



A DIGITAL NEWS MAGAZINE  
FROM THE HOUSE OF KMR INTERNATIONAL SCHOOL MADURAI

## STUDYING IS IMPORTANT-STUDY EFFECTIVELY

### SOME STUDY TIPS

Consider how many classes you have on your plate and make a schedule noting what tests, exams, quizzes, and papers are coming up.

You'll also want to make sure you study in an environment that is free of any distractions.

Yes, this means turning off any distracting devices.

Keep a snack and some water on hand, so that you don't break your concentration by getting up to grab them later.

Even if there's not a ton of material to cover, don't save studying (for the first time) for the last minute. Cramming never helps you retain info long-term.

Take detailed notes during class. (You'll thank yourself later.) Plus, hand writing notes can help with recall, especially if you're a visual learner.

Speaking of those notes, be sure to highlight or underline important details or sections that your teacher emphasizes. This can help you direct your study time.

Need some extra motivation? Join a study group. Not only will peers keep you accountable, but discussing the material can help you retain a bit more information, but also get you actively engaging with the work in a fresh way.

USE THE WEEKLY PLANNER

### DEAR SUDENTS AND PARENTS,

Let's be honest: Studying is not much fun, but, if you're a student, it's essential for success. In fact, effective study habits can help you with short-term successes as well as long-term career goals. With this in mind, we're looking at the benefits of studying and how to make the most of your routine when hitting the books.

#### Why Is Studying Important?

While the idea of "winging it" sounds ideal to some students, charging headfirst into a test or paper you haven't prepared for isn't as appealing as it sounds when the day actually rolls around. Neglecting to study can cause testing anxiety, self-doubt, and a consistent fear of failure, thus tainting your school experience. It can also lead to lower grades, less interest in your education, and poorer performance in class.

In contrast, studying helps you stay more engaged with your learning experience. Practicing regular study habits not only helps you further understand the material in class, but it also encourages you to play a more active role in your pursuit of knowledge. Instead of just passively listening and hoping you soak up all those lectures and discussions, committing to a study regimen can be empowering — even if getting started feels difficult

#### What Are the Benefits?

On the surface, the benefits of studying are apparent. Students who study effectively tend to make better grades and score more positively on tests, quizzes, and papers. Good study habits can also help you feel more confident in the quality of your work; students can

feel assured that their work not only reflects their knowledge, but their time and effort as well.

Additionally, creating a study regimen can also relieve that pesky pretest anxiety that causes so many to freeze up come exam time. These positive study habits can also have a long-term impact on how you approach responsibilities that, in the future, emulate your school routine, like preparing for a project or learning how to manage your time in a workplace. In addition to improving your time management and relieving your anxiety, proper study habits can support memory function and help you reevaluate how you value your time and productivity.

#### THE NEED FOR A STUDY ROUTINE

Above all else, be sure to develop a routine that fits your lifestyle in a natural way. That is, don't work against the grain. If you know you need downtime after school, don't force yourself to study during that block. Instead, trying diving in after dinner or at another time that feels right for you.

Be sure to eat enough, drink plenty of water, and get a sufficient amount of sleep. Neglecting these healthy habits can induce brain fog or add to your stress. And if you need a little extra help, don't be afraid to ask your teacher (or a tutor). After all, they want to help you succeed.



Mrs. SARASWATHI-PRINCIPAL



KMR 360\*

2



## வையகம் காப்போம்

### Love Yourself. Be Yourself

*Courageous and honest hearts are truly accepted.*

*Be who you are and love yourself for eternity.*

*Don't let anybody fill you up with ignorance and hate.*

*Your fate is in your hands, so think wisely.*

*No matter how much you try to be someone who you are not.*

*Deep down inside you know you are who you are and more.*

*No matter how small or huge the boat is floating in water.*

*It will sink to the bottom if there is a hole in it.*

*So don't ever let yourself sink, if you know what I mean.*

*Try to reach high like you are trying to reach the stars.*

*There is no happiness if you are going to waste it behind bars.*

*One thing I found in it is myself who was lost in darkness.*

*I'm thankful for that even though I live with pain in my heart.*

*I feel like the pain is slowly vanishing away.*

*Cause I'm being myself and loving myself.*

*For who I am not who they think I am.*

by

Love Yourself

**R. G. Priyadharshini M.A., Med**

**Dept of English I/C IX**

கருமலம் கருங்கும் குடிந்தை போல  
எங்கள் ஆமித் தாயின் கைகளில் கருங்கும்  
பச்சை புல்லெனிகளும், ஆத்திக் குடிந்தும்  
புல்லங்குளும், தத்தித் தலுந்தளும் தோனிகளும்,  
கிணர்! என்ன கிரும்மியம் காண கணக்கோடி  
கண்கள் மேல்குடும்! பாட கவி நூலும்,  
தமிழில் மொழிக் கொள்ளும் மேல்குடும்!  
சூன்ற முக்கோடி மக்கள் அழந்த,  
அழந்த கொண்டுகும் கிந்த சாஸத்திர்  
கிதயுற பாடி நம்மை பார்த்துக்கொண்டே  
கினியும் தலைகிணர்க்காக நாம் நம்  
நரணியை தாங்கிப்பிடிக்க மேல்குடும்.

ஆந்தோட்டமாந் உள்ள அமினத்தை,  
எரிசலனாக்கி விடாத் கிந்த கையத்தை சிணவனார்  
சோலையாக மாற்றுவத் அமினித்தாயின்  
மின்னாக்கி சூய்வாருவின் தலையாயக்  
கைமையாகும்.

கையகம் காப்போம்! அன்புகூர் சிடைவோம்!

உருவாக்கம்: ஆயிஷா ஆப்ரீன்  
ஆங்கிலத்துறை

### TIT BITS CORNER

#### JOHN BUNYAN

One of the famous and greatest writer in English. He wrote the book THE PILGRIM'S PROGRESS which is considered to be a masterpiece in English literature. He wrote this book when he was in prison. The jailer refused to give him paper to write the book. So he wrote on the available waste papers but never lost heart. The work is a symbolic vision of the good man's pilgrimage through life.

COMPILED BY MRS MEENA VENKAT I/C





**உருமாற்றம்!**

வங்கியைப் பொறுத்தவரை  
நானெனப்படுவது  
கஸ்டமர் ஐ.டி

ஏ.டி.எம்-மைப் பொறுத்தவரை  
நானெனப்படுவது  
நான்கு இலக்க பின்

கூப்பர் மார்க்கெட்டைப் பொறுத்தவரை  
நானெனப்படுவது  
எனது மொபைல் எண்

இணையப் பணப் பரிமாற்றத்தில்  
நானெனப்படுவது  
ஓ.டி.பி

கணினியைப் பொறுத்தவரை  
நானெனப்படுவது  
எனது பாஸ்வேர்டு

என்னிலிருந்தே  
நானல்லாத  
என்னை உருவாக்குகின்ற  
மாயக்கரங்களால் ஆனது  
டிஜிட்டல் உலகம்!

உருவாக்கம்: திருமிகு லிபியா செல்வா

கணினி அறிவியல் துறை



**STORY COMPILED BY MR. KINGSLEY AO**

This is an amazing story of the 99 club.

There was one king, since he had lots of responsibilities he was always stressed. He used to see a farmer who was very happy. He was very happy with his farming and family, he had no stress, he used to work hard but enjoy his work and was contented with his life.

The King always wondered how can this farmer be so contented, even after he doesn't have luxurious life. The king asked this his minister to find out the reason behind the farmer's containment.

The minister observed that the farmer was happy because he didn't had anything to worry about. He used to work hard, to earn his bread and butter and because he worked hard he got better sleep. He was happy with his family and farming.

The minister then kept a small bag with 99 gold coins outside his house. Next day when the farmer saw the bag he was ecstatic. He began to count them. After several counts, he was at last convinced that there were 99 coins. 'What could've happened to that last gold coin? Surely, no one would leave 99 coins!' he wondered. He looked everywhere he could, but that final coin was elusive. Finally, exhausted, he decided that he would have to work harder than ever to earn that gold coin and complete his collection.

From that day he started to work really hard and hard, and could not give enough attention to his family. He was completely focused on earning that one more coin. He stopped enjoying his work. The king observed this and asked his minister what happened to him, why is he no more contented? The minister replied that he has joined our club of 99.

The 99 club is a name given to those people who have enough to be happy but are never contented because they're always striving for that extra one. They always tell themselves, "Let me get that final one and then I'll be happy for life".

We can be happy even with very little in our life, but the minute we're given something bigger and better, we want more!!! We lose our sleep, our happiness, we hurt the people around us. We lose all this at a price of our growing greed and desire.

**BE THE BEST OF WHAT YOU CAN BE**





**BEEHIVE ENGLISH ORIENTATION TO TEACHERS**



**Madam Correspondent during a Staff Meeting**



**PRINCIPAL during PARENT Orientation For Grade XII PARENTS**

**PARENT ORIENTATION TO KG PARENTS BY MI KIDS MR. ARUNKUMAR**



**ADVISOR during PARENT Orientation to Grade XII PARENTS**







KMR 360\*

5



PRIDE OF KMR



Silambam-PRIDE of KMR-Handwriting



SAND PLAY KG MRS. RAJALAKSHMY



## RED DAY @ SCHOOL KG CHILDREN PARTICIPATE



## RED DAY @ KMR-- Mrs VIJI I/C



## RED DAY @ KMR Mrs Saraswathi Principal

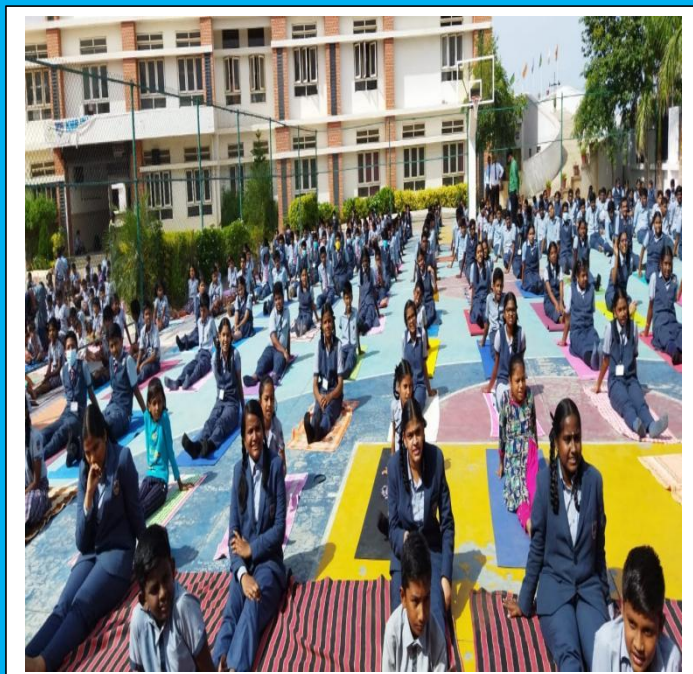






KMR 360\*

6





## KMR STUDENT COUNCIL

### **BE THE BEST OF WHAT YOU CAN BE** **ACADEMIC EXCELLENCE-THE THEME FOR THE YEAR** **2022-2023**

*KMR student council is a group of student leaders (From the SPL down to the Prefects including the Club secretaries with their Teacher mentors). who work with adult advisors and the school principal to collaborate with all students to impact the school community, which impacts their city or town, which impacts our state, which impacts our country, which changes the world.*

#### **THE MISSION OF OUR STUDENT COUNCIL IS TO:**

Develop responsible leaders within our school and community!

- ❖ Nurture self-esteem, pride, and leadership qualities among all members
- ❖ Promote the values that represent good character in all students!
- ❖ Encourage school spirit!
- ❖ Achieve **EXCELLENCE** in every sphere

Students will accomplish the Student Council Mission through leading by example in classrooms and community by being respectful, responsible, and safe.

#### **PROMOTE CITIZENSHIP**

- ◆ By supporting and further developing democracy as a way of life
- ◆ By involving students in meaningful, purpose-oriented activities
- ◆ By helping each student develop a sincere regard for law and order appropriate to this democratic society
- ◆ By leading each individual in developing a sense of personal responsibility and earned self-respect
- ◆ By example through teaching the processes and procedures of a democracy
- ◆ By encouraging desirable attitudes and the continuous upward development of valued patterns of good citizenship
- ◆ By providing a forum for student opinions, interests and desires so these may be understood by the entire student body, faculty, administration and community
- ◆ By honestly reflecting and interpreting the student viewpoint.

#### **PROMOTE SCHOLARSHIP/CO SCHOLARSHIP**

- ◆ By contributing to the total educational growth of all students in the school
- ◆ By encouraging highest standards of scholarship and positive student involvement in learning and thinking
- ◆ By providing experience in genuine problem-solving procedures
- ◆ By providing training and experiences in the skills and techniques of good citizenship and leadership to prepare articulate citizens and leaders for a progressing society.

#### **PROMOTE LEADERSHIP**

- ◆ By providing young people with the power and right to speak and, especially, the power, right and privilege of being heard by those in authority
- ◆ By avoiding the commercial or cultural exploitation of students
- ◆ By providing coordination of school-sponsored student activities with constant evaluation in terms of the selected purposes

### PROMOTE HUMAN RELATIONS

- By helping create harmonious relationships among faculty, administration, student body and the community
- By providing organized services to the school in the interest of the general welfare
- By communicating purposes, activities and the other positive elements of school life through mass media to the entire community
- By helping young people further realize the genius and dignity of each individual

### PROMOTE CULTURAL VALUES

- By sparking school loyalty, pride, patriotism and individual student development
- By providing real experiences in group development and human understandings
- By helping students earn and protect individual rights and responsibilities
- By selecting projects and activities which seek to achieve purposes which are significant in the life of the school community
- By giving young people deeper reasons for attending school and the stimulus for developing commitments to worthy goals
- By helping each student reach maximum educational growth and development

### OBJECTIVES OF THE STUDENT COUNCILS

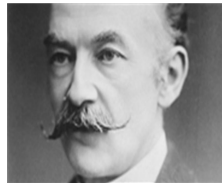
1. To initiate, implement, and complete projects and activities which will be of help to the school, the students, the faculty, the administration, the Board of Trustees and the community.
2. To develop and provide opportunities for leadership and service in the local school and in the community.
3. To encourage personal growth of leaders through participation in district, state and national meetings and organizations.
4. To provide a living workshop of democratic processes, through such activities as elections, participation in a constitutional representative assembly, etc.
5. To contribute to the educational experiences of students by providing them with a positive involvement in the school, with widened areas of responsibilities and with more direct participation in organizing and implementing activities.
6. To promote respect for law and order and general welfare of the school and community.
7. To promote an awareness of human relations, of power structures and how one effectively operates within them. These objectives are realistically approached through increasing avenues of cooperation among the administration, faculty and students.
8. To provide a viable means for student expression and an increasing amount of self-direction.
9. To improve understanding between and within groups through interaction and communications.
10. To develop student potential and encourage to make a well-informed, honest, interested and active citizenship.
11. To develop not only leadership abilities within the youth of today, but also leadership for the community, state and nation of tomorrow. In this process, it is also the objective to develop an awareness of good leadership qualities, hopefully, for a more informed, concerned and active citizenry of tomorrow.
12. To increase student involvement and school pride.

*The projects in which the Student Council participates should be those which promote harmony among all groups with which the Student Council works. All projects should be submitted for approval to the principal and the advisory board who have final veto power on any act.*





## LITERARY CELEBRITIES BORN IN JUNE



**Thomas Hardy** was born 2 June 1840, and died 11 January 1928. **Thomas Hardy** was an English novelist and poet. Known for his *Far From the Madding Crowd* and *Jude the*



**Ken Follett**, born 5 June 1949. He has sold million copies of his works. His best known books include *Eye of the Needle*, *The Pillars of the Earth*, and *World Without End*.



**Thomas Mann** was born 6 June 1875, and died 12 August 1955. He was awarded the 1929 Nobel Prize in Literature. Known for his novels *The Magic Mountain* and *Death in Venice*.



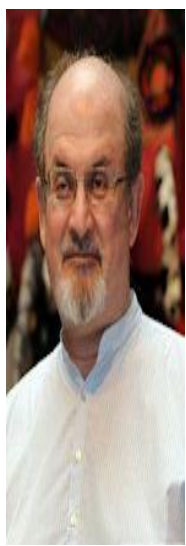
**Anne Frank** was born 12 June 1929, and died March 1945. A German-born diarist. A Jewish victim of the Holocaust gained fame posthumously with the publication of *The Diary of a Young Girl*.



**William Butler Yeats** was born 13 June 1865, and died 28 January 1939. was an Irish Poet who won the Nobel Prize for Literature in 1923. He wrote *The Autobiography of William Butler Yeats*.



**Lisa Cron**, born 14 June, is an American story coach and writer. She is the author of *Wired for Story: The Writer's Guide to Using Brain Science to Hook Readers from the Very First Sentence* and *Story Genius*.



**Salman Rushdie**, born 19 June 1947 is a British Indian novelist. His second novel, *Midnight's Children*, won the Booker Prize in 1981. *The Satanic Verses*, published in 1988, led to death threats being made against him, including a fatwā issued by Ayatollah Ruhollah Khomeini, the Supreme Leader of Iran, in 1989. Queen Elizabeth II knighted him for his services to literature in 2007. One of **Rushdie's** most recent books is *Joseph Anton: A Memoir*, an account of his life in the wake of the controversy over *The Satanic Verses*.



**Vikram Seth**, born 20 June 1952 is an Indian novelist and poet. He is best known for writing *A Suitable Boy*. He has received several awards including the Commonwealth Poetry Prize, the WH Smith Literary Award and the Crossword Book Award.



**Dan Brown**, born 22 June 1964 **Dan Brown** is a best-selling American author. His books have been translated into 52 languages and sold over 200 million copies. *The Da Vinci Code* and *Angels & Demons* have been adapted into films.



**Anita Desai**, born 24 June 1937 an Indian novelist has been short-listed for the Booker Prize three times. She won the British Guardian Prize for *The Village by the Sea*. Desai now teaches at the Massachusetts Institute Technology.



**Helen Keller** was born 27 June 1880, and died 1 June 1968 was an American author, political activist, and lecturer. She was the first deaf-blind person to earn a Bachelor degree. She wrote 12 books including her autobiography, *The Story of My Life*.



**George Orwell** was born 25 June 1903, and died 21 January 1950. was an English novelist and journalist. He is best known for the dystopian novel 1984 and the allegorical novella *Animal Farm*. Orwell's work continues to influence popular and political culture.



**Pearl S. Buck** was born 26 June 1892, and died 6 March 1973. **Pearl S. Buck** was an American writer and novelist who spent most of her life before 1934 in China. Her novel, *The Good Earth* won the Pulitzer Prize in 1932. She won the Nobel Prize in Literature in 1938.



**Jean-Jacques Rousseau** was born 28 June 1712, and died 2 July 1778. **Jean-Jacques Rousseau** was a Genevan philosopher, writer, and composer. his political philosophy influenced the French Revolution His *Discourse on the Origin of Inequality* and *The Social Contract* are cornerstones in modern political and social thought Rousseau was also a successful composer of music.





## TIME TO LEARN ENGLISH

Ms. GOWRI

I/C Std VII & VIII

The word comes from the German language. Kinder means children and garten means garden. The term dates back to the 19th century. Friedrich Froebel (1782-1852) started the first kindergarten, Garden of Children, in 1840.

What is the difference between preschool and kindergarten?

Preschool is for children who are a year or two away from kindergarten, usually ages three and four. New and younger preschool children will sometimes attend preschool part-time (half days) for help easing into the preschool setting, while other children will attend preschool full time. **Mrs. VIJi I/C KG**

### Whatevs

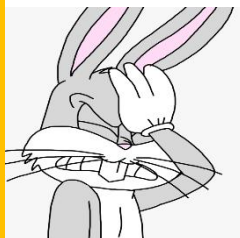
*Whatevs is an informal word that means whatever.*

*I've normally seen it used in sentences in which the speaker wants to express irony and show they don't care about what's happening or being said.*

*You'll normally see whatevs as a standalone interjection or at the end of sentences:*

*She didn't give me the lipstick back, but **whatevs**.*

*"I'm sure someone will disagree with my summary, but whatevs*



### Facepalm

*Facepalm (you'll also see it spelled as two words: **face and palm**) is a new word that describes the act of covering your face with your hand when you're in difficult or uncomfortable situations. It's a pretty natural thing to do when we're feeling embarrassed, frustrated or very disappointed.*



*"All right, but just one more episode."*

*He had to **facepalm** when his boss*

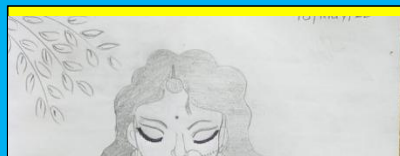
*pointed out typos in his report after he'd checked it three times.*

### Binge Watch

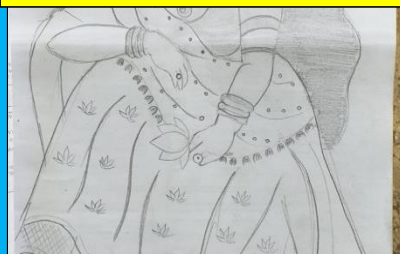
*To binge watch is to watch many episodes of a TV series one after another without stopping. The word binge by itself means to overdo something.*

*I spent the whole weekend **binge watching** the TV series "Billions" with my roommate.*

## BE THE BET OF WHAT YOU CAN BE



BY MRS. MEENA VENKAT I/C







**KMR 360\***

**11**

**Compiled**

**By**

**Mr.**

**ALAGAR**

**DEPT SS**



## **PRESIDENT** **Election Process in** **India 2022**

### **Who is the President?**

The President of India is the head of the country. The President of India is considered to be the First Citizen of India. Referring to the Article 60 of the Constitution, the President's duty is to uphold, defend, and preserve the Constitution of India and the Law. Another primary duty of the President of India is to appoint the Chief Justice of India and other Supreme Court Judges on the advice of the Chief Justice of India. His/Her decision is made and acted upon on the advice of the Council of Ministers.

### **Eligibility for Appointment of President**

The candidates who are to contest the Election of President must be citizens of India and should be at least 35 years old according to Article 58 of the Constitution of India. The Presidential Candidates will be disqualified if he/ she holds an office of profit under the Government of India or the State Government.

### **Process of the Election of President of India**

The Representatives of Parliament and State Legislative combinedly participate in the process of President Election in India. In the following section, the Process of the Election of the President of India is mentioned in detail.

### **Nomination**

The Presidential candidates need to file their nominations. The candidates are required to submit Form 2 along with Rs. 15000. They also need to submit a signed list of 50 proposers and 50 seconders. The proposer and seconders can be any of the 4,896 electors (representatives of the Parliament or State Legislative) eligible to vote in the Presidential Election.

### **Election**

The Election Commission of India is authorized to conduct the Presidential Election according to Article 324 of the Constitution of India. The Members of the Electoral College will participate in the process of The Election of the President.

The Electoral College includes the elected members of the Both Lower and Upper Houses of the Parliament as well as the elected members of Legislative Assemblies of the States including the National Capital Territory of Delhi and Pudducherry.

There are 233 members in the Upper House (Rajya Sabha) and 543 members in the Lower House (Lok Sabha). 4120 members are elected to the Legislative Assemblies. Thus the total number of Electoral College members is 4896. The nominated members of two Houses of Parliament and state legislation will not be able to take part in the voting process of the Presidential Election as they are nominated by the President.

### **Voting**

The Presidential Election follows the system of proportional representation. In this process, the value of each vote is pre-determined in proportion to the population of the representative state based on the census of 1971.

The total value of the electoral college is 1098003 which included 4896 members. The Presidential candidate has to win more than 50% of the total to become the President of India.

### **Oath Taking**

The Elected President take the Oath of their office after the outgoing President demits the office. The Chief Justice of India will administer the Oath of the President.

### **President Election Process: latest update 2022**

In the ongoing 15th Presidential Election, Draupadi Murmu and Yashwant Sinha have been announced as the nominees. Draupadi Murmu has been announced the Presidential candidate by the BJP -Led NDA and Yashwant Sinha have been backed by the opposition. The last day to file the nomination is 29th June 2022. On 30th June 2022, Election Commission will check the papers and documents submitted by the nominees and review their candidature for the Presidential Election. The date for the Process of the Presential Election has been declared for 18th July 2022. The 5-year tenure of the Present President Ram Nath Kovind will end on 25th July.

### **Tenure of the President of India**

The President of India is elected for a 5-year tenure. They are responsible to head the country for 5 years and then they have to step down from their post and responsibilities. While they are President of India, they reside in Rashtrapati Bhawan. Once their tenure is complete they have to move out of the Rashtrapati Bhawan



**Ms. DRAUPADI MURMU**



**Mr. YASYWANTH SINHA**





KMR 360\*

12

Compiled

By

Mr.

ALAGAR

DEPT SS

# PRESIDENTS OF INDIA SINCE 1950

**RASHTRAPATHY BHAVAN** This massive mansion was designed by a British architect named **Sir Edwin Lutyens**.

Its construction started in 1912 and was completed in 1929. It took nearly **17 years** and nearly 29000 people worked were involved in its construction. The first occupant of this mansion was **Lord Irwin**.



With area 190 acres having a floor space of 200000 sq ft, Rashtrapati Bhavan has **four floors and 340 rooms**.

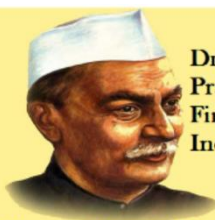
With the combination of the architectural work of Mughal and British era, it is undoubtedly one of the best known monuments of the country.

The Rashtrapati Bhavan also comprises a huge Mughal Garden at the west of its main building that too designed by Sir Lutyens.

This lovely and attractive garden has a number of diverse flowers and shrubs, along with exquisite fountains which make it more beautiful.

Amidst tight security, the garden opens for public during the months of February and March.

Rashtrapati Bhavan is the second largest in the world after the Quirinal Palace, Rome, Italy



**Dr. Rajendra Prasad**  
First President of India

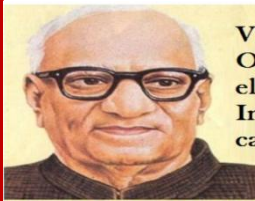
Tenure: 26 Jan 1950 to 13 May 1962



"A LIFE OF JOY  
AND  
HAPPINESS IS  
POSSIBLE ONLY ON  
THE BASIS OF  
KNOWLEDGE  
AND SCIENCE"

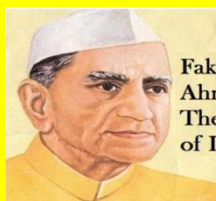
**Dr. Zakir Husain**  
Country's first Muslim President

Tenure: 13 May 1967 to 3rd May 1969



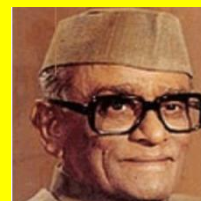
**V.V. Giri**  
Only Person  
elected as an  
Independent  
candidate

Tenure: 24 August 1969 to 24 August 1974



**Fakhruddin Ali Ahmed**  
The fifth President  
of India

Tenure: 24 August 1974 to 11 February 1977



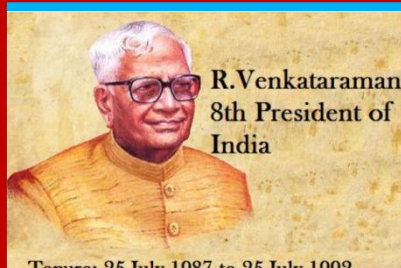
**Neelam Sanjeeva Reddy**  
The only President  
of India who was  
elected unopposed

Tenure: 25 July 1977 to 25 July 1982



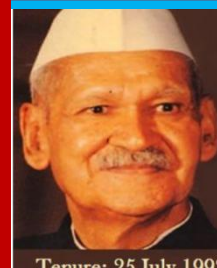
**Giani Zail Singh**  
First Sikh  
President of  
India

Tenure: 25 July 1982 to 25 July 1987



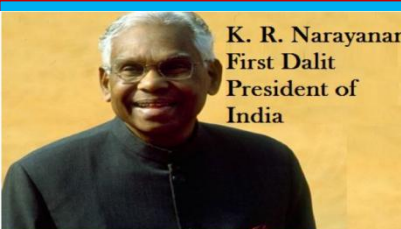
**R. Venkataraman**  
8th President of  
India

Tenure: 25 July 1987 to 25 July 1992



**Dr. Shankar Dayal Sharma**  
9th President of  
India

Tenure: 25 July 1992 to 25 July 1997



**K. R. Narayanan**  
First Dalit  
President of  
India

Tenure: 25 July 1997 to 25 July 2002



**Dr. A.P.J. Abdul Kalam**  
First Scientist who  
became the  
President of India

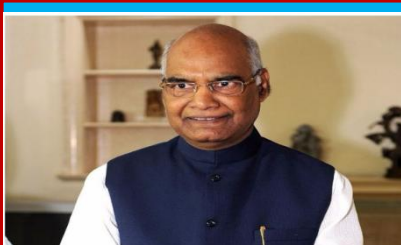
Tenure: 25 July 2002 to 25 July 2007



**श्रीमती प्र  
भारत की  
राष्ट्रपति**



Tenure: 25 July 2012 - 25 July 2017





## IMPORTANCE OF SETTING A GOAL

Why is it important to have a goal in our life? Why everyone speaks about 'having a goal in life'? Even a small bird which leaves its nest in the morning have 'a day plan (goal)' to complete i.e. it shouldn't return to its nest in the evening without food. This goal keeps it motivated and focused. Goals give you clarity, goals keeps you motivated, keep you focused, makes you accountable, always keeps you to the best version of yourself.

### 1) GOALS GIVE YOU FOCUS:

Without a goal, your efforts can become disjointed and often confusing. For example, a goal should not be like the flight of a humming bird, which is chaotic and erratic but should be much like a hawk which has one focus to swoop down for its prey. Goals allows you to zero on each day's tasks with more precision, weeding out wasted effort and idle movements.

### 2) GOALS HELP YOU MEASURE PROGRESS:

Being able to keep track of your progress toward achieving goal is only possible if you set one in the first place. Being able to make progress is extremely rewarding and will help you maintain focus, keep your head held high and your energy up.

It will also keep you from getting down (both externally and internally). Sometimes when working towards success, it's easy to become discouraged because you don't feel you have arrived yet. However, when you measure progress while working towards specific goal you will be able to see that though you might not be where you want to get, you have made the right movement in the right direction and are a lot better off than where you started.

### 3) GOALS HELP YOU STAY MOTIVATED:

It's easy to put off work until tomorrow when there is no goal on the line. For example in case of athletes even if they like it or not ; even if they want it or not; even if they're sick or not; they need to practice and stay at the gym; because they have the goal of winning the competition and that keeps them motivated and keeps them at the gym. Goals help you determined what you want in life.

**SO LETS ALL SET A GOAL FOR OUR LIFE AND CAREER TO TASTE HAPPINESS AND SUCCESS**

**AN Article By ABDUR RAHMAN GRADE XII**

## JULY DIARY

- 1 DOCTOR'S DAY
- 2 PARENTS TEACHERS MEETING
- 8 BLUE DAY
- 10 BAKRID
- 11 WORLD POPULATION DAY
- 12 INTERNATIONAL MALALA DAY
- 14 STUDENT COUNCIL GBM
- 15 EDUCATION DAY
- STUDENT COUNCIL ELECTION
- 17 WORLD NATURE CONSERVATION DAY
- PAINTING COMPETITION
- 18 PERIODIC ASSESSMENT 2
- MANDELA DAY
- 19 MANGAL PANDEY DAY
- 21 WORLD EMOJI DAY
- 22 PIE APPROXIMATION DAY
- INVESTITURE CEREMONY
- 23 TAMIL FORUM
- 26 KARGIL VIJAY DIVAS
- 29 INTERNATIONAL TIGER DAY
- 30 PARENTS TEACHERS MEETING

### ON BOARD KMR

MRS VIJAYA SUDER RETD. PRINCIPAL  
AN ENGLISH EXPONENT AND AN  
EDUCATIONIST OF REPUTE JOINS  
OUR ADVISORY BOARD AS ACADEMIC  
CONSULTANT. ALL OF US WELCOME  
HER AND WISH HER ALL THE VERY  
BEST.

### PUBLISHER

DR.KRISHNAVENI

CORRESPONDENT

CHIEF EDITOR

MRS. SARASWATHI

PRINCIPAL