



**The Study**  
**L'école Internationale**

# "Cyber Chronicles"

## ~~ Of The Study ~~

*3<sup>rd</sup> Quarter*

*Fêtes & Feats*

*2020-21*

*Leitmotif*

*Rejuvenation*







# The Study-L'école Internationale

## Dr.K.M.Cherian Educational Society

(Affiliated to CBSE, New Delhi. CBSE Affiliation No. 2930004)

Pondicherry-605014



Month: January'2021

Edition No: 3

## EDITORIAL

**“We must always change, renew, rejuvenate ourselves; otherwise, we harden.”**

**- Johann Wolfgang von Goethe**

As the saying goes we did have a change in our life style though, in a different way staying indoors, adapting ourselves to the new normal.... but, now we have rejuvenated and are fresh like the rays of dawn, soft like the tender leaves, clear like the falling showers, sweet like the redolence of spring and enchanting like the chirpings of birds.

The past year has taught us many enduring things: care, love, bondage, sharing, affection etc., that will peregrinate with us for a lifetime.

With all the past experiences and more knowledge on life and the tough lesson it has taught us, we have started to look back and follow our ancestral type of life style-giving importance to herbs and traditional way of cooking. Our children have also adapted to them and have tried their hands in one of its kind - thippili rasam, started to hate online activities which was reflected in their picture telling us a story.

Nature is one of the best examples of rejuvenation to mankind.

**“Perhaps the earth can teach us, as when everything seems dead and later proves to be alive.”**

**—Pablo Neruda**

**By, Mrs. Jothi,  
Teacher**

### IN THIS ISSUE

- Rejuvenation – Re-boot your life.
- Get your eyes ready- these are pretty tricky
- Thippili Rasam
- A picture - telling story
- India's who's who?
- The dawn of a new nation
- நீரின்றி அமையாது உலகு



# "Cyber Chronicles" ~~ Of The Study ~~

Month: January'2021

Edition No: 3

**"Rejuvenate the soul first; then rejuvenation of the mind and body will follow"**

**~Unknown**

My dear Students, Teachers and Parents... I am glad to meet you all through this first Newsletter of 2021.

It'll be a few more suns till you get your daily work chronology back on track and life sorted as it was before the pandemic. While nothing beats the freshness and energy we bagged by stepping outside for morning walks or workouts or meeting up with friends, making peace with our prevalent situation and staying indoors was the smart move we had to make for the past few months in 2020.

I can imagine how our minds played host to chaos when the lockdown set in... Now it is time to bounce back to normalcy as we slowly move out of the confines of the four walls...



I reckon things will take a turn for better soon enough but keeping our mind at ease and rekindling the scattered energy is a task that can be easily achieved in the comfort of our homes. I have a few tips to Rejuvenate our mind, soul and body and Gear up for the new life coming in 2021

- Thank your creator for every new day as you greet a new dawn
- Greet the Sun early in the morning and get some fresh air.
- Get Your Motor Running with Daily Exercise
- Looking Fresh is as Important. So pamper your body and skin.
- Healthy and clean eating should be focused on.
- Read a Book
- Delight yourself by learning something new everyday
- Spend quality time with your Family
- Declutter your Home
- Listen to good Music
- Make a video of your talent display
- Make at least one person smile with your good deed.

Now that you know these best things to do during lockdown, beat the boredom and lethargy of this challenging period by trying it out, if not all, at least a few.

I pray that we rejuvenate with the help of the divine force and stay fit as a family and as a community.

"Life is ten percent what you experience and ninety percent how you respond to it."

Let us choose the right response moving towards Rejuvenation

**Dr. Alice Abraham Chacko**  
Principal



# "Cyber Chronicles" ~~ Of The Study ~~

Month: January'2021

Edition No: 3

## Rejuvenation – Re-boot your life.

**“Often when you think you’re at the end of something, you’re at the beginning of something else.”**

**~ Fred Rogers.**



When the ill-conceived lockdown was announced, it created panic, instilled fear and uncertainty. Despite the suddenness of being locked in our homes there was one thing instilled in all of us which kept us moving that we will one day move towards the better - hope.

The COVID-19 pandemic had changed education scenario. Schools were shut all around the world. The whole world came to a standstill. Educationalists were wondering about the education of the students. As a result education had changed dramatically with the distinctive rise of e-learning where teaching was taken on digital platforms. Online learning which came as a panacea for the crisis was increasingly seen as a new paradigm in education.

With this sudden shift from classroom to online platform there were challenges to overcome. Some students without reliable internet access and technology struggled to participate in digital learning. It took sometime for the teachers, students and parents to adapt to the change. Even before COVID there was already high growth and adaptation in the education technology.

Though the online classes are a gift to the student and teaching community, it has got its negative sides as well, the students missed peer learning, physical interactions with teachers and students mainly PT classes.

This COVID has taught me that the world is interconnected. Life is precious. Be grateful for what we have. Hygiene, exercise, food habits helps, family, friends, Health and happiness are truly important in life. Showing gratitude matters more than our needs and our wants. We learnt that we are stronger than we know.

**Mrs. Sujatha Anandavijayan**  
**Academic Coordinator-Secondary School**

## READY for REJUVENATION !

Status quo leads to stagnation. Challenges facilitate rejuvenation.

Is the statement easy to follow in life ? The answer is 'yes' and 'no'.

'No', if you find comfort in the dormancy of situation s; and, 'yes' if you seek growth in the vibrancy of changing circumstances.

Personal perspectives give direction to the responses and eventual action, or, inaction.

Covid-19 was one such universal challenge presented to is in 2020. While many drowned in the cesspool of the pandemic, a few surfed the wave with ease and vigor.

The Study rode the unceasing 2020 wave like a seasoned surfer, learning on the go, shifting the teaching-learning process to the virtual school !

And now, as we enter the new waters of 2021, we are ready to start anew, yet again, to adjust to the changed scenario of resuming in-person classes in our beautiful campus. It is time to break the status quo of virtual school and face the challenges of a new normal.

Social distancing, masks, sanitizer, temperature checks, odd-even system etc are the new buzzwords in school. These are here to stay for now. Navigating these points to provide a safe and productive school day, everyday, to our students, needs rejuvenation in commitment and approach of our staff. We are upto the challenge !

When faced with challenges, choose 'rejuvenation' over 'hibernation' !

**Ms. PUNITHA LAKSHMI**  
**Teacher**



# "Cyber Chronicles" ~~ Of The Study ~~

Month: January'2021

Edition No: 3



## **The Study bags Top City Wise CBSE School Award**

The Study Lecole Internationale, promoted by Dr.K.M.Cherien Educational Society, has been ranked No.1 in the 'Top City Wise CBSE School' category in Pondicherry. Education Today, a leading online education portal presented the award to Mrs.Sandhya Cherian, Correspondent of The Study at the 'India School Merit Awards 2020'. This honour for the academic year 2019-2020 carries a plaque and a certificate.

This event was part of the 8th National Conference on K-12 Leadership held at Chancery Pavilion, Bangalore on January 23, 2021. Over 350 delegates and decision makers comprising of Managements, Principals and Administrators from more than 150 school attended the conference. The theme of the awards was 'Rewarding Excellence in Education' in the K-12 sector. Eminent speakers held panel discussions with participants and addressed the gathering on a range of topics relevant to the education sector.

This award is one more feather in the cap of The Study, as it completes its 15th academic year since commencement. It is noteworthy that Atal Tinkering Lab has been set up at The Study with a grant-in-aid from Government of India, to promote a culture of innovation among the students.

Mrs. Sandhya, the awardee on receiving the plaque and certificate on the stage congratulated the Principal and appreciated the team of staff of The Study for working towards this achievement.

Dr.K.M.Cherien, The Chairman, a visionary has enriched the school campus with unique herbal, Navarathna and Zodiac gardens and Miyawaki forest, opening avenues for the staff and students to be closer to nature and to learn about the importance of indigenous plants and pass on the rich culture to the future generations.

Dr.Sanjay Cherian, The Vice Chairman, appreciated the Hybrid model of Blended learning and education that The Study has adopted during the pandemic which is one more reason for the school to stand a cut above the others.

The Study will continue to hold high the vision and mission of our school striving towards excellence.

**Ms. PUNITHA LAKSHMI**

**Teacher**



### Christmas Celebration

Terror, fear and loneliness were the cuffs that held us back from having smile on our faces in the month of Joy. When the announcement came that the lockdown was released nothing could make us more happy than the joy of coming back to school.

Oh! How could I forget it was the month of December wasn't it, Christmas was on its way. The teachers gathered up and decided that we were going to have a Christmas celebration in our school. We were all excited to know how was this going to take place. Then, the idea of a Christmas play came to our mind. A set of students were asked to come to school to enact a role in the play. The most exciting part was when we got to know that our act would be shot and telecasted live on YouTube. We all felt like celebrities for a minute.

The air was crisp and warm just like at home when cakes were baked in the oven, the cameras clicked now and then just like the bells of Christmas. When all was set and done we were all ready for the final reveal of the Christmas play on 22nd. The day arrived; we were all at the edge of our seats to know how we enacted the play. The time of reveal came, the show was a true delight to our eyes the whole team had given a wonderful show.

At the end of the play we all realized that Christmas is not about decorated trees, glittering lights or bells; it is the smile that we bring and the happiness that we share about the love of Christ to all .This Christmas celebration was one of a kind and taught us great value.



Jessica  
XI std

### The Dawn Of A New Nation

Out of the night that covers us,  
Under the dust of a chained people.  
That dying ember of a nation once strong,  
Now fanned and fueled by the voice of one.

One individual, one idea, one hope, and a single voice.

The pummeling of oppression now made null  
By the shield of unity amongst many hearts.  
Unity, honesty, respect, and hope now a shield from hurt.

That ember fanned, into a raging storm, of voices heard,

A storm that now takes over all, renewing and purifying.

Lighting the generation with a burning need...

A desire,  
A hope, And a Cause, now the reason to take back!

Take back what was stolen, take back what was rightfully ours, the right to freedom!!

To lay waste to the shackles of oppression and let  
rise a new unified nation

Sauman  
X - B

### THE ESSENCE OF READING BOOKS

Reading is vital because it is how we discover new things and reading develops imagination.

“A book is like a garden carried in the pocket “

Books put idea, words, mindsets and experiences of authors. Books are sweet, their pages are sweet, words are sweet, punctuations are sweet, the smell of new books is sweet, and the yellowish torn pages of old books are sweet. It is believed that reading is the food for brain.

Here are few benefits of reading:

- ❖ Reading exercises brain and books boosts knowledge.
- ❖ Reading increases vocabulary and builds communication skills.
- ❖ Reading activates our brain.
- ❖ Reading helps us sleep better.
- ❖ Science shows that reading has health benefits and cutting stress.

So let's start reading books and develop knowledge.



“Reading is a passport to countless adventures”.

S. Madhuvanthe.  
VIII - D



## La Lune

Ce soir, la lune est cassée,  
Il en manqué un grand morceau  
Car il est tombé dans l'eau  
Parmi la vague irisée.  
Le brochet, la fruite et l'ombre  
En dû tous avoir grande peur  
Et l'on voit une lueur  
Qui tremble au fond de l'eau sombre

**Ritinghar Chowdary,**  
**Niveau: VIII-A**

## हम में यौवन...

मानवों में ही अद्भुत गुण होता है पिछले अनुभवों से कुछ सीखकर सुधार लें और प्रगति पावें। इसी वजह है प्रायः मानव अपने को शक्तिशाली एवं हमेशा युवा महसूस करने लगते हैं। चलो ज्वलंत उदाहरण है। मौसम में बदलाव देखकर लोग पहले डरते थे। हर साल तूफान से बचने के लिए कई कई उपायों को ढूँढते रहते थे। और कमियों को दूर करने के लिए प्रयत्न करते थे। आजकल निवार जैसे विनाशकारी तूफान भी घुटने ले चुके। कारण सरकार एवं कई समाज सेवियों की सहृदयता के कारण मानवों को समुदाय शक्तिशाली निवार को शक्तिहीन बनाने में कामयाब मिला। इस सफलता का मुख्य कारण है लोग समस्याओं को डटकर मुकाबला करने की शक्ति पा चुके हैं। इसी शक्ति जब हम हमेशा अपने को फिर से युवा बनाने में यानि कायाकल्प पाने में कामयाब हुए हैं।

**के . रविशंकर**  
**हिन्दी अध्यापक**

## कायकल्प

वह प्रक्रिया जिसमें कोई अपनी खोई हुई ताजगी ऊर्जा आदि पुनः प्राप्त कर लें। औषध के द्वारा वृद्ध या रुग्ण शरीर को फिर से युवा या स्वस्थ करने की क्रिया (आयुर्वेद में)।

ऐसी क्रिया या व्यवस्था जिससे काया की पूरी तरह से शुद्धि हो जाय और वह अपना काम ठीक तरह से करने लगे। किसी वस्तु को नया रूप देना। जैसे

देश में विभिन्न नदी घाटियों में जल प्रबंधन संगठनों ने प्रदूषण के स्थानों को चिह्नित करके, कृषि में पोषण अंतराल को कम करने के लिए शहरी तथा ग्रामिण कचरे का उपचार करके और जागरूकता फैलाकर नदियों का कायाकल्प किया।

**आदित्य अजित**  
**दसवी कक्षा**

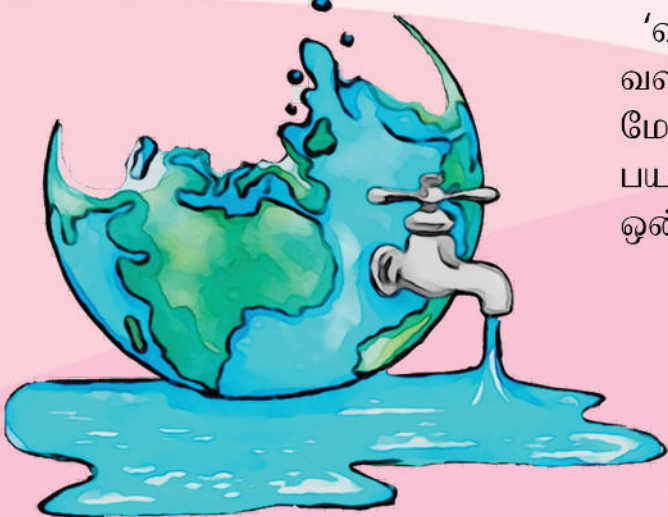
## நீரின்றி அமையாது உலகு

ஐம்பூதங்களில் ஒன்றான தண்ணீர்தான் உலகத்தின் உயிர்த்துடிப்பு. திரவத் தங்கமான தண்ணீர் இல்லையேல் இவ்வுலகில் உயிர் வாழ்க்கையைக் கற்பனையில் கூடக் காண முடியாது. பண்டைய காலத்தில் வற்றா நதிகள் பலவும் பாய்ந்து வளமிகு நாடாகத் திகழ்ந்தது நம் பாரத நாடு. இன்றோ தாகம் தீர்க்கக்கூடத் தண்ணீரின்றி தவியாய்த் தவிக்கின்றனர் மக்கள். தண்ணீருக்காக அண்டை மாநிலங்கள் ஒன்றுக்கொன்று எதிராகப் போர்க்கொடி உயர்த்தும் நிலை.

இந்த அவல நிலைக்குக் காரணம் என்ன? புவி திரண்ட நீர் ஆதவனால் ஆவியாக வான் அடைந்து கார்மேகங்களாய் திரண்டு குளிர்ந்து பெருமழையாய் பூமிக்குத் திரும்புதலே படைப்பின் சுழற்சி. ஆனால் அவ்வாறு பொழியும் மழையைத் தேக்கினாலன்றோ நீர்வளம் நிலைத்து நிற்கும்.

வருமுன்னர் காவாதான் வாழ்க்கை எரிமுன்னர் வைத்தாறு போலக் கெடும்.

என்னும் வள்ளுவப் பெருந்தகையின் வாக்கினை மனதில் நிறுத்தி, இனிவரும் காலங்களில் நீரை ஏரிகளிலும் குளங்களிலும் சேமிப்பதோடு நிலத்தடி நீர்வளத்தையும் பெருக்க வேண்டும். இதைத்தான் 'இருபுனலும்' எனத் தொடங்கும் குறளிலும் வள்ளுவர் வலியுறுத்தியுள்ளார்.



‘வான் நோக்கி வாழும் உலகு’ சிறப்புடன் திகழ வேண்டுமெனில் மரங்களை வளர்த்து புவி வெப்பமடைதலைத் தடுப்போம் மழை பெறுவோம். நீர் மேலாண்மையை மேற்கொண்டு நீரைச் சுத்தமாகவும் சிக்கனமாகவும் பயன்படுத்துவோம். இயற்கையோடு இயைந்த வாழ்வே இத்தரணியில் சிறந்த ஒன்று என்பதை உணர்வோம். நன்றி

**கோ.மு.மனோஜ் கார்த்திக்**  
**VI-EL**



## MY VIRTUAL FIELD TRIP- AMUL ICE CREAM FACTORY

I enjoy picnics. The school picnic is a lovely experience that engages Teachers and students into a world of fun that can never happen in classrooms. It is an occasion that we all look forward to. This year due to the pandemic, our school took us on a virtual field trip. It was conducted on July 9th 2020. I was wondering how it would be! Whether it would be fun or boring? But to my surprise, it was quite interesting and I enjoyed it to the fullest. The trip was to AMUL ice cream factory, which was a surprise for all of us. I was watching the video with so much curiosity to see how my favourite dessert is being prepared. I was able to learn how milk collected from farms retain their standards by different levels of quality checks. I learnt that ice cream is rich with nutrients such as Vitamin A and calcium. It is yummy too! I am thankful to my school for arranging this virtual trip instead of cancelling the school trip. I loved it!!!

- Adwitha,  
VI-C



## TRIGONOMETRY

Trigonometry is based on the survey of right angled trigons. This is a signifier of geometry that developed out of the survey of stars. Trigonometry simply means calculations with triangles. It's actually a study of relationships in mathematics involving lengths, heights, and angles of different triangles.

This field emerged during 3rd century BC. Now, before going into the details of its applications, let's answer a question, have you ever wondered that what field of science was first used in Trigonometry? The immediate answer expected would be mathematics, but it doesn't stop there, even physics uses lots of concepts of Trigonometry. Another answer according to Morris Kline in his book named –“Mathematical Thought” from ancient to modern times, proclaimed that Trigonometry was first developed in connection with astronomy, with applications to navigation and construction of calendars. An illustration of it being used in technology is by Egyptians who utilizes it for the construction of their pyramids.

By composing this study on Trigonometry, I've learnt that it's used for many practical applications such as pilotage, edifice, etc.... Overclip, the topic of Trigonometry has evolved from theorems on ratios of sides of trigons that assists uranologists to figure out how far we are from other parts of the existence.

Srinidhi  
X D

## KAMALA DEVI HARRIS has inspired history by becoming first female, first black and first Indian American vice President elected of the United States for 4 years.

She was picked by Democratic Presidential candidate Joe Biden to defeat Donald Trump. She is known as the “FemaleObama”.

She was born on October 20th, 1964 in Oakland California, to two immigrant parents, a black father, Donald Harris from Jamaica, and her mother Shyamala Gopalan, a cancer researcher from Chennai.

After her parents divorced, she was raised by her Hindu single mother with her younger sister Maya.

After studying political science and economics at Howard University, she earned a law degree from Hastings college and became Attorney General of California.

She will be a role model to women and girls.

"Because every little girl watching tonight sees that this is a country of possibilities, and to the children of our country, regardless of your gender, our country has sent you a clear message: Dream with ambition, lead with conviction and see yourselves in a way that others may not, simply because they've never seen it before. But know that we will applaud you every step of the way," she said.



HEERAGNANOU  
8<sup>TH</sup> - C



## A PICTURE - TELLING STORY

### THE EYES



It felt weird sitting all alone in my room and playing video games. Feeling them watching me. They were everywhere; omnipresent as well as omnipotent. Their cold stare on the back of my neck sent shivers down my spine. Even when I couldn't see them, while I was lying in bed, I could feel it. With every passing day I felt like my social anxiety was slowly consuming me. Yes, you will be able to see the tranquil smile on my face, but behind that façade, my mind going crazy, making the world a blur. It felt like everyone is watching my every move, scrutinizing my every step, jeering at everything I did.

One of my classmates came over to me the other day to say 'hi'. No, I will not allow this; I whispered under my breath, I will not allow another judgmental person into my life. Sheila stood there, befuddled as she watched me have a minor mental breakdown. But, what I did next baffled me. I looked up, smiled at her and said 'hi' back. A warm smile appeared on her face as she started to make conversation. This did not seem at all like me, but I actually started to reciprocate. Words just poured out of me, like it never had before and before I knew it, we were friends.

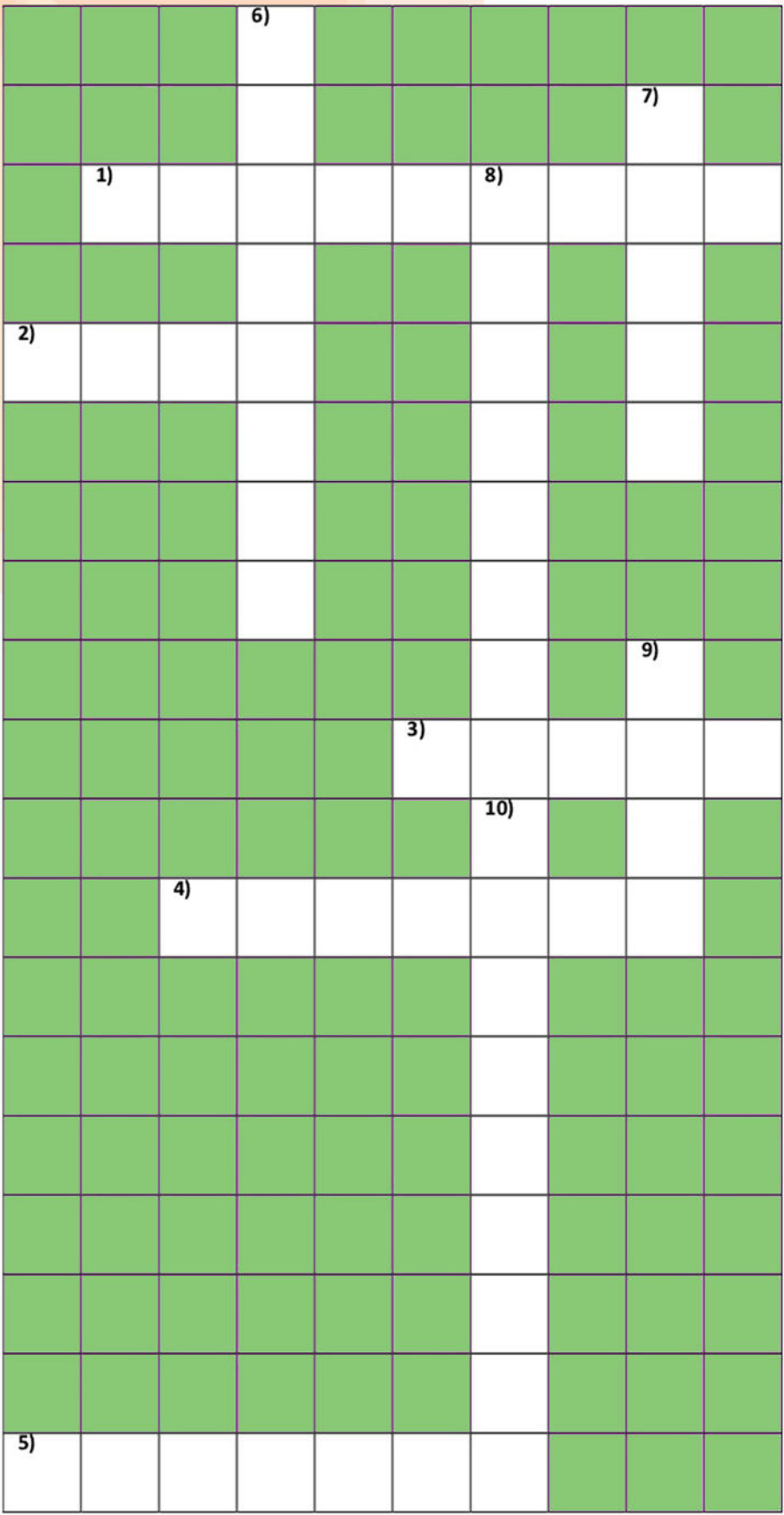
I'd walk down the street everyday to school next to her as she would crack her sentimental jokes. She was exactly like me, except the complete opposite. Having a friend actually changed things....a lot of things. They disappeared. The eyes disappeared one by one, day by day. This was a very slow process, mind you. Now I could sit and play video games without feeling them watching me, I could eat lunch without them staring at me and I could live without them glued on my every action. Soon I had an entire group of people walking behind and beside everyday on the way to school. I never used to be alone, the eyes were always there, but now instead of eyes, I have kindred souls next to me. The social anxiety never went away though; it was just buried in the depths of my soul, completely forgotten. Everything was okay.

**SAI VARSHA**

**X- A**



Crossword Puzzle



Across

- 1) Which reptile can focus both its eyes separately to look at two different objects at the same time?
- 2) The Giant Panda is the recognized symbol for the Wildlife Conservation Movement. Which species is the symbol for extinction?
- 3) Produced by certain animals which precious item contains nacre?
- 4) Which country has no wild snakes?
- 5) Which is the group of birds on the Galapagos Islands that Charles Darwin studied to establish his theory of evolution of species?

Down

- 6) Which marine animal’s egg-case is commonly known as the mermaid purse?
- 7) The word is actually derived from the phrase “Sound Navigation and Ranging”?
- 8) Due to the Earth’s curvature the amount of solar energy received varies according to the \_\_\_\_\_.
- 9) Adult flamingoes are easily recognized because they are large and pink in color; what color is the chick?
- 10) Master Oogway, the senior Kung Fu Master in the animated film series, Kung Fu Panda, was a \_\_\_\_\_ giant tortoise.



Parent Feedback

JKG – A - METIS GELOS

Hi, I am Dhurgha mother of PAVISHA JESSICA (JKG A). As a new joiner, I was worried there will not be any cultural event this year. But METIS GELOS broke my opinion. It was a wonderful opportunity to all the students to bring up their talents. I would say, this was one of the stress relief programme as we all had spent quality time with our family together to showcase our kids knowledge during this COVID pandemic.Thank you to all the teachers, staffs and management for well organizing the event and presenting it in a delightful way.

With the pandemic shutting us indoors, we were limited to home available materials. The supermom competition was an easy choice in this setting and so we chose it for our son. He certainly enjoyed the preparatory work, but to get him sit still in front of the camera dressed up in school uniform was an ordeal. We managed to do it, far beyond the 2 minutes time limit. My sincere thanks to video editing apps! It was a similar story for the math week. I could only manage to get him repeat after me! However, participation helped familiarize him with a few disciplines like standing still or saying a few relevant lines.

Mother: Phoebe Johnson  
Jonathan Balamurugan – JKG-A

Dear Ma'am,  
We parents of Izak maani manu JKG -A, would love to express our honest gratitude toward Study Lecole International School for carrying out on-line fancy dress program related to community helpers. Community helpers are very vital in our society;they preserve our network secure and healthy.Our ward absolutely loved being a gardener in that program and he understood the significance of Gardner and with the aid of using this occasion he conscious that it's miles accountable job.

This sort of activities is absolutely liked as it absolutely enables kids to develop up.  
We really appreciate your team for arranging this kind of events.

Thank you

Child Name: Izak Maani Manu  
Mother Name: NeethuKuriakose  
JKG A

Baby’s Night out

It was very nice mam she enjoyed it with her sister beside her through the online baby's night out.

VruthiArunjunai - SKG-A  
Mother's Name : Swetha.A

I wanted to thank all you teacher for your excellent management of what has turned out to be a successful and fun filled night out. I am sure that everyone must have told you this. Such a program involves enormous amount of time and energy -- you must have been working so hard lately for everything to fall into place as it has. You deserve now a well-earned rest.We enjoyed the programs very much; interesting classes, nice participation from the teachers and the wonderful dance they prepared for the kids. I do appreciate your painstaking work for the night out.

Baby’s Night out

The Baby s night out was a memorable experience.The kids enjoyed every moment of it.The fun filled activities not only entertained them but also provided good learning experiences for their life,fostered interaction among the kids and a sense of togetherness among them. All this would not have happened if it weren't for the meticulous planning, exemplary execution and coordinated leadership of the teachers, non-teaching staff and the Principal of The study Lecole Internationale!!!

Dr Jishana  
Mother of Rayan  
SKG B

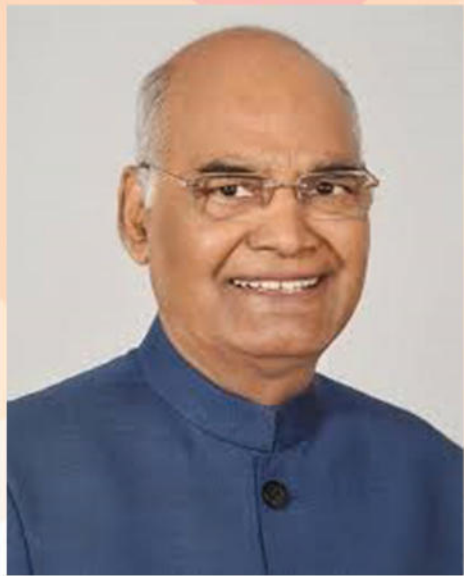
Baby’s Night out

We enjoyed baby's night out in each and every aspect. Me and my kid enjoyed preparing the rose flower face mask, learning flowers song in both English and mother tongue Tamil. At last we enjoyed the game (identifying flowers) conducted during the event. It was totally fun-filled.We thank all the teachers for making the event interesting and successful one. Keep going and we are here to support you.  
Regards

Mother's Name: Vidhyavathi  
M/O Akshaya .A  
SKG C



## India's who's who?



**PRESIDENT**  
**Shri Ram Nath Kovind**



**PRIME MINISTER**  
**Narendra Modi**



**MINISTER OF  
HOME AFFAIRS**  
**Amit Shah**



**MINISTER OF  
DEFENCE**  
**Raj Nath Singh**



**MINISTER OF  
FINANCE**  
**Nirmala Sitharaman**



**MINISTER OF  
EXTERNAL AFFAIRS**  
**Dr Subrahmanyam  
Jaishankar**



**MINISTER OF  
EDUCATION**  
**Ramesh Pokhriyal Nishank**



**MINISTER OF HEALTH  
FAMILY AFFAIRS**  
**N. Chandrababu Naidu**





**MINISTER OF  
ENVIRONMENT,  
FOREST AND  
CLIMATE CHANGE**

**Prakash**



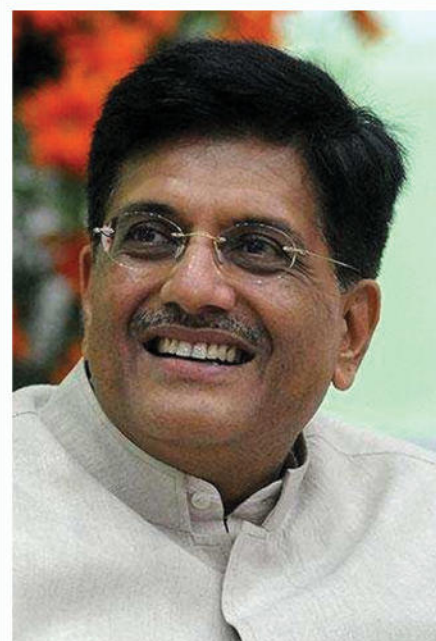
**MINISTER OF  
ROADWAYS AND  
HIGHWAYS**

**Niitin Gadkari**



**MINISTER OF  
LAW AND JUSTICE**

**R.S. Prasad**



**MINISTER OF  
RAILWAYS**

**Piyush Goyal**



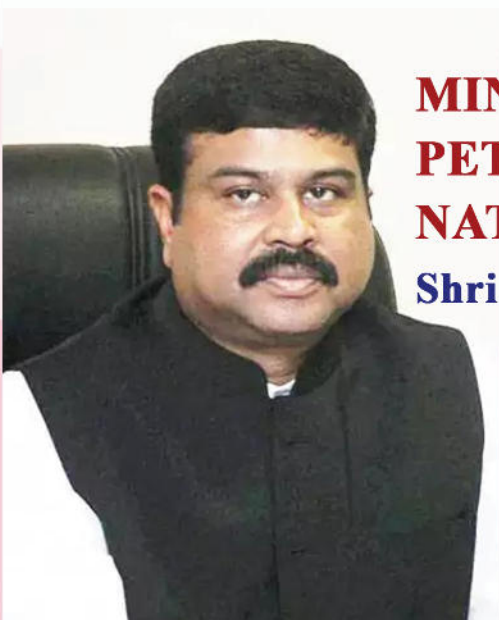
**MINISTER OF  
WOMAN AND CHILD  
DEVELOPMENT**

**Smriti Irani**



**MINISTRY OF  
AGRICULTURE &  
FARMERS WELFARE**

**Shri Narendra Singh Tomar**



**MINISTRY OF  
PETROLEUM AND  
NATURAL GAS**

**Shri Dharmendra Pradhan**



**MINISTRY OF SKILL  
DEVELOPMENT AND  
ENTREPRENEURSHIP**

**Dr. Mahendra Nath Pandey**



## Get your eyes ready—these are pretty tricky.

There are five differences between the two pictures. Find them if you can.



- SRIVATZAN S  
XI A2

## HEALTHY FOOD

- By Priemme Dominique VIII-B

### Ingredients: to roast and grind.

Cumin/jeeragam – 1tsp

Black pepper -1tsp

Thippili/long pepper -5-6 pieces

Garlic cloves – 4-5

Coriander seeds -1/2 tbsp

Toor dhal/thuvar/thuvaramparrupu -1tbsp

dry red chillies – 1-2

Some curry leaves

Oil -1tsp

For rasam making:

Tamarind extract of lemon sized(medium) ball

Mustard seeds – 1 tsp

Ghee – 1 tsp

Urad dhal – 1/2 tsp

Ripe tomatoes – 2 (can be squeezed or chopped)

Salt to taste

Jaggery – 1 small piece (or according to taste)

Turmeric powder – 1/2 tsp

Some chopped coriander

some chopped coriander and serve.

### Method:

1) First keep ready with all the ingredients listed.

2) Now add oil in a kadai and fry all the” to roast and grind” ingredients.

3) First add dhal when colour changes add coriander, garlic followed by other ingredients in the list.

4) When cool grind to a powder and keep ready.

5) In a kadai add ghee make mustard to splutter then add urad dhal followed by some squeezed tomatoes.

6) Add salt and jaggery and cook till tomatoes turn tender.

7) Now pour in the extract (check for tanginess and correct it as needed).

8) Add ground powder and turmeric powder to it. When white foam forms (don’t let it boil) switch off and add some chopped coriander and serve.

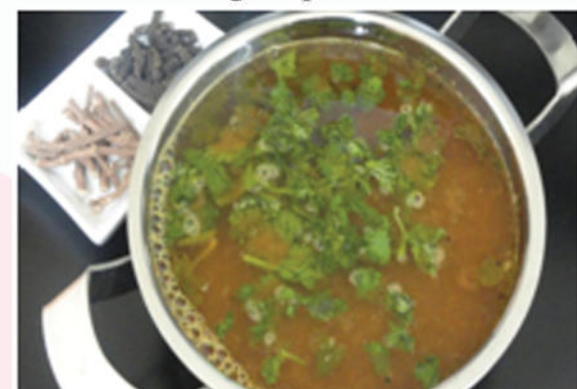
## Why healthy food is important?

A healthy diet is essential for good health and nutrition. It protects you against many chronic non-communicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet.

### THIPPILI RASAM

It is a recipe made from long pepper, and it is so divine and tasty. Tomatoes, Toor dhal and homemade masalas are the ingredients in the recipe. Long pepper, Coriander seeds, cumin seeds, and dry red chillies are ground to make the masala.

This recipe is similar to soup, in a liquid state. You can eat it along with rice, or drink it separately. Long pepper is a saviour for you in case of cough, indigestion, fever, Diarrhoea and Diabetes. It is an integral part of the Tamil Nadu village food.





Edition: 2 Quiz Answer

SU DO KU

1. The sum is 15

2	3	4	1	5
5	1	2	3	4
1	4	3	5	2
4	5	1	2	3
3	2	5	4	1

2	1	5	4	3
3	4	2	5	1
1	5	4	3	2
4	3	1	2	5
5	2	3	1	4

2. The sum is 65

2	14	16	23	10
21	8	5	12	19
15	17	24	6	3
9	1	13	20	22
18	25	7	4	11

4	10	17	21	13
16	23	14	5	7
15	2	6	18	24
8	19	25	12	1
22	11	3	9	20

MATHS QUIZ ANSWER

Q1. Ans: 22

Q2. Ans: 6

Explanation:

Looking at the diagram in rows, the central circle equals half the sum of the numbers in the other circles to the left and right of the centre.

Q3. Ans: 143547

Consider, number as : A+B+C

Now they are following this pattern:

$A+B+C = [A*B] [A*C] [(A*B) + (A*C) - (B)]$

Where: [A\*B] = First two digits

[A\*C] = Further two digits

$[(A*B) + (A*C)-(B)]$  = Last two digits

SOCIAL QUIZ ANSWER

- 1. Bihar
- 2. Sanskrit
- 3. 1993
- 4. Pacific Ocean
- 5. Article 45

PUZZLE ANSWERS

- 1. Your name.
- 2. A tennis ball.
- 3. Mississippi.
- 4. Queue.

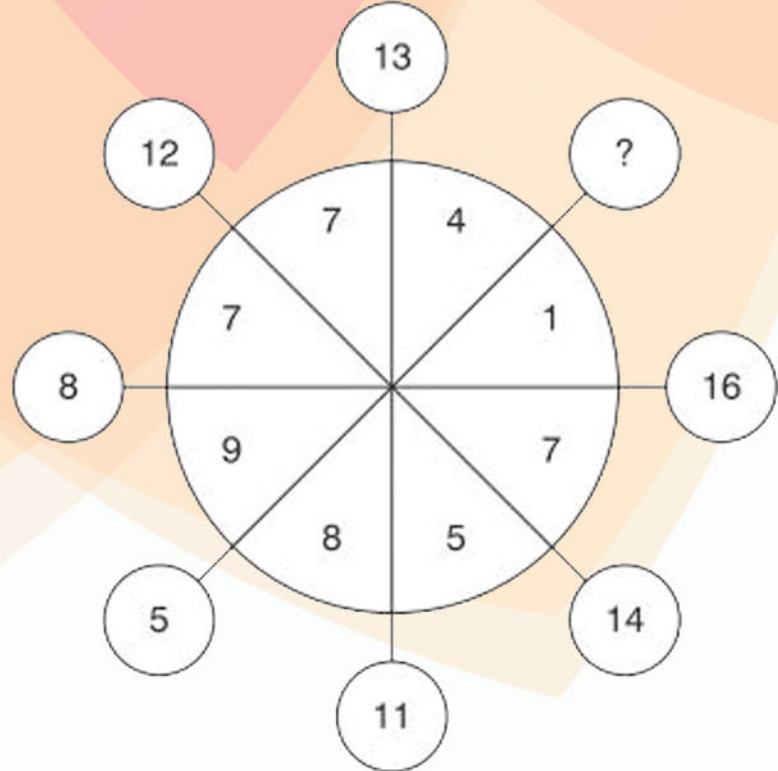
SCIENCE QUIZ ANSWER

- 1. Ans: C. 2018,
- 2. Ans: B. Spirit Rover,
- 3. Ans: A. Incubation period
- 4. Ans : A. Chromatography

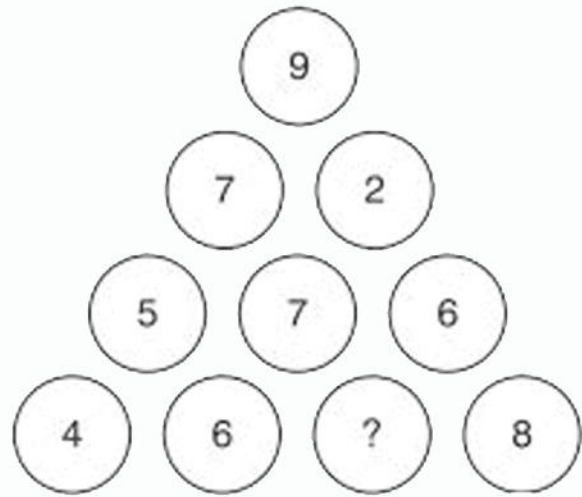


MATH QUIZ

1) What number should replace the question mark?



2) What number should replace the question mark?



3) What 3 positive numbers give the same result when multiplied and added together?

-By, **Niranjana R,**  
**X-C**

SOCIAL QUIZ

1. Who is known as the Father of Economics?
2. In which Indian state the Silent Valley National Park is located?
3. Who appoints the Members of the Finance Commission?
4. Who compiled the tales of “The Panchatantra”?
5. Which is the only perennial river in Peninsular India?

-By, **INDUMATHI B**  
**XII-A2**

PUZZLE

1. A woman is sitting in her room at night. She has no lights on, no candles, no lamp and yet she is reading. How is this possible?
2. I am something people love or hate. I change people’s appearances and thoughts. If a person takes care of themselves I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will never go down. Who am I?
3. Three playing cards in a row. Can you name them with these clues? There is a two to the right of a king. A diamond will be found to the left of a spade. An ace is to the left of a heart. A heart is to the left of a spade. Now, identify all three cards.

**I .GANESH KUMAR**  
**VIII-A**

SCIENCE QUIZ

1. Which animal never drinks water in its entire life?  
A. Kangaroo                      B. Hippopotamus  
C. Rat                                D. Kangaroo Rat
2. The oil used in the froth floatation process is  
A. Coconut Oil                      B. Olive Oil  
C. Kerosene                        D. Pine Oil
3. Main use of salt in diet is to :  
A. Ease the process of cooking  
B. Increase the taste  
C. Produce small amount of hydrochloric acid required for digestion  
D. Inclease solubility of food particles in wate
4. Fresh Yeast cells are good source of :  
A. Vitamin-B    B. Caffeine  
C. Nicotine                        D. Morphine
5. Which fungus is known as 'Green Mold' ?  
A. Aspergillus    B. Saccharomyces  
C. Mucus                        D. Penicillium

**ERIC JAMES L**  
**XI-A**



SU DO KU

Fill the missing numbers in these grids where each row and column of the big square add up to the same total.

1. The sum is 28

		4				6
3		5				
		6	4			
			2	1		
	1					2
4				6	1	
7	6		3	4		

	1	3			2	
6	2				5	
			7		6	
			4			
1						
						6
2				6		7

2. The sum is 45

			2	3	1		7	
			4		8		5	
1	7	8		9			4	
		2	9		5			7
9	6						8	3
7			8		3	5		
	4			5		6	2	1
	9		6		2			
	2		1	4	7			

	1			3		9		
2					4	3		
7				2				8
	7		3				1	
			5		6			
	6				2		8	
6				9				4
		9	6					3
		2		4			9	



### THE FOUR DAYS OF PONGAL

A BIRD NAMED JACK LIVED ON A BANYAN TREE IN TAMILNADU.

HONEY WAS A BIRD WHICH MIGRATED FROM SOUTHERN PART OF AFRICA TO INDIA [TAMILNADU]

HONEY REACHED THE BANYAN TREE WHERE JOHN LIVED.

STAYING ON THE SAME BRANCH BOTH JOHN AND HONEY BECAME VERY GOOD FRIENDS...

Both John and Honey were watching what humans were doing from the top of the tree.

PONGAL!!

John, what's going on...

PONGAL!! What's Pongal?

Pongal is a multi-day harvest festival of South Indian Tamil Community.

Yeah For sure!

ohh, Interesting. Can you explain in detail about Pongal??

The four days of Pongal are, Bhogi Pongal, Perum Pongal, Mattu Pongal and Kannum Pongal

Pongal is a four-day festival celebrated in the state of Tamil Nadu. It generally falls in the month of January.

Both John and Honey started to fly... and John kept explaining as they flew....

### 1<sup>ST</sup> DAY OF PONGAL

First day of Pongal is called as "Bhogi"

On Bhogi, people discard old and devalued things and concentrate on new things. At dawn people light a bonfire with logs of wood, old and unwanted things that are no longer useful.

### PERUM PONGAL

The Second day of Pongal is Known as Suryan Pongal or Perum Pongal.

This is the main festive day and is dedicated to the Hindu god Surya, by making a Sweet Rice Dish.

People worship the Sun god for good harvest.

### MATTU PONGAL

The word "Madu" means bull and this day is for the celebration of Cattle. Particularly bulls that play a vital role by working hard to help the farmers to raise crops in their fields.

### KANNUM PONGAL..

This is the fourth and final day of Pongal. On this day women feed the birds with rice and pray for the prosperity of their brothers.

And on this day people play many traditional games like Tax beating, Jalli Kattu, Slippery tree Climbing etc.....

Woo!! Electrifying

Come honey Let's have some Pongal

Finally....

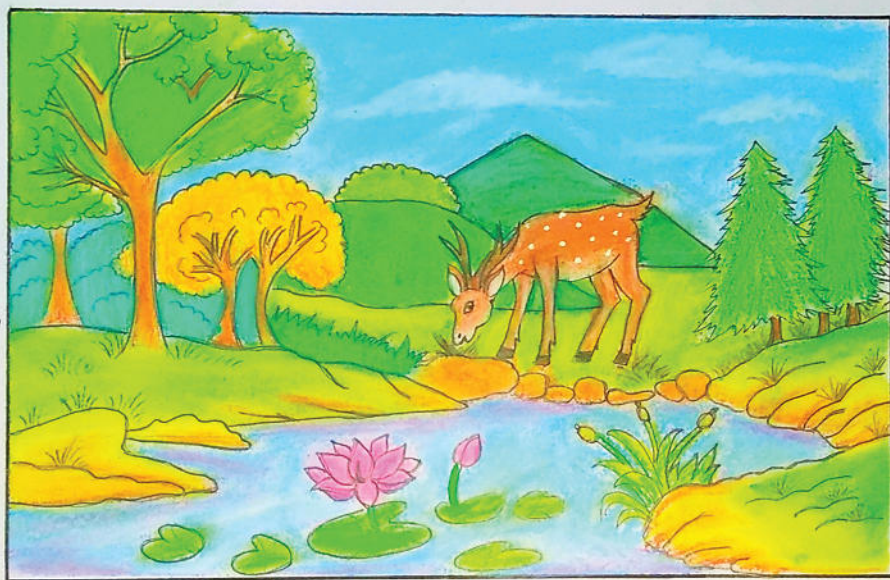
Both John and honey eat pongal happily.....

ONE YEAR LATER.....

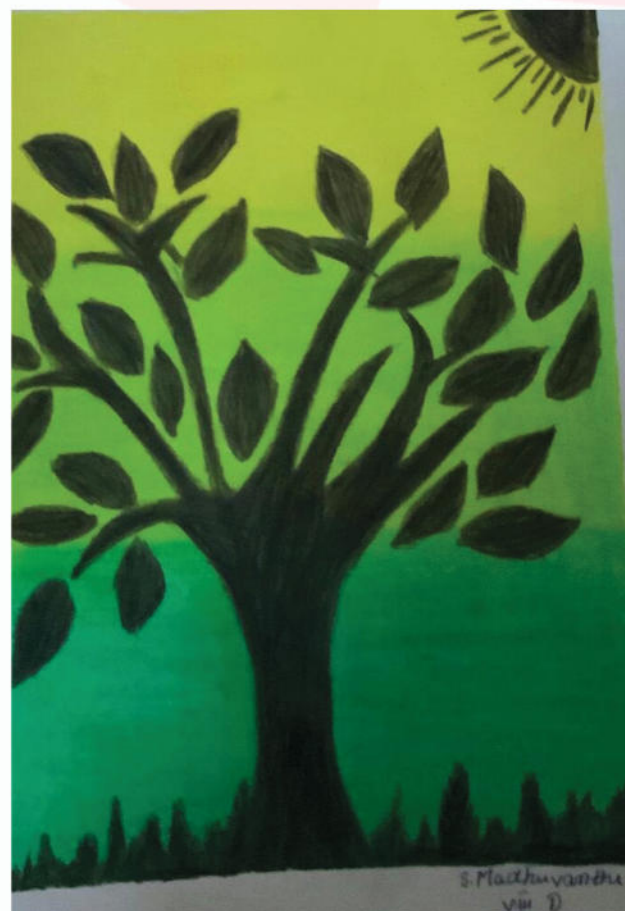
Honey brought all her friends to celebrate Pongal with Jack



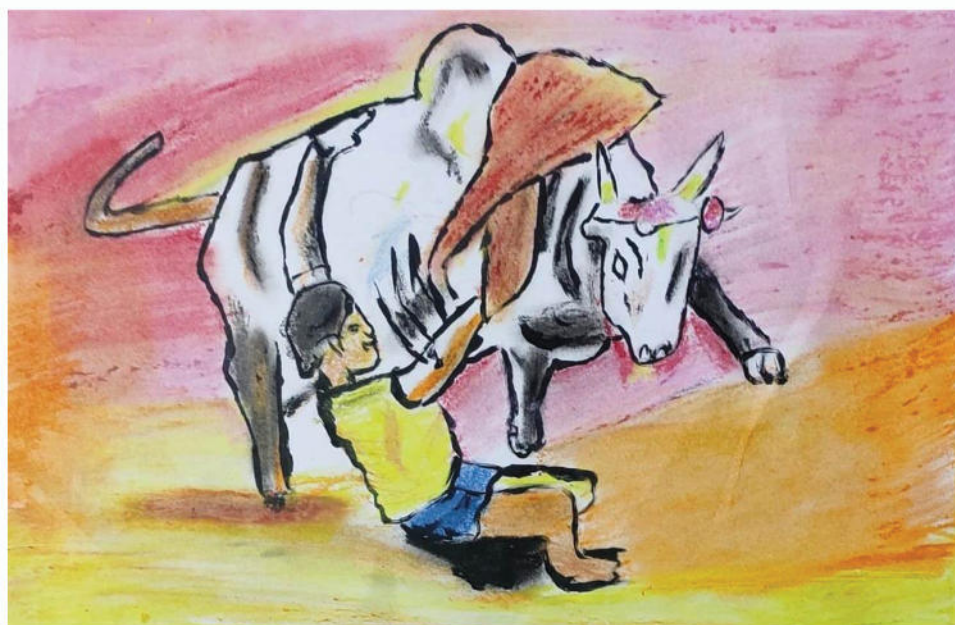
## ART GALLERY



By, M. Roshni



By, Madhuvanthe VIII-D



By, A Sai Pranaesh VI-D



By, Abigail VII-C



By, Vaishnavi Prabhakar VII-D



By, Divya Shree. M  
VII-EL



By, Ilanthoorigan SKG-C