



VIKASA

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TEACHER'S CORNER

WHY HAVING DETERMINATION IS IMPORTANT IN LIFE?

Determination is the essence of increasing your chances of being successful in a particular thing or achieving a particular goal, and it can help you to stay motivated and continue striving towards the one thing you want to achieve. Determination keeps us in control and motivated to continue along the path of achieving one goal in life. Without that, we will not be able to push through and keep moving forward when times start to get tough and it's important to know what gives you that determination to keep going and remember that answer when you are faced with adversity or a challenging situation. The reason why we should pursue long-term goal after many years and after countless amounts of setbacks and challenges that appear on our way throughout the journey is remembering what make us determined to keep going. For me that is having the opportunity to change people's lives for the better and seeing the transformation happen in front of my own eyes. That's will keep us determined in continuing to go after that long-term goal that we want to achieve even though the future is uncertain and that anything can happen in my life.

The definition of determination is when you want to do something very much and not allowing anyone or any difficulties stop you from doing it. This definition could not be any more accurate and what the beauty of determination is and why it's so important for anyone to have. Without any determination, it can lead you to give up on the one thing that you wanted to do because of the difficulty that you have faced with or what someone else has said. No one should ever give up on something that they truly want to do because everyone can achieve something if they are willing to put in the work and have a strong mind set towards overcoming the particular challenge and overcoming people who disagree with you and don't have your best interest at heart. That's the power of determination and having that by your side can make a difference to your life.



MS. VIDHYA
Primary coordinator.

A MARVELLOUS EXPERIENCE IN VMPS.

The working experience in Kindergarten is fun and that too working in VMPS kindergarten is a great boon to me where I explored all my learnt theories in to practice with my enthusiastic kids. I have evolved and sculpted myself by guidance. Here, mistakes are taken as a learning opportunity and challenge.

The unbreakable bonding between the colleagues and others creates a positive atmosphere here and makes a wonderful place for our students to learn. It is also safe place where learning happens each day for both staff and students.

It's a double joy for me when kids surround me with cute smile, their sweet words, innocent complaints and trust which build more bonding with them.

Everyday little ones put me in wonder, laugh, surprise, shock, rethink, which are mixed tons of emotions which can only be experienced and not expressed. Watching little ones progress academically and socially is an amazing feeling which none other profession can give. It's only because of the unconditional love and support of entire team and of course our kids.

As a senior kg teacher and KG Coordinator. I have taken this opportunity to learn new things and to share my innovative ideas for the growth of young minds and the institution.

The wonderful experiences, which I have gained in this kindergarten along with Happy Tots curriculum over a couple of years, are patience, adaptability and creativity. Happiness and trust, which I have received from my second home, are immense (VMPS). I thank principal ma'am for giving me this wonderful opportunity to share my thoughts and experience.

Happy working & proud working in VMPS.



MS. MAHESHWARI
KG Coordinator

INSPIRATION

"Happiness is a butterfly, which when pursued, is always beyond your grasp, but which, if you will sit down quietly, may alight upon you." Nathaniel Hawthorne

"Inspiration is all that matters". As a little boy, I had many goals. Coming from a traditional family, what I mean as a typical Indian family is every family expected to have an engineer, a doctor and what not, I wanted to be an engineer though my interest are towards music and dance. My interest towards music and dance never faded out. When I was 16 years old, I started hearing English album songs I still remember that's the moment when my first inspiration began. My inspiration is a person (Icon of pop music & the creator of famous move "moonwalk.") Pop star of the 1980s, Michael Jackson wowed audiences with astonishing dance moves. Michael displayed an amazing talent for rhythm and dance at a very young age. He could catch a step, spin it around and slot it into a beat just as naturally as if it was a musical riff. Unlike others, his dancing was not just an accompaniment to words and music; it was a key part of his performance. For example, his performance of Billie Jean from 1983, where he mixed the fast moves with the loose. He would flick and retract his limbs like switchblades or snap out of a tornado spin into a perfectly poised toe-stand. Then, he would wheel out a moonwalk.

MJ is a person who definitely an inspiration for many and the hard work he had to put in to become an inspiration are notable. Pursuing what gives us happiness is important and we should remember inspiration is all that. We should also work hard, that one day all the hard work pays by making us an inspiration.



MR. VIVEK
HOD- DANCE

YOGA & SPORTS

"Change only happens in the present moment. The past is already done. The future is just energy and intention."

Yoga:

Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind, and soul."

Why don't you try yoga for diabetes ?



Paschimottasana

Paschimottasana is one of the best asana for diabetes, nowadays not only adults even Small children are also getting affected by diabetes. We as a teachers and parents we can Prevent diabetes through yoga practices. Physical activities are vital for staying healthy with diabetes. Exercise regularly to keep you physically active. Yoga is the best option if you are looking for an exercise alternative that is soothing for your joints. It doesn't leave you huffing and puffing because yoga is not aerobic. Yoga for sugar patients involves the synchronization of body movements with breathing techniques. As a result, it soothes your nerves and facilitates chemical transformation within the cells. It activates your internal organs to balance your blood sugar.

Sports for diabetes:

- Team games
- Cycling
- Swimming
- Yoga



MS. SUMATHI
HOD-Physical Education

SPECIAL EDUCATION

Special education refers to a range of services that help kids with learning disabilities. It is the practice of educating students in a way that accommodates their individual differences, disabilities and special needs. This involves the individually planned and systematically monitored arrangements of teaching procedures and materials.

Children usually have the basic challenges as follows:

- Listening
- Speaking
- Reading
- Writing
- Memory
- Math skills
- Application oriented
- Behavioural
- ADHD (Attention-deficit/hyperactivity disorder)

The above challenges can be remediated by the special educator using appropriate remedial components.



MS. LATHA
Special Educator

ART



MR.SOUNDARRAJAN
HOD- ART

கல்விச்செல்வம்

கேடில் விழுச்செல்வம் கல்வி ஒருவற்கு
மாடல்ல மற்ற யாவை

கல்வி ஒரு செல்வம், அது செல்வத்துள் செல்வம், செல்வத்துள் எல்லாம் சிறந்தது.
கல்விச் செல்வம், நிறைவானது, முழுமையானது. எடுக்க எடுக்க குறையாத
செல்வம்.

விசுவாமித்திரரின் கல்வி ராமனைத் தெய்வமாக்கியது, தாதாஜி கொண்டதேவ்
கல்வியால் சிவாஜி மாவீரன் ஆனார் .தன் தாய் தந்த கல்வியால் நெப்போலியன்
உலகமெல்லாம் வலம் வந்தான் .அரிஸ்டாட்டில் கற்பித்த கல்வியால்
அலெக்சாண்டர் அவணி போற்றும் பெருவீரனானான் .

குழந்தைச் செல்வங்களே ! இவை அனைத்தும் கல்வியின் கவினைச்
சொல்கின்றன. கல்வி மனிதனை மனிதனாக்குவது, உங்களிடம் உள்ள
திறமைகளை நீங்கள் அடையாளம் காண வேண்டுமானால் ஆழப் படி, இவ்வுலகை
ஆளப் படி! நீயும் ஒருநாள் இவ்வுலகம் போற்றும் தலைவராக வலம் வர கல்வி
ஒன்றே உனக்கான ஆயுதம் .

கண்ணை மூடி கனிவுடன் நீ படித்தால்,
கனவில் எண்ணியபடியே உன் வாழ்க்கை.

கல்வியை வேதனை என்று எண்ணாமல்
சாதனையாகும் போது உன் போதனை உலகை எட்டும்.

உன் லட்சியத்தின் நுழைவு வாயில் தான் பள்ளி.

அறிவு எனும் பெட்டகத்தை திறக்க உதவும் ஒரே சாவி கல்வி மட்டும் தான்.

கண் போன்ற கல்வியை நீ பொன்போல பாதுகாத்தால் மண்ணுலகில்
சான்றோனாய் வாழ்ந்து விண்ணை தொடலாம்.

திருமதி. பிரியா
தமிழ் ஆசிரியை

CLUBS OF VMPS

ECO CLUB ACTIVITY



ICT CLUB ACTIVITY



GLEE CLUB ACTIVITY



BOOK CLUB ACTIVITY



COOKERY CLUB ACTIVITY



EDUCATIONAL TRIPS

Educational trip to our Neighbourhood (Senior Kg)

Educational trip to our Neighbourhood (GRADE 1)



Educational trip to Rail Museum (Grade 2 to 4)

Educational Trip to Dr. Arun's Vintage Camera Museum (Classes V to VII)



Educational Trip to Mahabalipuram (Classes VIII to X)]

Classes VI to X visited ISRO, Trivandrum on August 17, 2022. They also visited the Science and Technoogy Museum and Space Museum at ISRO.



EVENTS AND CELEBRATIONS

Investiture Ceremony at VMPS, held on 01/07/2022



Observation of Doctor's Day on 01/07/22 by our students at VMPS.



Observation of Doctor's Day on 01/07/22 by our students at VMPS.

Nelson Mandela Day



Students of classes IX and X participated in the Summer Math Program

Workshop on Youth Mental Health for the students of classes VIII to X.



INDIA WEEK CELEBRATION

Day 1 Activity by the students of VMPS from classes Junior KG to Grade 10

Day 2 Activity by the students of VMPS from classes Junior KG to Grade 10.



INDIA WEEK CELEBRATION
Day 3 Activity by the students of VMPS.

INDEPENDENCE DAY CELEBRATION



To Inculcate the Young Minds with Hospitality, Companionship, Friendliness, Greeting the Guest, Tamil Subject Enrichment Activity was Conducted for Grade X Students On 12th August 2022



International Youth Day Program held on August 12, 2022. Workshop on Youth Mental Health by Dr. Sunil Kumar Vijayan, Clinical Psychologist, Founder-Mind Zone



Ganesh Chaturthi activity by the students of Kindergarten to Class 10.



Onam activity and celebration.



Janmashtami Celebration and activity at VMPS on 18/08/22 by our students.



VMPS organised a session on how to face competitive exams for students of classes VI to X. Facilitators who are experts in the same field gave the details of how to give an insight of competitive exams and career guidance.



Ganesh Chaturthi Pooja at VMPS.



Fire Drill held at our School on 14.09.22 to bring awareness and educate safety measures among our students.



KG CORNER



STUDENT'S CORNER

DO YOU KNOW?

- **Grasshoppers have ears in their bellies**

Unlike humans, grasshoppers do not have ears on the side of their heads. Like the ears of people, the grasshopper sound detector is a thin membrane called a tympanum, or "eardrum". In adults, the tympanum is covered and protected by the wings, and allows the grasshopper to hear the songs of its fellow grasshoppers.

- **Octopuses have three hearts, nine brains, and blue blood**

Two of the hearts work exclusively to move blood beyond the animal's gills, while the third keeps circulation flowing for the organs. When the octopus swims, the organ heart stops beating, which explains why these creatures prefer to crawl rather than swim (it exhausts them).

An octopus also has nine brains. There's one 'main' brain where all the analysis and decision making takes place and eight ancillary brains, one at the base of each arm, that function as preprocessors for all the information obtained by that arm.

Our blood is red due to the fact that it contains iron-based haemoglobin to transport oxygen to cells. Octopuses, on the other hand, use the copper-based cyanoglobin, which is blue in colour and performs the same function.

- **Hot water freezes faster than cold water**

In certain conditions, hot water can freeze faster than cold water, a counter-intuitive phenomenon known as the Mpemba effect. There is a number of proposed explanations for the Mpemba effect, including faster evaporation of hot water that reduces the volume left to freeze, the formation of a frost layer on cold water that insulates it, or different concentrations of solutes such as CO₂. The phenomenon is named after schoolboy Erasto Mpemba from Tanzania, who in the 1960s claimed in his science class that ice cream would freeze faster if it was heated first before being put in the freezer.

- **Earth's oxygen is produced by the ocean**

Have you ever stopped to think where oxygen comes from? Your first thought may be a rainforest, but here's a cool science fact for you: We can thank plant-based marine organisms for all that fresh air, according to the National Oceanic Service. Plankton, seaweed, and other photosynthesizers produce more than half of the world's oxygen. While we may know the answer to this question, scientists still can't explain these other ocean mysteries.

- **A cloud can weigh around a million pounds**

Your childhood dreams of floating on a weightless cloud may not withstand this science fact: The average cumulus cloud can weigh up to a million pounds, according to the USGS. That's about as heavy as the world's largest jet when it's completely full of cargo and passengers.

- **Soil is full of life**

In just one teaspoon of soil, there are more microorganisms than people on the planet. "Millions of species and billions of organisms, bacteria, algae, microscopic insects, earthworms, beetles, ants, mites, fungi, and more—represent the greatest concentration of biomass anywhere on the planet," according to the U.S. Department of Agriculture.

- **Bananas are radioactive**

Here's a random fact about one of your favorite foods: Bananas contain potassium, and since potassium decays, that makes the yellow fruit slightly radioactive. But don't worry—you'd need to eat ten million bananas in one sitting to die of banana-induced radiation poisoning.

- **There are more trees on Earth than stars in our galaxy**

Here's a cool space fact (and an Earth fact) we bet you didn't know: NASA experts believe there could be anywhere from 100 billion to 400 billion stars in the Milky Way. However, a 2015 paper published in the journal Nature estimated that the number of trees around the world is much higher: 3.04 trillion.

- **A flea can accelerate faster than a space shuttle:**

A jumping flea reaches heights of about 8cm in a milli-second. Acceleration is the change in speed of an object over time as caused by gravity (measured in g's). Fleas experience 100g whereas the Space Shuttle peaks at around 5g.

- All the ants on Earth weigh about as much as all the humans.

The total population of people who are alive on Earth hasn't even hit 8 billion. At the same time, there are 10 quadrillion (10,000,000,000,000,000) individual ants crawling around at any given time. According to wildlife presenter Chris Packham, who appeared on the BBC in 2014 to discuss this, when combined, all of those ants would weigh about the same as all of us humans.

- You can hear a blue whale's heartbeat from two miles away.

The blue whale's heart weighs about 1,300 pounds, roughly the size of a small car. To move blood through its colossal body and arteries, its heart beats so powerfully, you can hear it from two miles away. You just might miss it, though, as its heart only beats eight to 10 times per minute.

- There's a bridge exclusively for squirrels.

To provide safe passage to squirrels attempting to cross the N44 motorway, Netherlands officials built a rodent-only bridge. While it may have been a kind-hearted gesture, it might not have been the most economically sensible one: costing £120,000, over a two-year span the bridge was used by just five squirrels in two years. "In 2014 three squirrels, and in 2015 two squirrels, were spotted on the bridge," the government said in a statement.

- Roosters have built-in earplugs

Considering a rooster's call can reach 140 decibels or louder, it might leave one to wonder how the rooster itself keeps from going deaf when that noise is coming right out of its beak. It turns out, the farm fowl have built-in earplugs. Researchers found that when a rooster opens its beak to crow, its external auditory canals close off, preventing sound from coming in and doing any damage.

- The city of Boring has a sister city called Dull.

The Oregon city of Boring, named after founder William H. Boring, has claimed the village of Dull, in Perthshire, Scotland, as its sister city. Oregon's governor named August 9 to be the official Boring and Dull Day throughout the state.

YASHVASIN
GRADE : 5 'B'

CHANGING TIME MAKES HUMAN CHANGE

This story is about a boy named Chris. He was a very clever boy. In his childhood there was no such craze of electrical devices like mobile phones, laptops, pc's etc as he was born in early 2000's. He passed his 10th grade with 95% but then time changed. Every student of his age got their own phones including Chris. Chris was very good at studies but change of time made him a game addict. He was very addicted to games. Instead of paying attention towards studies he started paying more attention on games. He was mad behind the games, his parents were not allowing him to play games but Chris was addicted he never listened to his parents.

When time came to give his exam for 12th grade he was not prepared. He got very less mark in his 12 th board exam. By seeing this there was no change in his action. He didn't feel anything for his low marks but the world around him didn't accept him, his relative, friends, everyone in his surrounding started speaking about him that the boy who got 95% in 10 th grade has failed.

Chris was saying that games can make his carrier but no one listened to him because all these things were new for everyone. After listening to all the criticism he felt ashamed and frustrated then he took a decision that he would revise the same grade and get good marks. He started his same grade with full confident; he stopped using phone and playing games etc. He was very confident that he will do it and he did so.

After few years Chris was the owner of company who makes games and he proved that there is carrier in games. At last he came to know that humans should change with time but there should be a limit for everything, if not then time makes world not to accept him/her.

ABDUL WAHHAB
GRADE:9

Math Puzzle

3	X	8	=	24	22			
	+				+			
		7			23	+	15	= 38
			=			=		
		15	X	3 = 45				
					:			
					9	X	7 = 63	
						=		
12	-	7	=	5				-
								27
								=
:								
6					9	X	4 = 36	
						:		
2					15	x	3 = 45	
						=		
					3	X	27 = 81	
						:		
					16	-	7 = 9	
						=		
								9

RAGALA PRAVANEESH
GRADE: 6 B

हिन्दी

हिन्दी जिसके मानकीकृत रूप को **मानक हिन्दी** कहा जाता है, विश्व की एक प्रमुख भाषा है एवं भारत की एक राजभाषा है। केन्द्रीय स्तर पर भारत में सह-आधिकारिक भाषा अंग्रेजी है। यह हिन्दुस्तानी भाषा की एक मानकीकृत रूप है जिसमें संस्कृत के तत्सम् तथा तद्भव शब्दों का प्रयोग अधिक है और अरबी-फारसी शब्द कम हैं। हिन्दी संवैधानिक रूप से भारत की राजभाषा और भारत की सबसे अधिक बोली और समझी जाने वाली भाषा है।

भारत की जनगणना २०११ में 57.1% भारतीय जनसंख्या हिन्दी जानती है जिसमें से 43.63% भारतीय लोगों ने हिन्दी को अपनी मूल भाषा या मातृभाषा घोषित किया था। इसके अतिरिक्त भारत, पाकिस्तान और अन्य देशों में 14 करोड़ 10 लाख लोगों द्वारा बोली जाने वाली उर्दू, व्याकरण के आधार पर हिन्दी के समान है, एवं दोनों ही हिन्दुस्तानी भाषा की परस्पर-सुबोध रूप हैं। एक विशाल संख्या में लोग हिन्दी और उर्दू दोनों को ही समझते हैं। भारत में हिन्दी, विभिन्न भारतीय राज्यों की 14 आधिकारिक भाषाओं और क्षेत्र की बोलियों का उपयोग करने वाले लगभग 1 अरब लोगों में से अधिकांश की दूसरी भाषा है। हिन्दी भारत में सम्पर्क भाषा का कार्य करती है और कुछ हद तक पूरे भारत में सामान्यतः एक सरल रूप में समझी जानेवाली भाषा है। कभी-कभी 'हिन्दी' शब्द का प्रयोग नौ भारतीय राज्यों के सन्दर्भ में भी उपयोग किया जाता है, जिनकी आधिकारिक भाषा हिन्दी है और हिन्दी भाषी बहुमत है, अर्थात् बिहार, छत्तीसगढ़, हरियाणा, हिमाचल प्रदेश, झारखण्ड, मध्य प्रदेश, राजस्थान, उत्तराखण्ड, जम्मू और कश्मीर (२०२० से) उत्तर प्रदेश और राष्ट्रीय राजधानी क्षेत्र दिल्ली का।

हिन्दी और इसकी बोलियाँ सम्पूर्ण भारत के विविध राज्यों में बोली जाती हैं। भारत और अन्य देशों में भी लोग हिन्दी बोलते, पढ़ते और लिखते हैं। फ़िजी, मॉरिशस, गयाना, सूरीनाम, नेपाल और संयुक्त अरब अमीरात में भी हिन्दी या इसकी मान्य बोलियों का उपयोग करने वाले लोगों की बड़ी संख्या मौजूद है। फरवरी 2019 में अबू धाबी में हिन्दी को न्यायालय की तीसरी भाषा के रूप में मान्यता मिली।

'देशी', 'भाखा' (भाषा), 'देशना वचन' (विद्यापति), 'हिन्दवी', 'दक्खिनी', 'रेखता', 'आर्यभाषा' (दयानन्द सरस्वती), 'हिन्दुस्तानी', 'खड़ी बोली', 'भारती' आदि हिन्दी के अन्य नाम हैं जो विभिन्न ऐतिहासिक कालखण्डों में एवं विभिन्न सन्दर्भों में प्रयुक्त हुए हैं।

वी० चेंचू नेत्रानन्द
कक्षा -छठी-बी

தன்னம்பிக்கையின் மறுபெயர் நான் - கவிதை

வெற்றி விலாசத்தின் எடைக்கல்
 விளம்பர மோகத்தின் தடைக்கல்
 வாழ்க்கை வாசலின் படிக்கல்
 வையத்தில் வீசும் வைரக்கல்
 களிப்பு சிம்மாசனத்தின் மினுக்கல்
 எனக்குள் இருக்கும் நம்பிக்கைக்கல்
 நாளைய உலகம் நமதல்லவா|
 நம்பிக்கை நோக்கும் விழியல்லவா
 வெற்றி உரைக்கும் மொழியல்லவா
 வீரம் செறிந்த பண்பல்லவா
 சிந்தனைப் பயிரை விளைத்திடுவோம்
 சஞ்சலம் மனத்தில் அழித்திடுவோம்
 கற்றலில் மேன்மை அடைந்திடுவோம்
 கவினுறு உலகம் படைத்திடுவோம்.

தகஷிதா
ஒன்பதாம் வகுப்பு

புவியைப் போற்று - கவிதை

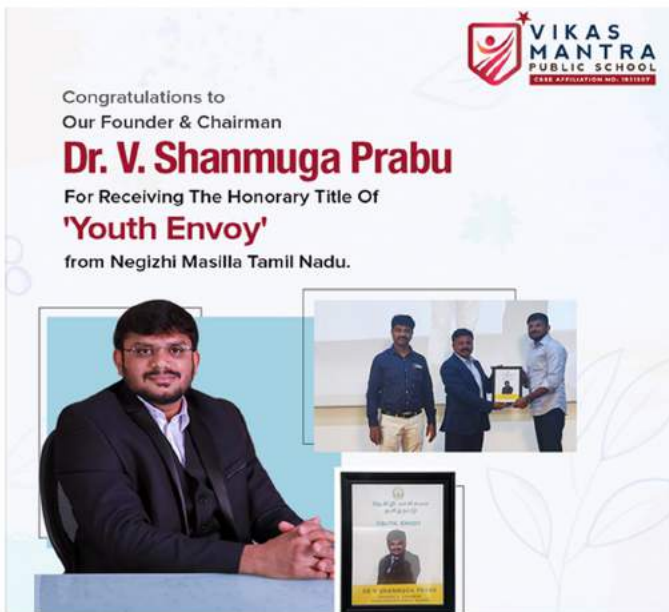
மரங்கள் தந்த நிழல்களிங்கு சொர்க்கம்
 மழலை சிந்தும் மொழிகளிங்கு சொர்க்கம்
 தாய்மண்ணின் மீது கொண்ட பற்று சொர்க்கம்
 கனிகள் தந்த சுவைகள் இங்கு சொர்க்கம்
 காற்று வரைந்த கவிதையிங்கு சொர்க்கம்
 தாகம் தீர்க்கும் நதிகள் இங்கு சொர்க்கம்
 மலர்கள் சிரிக்கும் சிரிப்புமிங்கு சொர்க்கம்
 பூமியில் சொர்க்கம் இல்லையென்று யார் சொன்னது?
 புவியைப் போற்று! புவியைப் போற்று!

நிரஞ்சனா
எட்டாம் வகுப்பு

ACHIEVEMENTS

Chairman Dr. V Shanmuga Prabu has received the honorary title of 'Youth Envoy' from Negizhi Masilla Tamil Nadu on this occasion of International Youth Day

Principal Ms. Priyanka Ghosh Jesuraj has received the proud award of 'Inspirational Guru Award' in recognition of her incredible teaching skills, empowering spirit, and remarkable contribution to the field of school education.



Skating Champions

Master P. Kavin from Grade 3 A has won 2nd prize under both 75mts and 100mts category in the SAF 2.2



harikrishna.a from grade 3, have secured 5th place in district level chess tournament



master pratheek of grade 3 has awarded for the participation in silambattam



prathana priyadarshin of grade 4 has achieved zonal rank 7&6 cyber and mathematics olympiad



v.chenchu netranand of grade 6 had participated in the world record event of silambam with aeyes closed tperformance



Young achievers of VMPS in silambam and skating.



Master Srividvaams of Grade 6 secured 3rd place in Silambam Thanithiramai.



Master S.Monish secured 1st place in state level UCAMAS competition



Master Pratheek of Grade 3 has awarded for the participation in Silambam Thanithiramai.



Master Vanshveer Singh of Grade 6 secured 2nd place in Silambam Thanithiramai.



Roy Roger participated in the Independence Day Art Competition 2022.

K.M. Rishi Neelanjan participated in the State Level Inter School Championship.

Ajey Prasanna G. of Grade 10 has bragged a silver medal in Single Stick and a Bronze medal in Stick Fight.

Sree Hari P.K. of Grade 10 has bragged a silver medal in Stick Fight under the age group 15-20 years



Young achievers of Vikas Mantra Public School have won the 'Overall Championship' title in the 1st State Level Yoga Championship 2022 organized by Olympia Sports Academy.

