	PRITHVI	
IV D		SAANVI N	AGNI	VISHRUDHA KGM	AGNI	SRI HARIKA N	VAYU	
V A		HARSHAVARDHAN YARASI	AAKASH	NISHANTH SARANN	AGNI	RASHAEL JARRET P	VAYU	
V B		JENNIFER ANNIE J	AGNI	JESSLIN S STEPHEN	AGNI	KANISH V A	AGNI	
V C		SWAATHI V	PRITHVI	CHARU NETHRA B	AGNI	ELLENA KENNIS JEGAZIEL	PRITHVI	
V D		SHIVIN	PRITHVI	RAKSHITHA J	AAKASH	RISHIKA K	AAKASH	
V E		SAHASRA B	VAYU	GUNA SRIKODE	AGNI	VIHAAN VERMA	AAKASH	
V F		NITHILA GOPI	AGNI	MRUTHISHA R	AGNI	DESHNA DHILIP	PRITHVI	
<b>CLASS VI - X</b>								
VI A		Paper Quillings	GOWTHAM KRISHNA	AGNI	PRATHEESH KA	PRITHVI	VAANATHI S	AAKASH
VI B	KANEESKA SURESH KUMAR		AAKASH	SHRI NEHA T.R	AGNI	VARSHINI V	AGNI	
VI C	KAUSHALESH L		AGNI	KRISHIKA S	AAKASH	SHALINI R	PRITHVI	
VI D	ABIGAIL FENNER		AGNI	SANCHANA A	AAKASH	NIRUNITHA G	AGNI	
VI E	NAREN L		AAKASH	ATEEFA P	AAKASH	AANYA DIANE	VAYU	
VI F	JESAL ALFINA JUDE M		PRITHVI	YASHGUKAN S	PRITHVI	RUSHITA G	VAYU	
VII A	SHRUTHI S.M		PRITHVI	AKSHARA B	AGNI	ALNA DAPHNE JESALM	PRITHVI	
VII B	JUAN APPULOSE N		AAKASH	SAHAANAA V	AGNI	KANISHKA JK	PRITHVI	
VII C	PRATEKSHA JAYASHANKAR		VAYU	DEEPAK N	AGNI	TARUN ANNAMALAI M	AAKASH	
VII D	SUJAYALAKSHMI		VAYU	RITHANYA	AGNI	VANSHITHAA	AGNI	
VII E	YAGNYALAKSHMI S		VAYU	NICOLE SASHA INNOCENT	AGNI	NISHANTHINI M	PRITHVI	
VII F	SRI VARSHINI G		PRITHVI	SELVIN ANDERSON P	VAYU	NEHA P	AAKASH	
VIII A	YUKTHA G		AAKASH	ROOPIKA S	AGNI	SAMRITHA V	VAYU	
VIII B	VEDIKA M		PRITHVI	SATHVIKA R	PRITHVI	LAKSHANA S	VAYU	
VIII C	DIVYA SREE L		AGNI	POSMITHA MALISHETTY	PRITHVI	MRUTHULA R	AGNI	
VIII D	HARIPRASAD B		AGNI	SUDHAMATHI D V	AAKASH	PRITHIKA S	AAKASH	
IX A	NAVIYA A.V.K		AGNI	AKSHAYA P.V	AAKASH			
IX B	LIYA ELSA MATHEW		AGNI	PRATHIKSHA KGM	PRITHVI	JOSHICA A	VAYU	
IX C	NIKITHA C B		PRITHVI	HAASINI R K	VAYU	ASHWIN KUMAR G	VAYU	
X A	SOUBARNIKHA V		VAYU					
X B	JENNIFER SANJANA INNOCENT	PRITHVI	SHREYA K	AGNI	DARSHINI SRI R O	AAKASH		
X C	SHERIN JOANNA M	VAYU	SUDHANJANA N D V	VAYU	VISHALINI V	AGNI		

# FATHER'S DAY CELEBRATION - KG KIDS

17th JUNE



The bond between a father and his child is unusual and San Academy made it all the more special with a grand celebration. The teachers explained the significance of the day with a presentation reaching out to the kids that father is a person who stands by our side no matter what. He loves his children unconditionally and the beauty of the relationship is that he does it all without demanding anything in return. The love and affection that are hidden in each of his acts are tremendously blissful. There's nothing in the Universe that can give as much pleasure as the love of a father gives. He should be admired for what he does for everyone in the family. He is one of the most influential people in our life. No matter what, he will keep protecting you. Children were involved in making a tie and handmade greeting cards for their dads. Kids rendered speech on the role of my dad in my life was so close to the hearts of everyone. The kid sang out "Thank you dad" father's day songs with heartwarming expressions to reach out to make their fathers feel special. Dads were super excited, sportive, and happy to be part of the thoughtful selfie event. Dad and kid took a snap at the end of the day. The time spent by the parents away from their techy world and other official engagements brought a million-dollar smile to the faces of children. This quality and undivided time assured a memorable gift to every child was a present, for a lifetime.



# SKILL ENRICHMENT PROGRAM

17th JUNE & 18th JUNE



“The future belongs to those who learn more skills and combine them in creative ways”. San Academy Pallikaranai organized a Skill Enrichment program for Grade IX on 17/6/22 and 18/6/22 to enhance the developing minds in various skills such as Robotics, Drone, Math Lab, Mobile Application development, 3-D Printing, and Artificial Intelligence. Children opted for skills of their own choice and were trained by experts from Banari Amman Institute of Science and Technology. The institute bought up various modernized equipment to train children based on each skill. “The expert in anything was once a beginner” A new interest was inculcated to SANites for their better future at the end of the program.



# KARUNA CLUB

18th June

- Our planet needs us to step up and take action towards cleaning up many of the messes we have made through irresponsibility. Whether it be from oil spills, air pollution, plastics, or toxic chemicals leaking into our water, there is still a lot that must be done to bring our ecosystem back into balance
- Environmental justice for one and all should be our core mission
- Karuna club creates awareness among students on how to safeguard the nature



# E WASTE MANAGEMENT CAMPAIGN

18th June

Resource person : Mr.V.S.Ethiraj, TES- AMM India pvt Ltd

- Students of classes 6 to 8, did a campaign in reducing the usage of electrical devices and saving mother earth and the environment. Followed by a guest speech Ms.Kamala Devi did a Tamil speech and make an oath to reduce e-waste in the environment.
- Environmental justice for one and all should be our core mission
- E-waste management campaign is to create awareness among students about the electrical and electronic devices waste disposal



# E-WASTE COLLECTION:





# VISIT OF SMT. MAHESHWARI TO OUR CAMPUS

18th June

Smt. Maheshwari Kobragade, Principal, Ankur Vidhya Mandir, Ordinances factory school, Ambhaikani, Nagpur made a goodwill visit to SAN Academy, pallikaranai on June 18th. Her visit brought in the zeal for working with our students and teachers as a team as everyone wants to prove their best.

She visited our campus on 18th June morning at 10 am, our principal welcome her with a bouquet, made by our KG teachers. She had a formal visit to our school and appreciated all our events, conducted on the day.

Also, she participated in the E-Waste program conducted for the students of classes VI, VII, and VIII. She also took part in the "LOVE NATURE" program organized by KARUNA CLUB.

She addressed the students on the importance of nature and the need to conserve it. She also witnessed the 'NO BAG DAY' sessions, which were conducted at various venues based on Horticulture, carpentry, food processing, and electrical technology.

She was happy and carried away by the taste of steamed puttu and lemonade prepared by the team of food processing.



The Principal, Staff & Students Of

**SAN ACADEMY**

Group of Schools, Chennai

honoured to welcome you to

**VISIT OUR SCHOOL CAMPUS**

on 17th & 18th June, 2022.



**Smt. Maheshwari Kobragade**

Principal

Ankur Vidhya Mandir Ordinances Factory School,  
Ambhajhari, Nagpur.

**Smt. Archana.R**

Managing Director

San Academy Group of Schools,  
Chennai.

## OUR BRANCHES

Velachery



Pallikaranai



Kamakoti Nagar



Tambaram



In the afternoon session, she participated in the Skill enrichment program conducted for IX, X, and XII students by the Bannari Amman institute of technology on Robotics, math lab activities, and App development with a lot of new learning. She gave wonderful appreciation in our visitor's book and end with a farewell. We too learned a lot from her inspirational speech and decided to follow her saying "HARDWORK NEVER FAILS".





# NO BAG DAY

18th June

**Resource person : Mr. Karuppiah, Mr. Shankar, Ms. Uma, Ms. Archana, Ms. Priyadharshini**

San Academy, Pallikaranai conducted a no bag day through which the students will learn the basic needs of their life.

There are 4 categories out of which a student can select one. There are Food Processing, Electrical Technology, Horticulture, and Carpentry. This week in food processing the students were taught to prepare steam puttu and lemon soda. In horticulture, they came to know about how to grow plants that will be useful in the kitchen

For eg., they sow the seeds of ladies' finger, brinjal, etc.,

In carpentry, the students got explored drilling, smoothening the wood, etc., In Electrical technology, the students experimented with physics.

On the whole, it was an eye-opening day for our students and students thoroughly enjoyed the day.

- CHILDREN BUSY IN THE KITCHEN GARDEN SET UP.....





- Preparation and tasting of yummy steam puttu and lemon soda.....



- Young engineers at work,, Series and parallel connection



- Budding carpenters learning to shape and smoothen the wood

# ECO CLUB ACTIVITY

20th JUNE

Eco club or green club is a voluntary group that promotes the participation of students in learning and improving their environment. A green club is a means by which students can organize themselves to learn more and this issue, and also take action to improve their immediate environment.

The activities under the scheme include:

1. Motivate the students to keep their surroundings green and clean by undertaking plantations of trees.
2. Promote the ethos of conservation of water by minimizing the use of water.
3. Motivate students to imbibe habits and lifestyle for minimum waste generation, source separation of waste, and disposing of the waste to the nearest storage point.





# Eco-Club Cleanliness Drive



## Class - VII



# INTERNATIONAL YOGA DAY

**21st JUNE**

**Resource person:** Ms. Padmapriyadharshini -  
Founder, *Yogaththva*,

Ms. Sandhya, *Hearfulness meditation centre*

## MASS DISPLAY OF SURYA NAMASKAR

- On the eve of International Yoga Day, San Academy Pallikaranai performed a Mass Display of Surya Namaskar at Pallikaranai Marshland Heritage site with enthusiastic 150 students of grade VIII.
- The Pallikaranai marsh reserve is a popular spot for watching birds like Flamingos, coot, munia, strokes, and pelicans
- It is a reserved forest area that comes under the National Heritage site. Surya Namaskar and its benefits: Sun Salutation or Salute to the Sun is a practice in yoga as an exercise incorporating a flow sequence of some twelve gracefully linked asanas
- The asana sequence was first recorded as yoga in the early 20th century, though similar exercises were in use in India.

### Benefits of Surya Namaskar:

Helps with weight loss. Strengthens muscles and joints. Improved complexion.

Ensures a better functioning digestive system. Helps combat insomnia. Ensures regular menstrual cycle. Useful in the treatment of frozen shoulders. The spinal cord and abdominal muscles are stretched.

Our students were rejuvenated after performing the 12 postures of Surya Namaskar.

## POSTER MAKING

Poster-making drive on the eve of International Day was conducted at San Academy Pallikaranai for classes VI & VII where students expressed their creativity through their art form. Students in groups worked out on



**Mass Surya Namaskar  
Display - 150 Students  
At  
Pallikaranai Marshland  
- Heritage Site**



**Mass Surya Namaskar  
Display - 150 Students**

**At  
Pallikaranai Marshland  
- Heritage Site**

The theme of International Yoga Day 2022 is "Yoga for humanity". Yoga is a practice that brings joy, health, and peace from within and it deepens a sense of continuous connection between an individual's inner consciousness and the external world. As a part of this special occasion, the teachers and students of San Academy, Pallikaranai, celebrated International Yoga Day with a special program. The assembly started with Tamizh Thai vaazhthu followed by a "Fit with yoga"- speech. The program ended with National Anthem.





**Our SAN star Jeevan Ramachandran – 3C won first prize in One minute speech competition on "Yoga on Well Being", conducted by MEENAKSHI ACADEMY OF YOGA SCIENCES AND THERAPY, Chennai.**



FACULTY OF YOGA SCIENCES AND THERAPY,  
MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH, CHENNAI-78  
&  
TNSCC- INDIAN YOGA ASSOCIATION, NEW DELHI  
To commemorate the 8th International day of yoga, 2022  
PRESENTS

*Certificate of Merit*

*Jeevan Ramachandran*

For acquiring 1st place in the ONE MINUTE SPEECH Competition from May 1st to May 3rd, 2022 Organised by Faculty of Yoga Sciences and Therapy (FYST), MAHER, (Deemed to be University), Chennai-78.

 Prof. Dr. R. Elangovan Professor & Head, FYST, MAHER	 Mrs. K. Geetha Organiser Ph.D Scholar	 Mrs. D. Brindha Organiser Ph.D Scholar	 Mrs. S. Srinathi Organiser Ph.D Scholar
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# SHOW & TELL - JR.KG, SR.KG

22nd & 23rd JUNE

Speaking in front of a group is an effective activity to encourage the use of descriptive language and develops a child's ability to retell stories - in turn leading to improved communication skills which are important throughout their lives. They also develop the ability to answer questions well. Kg. kids performed their show and tell activity during the session, wherein they displayed charts and models posters of the topic assigned to them. Kids showcased their public speaking skills.

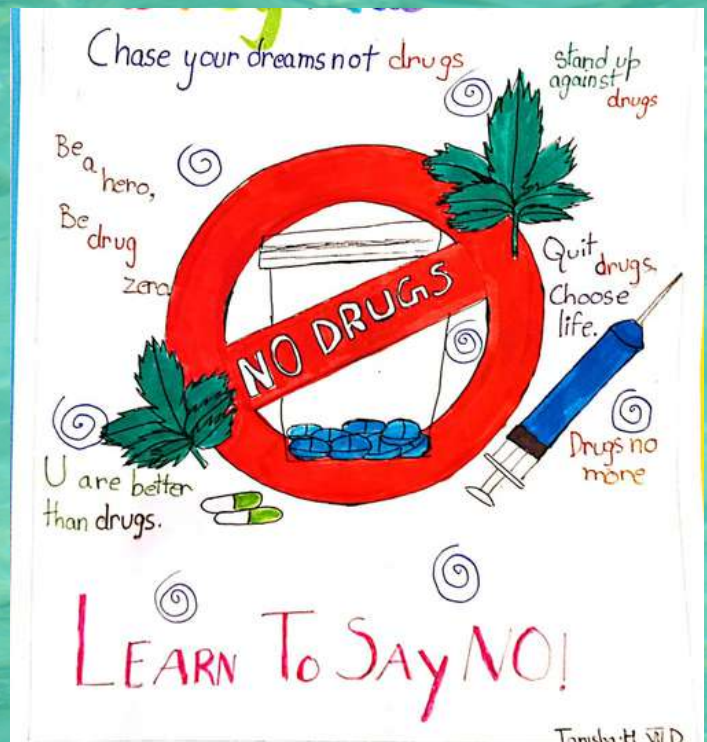


Show and tell helps kids to speak clearly, guide a listener to understand important ideas, describe people, places, things, and locations, increase vocabulary, speak in complete sentences, follow and create a sequence, and paraphrase what they have heard described the topic. such as Introduce themselves, My Friend, My Family, types of Family, my Home and rooms in my home, Community worker(anyone), my School, types of houses, rules to follow in public places, rules I follow in school, rules I follow in class, myself-a helping hand for parents and when I grow up what I want to become, sense organs, my mother, my father, my sister/ brother, my grandparents, types of houses, my city, my country, national symbols of India, personal hygiene. were few topics with a lot of confidence, facial expressions, and voice modulation. Overall, the show was a spectacular learning experience for the kids!



# INTERNATIONAL DAY AGAINST DRUG ABUSE 24th JUNE

A special assembly was conducted on 24th June 2022 for class 9 to 12 students in San Academy, Pallikaranai on the topic of International Day against drug abuse. The excellent part of this assembly is the oath taken by our students on "say no to drugs". It was a great awareness program among the school students about the importance of celebrating this international day against drug abuse. The students were given a speech on why is this day celebrated and which organization is working behind this. Poster-making and slogan-writing contests were undertaken by our students to create awareness against drug addiction. Our principal, Mrs. Hemalatha, gave an informative speech about drug use and abuse. It was a great opportunity to take a pledge against drug abuse.



# ADOLESCENT PEER EDUCATION PROGRAM

## 24th JUNE

CBSE initiated with Adolescent Peer Education Program in school students of classes 9 to 12. A special session was conducted on 24.06.2022 in San Academy, Pallikaranai, for 9 & 10 students. Our school ambassadors of this mission along with volunteers from each class of 9 to 12 conducted this peer education program on the topic of "Building Resilience". In this session, peer educators discussed what is resilience, why is resilience important and how can we build up resilience. This was an extremely interactive and informative session with many fun-filled activities, case study discussions, and motivational speeches given by our Peer Education Team. Our Principal spoke to our students about resilience and its importance with some live examples of students aged 15-17 in their day-to-day life.



# AWARDS & ACHIEVEMENTS

24th JUNE

- Our SAN STAR, Aravindh of class 9b participated in a chess tournament at Tirunelveli from June 9 to 12 the June 2022 and he secured 5th place in the under 19 tournament category conducted by CHESS OLYMPIAD - 2022



- Our SAN STAR, Miss Meera C (Std. II A) has emerged as the winner of the preliminary level for this week's edition of the Toffee Ride GO Quiz Contest conducted by Toffee Ride - Learning App for Primary School Kids

**Toffee Ride** | GENIUS ONE WINNERS  
RESULTS PUBLISHED IN TIMES OF INDIA



- Our SAN STAR, S.U.Rohit kumar of class 9C participated in a Tennis tournament at Chennai from June 13th to 17th June 2022 and he secured Quater finalist position in the under 16 category conducted by AITA TS 7 Tennis tournament.

- Sai sathvika, class 3 studying in San academy is a very active student and shows a keen interest to participate in all activities. She participated in Classical dance in which kids danced continuously for 9 minutes conducted by S K NATYALAYA and bagged the Noble world Record.



- R.K. Anirudh of class V D participated in a drug awareness poster-making competition conducted by Mere Mentor and won the first prize in poster making competition. He has won a bicycle. Received the prize from Asst. Commissioner of Police



# ACCOLADES FROM TIMES OF INDIA

- Our celebration of the International Yoga Day, Awareness program against Drug abuse and Investiture ceremony has been very appreciable by Times Of India.

### Events

#### Observance of International Day Against Drug Abuse at San Academy

The San Academy group of schools observed the International Day Against Drug Abuse on 26th June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, San Academy group of schools. The event was a grand success and was well-received by all.

#### NSN initiates project on combating antibiotic resistance

The National Society for Nutrition (NSN) has initiated a project on combating antibiotic resistance. The project aims to raise awareness among the public about the misuse of antibiotics and the consequences of antibiotic resistance. The project will involve various activities such as seminars, workshops, and campaigns.

#### 8th International Day of Yoga Celebrations

The San Academy group of schools celebrated the 8th International Day of Yoga on 21st June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, San Academy group of schools. The event was a grand success and was well-received by all.

#### SANITES OBSERVE NO BAG DAY

The San Academy group of schools observed the No Bag Day on 22nd June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, San Academy group of schools. The event was a grand success and was well-received by all.

#### 20 facts about CUCUMBER

Cucumbers are a popular vegetable and are rich in nutrients. They are low in calories and high in water content. Cucumbers are also a good source of fiber and antioxidants. They are easy to digest and are suitable for people with sensitive stomachs. Cucumbers are also a good source of potassium and magnesium.

#### GENERAL KNOWLEDGE

1. The first atomic bomb was dropped on Hiroshima in 1945.  
 2. The first man to walk on the moon was Neil Armstrong in 1969.  
 3. The first computer was invented in 1941.  
 4. The first airplane was invented in 1903.  
 5. The first telephone was invented in 1876.

#### ROLE MODEL IN LIFE

Role models are people who serve as an example for others to follow. They are people who have achieved success in their field and have used their success to help others. Role models can be famous people, but they can also be ordinary people. Role models can inspire us to achieve our own goals and to live a better life.

#### YOGA MEANS 'TO JOIN' OR 'TO UNITE'

Yoga is a practice that involves the union of the mind, body, and spirit. It is a way of life that aims to achieve a state of inner peace and harmony. Yoga is a holistic practice that includes physical, mental, and spiritual aspects. Yoga is a way of life that can help us to live a more balanced and fulfilling life.

### Events

#### 8th International Yoga Day celebrated at KVIIT Chennai

The KVIIT Chennai group of schools celebrated the 8th International Yoga Day on 21st June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, KVIIT Chennai group of schools. The event was a grand success and was well-received by all.

#### International Yoga Day at Chettinad Vidyashram

The Chettinad Vidyashram group of schools celebrated the International Yoga Day on 21st June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, Chettinad Vidyashram group of schools. The event was a grand success and was well-received by all.

#### Yoga Day held at Vidhya Sagar

The Vidhya Sagar group of schools celebrated the International Yoga Day on 21st June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, Vidhya Sagar group of schools. The event was a grand success and was well-received by all.

#### San Academy observed International Yoga Day

The San Academy group of schools celebrated the International Yoga Day on 21st June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, San Academy group of schools. The event was a grand success and was well-received by all.

#### IF I WERE A SHIELD

If I were a shield, I would protect the innocent and the weak. I would stand firm against the forces of evil and injustice. I would be a source of strength and courage for those who are in need. I would be a symbol of hope and faith for all.

#### International Yoga Day at Jain Vidyashram

The Jain Vidyashram group of schools celebrated the International Yoga Day on 21st June 2022. The event was held in the school auditorium and was attended by the students, staff, and parents. The program was inaugurated by the Chief Guest, Mr. Sujatha S, Senior Principal, Jain Vidyashram group of schools. The event was a grand success and was well-received by all.

### Events

## OBSERVANCE OF INVESTITURE CEREMONY

The School Council election is a very important event in students' school life. It educates the students that their leaders are chosen based on the election and not on the nomination. The candidates contesting the election also understand that they only represent the entire lot and learn to work on behalf of them once they are elected. Students Council election also acts as a mock election for National level and State level elections, which these students will face shortly. Thus, they could understand the value of their vote and perform their duty rightly by casting vote for the right person.

With the flags soaring and the band roaring, San Academy, Palikaranai held its Investiture Ceremony for the year 2022-23 on 30th June 2022. The event began with the



escort of the Chief Guest, Sujatha.S, Senior Principal, San Academy group of schools.

The members of the council were seated with their heads held high while they were called one by one upon the stage to be presented with a badge and an honorary sash for all their hard work campaign. The swearing-in was a true spectacle.

The leaders all swore in with ty and sincerity, which was a inspiring sight to behold. The school pupil leader, Chief guest, and the Principal, Hemalatha Suryanarayanan addressed the gathering and gave the audience something to think about. The newly elected cultural secretary concluded the program with a vote of thanks.



# STUDENTS SAFEGUARDING ADVISORY COMMITTEE MEETING

## 25th JUNE

Students Safeguarding Advisory Committee Meeting was held on 25.06.22 in San Academy, Pallikaranai, Conference Hall. PPT presentation was undertaken to discuss the highlights of the April to June months.

### Health and Hygiene

- Instructions on wearing a mask, maintaining social distances, not sharing foodstuffs, sanitizing hands
- Webinar on Menstrual Health and Management by Global Hunt Foundation
- Awareness Program for class 6-8 girls on proper usage of the restroom, disposal of sanitary napkins, and cleanliness Safety and Security
- Looking for a parking area for the school van
- Attenders and staff for bringing children to their respective classroom
- Schedule for bringing notebooks to reduce bag weight
- To create awareness about gender equality, the committee is decided to add a few more hands of male staff and expect some more male parents to join the committee shortly.
- Each member was asked to share their views and suggestions.
- Overall view as a parent, queries about bag weight, transport, 3-5 building infrastructures, restroom facilities, and homework were discussed and clarified



# HAPPY GRANDPARENTS DAY

27th JUNE

RESOURCE PERSON: Ms. Suganya

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children”.

Grandparents are the family’s greatest treasure, the founders of a loving legacy, The greatest storytellers, and the keepers of tradition. Grandparents are the family’s strong foundation.

Through their special love and care, grandparents keep a family close at heart. To honor them, San Academy Pallikaranai Nursery kids celebrated Grandparents Day.

Nursery kids made an elegant puppet of grandparents and gifted it as a token of love. Of course, the greatest gift is always making time to spend together. The success of the event was evident through the joyful smiles and teary eyes of the grandparents as they were overwhelmed to see their grandchildren performing for them.



THE UNIQUE ROLE GRANDPARENTS PLAY IN SO MANY FAMILIES, GRANDPARENTS MUST KNOW HOW MUCH THEY ARE LOVED AND APPRECIATED ALL YEAR. GRANDPARENTS SHARED FAVORITE PAST TIMES LIKE FISHING, GARDENING, OR COOKING AND MIGHT ENJOY THE OPPORTUNITY TO SPEND THE DAY SHARING THE EXPERIENCE WITH GRANDCHILDREN.



# ORIENTATION PROGRAM

27th JUNE

The Orientation for class XI students and parents for the academic year 2022-23 was held on Monday, 27 July 2022 at the Conference hall, San Academy, Pallikaranai. The event was hosted by Mrs. Chandra Suresh, a Senior Secondary English Teacher. Resource persons from Competitive Edge Academy, headed by Mrs. Subha Varadarajan, Director - Academics, gave an introduction about their institution, goals, and plans for class XI students to clear IIT JEE/ NEET exams successfully. The various opportunities for Commerce students were explained by coordinator Mrs. Ramya Balaji. After this, a short talk on Adolescent Parenting was given by Ms. Aishwarya Ravichandran, Personality Development and Yoga trainer, Guidance and Counseling Mentor - VIVID MINDS . The gathering was then addressed by Principal, Mrs. Hemalatha Sooryanarayanan, who highlighted the rules of the school and expected behaviors from students.



# NO TO PLASTIC

29th JUNE

When our world is in balance, it is healthy. Everything that comes from the earth, returns to the earth and contributes to new life. This cycle is key to healthy ecosystems, and a healthy world. The majority of the plastic we make, use, and waste end up in our environment causing harm to our ecosystems, and ourselves. Every piece of plastic ever made still exists, in some form of waste, on this earth.

The little learners of San Academy Pallikaranai along with their curriculum strive to make the Planet free from plastic. The teachers explained the harmful effects of plastic as It is more expensive to recycle plastic than it is to make plastic from scratch from fossil fuels, like oil.



THE CHILDREN DURING THE ACTIVITY SESSION DIFFERENTIATED THE ITEMS THAT ARE MADE UP OF PLASTICS AND THAT ARE NOT MADE WITH PLASTICS.



# INVESTITURE CEREMONY

30th June

## STUDENTS COUNCIL MANIFESTO EVENT – JUNE 22ND

The School Council election is a very important event in students' school life. It educates the students that their leaders are chosen based on the election and not on the nomination.

The candidates contesting the election also understand that they only represent the entire lot and learn to work on behalf of them once they are elected.

Students Council election also acts as a mock election for National level and State level elections, which these students will face shortly.

Thus, they could understand the value of their vote and perform their duty rightly by casting vote for the right person

**LEARNING OUTCOME:** Voters can analyze every candidate as per their Manifesto.



# STUDENTS CASTING THEIR VOTES:

Students cast their votes for desired candidates for the position of House captains, Sports caption, and SCHOOL PUPIL LEADER



## INVESTITURE DAY 30TH JUNE:

With the flags soaring and band roaring, San Academy, Pallikaranai held its Investiture Ceremony for the year 2022- 23 on 30th June 2022. The event began with the escort of the Chief Guest, Ms. Sujatha.S, Senior Principal, San Academy group of schools. The members of the council were seated with their heads held high while they were called one by one upon the stage to be presented with a badge and an honorary sash for all their hard work campaign. The swearing-in was a true spectacle. The leaders all swore in with unity and sincerity, which was an inspiring sight to behold. The school pupil leader, Chief guest, and the Principal, Ms. Hemalatha Suryanarayanan addressed the gathering and gave the audience something to think about the newly elected cultural secretary concluded the program with a vote of thanks.



The image features a dark, vertically-oriented wood grain background. The wood planks are closely spaced and show natural textures, including knots and grain variations. The lighting is slightly uneven, creating subtle gradients of brown and black. In the center-left area, the words "THANK YOU" are written in a bold, white, sans-serif font. The text is split into two lines: "THANK" on the top line and "YOU" on the bottom line. The letters are thick and have a clean, modern appearance. The overall composition is simple and visually appealing, suitable for a thank-you card or a digital message.

**THANK  
YOU**