

KMR 360*

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ON HUMOUR

Words like STRESS and WORK TENSION have become common household terms. Some of us handle or manage them pretty well, but many don't. There are many ways to relieve ourselves of the so-called stress that we find in family and workplace. There are some true and cost-effective stress busters that we can always look forward to. One of them is having or developing a SENSE OF HUMOUR.

Humour is a universal human experience that evokes joy, laughter and happiness. It is a way for us to signal to others that we wish to connect with them.. it is the ability to see the funny side of things and is an essential part of good health. It has a lot of positive impact. It helps us to avoid conflicts, especially with people whom we love and care about . It helps us to get through difficult situations. It helps us to get through the day with smiles, to get rid of anger, frustration and other negative emotions.

HOW DO PARENTS INCULCATE THIS IN CHILDREN?

If you find that your child is a serious sort and doesn't smile much, find a way to make him laugh. You may give him a joking nickname and play around with it. Encourage your child to participate in activities that make him laugh and relax.

Share good jokes during meal times and appreciate if he comes out with some. Make him understand that it is a SOCIAL SKILL. Insist on him that it helps to cope with stressful situations and EMPATHIZE with others. Teach him to laugh at himself and stay cheerful when faced with difficult situations. The person with a good sense of humor will have many friends and will be looked up with great admiration. Above all, it is an indicator of intelligence and creativity.

HEALTH BENEFITS..

Humor is like a soothing balm and a light diversion. It contributes to positive health outcomes..as we all know, LAUGHTER IS THE BEST MEDICINE. It increases one's heartbeat and reduces the blood pressure. It is surprising to know that it increases the pain tolerance....Our body produces natural pain killers.. it enhances the quality of our sleep and makes us more resistant to disease. It gives a BREAK from worrying and provides a better perspective of life. Very importantly, if relevant humour is paired with a fact, we'll have a better recollection of the fact..

WHAT IS A HEALTHY SENSE OF HUMOUR?

One should not laugh at others' follies and weaknesses. We should not laugh at the physical appearance of people or their infirmities. We should never degrade someone in the name of fun or humour. Let our humour be marked by wit and intelligence and make people think.

Dear parents, possessing a good sense of humour is a great asset to your child and, undoubtedly, such a child will grow into a happy and successful adult. It will make her FEEL GOOD .

The great English essayist Francis Bacon says, "IMAGINATION IS GIVEN TO MAN TO COMPENSATE FOR WHAT HE IS NOT, A SENSE OF HUMOUR TO CONSOLE HIM FOR WHAT HE IS..

A person without a sense of humour is like a wagon without springs, for it is jolted by every pebble on the road.

Laugh and think, think and laugh, help your child to grow up with a good sense of humour with which she will enjoy life despite its crests, and troughs.

MRS. VIJAYA SUNDER. ACADEMIC CONSULTANT

JANUARY DIARY- FROM PRINCIPAL'S DESK

Warm greetings from KMR International School CBSE Madurai!

I sincerely hope this message finds you in good health and high spirits as we step into the New Year. May the coming months bring you abundant luck and success.

At our school, every moment is a new opportunity, and as we embark on an eventful quarter, we reflect on the enriching experiences that lie ahead.

The commencement of the New Year was marked by our students celebrating Global Family Day, cherishing refreshing moments with their families. Following the winter break, school resumed its activities on January 2nd, bringing renewed energy and enthusiasm.

The early days of January saw the delightful celebration of Oval Day in our KG section, where students engaged in creative activities involving kneaded wheat flour, reinforcing their understanding of shapes within the school environment.

A significant event was the Parent-Teacher Meeting on January 6th, fostering a strong bond between parents and teachers. This interaction provided valuable insights into the progressive growth of our students, spanning from LKG to 12th grade.

Culture Week, held in the second week of January, showcased our students' eloquence in Tamil and mastery of Tirukkural. Vibrant 'kolams', created by students of all classes, added a colourful touch to the Pongal festivities, sweetened further by the joyous smiles of the KMR family.

The Pongal vacation brought a perfect blend of celebration and relaxation, with children enjoying a delightful 5-day holiday with their families. Meanwhile, Grade 12 students displayed exemplary dedication, managing practical exams and revisions amidst interspersed holidays, demonstrating meticulous planning for the upcoming theory exams.

The Tamil forum beautifully captured the spirit of our students, with sons and daughters of the soil of grades 6, 7, and 8 radiating warmth and enthusiasm. Sky Day provided a unique perspective as students explored the scientific, aesthetic, and artistic dimensions of the sky.

On the 24th, every daughter of KMR proudly celebrated being a Girl Child. Additionally, Grades LKG to 2 embarked on a campus tour on January 25th, marking National Tourism Day.

Republic Day was solemnly observed by the students' council, with the School Pupil Leader leading the school in reciting the National Pledge. The significance of Martyrs Day on January 30th was acknowledged, paying respect to the sacrifices made by freedom fighters and commemorating Mahatma Gandhi's assassination.

The whimsical Purple Day, a delightful combination of Brinjal Day and Ramp Walk Day, added a touch of fun and creativity to our calendar.

Reflecting on the events of January 2024, we find joy in every good beginning at KMR International School CBSE Madurai.

MRS. K. SARASWATHY, PRINCIPAL

FEBRUARY AUTHORS

Meg Cabot: February 1

This American writer is perhaps best known for her Princess Diaries series, famously adapted for the big screen with a youthful, pre-Oscar Anne Hathaway. There are 15 books in this comical coming-of-age series, if you enjoy the first one, but for a lesser-known tale, try *How To Be Popular*, a book whose main themes are popularity, acceptance, and the importance of staying true to yourself.

Charles Dickens: February 7

The Victorian writer is infamous for his long sentences and biting satire, which can sometimes be difficult to read. However, start with *A Christmas Carol* (you probably know the story already) and you'll get into the rhythm and style quickly, and soon be able to take on his heaviest tomes.

John Grisham: February 8

Famous for his legal thrillers, the American former criminal lawyer has written dozens of books since his first novel was published in 1989. While some of the themes are dated, uniquely American, or both, there is still much to love in his stories. He has a way of writing absolute page-turners for adults – and in the 2010s, started his series for young teens, featuring a boy who solves crimes thanks to his extensive legal knowledge. Start with *Theodore Boone: Young Lawyer* if you want something easy, or try *The Pelican Brief* for an eerie reminder of how little the fight to protect the environment has moved on.

Jules Verne: February 8

The Frenchman was famous for his stories of fantastical journeys, whether subterranean, aerial or underwater. Seen by some as a precursor to science fiction, his surreal stories conveyed images of the Earth in all its glory. While he is seen, now, as a literary great by readers of the original French, the English translations are often simplified, focusing more on the adventure than the complexity of the language (which makes them super accessible!). You've probably heard of *Around the World in 80 Days* – it's been adapted for film and TV a lot – so start instead with *20,000 Leagues Under the Sea*, and its futuristic descriptions of technology.

Toni Morrison: February 18

Known for her portrayals of black American life and intricate language, Morrison's work can seem a bit distant, not to mention complex. But if you're looking for a challenge, or to learn more about the African-American experience, there's nothing like her work. None of it is easy reading, but try her Pulitzer-winning *Beloved* for a mystical, gripping, horrifying, eye-opening look at America's slave trade past, and its painful impact on its victims.

Amy Tan: February 19

The Chinese American author made her name with *The Joy Luck Club*, published in the mid-90s, when stories about non-white North American families were hard to come by. Start with this book – it's a modern classic for a reason. While she has been criticised for perpetuating racial stereotypes, her stories are generally praised for their depiction of relationships between female relatives (mother-daughter, aunts, sisters, grandmothers), and of the immigrant experience.

Victor Hugo: February 26

French literature has a reputation for being philosophical and bleak. Hugo's works are no exception, but that doesn't stop them being worth attempting. While his better-known work (thanks to the musical and Oscar-winning film version of that show) is *Les Misérables*, it's (slightly) easier to start with *The Hunchback of Notre Dame*, a story that explored racism, classism, morality and ... architecture. If you think you know the story from the Disney cartoon musical, think again.

தி. ஜானகிராமன் (T.Janakiraman, பெப்ரவரி 28, 1921 - நவம்பர் 18, 1982 திருவாரூர் மாவட்டம், மன்னார்குடி வட்டம், தேவக்குடி) ஒரு புகழ் பெற்ற தமிழ் எழுத்தாளர். தி.ஜா. என்றும் அழைக்கப்படுபவர்.

சக்தி வைத்தியம் என்ற சிறுகதைத் தொகுப்புக்காகத் தமிழுக்கான சாகித்ய அகாதமி பரிசு பெற்றவர்.

தமிழின் மிகப்புகழ் பெற்ற நாவல்களான மோகமுள், மரப்பசு, அம்மா வந்தாள்[2] போன்றவற்றை எழுதியவர்.

தி.ஜா. இசையை எழுத்தாக்கிய அபூர்வ எழுத்தாளர். தஞ்சை மாவட்டம் மன்னார்குடியை அடுத்துத் தேவங்குடியில் 1921-ஆம் ஆண்டு பிறந்தவர்.

பத்து வருடங்கள் பள்ளி ஆசிரியராகப் பணியாற்றிவர்; பின்பு அகில இந்திய வானொலியில் பணியாற்றி ஓய்வு பெற்றார். அதன் பின்னர் தமிழின் முதன்மையான இலக்கிய இதழாக விளங்கிய கணையாழி மாத இதழில், ஆசிரியராகப் பணியாற்றி வந்த தி. ஜானகிராமன் 1982-ஆம் ஆண்டு நவம்பர் மாதம் ஒரு சிறு உடல் நலக் குறைவிற்குப் பிறகு இயற்கை எய்தினார்.

"If there's a book that you want to read,
but it hasn't been written yet,
you must be the one to write it."

- Toni Morrison

Deceived, I stand, my heart in disarray,
An echo of pain that won't fade away.
From tender youth, a recurring theme,
Deception's dance, a cruel regime.

My innocence, a magnet for deceit,
Foolishly believing, my heart's pulsating beat.
Oh, sweet folly, how it clouds the mind,
To trust those promises, so lovingly entwined.

Like a fragile bloom, I opened my soul,
Only to be wounded, left broken and cold.
Through tears that fall like cascading rain,
I grasp the truth, in sorrow's domain.

For the ones I cherished, betrayers in disguise,
Their silver tongues beckoned, with treacherous lies.
And now I stand, in a desolate space,
Each broken bond tracing lines on my face.

For it's become clear, a truth I cannot deny,
In this world, only I can hear my own cry.
Through pain's caress, I found solace within,
The strength to mend, to let true healing begin.

For in the depths of sorrow's darkest night,
I discovered a flicker of my own inner light.
So, let the deceivers dance their ruthless game,
For I have found solace, in myself to claim.

No longer swayed by the charm of a masquerade,
I am the guardian, of my own serenade.
For in the heart's depths, new seeds will grow,
And from the pain of deception, strength will bestow.

Regrets are illuminations
come too late.

In the depths of my heart's sorrowed abyss,

Lies a tale of regret, of ignorance and amiss,
Once I thought my parents were chains that bind,
Restricting my freedom, blocking dreams intertwined.

Oh, foolish was I, to trust those who deceived,
To believe in false promises and illusions conceived,
For it is now clear, like the dawning sun's light,
My parents' stern love was born from pure sight.

Their guidance, a shield against life's bitter sting,
Their rules, a compass to the joy that they bring,
Yet in my youthful folly, I strayed from their care,
Unheeding their wisdom, pursuing an affair.

With shadows of deceit and betrayal's cruel guise,
I cast them aside, doubting their loving ties,
But as time unfurled its truth, so profound,
I stand here consumed by regret's mournful sound.

For they were the fortress amidst raging storms,
Unwavering guardians, nurturing love in all forms,
While others whispered falsehoods, their intentions impure,
In my parents' embrace, I remained secure.

Now my heart aches, heavy with anguish untold,
For I spurned their love, for treasures ungold,
Betrayed by others, who wore deceit as a cloak,
My parents' love, the truest bond I awoke.

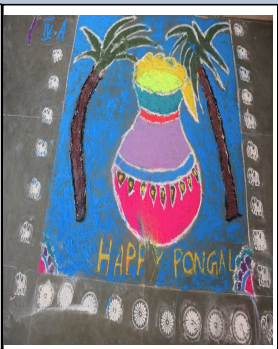
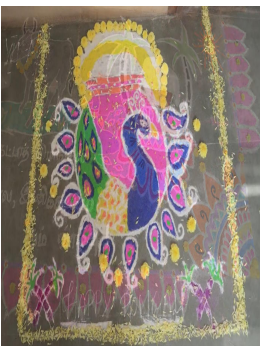
Oh, to rewind time's tapestry, to amend my mistake,
To embrace their affection, and the solace it makes,
But regrets linger deep, like a scar carved with pain,
A constant reminder of my ignorance's stain.

The unexplainable feeling, etched within my core,
A lesson learned too late, a sorrow to explore,
Yet I hold on to hope, in forgiveness' sweet embrace,
That one day my regrets may find solace, find grace.

Life is about
balance. Be kind,
but don't let people
abuse you. Trust, but
don't be deceived. Be
content, but never
stop improving
yourself.



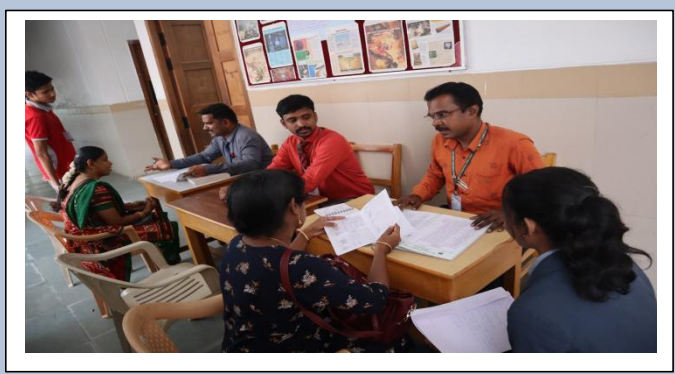
பொங்கல் விழா நிகழ்வுகள்



6,7,8 ம் வகுப்பு தமிழ் மன்றச் செயல்பாடுகள்



PARENT TEACHER MEETING



CLASS ROOM PROJECTS AND ACTIVITIES AT A GLANCE

GRADE V MATHS ACTIVITY



GRADE V & VI ENGLISH ACTIVITY



GRADE IV SOCIAL ACTIVITY



GRADE II MATHS ACTIVITY



II B Children PROJECT ON PROFESSIONS



GRADE II DATA COLLECTION ACTIVITY



KG -SKY ACTIVITY

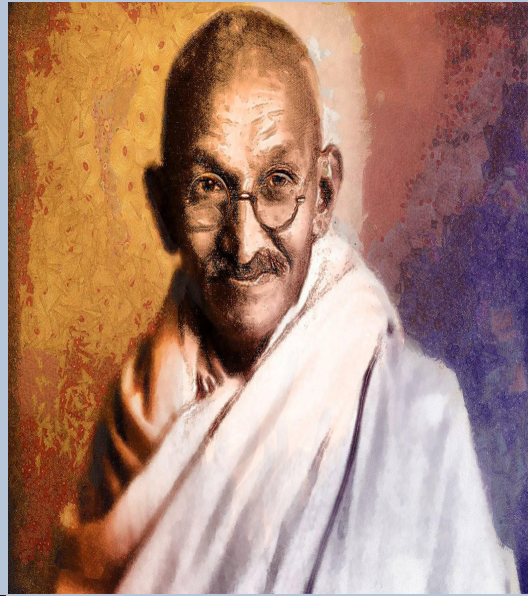
KG PURPLE DAY



"Success isn't just about what you accomplish in your life; It's about what you inspire others to do."

Remind yourself daily that you are amazing. That you can do anything. That you are unstoppable. That you are of value to the world. That you have the power to do anything you want to do and you can be anyone you want to be. Do this every day to tap into your true potential and live an amazing life.

I AM NOT WHAT HAPPENED TO ME, I AM WHAT I CHOOSE TO BECOME.



REALIZE YOU HAVE THE POWER TO CHANGE. TAKE RESPONSIBILITY FOR YOUR ACTIONS AND BE ACCOUNTABLE FOR THE CHOICES YOU MAKE. YOU CAN'T JUST pretend TO DO THIS, YOU MUST DO IT.

IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND BECOME MORE, YOU ARE **A LEADER**



FEBRUARY VALUE



FIND YOUR VOICE AND INSPIRE OTHERS TO FIND THEIRS.

"Life is about balance.

Be kind,

but don't let people abuse you.

Trust,

but don't be deceived.

Be content,

but never stop improving yourself."

~Nishan Panwar

ASPIRE TO INSPIRE BEFORE YOU EXPIRE.

Crystalline Starseed - Planet



JWALA VII GRADE WON THE STAR PERFORMER AWARD IN THE VOCABULARY MARATHON



THE PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN, SOCIALIST, SECULAR, DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political; LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do

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