



SAN ACADEMY

GROUP OF SCHOOLS

PALLIKARANAI



# MONTHLY NEWSLETTER OCTOBER'23

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# SPECIAL ASSEMBLY

## WORLD NATURE DAY

3.10.2023

The assembly at San Academy Pallikarnai commenced with the singing of the Tamil Thai Vazhthu, followed by the school song. Students presented a captivating mime, portraying the significance and splendor of Mother Nature, while also shedding light on the ways in which humanity exploits her. The students showcased their 'Save Nature' posters and recited slogans dedicated to nature conservation. A play titled 'Kids from the Future' was performed, with each character denouncing the exploitation of natural resources such as air, water, and soil. The assembly concluded with all students and teachers from classes 1 and 2 pledging to play their part in preserving our precious environment."





# BE NICE DAY

5.10.2023

Every year on October 5, people come together to celebrate National Be Nice Day. Luckily, there's one special day where we can fully concentrate on kindness towards others, something which ricochets back to us as a personal benefit. Be it big or small, any act of kindness is something to celebrate. National Be Nice Day encourages us to make someone else's life just a little bit happier. Commit to walking in the light of positivity all day long.

The Class 5A assembly commenced with the Thamizh Thai vazhthu followed by school song and Thought for the day, Speech on the Respect and Kindness and about the strengths of being kind. Students performed MIME on how to respect each other. Followed by that Girls sang a song on respect with actions. Choir students sang the birthday wishes for the birthday champs. Students actively participated and exhibited their talents. The assembly ended with prize distribution for few students for their achievements in different fields and National anthem.









# PHYSICIAN ASSISTANT DAY

6.10.2023

Every Year on October 6th, we celebrate National Assistant Physician day, a day dedicated to honouring and recognising the vital role played by assistant physician in the health care industry. Class IX-B Students of San Academy expressed gratitude by showcasing the importance of Assistant Physician. They put up a speech on the origin and history and ended it up by casting the Motto of an Assistant Physician. The assembly enabled other pupils gain knowledge on the importance of the day.





# FIRST AID DAY

9.10.2023

Our assembly started with the tamil thaai vaazhthu and the school song by class 6D students. The anchors welcomed everyone and assembly was started with a Skit on the day's theme-First Aid . A speech about First Aid was added in the skit and three main first aid demonstrations about 1)cut and injury 2)giddiness and 3) CPR was given by the 6D students . The students gave a warm welcome to the school's wellness teacher Ms. Clara with a eco-friendly bouquet followed by her address to the students.The day's news was presented by the students. The students who got awards for their Intra competition and other inter school competitions . The assembly ended with the National Anthem .





# AIR FORCE DAY

## 11.10.2023

The assembly started with Tamil Thai Vazhthu followed by school song. Students performed a dance on airforce song with full energy. Also History of airforce and motto of airforce speech was given by students to give more information about Indian Airforce day. Intra competition certificates were issued by our respected principal ma'am followed by speech. The assembly ended finally with national anthem by all class 1 and 2 students.





# WORLD ATHRITIS DAY

12.10.2023

World Arthritis day is a global health awareness event organized every year on 12th October to create awareness about the rheumatic and musculoskeletal diseases

The Class V B assembly started with Thamizh Thai vazhthu followed by school song and the theme display, and Speech about Impact of rheumatic and musculoskeletal diseases

Children also explained as “How to control Arthritis in a body” with charts. News of the day was also shared during the assembly.

A Lively skit performed by our little lads on the topic of How to control Arthritis in body delivered a strong message on prevention of arthritis. The dance performances was the highlight of this assembly. The assembly ended with prize distribution for the students who won prizes in the recent inter school competitions.









# DISASTER MANAGEMENT DAY

13.10.2023

This day celebrates how people and communities around the world are reducing their exposure to disasters and raising awareness about the importance of reigning in the risks that they face. As a part of this special occasion, the students of Grade IX C San Academy, Pallikaranai celebrated the day with a special program. The assembly started with Tamizh Thai vaazhthu and school song followed by the speech and skit on the topic "Tsunami and its impacts". Students took the pledge to save mother nature and plant more trees. The program ended with National Anthem.







# **WORLD FOOD DAY**

## **16.10.2023**

The topic suggested was World Food Day. The assembly opened with Thamizh Thai Vazhthu followed by School Song and Birthday wishes by the choir. Thought and NEWS were presented by students to enlighten the young minds. A warm welcome speech and topic introduction were given by students. World Food Day is celebrated on October 16 every year and the theme suggested for this year is WATER IS LIFE, WATER IS FOOD. LEAVE NO ONE BEHIND. A mime was enacted by students on this theme which grabbed everyone's attention. A song on traditional food and fast food was a delicious feast to everyone's ears. Students danced to the tune in an ecstatic manner which was a visual treat. Quiz was conducted to emphasise the facts shared about the topic. Students showcased their special talents by playing keyboard and violin. The comperes hosted the show throughout without any flaw. The Principal ma'am gave her positive feedback on the assembly followed by prize distribution. The Coordinator also shared her appreciation note on the assembly. The program concluded with vote of thanks and National Anthem.







# PATIENTS SAFETY DAY

## 17.10.2023

The assembly started with Tamil thai Vaazhthu and school song. Thanvish presented speech on the respective topic followed by energetic dance performance of students dressed up like young doctors and nurses. There was a conversation of students dressed up like doctors and old people to tell the basic rules to lead healthy life. HM ma'am addressed the gathering also prize distribution was done for CHRYSALIS-INTER SCHOOL COMPETITION and star of the month. The assembly ended with national anthem.









# NATIONAL PUMPKIN DAY

## 26.10.2023

National Pumpkin Day falls on October 26. Pumpkin is one of the best-known sources of beta-carotene (an antioxidant converted to vitamin A in the body), but pumpkins are loaded with fiber, potassium, and vitamin C. Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini. Most people don't realize they are fruits — not vegetables. These plants are native to Central America and Mexico, but now grow on six continents. Their history in North America goes back 5,000 years.

The Class 5C assembly commenced with the Thamizh Thai vazhthu followed by school song and Thought for the day, Speech on national pumpkin day highlighted the benefits and the uses of pumpkin. Students performed dance on the varies health benefits and day to day usage of pumpkins. Students actively participated and exhibited their talents. The assembly ended with prize distribution for few students for their achievements in different fields and National anthem.





# **CIVIC ENGAGEMENT**

## **27.10.2023**

The students of Class IX D at San Academy, Pallikaranai came together to conduct a captivating and informative class assembly on the theme "Role of Social Workers" on October 27, 2023. The assembly was a commendable effort to shed light on the invaluable contributions of social workers in our society.

The assembly commenced with a thought for the day, setting the tone for the event. It was a reflection on the importance of selfless service and the impact it can have on the world. The thought for the day encouraged everyone to consider the role they can play in making society a better place. Following the thought for the day, the students presented a speech and elocution, it was well-researched and eloquently delivered, highlighting the various facets of social work. Students touched upon the selflessness, dedication, and empathy displayed by social workers as they strive to improve the lives of the less fortunate.

The assembly also featured a segment where students presented news related to recent social work initiatives and stories of individuals or organizations making a difference in their communities. This added a current and dynamic aspect to the presentation, making it relevant and relatable to the audience.

In conclusion, the class assembly on the "Role of Social Workers" by Class IX D at San Academy, Pallikaranai, was a resounding success. It not only informed the audience about the vital role of social workers in our society but also inspired everyone to consider their role in making a positive impact. The students demonstrated their commitment to social awareness and community service, which is indeed commendable.

The assembly served as a reminder that small acts of kindness and selfless service can collectively bring about significant change in our world. It was a memorable and educational experience for everyone present. The efforts of both the students and the teachers who guided them in organizing this assembly are highly appreciated.







# WORLD UNITY DAY

## 30.10.2023

The assembly started with Tamil thai Vaazhthu and school song.

Keasav J dressed up as Sardar Patel and delivered a speech on life history and the role of Sardar Patel, Followed by unity song and skit on "Equality for everyone". Students dressed up and represented different states and gave a beautiful dance performance. Followed by Pledge "India is my Country".

Our Academic Coordinator ma'am addressed the gathering and the assembly ended with National anthem.





# WORLD THRIFT DAY

## 31.10.2023

Assemblies are an important part of school life. School Assemblies are a wonderful opportunity for students to come together and learn important values and morals that will help kids grow as individuals. Class 6F assembly was based on "World Thrift Day" with 2023 theme 'Conquer your tomorrow. Students insisted about savings and how to use money wisely. Wonderful speech continued with thought-provoking discussion about thrift day and thrift stores. Students learned about various savings schemes and their benefits. Assembly was concluded with the real meaning of thrift. 6F students shared their unwanted and unused school supplies to our beloved Principal mam. Towards the end of the assembly, students take away from the assembly was thrift is a best practice to introduce minimalism in their life.

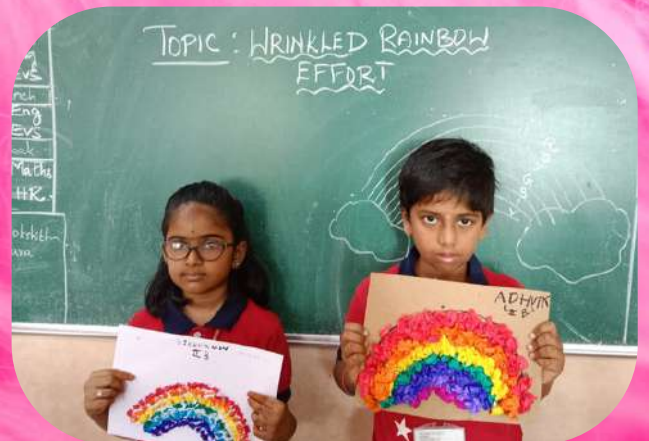




# CLUB ACTIVITY

4.10.2023

At San Academy Pallikarnai, the club activities for the month of October brought a burst of creativity and color to Class 1 and 2. Class 1 children had a delightful time stamping various shapes, which not only added fun to their day but also reinforced their understanding of shapes. Meanwhile, in Class 2, students crafted vibrant rainbows using crushed colored papers. These activities not only sparked joy but also enhanced students' concentration, hand-eye coordination, and deepened their grasp of colors and shapes."





At the beginning of term 2, students embarked on a delightful paper lantern-making activity, designed to nurture their creativity and refine their fine motor skills. As they meticulously folded and decorated their lanterns, children engaged in a sensory journey. This hands-on experience was not only fun but also deeply symbolic, as the lanterns they crafted represented the age-old concept of knowledge dispelling darkness.





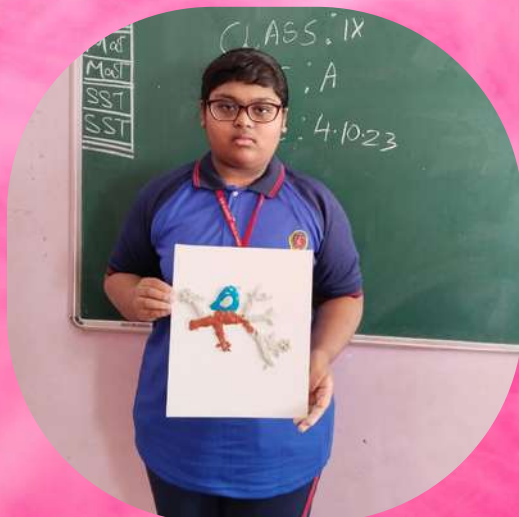
**Creative Arts Club activity was conducted for the month of October at San Academy, Pallikaranai based on the theme Tie and Dye. It was a vivid journey into the world of colours, patterns, and individual creativity. It not only allowed students to express themselves artistically but also imparted valuable lessons about colour theory, design, and teamwork. The result? A stunning array of personalized, wearable art that reflects the diversity and talent of the club members, serving as a testament to the power of art in education and personal expression.**





The students of class IX and X actively participated in the club activity on the topic 3D Mural Art . It was

an innovative and engaging activity , aimed at creating a dynamic and visually stunning piece of art. Art has the power to transform the ordinary into the extraordinary, and our school has witnessed this magical transformation through the creation of stunning 3D murals. This activity has enriched our school environment and sparked creativity among our students The mural 3D art activity has been a resounding success, enriching our schools visual landscape and nurturing the artistic spirit of our students. It stands as a testament to the power of art to transform spaces and lives. As we continue to admire these breathtaking works of art each day, we are reminded that creativity knows no bounds and that the world is our canvas. Incorporating art in our school environment not only beautifies our surroundings but also fosters a culture of creativity and appreciation for the arts.





# INTRA COMPETITION

6.10.2023 & 10.10.2023

This may be a set of challenges, an organized event. This competition allows the children to develop and use their skills in variety of areas.

Nursery had colouring competition. Kids enjoyed with their choice of colours to tint the whale image, they explored the colorful imagination of whale image.

Jr. Kg. Kids explored their talent in reciting rhymes. Some kids used props, some came with models, some dressed up for their rhymes. They swayed for the rhythm and enjoyed the recitation with actions.

Sr.Kg. kids had story telling competition. They explored their passion for foster creativity and unleash their imagination. Kids delivered stories under the topic of Lion and the four bulls, Unity is strength, The King and the foolish monkey. Some kids were dressed up as character, some narrated, some rendered the story with props.





On October 10, 2023, held an intra competition for Class I and II students on the topic of stamped fabric (creative art skill) and paper craft (animal or bird). students participated enthusiastically.

### Class I: Stamped Fabric

The stamped fabric competition was a test of students' creativity and imagination. They were asked to create a unique design using stamps. The students came up with some amazing designs, including flowers, animals, and abstract patterns.

### Class II: Paper Craft

The paper craft( animal or bird) competition was a test of students' fine motor skills and hand-eye coordination. Students were asked to create a paper craft of animal or bird. They created a variety of animals, including lions, tigers, birds, and fish creatively.





The Paper Wall Hanging Competition ignited a burst of creativity within our students. Each wall hanging was a unique masterpiece, showcasing their artistic prowess. Through this delightful activity, students not only had fun but also honed their creative thinking and fine motor skills. They learned the value of patience and attention to detail. Moreover, it fostered a sense of camaraderie and healthy competition among them.





Not only do colors send signals to the brain to make us hungry or calm, but they also have the power to enhance a student's learning potential.

Tie-dye helps stimulate both sides of the student's brains, which helps in improving memory, coordination, and attention. It could also assist children in developing their fine motor skills, patience, and dexterity.

Students of Grade 6 to 8, got a wonderful opportunity to exhibit their artistic talents as a part of October month Intra competition, on the topic 'Be your own designer'.

White T-Shirts of various sizes were brought by students. Vibrant Colors acrylic paints were also utilized by students to design the T-Shirts. Students were able to come up with imaginative designs and stunning color combinations.





## Mural fridge magnets

3D mural art is a captivating form of public art that uses optical illusions to create depth and realism. Artists use various techniques to make murals appear three-dimensional, enriching urban spaces. Inspired by which an intra competition was organised among class 9 students during the school hours. In which students were asked to make creative mural fridge magnets. In which students actively participated and show cases their talents. The first 2 best art works were selected and the respective students ( winners) were awarded with medal and certificates.





# FIELD TRIPS

## ADYAR ECO PARK

9.10.2023

Class I students went to Adyar Eco Park on 09.10.2023. Students excited by seeing the lady bugs, snake's skin and turtles. They also learnt the names of different trees. Students enjoyed by sight seeing the lake, pond, stone carving of insects and aquatic animals while walking around the park.

Guide explained in detail on medicinal trees, bats and water bodies. Students had the snacks and lunch by sitting on the rocks with lots of fun.





# EGMORE MUSEUM

10.10.2023

Students visited the Egmore museum today, they felt interested, surprised, happy, fantastic, special because they learned new things about our history , cultures and also about ancient animals.

Students visited :The sculptures gallery, Challenges gallery , Canons at the museum complex ,Indus Valley Civilisation Gallery, General Zoology Gallery, and children's museum area . Finally students had lunch in the park area with lots of fun.





# VIVEKANANDHAR ILLAM

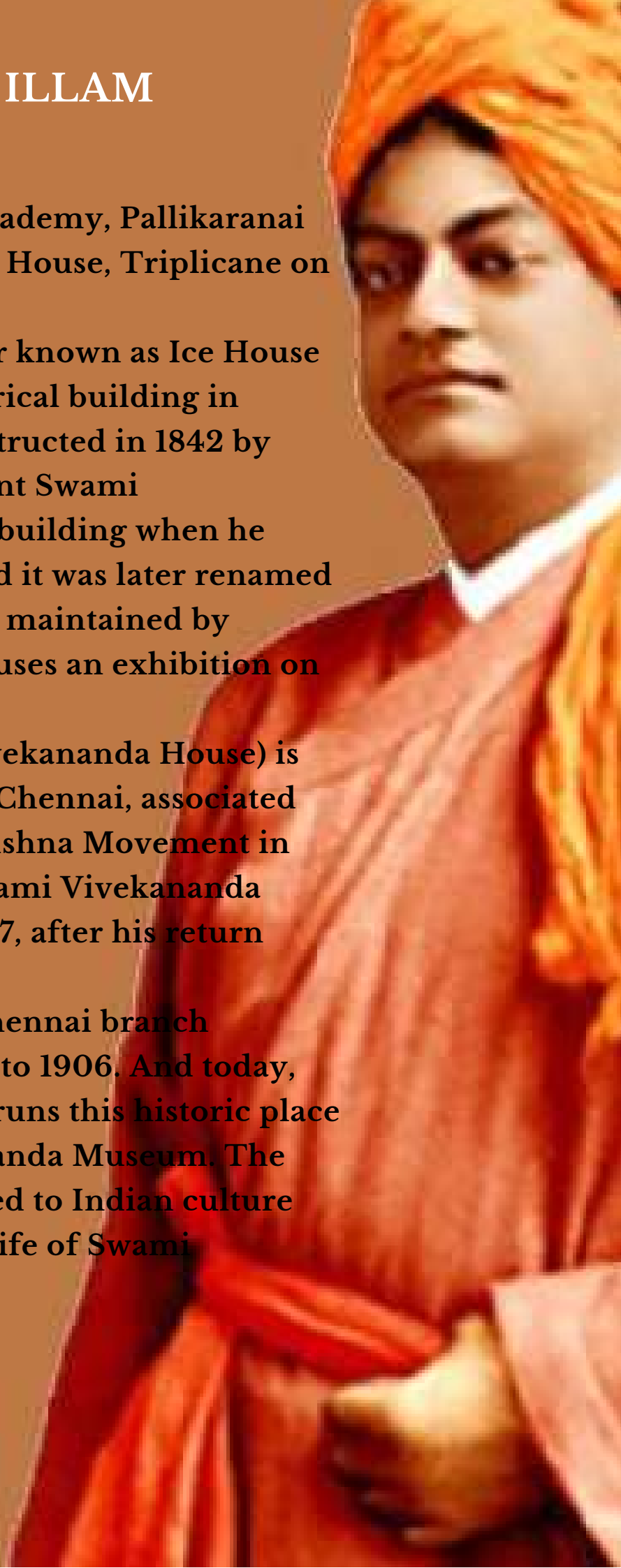
11.10.2023

Class III students of San Academy, Pallikaranai took a trip to 'Vivekananda House, Triplicane on the 11th October 2023.

Vivekanandar Illam, earlier known as Ice House or Castle Kernan, is a historical building in Chennai, India. It was constructed in 1842 by Frederic Tudor. Indian Saint Swami Vivekananda stayed in the building when he visited Chennai in 1897, and it was later renamed in his honor. It is currently maintained by Ramakrishna Math and houses an exhibition on the life of Vivekananda.

Vivekanandar Illam (or Vivekananda House) is an important landmark in Chennai, associated with the spread of Ramakrishna Movement in South India. It is where Swami Vivekananda stayed for nine days, in 1897, after his return from the west.

Sri Ramakrishna Math's Chennai branch functioned here from 1897 to 1906. And today, that spiritual organisation runs this historic place as the Experience Vivekananda Museum. The museum has exhibits related to Indian culture and various aspects of the life of Swami Vivekananda.





## Things to do at Vivekananda House:

1. Exploring the picture galleries – Swami Vivekananda House Chennai has art galleries showcasing the rich cultural heritage of India. The galleries also display interesting incidents from his childhood, his wandering days and other events.
2. Visiting the Meditation Room – The Meditation Room is a peaceful and sacred room on the second floor of Vivekanandar Illam. It is where Vivekananda stayed after his return from America in 1897.
3. Watching 7D VR movie – Vivekananda House in Chennai also plays a small VR movie – Tears of Vivekananda. In this immersive experience, you can see his days of wandering in India and listen to his famous speech at the World's Parliament of Religions. Two 3D movies: Parliament of Religions and Mind your Mind also run here.
4. Getting into the AR experience – The Museum also provides a full-fledged Ask Vivekananda AR experience. Visitors can ask questions from a list, and Swami Vivekananda answers them, as if he's live on the screen.





Ask Vivekananda is the first full-fledged AR (Augmented Reality) Experience of Swami Vivekananda in a museum setup where visitors can ask questions on a front facing large display fitted with camera. The visitor can ask questions in a natural language format from a selected list of questions, Swami Vivekananda will appear on the screen LIVE and answer their questions. The unique feature of this AR setup is that Swami Vivekananda will appear along with a live video of the visitor which makes the experience more realistic as if Swami Vivekananda is answering to live questions asked by the visitors. The experience would be completed with a photo booth where visitors can take a picture of themselves along with Swami Vivekananda and the photo can be instantly printed/emailed for/to the visitor.

Vivekanandar Illam Museum is like a pilgrimage centre for the followers of Swamiji. Through picture galleries, AR and VR, it helps you know more about him and his mission. It is also a great place to find some peaceful moments amidst the hustle and bustle of the city.

All the students and the teachers enjoyed a lot and had a wonderful and memorable experience.





# SEMMOZHI POONGA

12.10.2023

Class IV students of San Academy, Pallikaranai took a trip to “Semmozhi Poonga” , on 12 th October 2023.

Semmozhi Poonga Botanical Garden is a refreshing sightseeing spot of the city which gives the visitors an opportunity to get soaked in its beauty. Admired by enthusiastic botanists it has been a favourite spot for the locals too. The first botanical garden of the capital city situated in Teynampet holds a good collection of exotic flora and rare plant species, medicinal and aromatic herbs. There are eight major partition of the garden, each being home to different floral varieties. Water and Rock Garden, Butterfly Garden, Fern Garden, Sunken Garden and Theme Garden are the various divisions of the garden that allures everyone.

Activity Students did-

1. Students noticed the twenty two feet long and fourteen feet high arch at the entrance which has an inbuilt irrigation and drain system. The beautiful arch is covered with seven thousand plants.
2. Flowering cacti with a velvety light pink flower at the top, lucky bamboo, non-flowering cacti with diameters up to about 45 cm and Ficus are the major plants brought from China and students took photos there.
3. Another key attraction was the artificial duck pond and the 90-odd species spiral shaped as well as multi-branched miniature trees.

Later they all enjoyed playing in the park which really made them excited and happy . They got fascinating insights into the culture and history of the city visiting the park and the nearby attractions .





# TIGER CAVE

16.10.2023

Class V students of San Academy, Pallikaranai took a trip to “TIGER CAVE” , on 16th October 2023.

The joy of travel comes in exploring new things. Planting your feet somewhere you’ve never been before brings with it the rush of discovery and the joy of pushing back on the boundaries of your world.

But when one does arrive at that fresh frontier, there are ways better than others to begin your journey of discovery. Follow these steps and see the world with a new light.

Tiger cave is a place of A rock-cut Hindu temple complex, Tiger Cave dates back to the 8th century. It got its name from the 11 tiger carvings around the entrance.

Activity Students did-

Students explored the cave touch and felt the huge rock of tiger cave

Children learnt that it was Built by the illustrious Pallava dynasty in the 7th century AD, the Tiger Cave is a monument to the prowess and virtuosity of the Tamil heritage. Children admired the temple complex, hewn from solid rock, which was an architectural marvel that embodies the pinnacle of craftsmanship and artistry. The children adorned the walls of the cave as it was carved with intricate sculptures and inscriptions including the magnificent tiger.

All the students and the teachers enjoyed a lot and had a wonderful and memorable experience.









# KG SPECIAL EVENTS

## ANIMAL SAFARI DAY

9.10.2023

Animal safari was celebrated by nursery kids and it proved to be an unforgettable experience. The purpose of the safari was to expose our young learners to the wonders of the natural world. The front area was decorated with animal backdrop and animal toys added to flavour, cave with lion, monkey on the tree were kept, children were dressed up in animal costumes and had a parade. Activities like treasure hunt hidden animals, match food of animals walk and dancing movement of animals in the class during music and movement, sticking activities, overall, the safari provided a valuable and enjoyable experience, fostering, curiosity, empathy and respect for wildlife.





# GO FISH DAY

12.10.2023

Sea creatures is the plants, animals, and other organisms that live in the salt water of seas or oceans, or the water of coastal estuaries.

Aquatic mammals that rely on the ocean and other marine ecosystems for their existence. They include animals such as whales, dolphins , seals, sea lions , walruses , sea otters and polar bears. They are unified only by their reliance on marine environments for feeding and survival.

Jr.kg celebrated GO FISH DAY on basis of the theme Marine mania.

Kids showcased the sea animals by colouring  
Dance performance for rhymes  
Storytelling of water animals  
Rhymes recitation by kids.

Takehome of fish is given to kids and group photo us taken.





# ANIMAL WELFARE DAY

16.10.2023

World Animal Day is celebrated every year to raise awareness about improving the welfare standards of animals across the globe. World Animal Day celebration is an animal welfare movement that pushes global countries to make the world a better place for all animals. This day is very prominent for animal lovers as it gives an opportunity to contribute towards the welfare of the animals in every way possible. World Animal Welfare Day is a global initiative for the welfare of animals that educates people about the significant role of animals in nature and their importance for maintaining the ecological balance.

Our teachers focused on creating awareness about the effects of people and their behaviours on these speechless living creatures. They also explained them to spread awareness about cruelty to animals which include everything from pelting stones to beating and caning, using them for wrong things. Kids also learnt how these animals are useful to us. Koala bear was also given as take home.





# SAY NO TO PLASTIC

5.10.2023

Say no to plastic Activity was conducted in the month of October (05.10.23) for the students of Grade IX & X of San Academy Pallikaranai. The topics included were as follows:

- 💡 Plastic and its harmful effects on the environment.
- 💡 Top eco friendly and sustainable substitutes for plastics.

The session began with a pledge taken by students and teachers to create an awareness to avoid plastics in human life.

It was followed by the teachers' talk which included the explanation of the topic using PPT, You Tube videos and real objects.

The knowledge about Micro plastics and its impact on human health, the importance of 5 R's such as Refuse, Reduce, Recycle, Reuse, Repair was emphasized during the session. And also the emerging alternatives such as green plastics and its advantages and challenges were also enlisted briefly to the students.

The students also actively participated in activity - Best Out of Waste in which they made Tic Tac toe using chart and caps of water bottles.

Worksheets were also given in which students came up with their own ideas and slogans to avoid plastics . Thus the session was very effective and created an awareness among the students to save our environment from plastic pollution.



# MENTAL HEALTH PROGRAM

9.10.2023

**Participants:** Students of Class XI students

**Facilitator:** Ms. Meena Prohit, Institute of Heartfulness, Manapakkam

**Programme Highlights:**

In observance of Mental Health Week celebration, San Academy, Pallikaranai organized a heartfulness meditation session for three consecutive days from 9th October to 11th October. The session was conducted by Ms. Meena Prohit from the Institute of Heartfulness, a nonprofit organization, located in Manapakkam. The trainer created an awareness to our students about heartfulness meditation and taught the various processes and techniques involved in meditation with an excellent motivational speech in all three days. She taught the ways to connect with our heart and the techniques to clean our mind and soul and to get energy. It was a fruitful session in which our students of class XI got benefitted by learning the importance of meditation and its different processes including meditation, cleaning and energizing and they were motivated to practice the same on a daily basis. Finally, the feedbacks were collected from the students at the end of the session.







# TRAFFIC AWARENESS PROGRAM

12.10.2023

On October 12, 2023, a meaningful road safety campaign took place at San Academy Pallikaranai, involving enthusiastic 9th-grade students. The event featured a visit from Ms. Sivakumar (SI - T4 Police station), a dedicated police officer from Chennai. With warmth and empathy, she shared invaluable insights on road safety with the students. Through relatable stories and practical advice, Mrs. Muraleedharan (SI - T4) inspired young minds to prioritize safe practices when navigating the streets. This engaging initiative aimed to instill a deep sense of responsibility and awareness in these future drivers, ensuring a safer road ahead for all.



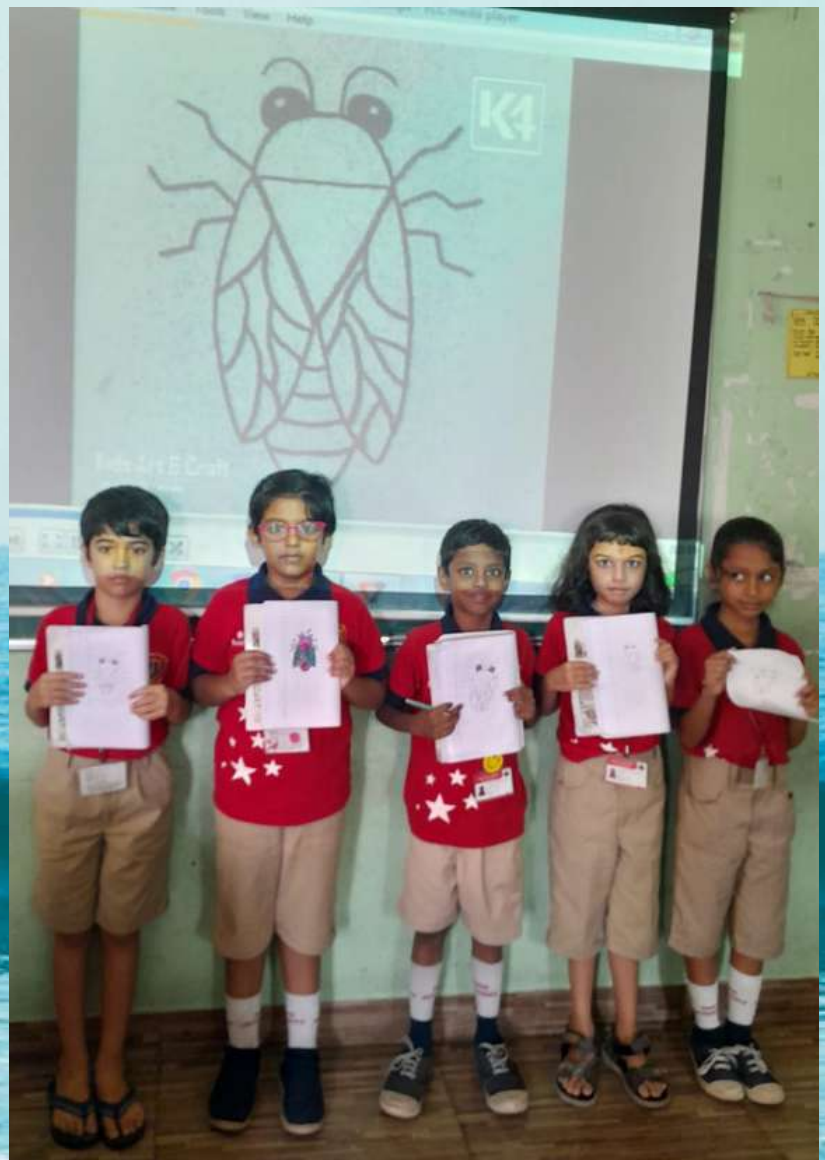


# NO BAG DAY

14.10.2023

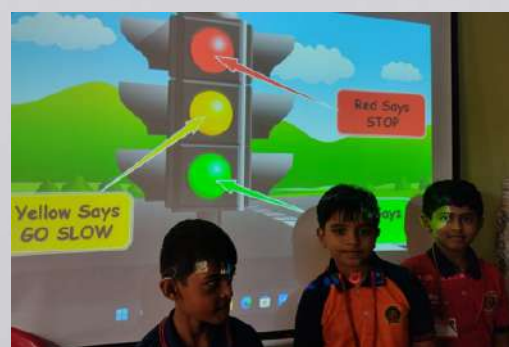
Students of class 1&2 had No Bag Day on 14 th October. They had 3 sessions Road Safety and Rules, Craft Corner and San Foilage. In the Road safety and rules , students learned about traffic rules and signals. In the Craft corner they learned different shades and they practised drawing using shades. In the San Foilage they studied about plants that gives us and seed germination .

This, No Bag Day was overall a wonderful learning for the kids .





During "No Bag Day" for classes 3 to 5, a captivating array of activities awaited our students. In the road safety sessions students were made aware of safety rules and regulations. The students shared their personal experiences relating to road safety. During the foliage sessions students were introduced to the various adapting features of plants in relation to their environments. The art corner gave an introduction to pencil shading techniques came to life through engaging discussions. Beyond textbooks, students revelled in interactive learning and a holistic understanding of diverse subjects.





On account of " No bag day " a session on "IEEE IoT-Induction Program "was conducted for Class 6 , 7 and 8 by "Curio Kidz" in the Conference Hall.

The session started with the video which explained the real time application of IoT .

Then the team presented a power point and explained the need of Iot in the near future . The session was very interactive and the students were completely engaged by the team. They emphasized on tech literacy as an essential life skill. The team then explained about the certified course on IoT by IEEE. They showed a real time working models oh home automation system to the students and the electronic parts and devices used in the model were named and explained. The session ended with a Q& A session with our sanites storming them with thought provoking questions.





Today food processing for no bag day session we prepared millet payasam. Since this year is announced as millet year it was appropriate choice . The host explained how to prepare the payasam and talked about the nutritional value of consuming millets. And also healthy way of celebrating any festival with this dessert. The children were very happy to taste it and gave their feed back also . Yea, today's food processing session thus ended with a sweet and happy note .



Food Processing  
Today's delicacy: Millet Payasam

Ingredients	Method
* Foxtail Millet	* Pre cook millets
* Jaggery, Moong dal	* Jaggery syrup
* Milk	* After boiling
* Coconut milk	* Point add boiled
* Milk maid	* Med milk.
* For garnishing	
Cashews and Raisins.	
	← Serve hot

No. DN Rdt. 39  
No. PRESENT  
No. ABSENT

Foxtail Millet  
Jaggery, Moong dal  
Milk  
\* Coconut milk  
Milk maid  
garnishing  
Cashews and Raisins



**Environscrappers shop, Puzhuthivakkam, Madipakkam.**

**Host: Ms. Suganya**

**Students of San Academy were taken to Environscrappers shop located in Puzhuthivakkam, Chennai.**

**The session was very interesting and informative as they got an opportunity to view many indoor plants like**

**Rare variety of potato plants like vetrilai Kizhangu, Kavali Kizhangu ( a variety of potato which doesn't have cholesterol) also rare varieties of Lady' finger like Elephant trunk lady's finger, pink lady's finger were viewed.**

**The students were excited to see the sweet potato plant, peanut plant, black guava plant, Mulberry plant.**

**Herbal plants like black ginger, Chithrathai, Mudakathan keerai.**

**They enjoyed the visit which was a great learning experience**





The students of carpentry gained verbal information and instructions about Sanding the wood, screwing and instilling hooks. Sand papers were used to smoothen the wood on all 6 sides initially and the students were given an opportunity for doing the same in turns . Around 60 students enthusiastically participated in every process of making the holder. Mr. Rahul precisely transferred knowledge about the materials used and the process in both English and Tamil. About for an hour the students had hands on experience towards the skill learning. Students were encouraged for their attempts at sanding , screwing and instilling hooks.

### Highlights:

- \* Usage of sand paper and screw sizes were explained
- \* The knack of using the sand papers to smoothen all the sides.
- \* marking of right places in the wood to screw and screwing procedure.
- \* instilling the hooks to the hole.









# KARUNA CLUB

14.10.2023

On a bright and sunny day, the young and enthusiastic Class 8 students of San Academy Pallikaranai came together for a road safety rally on October 14, 2023, as an integral part of the Karuna Club. With banners and placards in hand, they embarked on a mission to create awareness about the importance of road safety. Principal Hemalatha Sooryanarayanan graced the occasion with her presence, encouraging the students and emphasizing the significance of their initiative. Her words served as a source of inspiration for the children, reinforcing their commitment to promoting safer roads in their community.

The students, with unwavering determination, marched through the streets, spreading the message of responsible road behavior, wearing helmets, and following traffic rules. Their energy and passion left a lasting impression on bystanders, reminding everyone of the collective responsibility we all share in ensuring road safety.

In this endeavor, these young minds not only learned about the importance of road safety but also embodied the spirit of compassion and civic responsibility, making their school proud.





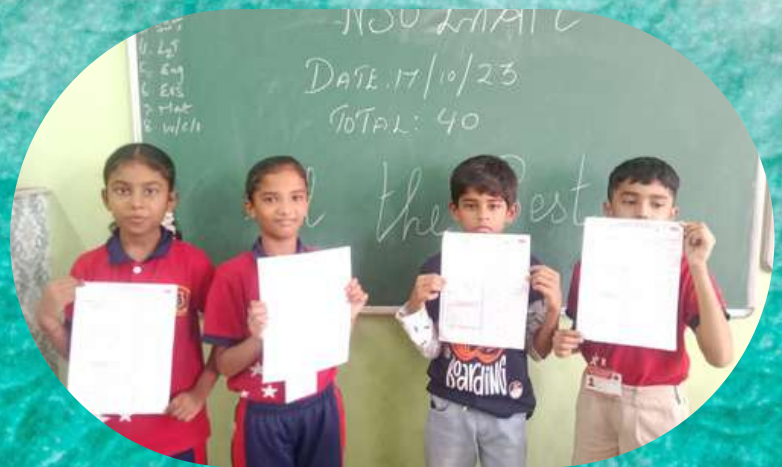




# NSO EXAMINATION

17.10.2023

NSO is a part of olympiad exam. The National Science Olympiad (NSO) is an annual test given to students by the Science Olympiad Foundation (SOF). The goal of this exam is for students to improve their logical thinking and scientific reasoning skills. It aims to cultivate young people's scientific curiosity and give them an edge to achieve success. Nearly 429 students from classes 3 to 5 have attended the exam today testing their knowledge and gaining competitive skills in the process.





# NAVARATRI CELEBRATION

17.10.2023

Navratri', is one of the major and important festival celebrated to worship the Goddess 'Durga'. The festival of Navratri is celebrated in many different ways in India and in various regions. For many people it is a time of religious reflection wherein people are seen fasting, whereas for others it is a time for dancing and feasting.

The young learners of San Academy Kindergarten wing celebrated this festival in a very joyful manner and enjoyed every moment . The kids were dressed in the colorful ethnic attire. The celebration started by offering prayers to Goddess Navdurga and seeking blessings to protect everyone from evil.

Students were told about the importance of nine days of Navratri The little girls, incarnated and attired in the Navdurga, added to the religious mood The mesmerising dance was divine. The shloka chanting by kids was ineffable and marvellous. The live gollu with cute kids instead of dolls was stunning to the eyes of the spectators.

The essence of the festivity was truly felt and celebrated by all in the true spirit of oneness.





# **ADOLESCENT PEER EDUCATIONS LEADERSHIP PROGRAMME 18.10.2023**

A special session was arranged by the team of adolescent peer educators on 18th October in San Academy, Pallikaranai for class IX students. The session was started with a welcome note given by Arsheta of class IX-D. She also gave a brief introduction about the peer education and its importance. Further, Aalya Marisa of class XII-A has been interacted with the audience about the adolescence and the challenges faced during the stage of adolescence and also given some tips to face those challenges in this important stage of life.

Herewith, Humaira Aisha U of class XI-B started interacting with the students about physical health, nutrition and hygiene including menstrual hygiene and she has given the mechanism of our routine life to improve our physical health. Followed by Krishnan S of XI-A explained about the mental health importance and also demonstrated them with live examples. Next comes Bhooshen S of class XI-B shared few ways to grow healthy during the stage of adolescence.

The Vice Principal, Ms. Melita, appreciated the team of peer educators and the mentor and she also shared her experience with the session and gave some tips to improve the physical and mental health of the students during the stage of adolescence.

The Peer educators conducted many activities related to their topics chosen. It was overall an informative and interactive session, in which class IX students had a wonderful time of learning. Finally, the session was ended up by giving a vote of thanks by Arsheta. The feedback was collected that was documented for future reference.







# PSYCHOLOGY CASE PROFILING

19.10.2023

**Venue:** Abhyas Remedial Center, Montfort Matriculation Higher Secondary School, St. Thomas Mount

**Participants:** 10 Psychology students from class XII-A

**Event Write-up:** As a part of CBSE Board Practicals, the Psychology students of San Academy, Pallikaranai of class XII-A had to complete their case profiling, for which they visited Abhyas Remedial Center located in Montfort Matriculation Higher Secondary School in St. Thomas Mount on 19th October, 2023.

Ms. Sathya, who is the Organizer for this, created a very comfortable environment to our students by orienting them and arranging for the subjects of autism, William's syndrome, Down syndrome, etc. The students got a wonderful experience with those subjects. They interviewed, observed and studied the case of each subject and they learned how to collect the required datas and to make a case profile. Finally, our students showed their gratefulness to those kids with actually useful gifts and gave a handmade thank you card to the Organizer as well as to the principal of Montfort School.





# AYUDHA POOJA CELEBRATION

23.10.2023



## VIDYARAMBHAM

24.10.2023





# GODWILL INTERACTION SESSION

## 24.10.2023



### Parents Goodwill Interaction session..





# GOLU CONTEST WINNERS

24.10.2023



Parents of Ashvika  
Sudheep - II C  
secured first prize .

Parents of Vidhun  
of VI B and Vaihan  
of Class III A  
secured Second  
prize .



Parents of Sai  
Prem S and Sri  
Hari S secured  
Third prize .





# AWARDS, ACHIEVEMENTS AND ACCOLADES

**Saicharan of class 3C under 8 category first place in a chess tournament conducted at Mangadu**



**State-level Inter-school Athletics competition 2023, Organised by cheetah sports academy at Nehru park. Kaushik of Class X secured gold in 400 mt and silver in shotput, Sanu Aadithiya of Class VIII secured silver in Shotput and 200 mts**

**Vimal adithiya of Class XI secured shot put silver, Sahana sriyaa of Class IX secured bronze medal in shotput**

**Students of San Academy, Pallikaranai participated with great zeal in Inter school Athletics meet and have brought laurels to our organization.**





**SAN ACADEMY, PALLIKARANAI, received the prestigious BEST SCHOOL AWARD for the year 2022, as a appreciation of the exceptional contribution in the field of education at SCHOOL VOICE EDUCATIONAL CONFERENCE – 2023 at YMCA Auditorium, Chennai organized by YMCA Madras School voice. Our Principal Ms. Hemalatha Sooryanarayanan received the award in a function held on 7.10.2023**



**Atharva Nagendran of Class 2-B has won the 2nd Prize in Creative Art Contest conducted by Craftbox in Chennai.**





Srinica of Class III participated in Children's Day competition on 12th October and secured 3rd prize in National song singing at Agarwal Vidyalaya, and junior college, No.54, E V K Sampath Road, Vepery, Chennai -7.



S.P.Nehasri participated in NOVA world record competition and won medal.

She stayed in Maha Mudra (rabbit pose) for 10min and become a record holder.

P.R.Harshita of VI D has secured first place in common and special categories and won the championship in State level Yoga competition held at Queen Mary's College, Chennai, presided over by Honourable Sports Minister of Tamilnadu, Mr.Udayanidhi Stalin.







Advika 7D, Chennai district held at Sportify Sports Arena August month 18 to 20 she got 1 Gold and 2 silver

SriVaishnavi, Class I A, got bronze 🥉 medal, 15th Kanchipuram district meet competition 1000 mm

