

KMR 360*

CONNECTS

UNITES

VOL 3 March 2024

34

KMR IN-HOUSE DIGITAL NEWS MAGAZINE

INSIDE MARCH

STRONG WOMEN-STRONG WORLD

EVENTFUL FEBRUARY

HOW TO STAY MOTIVATED DURING EXAM TIME

IMAGES CLASS ROOM ACTIVITIES

KG BROWN DAY

MARCH AUTHORS

THESUREALPEARL'S PAGE

INSIDE MARCH

NATIONAL SCIENCE DAY

CONTEMPORARY WOMEN SCIENTISTS OF INDIA

ELECTIONS- GR IV ACTIVITY

PTA MEETING- CROSS COUNTRY RUN

SCOUTS & GUIDES DAY- PROJECT ACTIVITIES

SHAKESPEARE & RAMANUJAM CLUBS

TALENT SHOW- COUNCIL VALEDICTION- THE LAST PAGE



STRONG WOMEN, STRONG WORLD

Women play an integral role in society. They are the backbone of the families and the community. Women are the primary caretakers and nurturers wherever they are. What is their status in today's society? If we turn back the pages of history, we will understand that the ancient Indian women had a high social status and seemed to have enjoyed financial independence. They were treated on par with men and were honored by society. They were competent and competitive in many fields. In medieval times, not only in India but across the globe, women were considered inferior. Their dependence on their spouses and other male relatives did not allow them to empower themselves. Until a few decades back, there had not been much improvement in their position in society. For centuries, they were suppressed and not allowed to be empowered. We come across some strong female characters in the Epics and Purana who stood for themselves and who were strong in their convictions.

Shakespeare's heroines, especially in his comedies, act as forces of renewal and harmony. Some of his females were stronger than others. They often surpass the male characters...

like Portia in The Merchant OF VENICE, who is not only beautiful but also a great and noble character. She is known for her sense of justice...like Rosalind in AS YOU LIKE IT, known for her many-sided intelligence and sense of humour...

These are just a few positive examples that came to my mind when writing the article.

Maha Kavi Bharathiyar speaks high of women and the need for their empowerment in his lofty poems. Today, in many families, women are the sole breadwinners.. They balance work and family exemplary well and have left no field untouched. They scale great heights and, in many ways, excel men. They are better at multitasking and make no compromise on quality. They are better managers and handle crises with ease. They make better teachers, doctors, CEOs, scientists, researchers and what not!.

A strong woman is both soft and powerful.. She is both practical and spiritual.. a strong woman in her essence is a gift to the world. In recent years, there has been a growing awareness of the importance of women in society. Effective use of women's potential in public affairs leads to the development of a nation.

As the saying goes,

A STRONG WOMAN STANDS UP FOR HERSELF. A STRONGER WOMAN STANDS UP FOR EVERY ONE ELSE.

March 8th is observed as INTERNATIONAL WOMEN'S DAY. It is to celebrate the social, cultural ,economic and political achievements by and of women over the years. The slogan of the year is

INVEST IN WOMEN, ACCELERATE PROGRESS.

Let us hail womanhood and respect every woman that we live with and meet and work with and help them to empower themselves. Such a world will be a better place to live, for sure.

Happy Women's Day!

-MRS.VIJAYA SUNDAR, ACADEMIC CONSULTANT-

FROM THE PRINCIPAL'S DESK-EVENTFUL FEBRUARY

February 2024 the Board Examinations for Grades X and XII have commenced in full swing and the students with the teachers at their back are fully geared up to face their examinations.

On the academic front, there were quite a good number of classroom activities involving the students. The grade IV Election simulation exercise was one such Social Science activity where the students were able to experience the electioneering process. English activity on Prepositions by grade V students, EVS Science Speech Activity by Grade IA students on National Science Day and Math Activity by Grade 2B students making patterns using stones and flowers were other such co-academic events which shaped the imagination and enhanced the IQ levels of our children

Our teachers conducted LSRW skill assessments for grades 3-8 with utmost sincerity, ensuring a well-rounded educational experience for our students.

Our students exhibited their bravery and resilience during practice sessions for the inaugural Cross Country Run event, adapting seamlessly to the transition from spring to summer.

Our kindergarten students embarked on a tree walk, recognizing the significance of shade and understanding the importance of tree growth, especially during the scorching summer months.

World Hippo Day, Flamingo Day and Brown Day were celebrated with exuberance by our kindergarten students and teachers who showcased their talents through skits and performances.

The celebration of International Mother Language Day saw our students embracing and flaunting their linguistic diversity, with Tamil, Hindi, Gujarati, Telugu, Kuki, and Malayalam taking center stage.

World Scouts Day was met with heightened enthusiasm as our students from grades 6 to 9 and 11 participated in the Cross Country Run, demonstrating unwavering spirit and determination. We extend our heartfelt gratitude to the Nagamalai-Pudukottai Police Department and the Physical Education Department of Madurai Kamaraj University for their unwavering support.

The celebration of National Science Day was a defining moment for our students, with Dr. Daniel Chellappa, a distinguished nuclear scientist, who ignited their scientific curiosity with his approachable demeanor. Dr. Daniel Chellappa also led our school community in commemorating Thiruvalluvar Statue Installation Day, paying homage with floral tributes.

The valedictory function of the Student Council was a time to honor the contributions of our student leaders and club secretaries, as well as celebrate the achievements of the Cross Country Run winners. Congratulations to Atlantic House for clinching the trophy, with Antarctic House securing the runner-up position.

The consolidated talent show by our students on a single day brought out the multi-faceted talents of our students in dance, theatre, singing, karate, silambam, archery, skating, and key board. The performances during Shakespeare and Ramanujam clubs were exemplary and the students participated with full enthusiasm.

We are grateful to the four M.P.Ed students from Madurai Kamaraj University who imparted invaluable skills to our students..

KMR International School, is poised to conclude the year on a positive note, balancing academics with others activities, thanks to the collaborative efforts of our Chairperson, Correspondent, Academic consultant, Advisor Coordinators, and dedicated staff-teaching, non-teaching and co-curricular- supportive parents, and enthusiastic students.

-MRS.K.SARASWATHY, PRINCIPAL-

Now it's exam fever all over. At every level, for the next couple of months or more, all kinds of exams will come up. From school promotion exams to board exams, from UPSC prelims to CA Foundation and Intermediate and all kinds of entrance and eligibility tests, students will have challenging times ahead.

Preparing for exams requires dedication, discipline, and consistent effort. However, staying motivated throughout the preparation period can be a challenge. It's important to maintain a positive mindset and find strategies to keep your motivation levels high. Here we will explore effective tips to help you stay motivated and focused during your exam preparation.

1. Set Clear and Realistic Goals:

Start by setting clear and specific goals for your exams. Break down your study plan into smaller milestones, such as completing a certain number of chapters or topics within a specific time frame. Setting realistic goals will give you a sense of direction and accomplishment as you progress, fueling your motivation.

2. Visualize Success:

Take a few moments each day to visualize your success. Imagine yourself passing the exams with flying colors and envision the benefits and opportunities that come with excelling in the exam.. Visualization can strengthen your motivation and remind you of the rewards that await you at the end of your journey.

3. Develop a Study Routine:

Create a study routine that suits your learning style and preferences. Establish a consistent schedule with dedicated study hours each day. Divide your study sessions into manageable chunks, allowing for breaks in between to maintain focus and prevent burnout. A well-structured routine provides a sense of order and helps you stay on track.

4. Find Your Motivation Triggers:

Identify what motivates you personally and use it as a tool to stay motivated. It could be reading success stories, connecting with fellow aspirants, or seeking inspiration from teachers/mentors. Surround yourself with motivational quotes, posters, or sticky notes that remind you of your purpose and keep you motivated during challenging times.

5. Break Down the Material:

The syllabus can be vast and overwhelming. Break down the material into smaller, manageable portions. Focus on one topic at a time and celebrate your progress as you complete each section. By tackling smaller tasks, you'll feel a sense of achievement, boosting your motivation to tackle the next

6. Seek Support and Accountability:

Share your goals and progress with friends, family, or study buddies. Their support and encouragement can be invaluable during challenging moments. Get the needed support from your resourceful teachers, you can interact with other aspirants, share resources, and engage in discussions. Being part of a community can provide a sense of belonging and keep you motivated.

7. Track Your Progress:

Keep track of your progress throughout your exam preparation. Use a study planner or a progress tracker to monitor your daily, weekly, and monthly achievements. Seeing tangible progress can be highly motivating and serve as a reminder of your hard work paying off.

8. Celebrate Small Wins:

Reward yourself for achieving milestones or completing difficult topics. Celebrate your accomplishments, whether it's treating yourself to a favorite meal, taking a break to enjoy a hobby, or spending quality time with loved ones. Celebrating small wins boosts your morale and keeps you motivated for the next phase of your preparation.

9. Take Care of Your Well-being:

Prioritize self-care to maintain a healthy body and mind. Get enough sleep, eat nutritious meals, and engage in regular physical activity. Incorporate stress-relieving activities such as meditation, yoga, or deep breathing exercises into your routine. Taking care of your well-being enhances your focus, energy levels, and overall motivation.

10. Embrace setbacks as a Learning Opportunity:

Remember that setbacks are a natural part of the learning process. If you encounter challenges or experience a setback, during revisions, don't let it demotivate you. Instead, view it as an opportunity to learn, grow, and improve. Analyze your mistakes, identify areas for improvement, discuss, get help from teachers and adjust your study approach accordingly. Embracing setback as a learning experience will strengthen your resilience and motivation.

Conclusion:

Staying motivated during your exam preparation is crucial for your success. By setting clear goals, visualizing success, developing a study routine, finding motivation triggers, seeking support, tracking progress, celebrating milestones, taking care of your well-being, and embracing setbacks as a learning opportunity, you can maintain a high level of motivation and focus throughout your journey. Remember, your hard work and dedication will pay off, and success is within your reach. Stay motivated, stay positive, and believe in yourself.

CLASS ROOM ACTIVITIES-Gr V

English Activity on PREPOSITIONS



English Activity on PREPOSITIONS



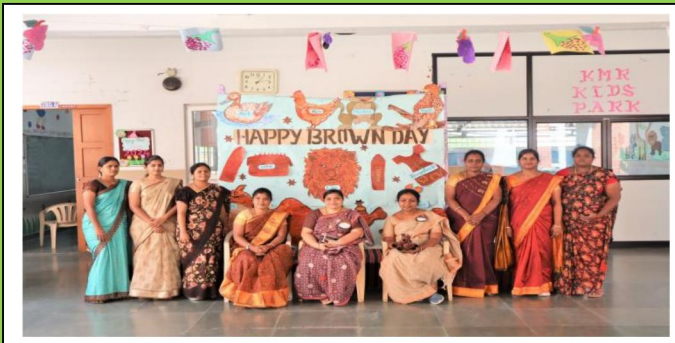
English Activity on PREPOSITIONS



English Activity on PREPOSITIONS



KG BROWN DAY CELEBRATIONS



MARCH AUTHORS

Robert Frost Born March 26, 1874

Robert Frost is one of the best-known American poets. He is remembered primarily for his realistic writing about rural life in New England despite being born in San Francisco and growing up in the city. Frost never graduated from college, but he received more than 40 honorary degrees throughout his lifetime, in addition to his four Pulitzer Prizes. Frost was also the first poet ever asked to read at a presidential inauguration (John F. Kennedy's). However, he couldn't read the poem he wrote specifically for the event due to bright sunlight and instead recited his poem "The Gift Outright" from memory. Some of Frost's other poems include "Stopping by Woods on a Snowy Evening," "Mending Wall," and "The Road Not Taken."

Ralph Ellison Born March 1, 1913

Ralph Waldo Ellison (not to be confused with his namesake Ralph Waldo Emerson) was born in Oklahoma City and considered a career in music before deciding to write. In 1952, he published his first and most famous novel, *Invisible Man*. The novel, about an unnamed Black man trying to find his place in society, won a National Book Award. Ellison wrote several short story and essay collections and taught at several universities during the remainder of his life. After his death, the executor of his estate published two more of Ellison's novels, *Three Days Before the Shooting...* and *Juneteenth*.

Jack Kerouac Born March 12, 1922

Along with his friends and fellow authors Allen Ginsberg and William S. Burroughs, Jack Kerouac was a core member of the 1950s literary movement known as the Beat Generation. Born to Canadian parents, Kerouac grew up in a French-speaking household in Massachusetts. He wrote his first novel during a brief stint in the U.S. Merchant Marines during World War II, but it wasn't published until 40 years after his death. Kerouac's first published novel was *The Town and the City*, and his second and most famous was *On the Road*. Reviewers criticized *On the Road* at first for its casual language and stream-of-consciousness writing style, but many now consider it a literary classic. Kerouac also wrote many poems during his lifetime and influenced several popular musicians of the 1960s, including Bob Dylan and the Beatles.

Khaled Hosseini Born March 4, 1965

Khaled Hosseini was born in Kabul, Afghanistan, and at age 15 moved to the United States with his family to escape the Soviet-Afghan War. Before becoming a novelist, Hosseini graduated from UC San Diego School of Medicine and was a practicing physician for more than a decade. His first novel, *The Kite Runner*, stayed on the New York Times bestseller list for two straight years. It received mostly positive reviews, although many libraries challenged the novel because of its mature content. All three of Hosseini's novels, the other two being *A Thousand Splendid Suns* and *And the Mountains Echoed*, show different perspectives on family and community relationships in 20th-century Afghanistan. In addition to writing, Hosseini has done much advocacy work for Afghan refugees.

Dr. Seuss Born March 2, 1904

Theodor Seuss Geisel wrote and illustrated more than 60 books during his lifetime under a pen name that he adopted while studying at Dartmouth College. He started his career creating drawings for magazine advertisements. After publishing his first few books, he took a break to create animated films for the U.S. Army during World War II. When Dr. Seuss returned to writing books, he published many children's classics including *Horton Hears a Who!*, *The Cat in the Hat*, *How the Grinch Stole Christmas!*, *Green Eggs and Ham*, and *The Lorax*. His books have been adapted many times for film, television, and theatre.

Anna Sewell Born March 30, 1820

At age fourteen, British author Anna Sewell injured her ankles in an accident and couldn't walk long distances for the rest of her life. As a result, she rode in horse-drawn carriages frequently, inspiring her to advocate for the humane treatment of animals. Sewell worked on many social campaigns with her mother as an adult, contributing to the temperance and abolitionist movements of the mid-19th century. Toward the end of her life, Sewell revisited her love of horses by writing her only novel, *Black Beauty*. She originally intended the book for adult audiences, particularly those who worked with horses, as part of her animal rights campaigning. However, because the story is narrated by a horse, *Black Beauty* eventually became one of the best-selling children's novels of all time.

Lois Lowry Born March 20, 1937

Lois Lowry was born in Hawaii and spent her childhood moving all around the world since her father was an army dentist. She skipped first grade because she had already been reading independently for three years. She didn't publish her first novel until age 40. Since then, she has won two Newbery Medals; the first came in 1990 for *Number the Stars*, a middle-grade historical fiction novel set during World War II. Lowry won her second Newbery Medal in 2004 for the young adult dystopian novel *The Giver*, which appears on lists of both the top books assigned in middle schools and the most commonly banned or challenged books for that age range. Lowry followed *The Giver* with three popular sequels: *Gathering Blue*, *Messenger*, and *Son*.

Alice Hoffman Born March 16, 1952

Alice Hoffman writes fantasy and historical fiction novels for adults, young adults, and children. She is best known for her *Practical Magic* series, the first of which was adapted into a 1998 film. One of her young adult novels, *Aquamarine*, also inspired a popular movie. Hoffman did extensive research in Europe for her adult novel *The World That We Knew*, inspired by a true story of teenage refugees during World War II but with added magical elements. Her other projects have included writing the screenplay for the 1983 movie *Independence Day* and co-establishing the Hoffman Breast Center at Mount Auburn Hospital in Cambridge, Massachusetts after undergoing cancer treatment there.

Lockdown Days.

In this vast world of wondrous sights and sounds,
It's all about the perspective that we hold,
A lens through which our lives are truly crowned,
Where beauty's tale begins to be untold.

The sound of clothes, a symphony so sweet,
When gently washed by hands in tender care,
A humble chore turned into a complete
Melodic masterpiece, beyond compare.

Gazing aloft at airplanes soaring high,
Their silver wings a testament to flight,
A glimpse into a limitless blue sky,
A dream of freedom, taking to new heights.

And childhood songs, they echo in my soul,
A melody that time cannot erase,
They whisper tales of innocence untold,
And bring a smile upon my aging face.

Watering the plants, a humble task,
Yet in its essence, life begins to bloom,
A nurturing touch, a bond that will last,
As nature's beauty banishes all gloom.

Clicking pictures, capturing life's embrace,
Each frame a window to a moment's bliss,
A frozen memory, a cherished grace,
A testament to all that we dismiss.

The pigeons, they take flight when footsteps near,
A synchronized dance in graceful flight,
Their unity, a testament so clear,
Together soaring to new height

The gentle evening zephyr, soft and kind,
Caresses messy hair with loving grace,
A touch that brings tranquility to mind,
A symphony of peace, a gentle trace.

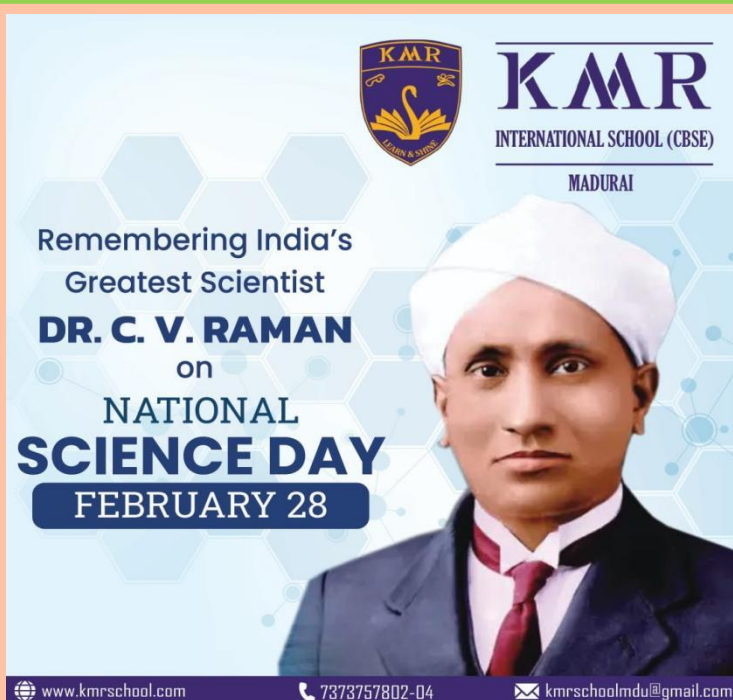
The silence in the church, a sacred hush,
Where souls find solace in their quietude,
The sound of temples, a reverent brush,
A prayerful chorus, gratitude pursued.

The holy Quran, its verses profound,
A message of peace and love to embrace,
A pathway to enlightenment unbound,
A guiding light, a source of endless grace.

For when our perspective takes a turn,
And beauty's lens adjusts its focus true,
The world around us starts anew to burn,
With vibrant hues, in every shade and hue.

So let us cherish all that we behold,
With eyes that see the world in grander scale,
For in perspective's arms, we will enfold,
A life enriched, a tapestry so regal.





C.V. Raman (born November 7, 1888, Trichinopoly, India—died November 21, 1970, Bangalore) Indian physicist whose work was influential in the growth of science in India. He was the recipient of the Nobel Prize for Physics in 1930 for the discovery that when light traverses a transparent material, some of the light that is deflected changes in wavelength. This phenomenon is now called Raman scattering and is the result of the Raman effect.

After earning a master's degree in physics at Presidency College, University of Madras, in 1907, Raman became an accountant in the finance department of the Indian government. He became professor of physics at the University of Calcutta in 1917. Studying the scattering of light in various substances, in 1928 he found that when a transparent substance is illuminated by a beam of light of one frequency, a small portion of the light emerges at right angles to the original direction, and some of this light is of different frequencies than that of the incident light. These so-called Raman frequencies are the energies associated with transitions between different rotational and vibrational states in the scattering material.

Raman was knighted in 1929, and in 1933 he moved to the Indian Institute of Science, at Bangalore, as head of the department of physics. In 1947 he was named director of the Raman Research Institute there and in 1961 became a member of the Pontifical Academy of Science. He contributed to the building up of nearly every Indian research institution in his time, founded the Indian Journal of Physics and the Indian Academy of Sciences, and trained hundreds of students who found important posts in universities and government in India and Myanmar (Burma). He was the uncle of Subrahmanyan Chandrasekhar, who won the 1983 Nobel Prize for Physics, with William Fowler.

Tessy Thomas, known as the 'Missile Woman' of India is the Director General of Aeronautical Systems and the former Project Director for Agni-IV missile in Defence Research and Development Organisation (DRDO). She is the first woman scientist to head a missile project in India.

Muthayya Vanitha is the Project Director of Chandrayaan-2. She is the first woman to lead the interplanetary mission at ISRO. She was promoted from Associate Director to Project Director of the mission. She hails from Chennai and is an electronics system engineer from the College of Engineering, Guindy.

Gagandeep Kang, a virologist and scientist, is known for her interdisciplinary research in transmission, development, and prevention of enteric infections and their sequelae in children in India. She has been elected as a Fellow of the Royal Society (FRS), the first Indian woman scientist to receive this honour. The FRS is the oldest scientific institution in the world, and is dedicated to promoting excellence in science.

Mangala Mani, the 'polar woman of ISRO', is ISRO's first woman scientist to spend more than a year in the icy landscape of Antarctica. The 56-year-old had never experienced snowfall before she was selected for the mission. In November 2016, she was part of the 23-member team that went on an expedition to Bharati, India's research station in Antarctica. She spent 403 days at the southernmost continent operating and maintaining ISRO's ground station.

Kamakshi Sivaramakrishnan technology is onboard NASA's New Horizon mission, which is probing Pluto. It is NASA's farthest space mission. She is responsible for building the algorithm and the chip that is responsible for bringing information from Pluto, whose existence as a planet was being questioned. The chip on board the spacecraft collects signals and sends them back to the space station which is three billion miles away.

Chandrima Shaha is a biologist and the first ever woman president of the Indian National Science Academy (INSA). She assumed office on January this year. In 85 years of its existence, the Academy never had a woman president until she took over.

DR. DANIEL CHELLAPPA A RENOWNED NUCLEAR SCIENTIST INTERACTING WITH OUR STUDENTS



NATIONAL SCIENCE DAY 2024



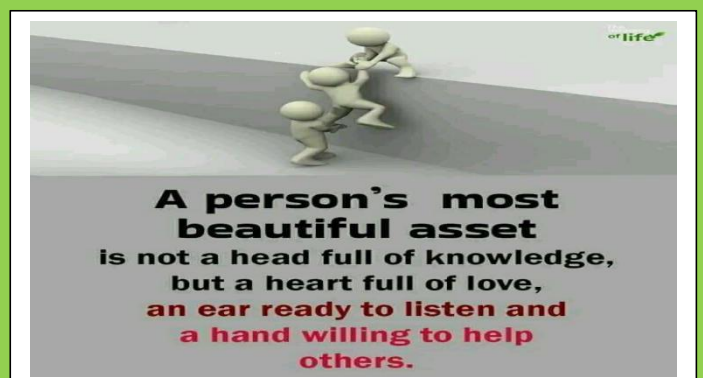
ELECTIONS-GR IV SS ACTIVITY



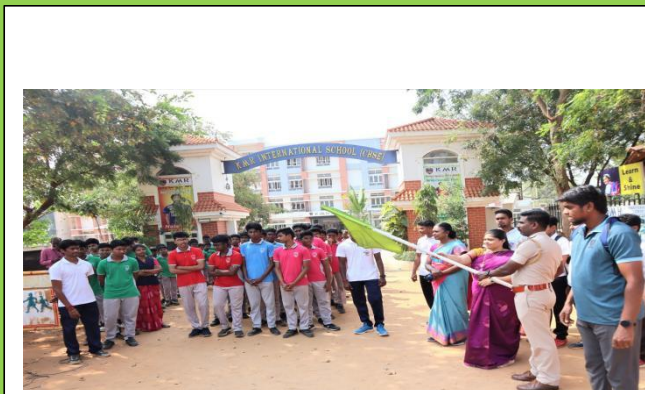
PTA MEETING PA 5



GRADE IIB STUDENTS-MATHS ACTIVITY



CROSS COUNTRY RUN



COMPETITIONS FOR NEIGHBOURHOOD SCHOOLS



**SURROUND YOURSELF
WITH DETERMINED
PEOPLE AND THEY
WILL MAKE YOU FEEL
LIKE ANYTHING
IS POSSIBLE**

SCOUTS & GUIDES FOUNDATION DAY



CLUBS ACTIVITY- SHAKESPEARE AND RAMANUJAM CLUBS



TALENT SHOW_SHOW OF ECA SKILLS BY KMRIANS



ARCHERY



KEY BOARD



SKATING



MARTIAL ARTS



SILAMBAM



TABLE TENNIS



GYMNASTICS



STUDENT'S COUNCIL & CLUBS VALEDICTION



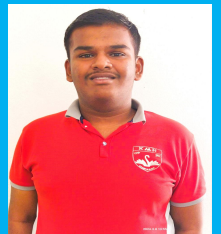
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Ms. Bavatharani ASPL



Mr. Krishna Sports Head



Mr. Madan Events Head

2023-2024



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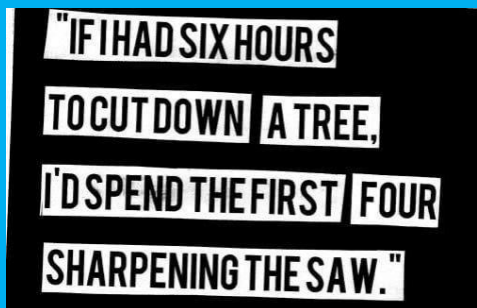
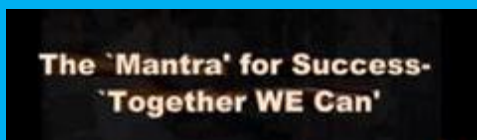




**BE RESPONSIBLE -
BE THE LEADER**



HINK WIN WIN



THE BOARD of EDITORS of our Newsletter KMR 360* CONNECTS & UNITES with the Chair Person, Correspondent and Staff of our school proudly present the POET OF THE YEAR CITATION to MISS GOPIKA KRISHNASAMY of GRADE XB for her continuous support through her awesome contributions of POEMS and well-thought out verses . GOPIKA is the POET behind the pseudonym "THE SURREALPEARL" .

WE wish her ALL THE VERY BEST as a writer and poet in future.

"THESURREALPEARL"



GOPIKA KRISHNASAMY X B

POET OF THE YEAR



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