



KMR INTERNATIONAL SCHOOL

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SENIOR PRINCIPAL'S MESSAGE

Mind! Oh my mind!

Napoleon Hill says," Wherever the mind of man can conceive and believe, he can achieve."

The mind has great and immeasurable potential that remains untapped in most of us. It is said that even the best thinkers use only about 25% of their minds. Can you believe if I tell you that human mind can perform miracles if properly used and conditioned for excellence! Mahatma Gandhi was a weak man but he could rouse millions of his countrymen against the vast British Empire. He was a very AVERAGE LAWYER in South Africa, but how did he raise himself to be THE FATHER OF THE NATION and THE MAN OF THE YESTER MILLENNIUM. This little man in his loin cloth led the Freedom movement of this ancient country. He accepted every experience with gratitude and saw the opportunity in every event. His indomitable spirit and mental strength won us, the Indians, our freedom.

Seventy-year-old men have run marathons and climbed mountains.

There are no limits for a person who accepts NO LIMITS.

You cannot DO GOOD unless you FEEL GOOD. So, grow mentally strong, fit and resilient and scale great heights!



Best Wishes,

Senior principal,

PRINCIPAL'S MESSAGE

Dear Students,

“If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.” –Bruce Lee

Listen Students, the human brain is a powerful tool. Use it right and you can achieve unbelievable feats. Let your fears take over and it could keep you from reaching your fullest potentials. If you firmly believe that nothing in this world could stop you from making your dreams come true, nothing ever will. Because nothing is impossible when you set your mind to it.

Best Regards,

Principal,

K. Saraswathy



A WORD TO THE ADOLESCENTS

Building Self Awareness in Children

Building self-awareness in adolescent children is crucial for their emotional intelligence, decision-making, and overall well-being. Here are some strategies to help:

Self-Reflection

1. **Journaling:** Encourage daily or weekly writing to explore thoughts, feelings, and experiences.
2. **Reflection exercises:** Ask open-ended questions, e.g., "What did you learn today?" or "How did you feel in that situation?"
3. **Mindfulness practices:** Introduce meditation, deep breathing, or yoga to increase self-awareness.

Emotional Intelligence

1. **Emotional labeling:** Teach recognition and labeling of emotions.
2. **Empathy building:** Discuss others' perspectives and feelings.
3. **Role-playing:** Practice social scenarios to develop emotional regulation.

Self-Discovery

1. **Strengths and weaknesses exploration:** Help identify personal strengths and areas for improvement.
2. **Values and goals setting:** Encourage setting and working towards personal goals.
3. **Interests exploration:** Support trying new activities and hobbies.

Feedback and Support

1. **Regular check-ins:** Hold one-on-one conversations to discuss progress and challenges.
2. **Constructive feedback:** Provide specific, positive, and actionable feedback.
3. **Active listening:** Encourage open communication and listen attentively.

Real-World Experiences

1. **Volunteer work:** Engage in community service to develop empathy and self-awareness.
2. **Leadership opportunities:** Encourage taking on roles or responsibilities.
3. **Real-world applications:** Connect academic lessons to everyday life.

Modelling and Mentorship

1. Self-aware adult role models: Demonstrate self-awareness and self-regulation.
2. Mentorship programs: Pair adolescents with positive role models.
3. Parent-child relationships: Foster open, supportive communication.

School and Community Involvement

1. Social-emotional learning programs: Integrate self-awareness into curriculum.
2. Counseling services: Provide access to professional guidance.
3. Extracurricular activities: Encourage participation in clubs, sports, or arts.

Technology and Resources

1. Online self-awareness tools: Utilize apps, games, or quizzes.
2. Books and articles: Share relevant literature on self-awareness.
3. Workshops and seminars: Attend events focused on adolescent self-awareness.

Tips for Parents and Educators

1. Be patient and supportive.
2. Foster a growth mind-set.
3. Encourage self-expression.
4. Set clear boundaries and expectations.
5. Practice self-awareness yourself.

Age-Specific Strategies

For younger adolescents (11-13):

1. Focus on emotional regulation.
2. Develop self-awareness through art, music, or writing.
3. Encourage teamwork and collaboration.

For older adolescents (14-16):

1. Emphasize goal-setting and planning.
2. Discuss identity formation and self-concept.
3. Encourage independent decision-making

By implementing these strategies, you can help adolescent children develop essential self-awareness skills to navigate life's challenges with confidence and resilience.

Mr. Charles, Advisor

STUDENTS' CONTRIBUTION

ARTICLE ON SARDAR VALLABHAI PATEL

Sardar Vallabhai patel was proudly known as “the iron man of India”. He was born in Gujrat on October 31st in the year 1875. His father was Javeri Bhai and mother Ilat bhar. His father took part actively in the first independence struggle during the year 1857. He finished his primary education in his own village. He passed his matriculation exam from Baroda higher secondary school. He began his profession as a lawyer at Godhra in the year 1900. Vallabhbhai patel received the barrister title in the year 1910. Vallabhai patel practiced as a lawyer in Ahamedabad.

In 1936, the Lok Sabha elections were held and the Congress party won in many states. To supervise the ministers, a commission was formed. Patel was elected as the leader. In 1942, he helped Gandhiji in the Quit India Movement in 1946, he was the deputy prime minister in the government that took charge under Nehru. There were many independent states in India. He united all the states together. This is the reason we call him as the iron man of India and “India’s Bismarck”.

In 1950, on December 15th Patel breathed his last. For his undaunted support during the freedom struggle and for a united India he was awarded the Barath Ratna in the year 1991.

G.R Dharshana XI B



ISRO

ISRO stands for Indian Space Research Organization. It is a space agency of the government of India. It was formed in the year 1969. The founder of ISRO is Vikram Sarabhai. It is located in the city of Bengaluru. The department of space government of India controls the ISRO Agency. The vision behind the establishment of ISRO was to develop and harness space technology in national development.

Moreover, this development and harnessing of space technology were to take place while pursuing space science research and planetary exploration. Through many years, ISRO incorporation space serves for the benefit of the common man as well as the nation. Moreover, the maintenance of one of the largest fleets of communication satellites takes place at ISRO.

They serve the role of fast and reliable communication as well as earth observation. The first Indian satellite that was built by ISRO was Aryabhata, whose launching took place on April 19th 1975. Furthermore 1980 was another important year for ISRO due to the launching of the Rohini Satellite. Apart from technology capabilities, a lot of contribution has been done by ISRO in the field of science. Furthermore, ISRO is in charge of its own Lunar and interplanetary missions. ISRO controls various specific projects for the promotion of science education, and also provides data to the scientific community. The Mars orbiter mission was sent by ISRO on November 5th 2013, which was successful with first attempt to Mars.

P. Manisha XI B



Book Review

Name: Kayal Hansa Class: VIII B

Name of the book: Hardy Boys (Pushed)

Name of the author: Franklin W Dixon

Name of the Characters: Joe, Frank, Lilly, Evan, Mark, Olivia, Tess, Sandy and Davis

Summary of the story:

This is a crime story, Joe and Frank were undercover brothers, and their new mission was to find the mystery behind Evan's death. Evan was a runaway teen who lived in Haven. It was a place where runaway teens lived. It was organized by Tess and Sandy was the assistant director Joe & Frank went there and found that their childhood friend Lilly was Evan's girlfriend. Then they found out why Evan ran away from his home. It was because of his father Davis. They found that Evan had a friend who was a thief and that's Olivia Evan's best friend. Mark died one day. Now the suspects were Lily, Tess, Sandy, Olivia and Davis for several reasons. Finally, against all odds they found that the criminals were Tess and Sandy. They killed him because Evan found that Tess was stealing money in the name of collecting money to afford the child's education. So, Evan decided to complain this to a reporter. On the way to meeting the reporter, they killed him, they killed Mark for the same reason and Tess was the mastermind behind and Olivia helped her to kill them. After finding this, Joe and Frank reunited with their family for the thanksgiving



INSPIRING TRAIT – Ratan Tata

“Helping”: This is a powerful word and a word which has a lot of meaning. Kindness, Concerned, having a deep intention to make others happy. Life is all about being happy and making others happy. And that leads to a vivacious life. I wonder how a man could give a trove of money to unknown people, just to improve their life and erase their worries. The way he carried himself throughout his life is actually amazing. He sought to learn something new always. He promoted peace where others were spreading vicious vibes all the way.

Lesson learnt from him...

Everyone who earns one crore per annum doesn't sleep well, whereas a normal man with daily wages sleeps well. The truth is when a human gets everything he wants, he gets bored and searches for happiness. And the poor work really hard just to earn and seek happiness.

JUST IMAGINE: IF THE RICH PEOPLE HELP THE NEEDY ONES AND THE ONE WHO SEEKS LOVE, WILL FOR SURE RECEIVE UNEXPECTED FORM OF LOVE.

Kopika Krish, XI A



SOCIAL SCIENCE PROJECT

Grade: VII

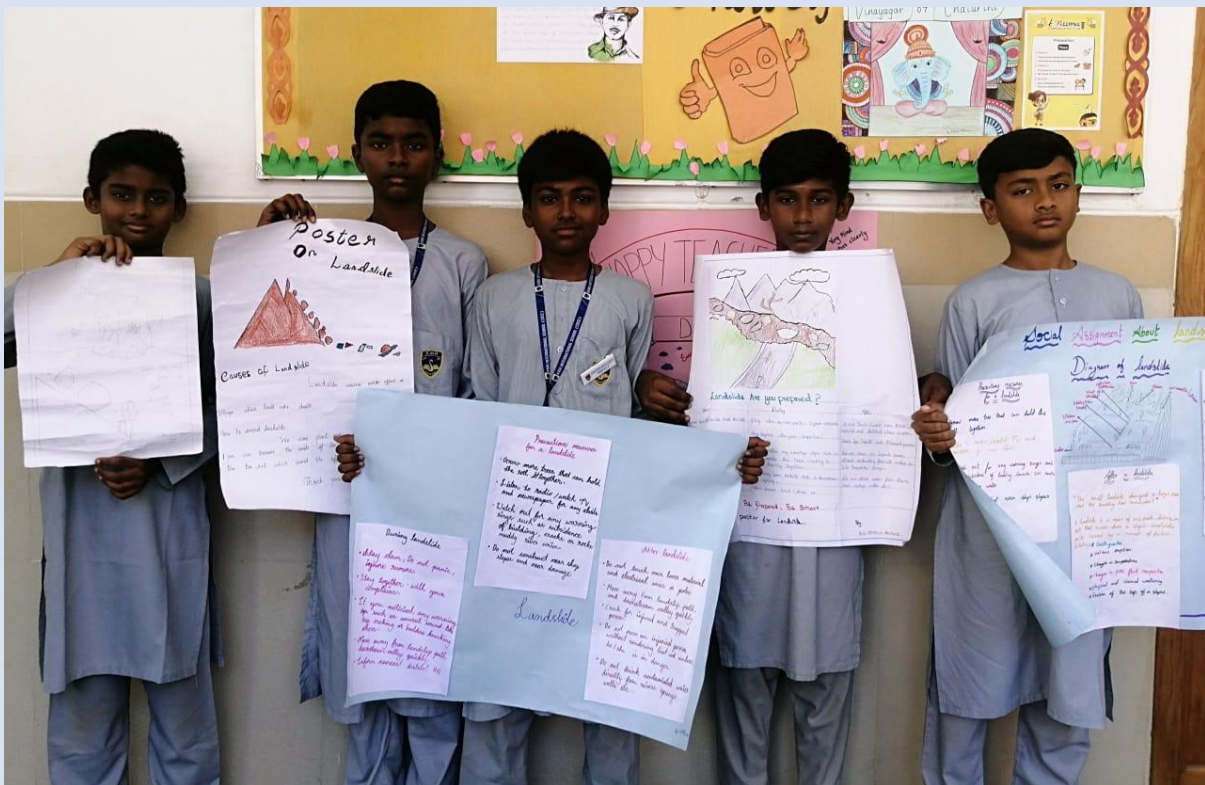
Subject: Social Science

Topic: Poster Making for Endogenic force

Conducted by : Ms. Nithya

This activity was to raise awareness about endogenic forces, specifically focusing on landslides. The goal was to enhance students' understanding of geological phenomena and their implications.

Students created informative posters especially on landslides. The initiative successfully educated students on the significance of understanding endogenic forces and their environmental impacts. Continued efforts in this area will further enhance student engagement and community awareness.



Grade: VIII

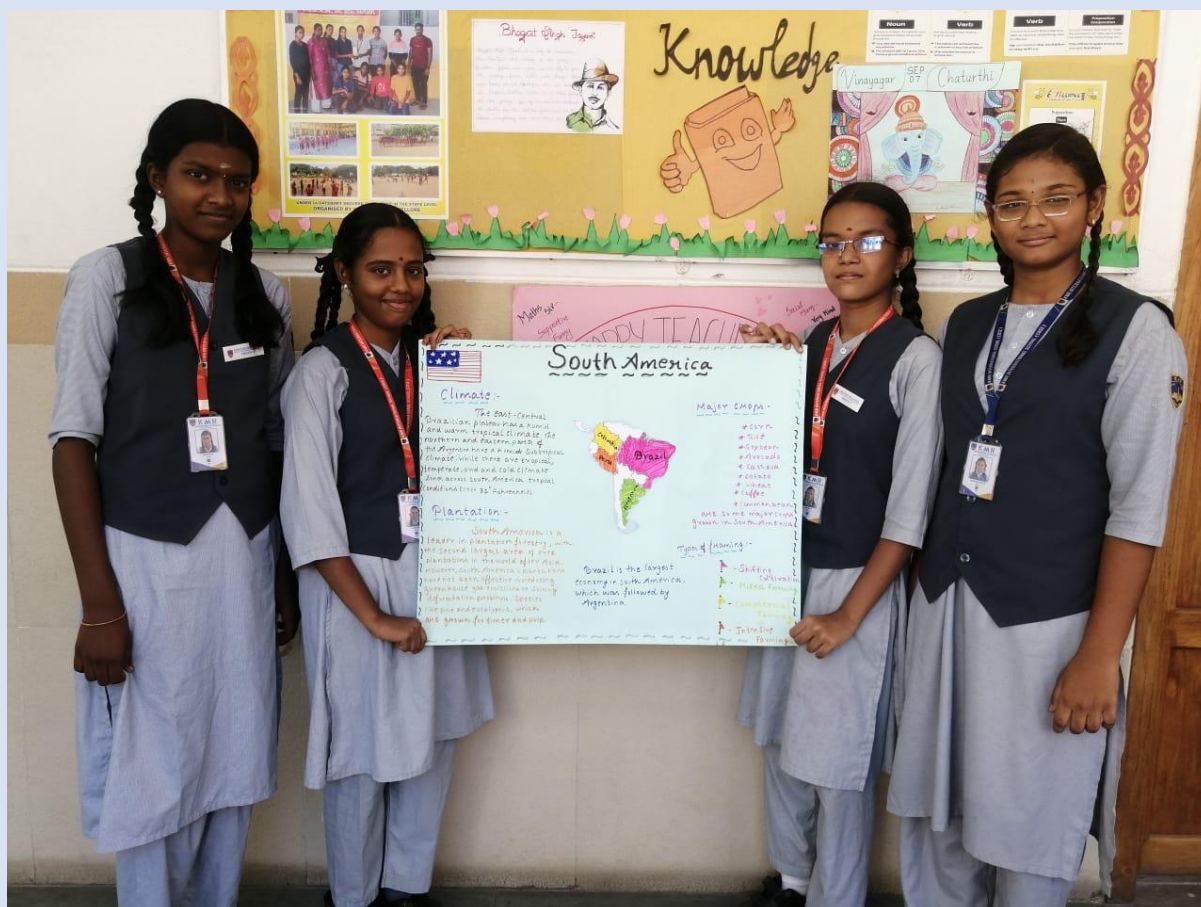
Subject: Social Science

Topic: Agricultural Regions Mapping Activity

Conducted by: Ms. Nithya

This activity outlines the outcomes of the recent Agricultural Regions. Students created maps highlighting major crops, climatic conditions, and geographical features. Each group presented their map to the class, explaining the agricultural practices and challenges in their region. A class discussion followed, comparing the different regions and their agricultural outputs. Students gained insights into the relationship between geography and agriculture. This activity enhanced research, teamwork, and presentation skills.

Students showed their interest in agricultural topics. Students gained practical skills in data analysis and mapping while enhancing their awareness of agricultural sustainability.



ACTION VERB

Active Learning with Action Words! Students expand their vocabulary while interacting with each other



Grade 2 Activity on MONEY...

Easy and enjoyable way to learn about money



Grade 3 Project on Weather Held on 10.10.2024



VIJAYDHASMI CELEBRATION AND ADMISSION HELD ON 11.10.2024

Enrolling children during the auspicious Vijayadashami festival symbolises a new beginning and a prosperous future for their educational journey.



Cambridge Orientation was held in our school campus for Students as well as Teachers in order to enhance English Language and Communication Skills amidst students



FOOD DAY CELEBRATION ON 16 OCT 2024



GREEN DAY CELEBRATION ON 24 OCT 2024



SCIFARI 2024-2025 ON 26.10.2024



PRESENTATION BY IIMUN(INTERNATIONAL MOMENTS TO UNITE NATIONS)

Mr.Divyam Jain, Asst.Director in International Department of IIMUN (India's International Movement to Unite Nations) met our children (grades 6 to 11) on 10.10.24 to give awareness about IIMUN & MUN conferences, also invite them to participate.



DIWALI CELEBRATION OCT 30.10.2024

The Festival of Lights"

As darkness fades, and light takes hold,
Diwali's warmth begins to unfold.
A time for joy, for love and cheer,
A celebration that brings us near.

The diyas shine like stars up high,
A thousand twinkling lights in the sky.
The sound of laughter, music sweet,
As families gather to greet.

Goddess Lakshmi's blessings we seek,
Prosperity and peace, KMR ians hearts speak.
Lord Ganesha's wisdom we adore,
Guiding us through life's journey once more.

The crackers burst, a colorful sight,
A symphony of sparks, shining bright.
The sweets and treats, a delicious delight,
A time for feasting, through day and night.

As Diwali's lights illuminate the way,
May KMRians hearts be filled with love each day.
May darkness fade, and light prevail,
And Diwali's spirit forever sail.

Ms. Vimala, English Teacher



KMR'S EDUCATIONAL TOUR

Our school organized a two-day educational trip to ALLEPPEY & COCHIN on September 27 and 28. The tour participants comprised students of Grades 6 to 12 accompanied by some of the faculty members. All the students were directed to gather at school at 9.30 pm on September 26. The senior principal and the principal of the school wished all the students a safe journey.

We started our journey with great expectations and excitement.

Day-1

With the hope and blessings, we reached the Alappuzha at 6 am on the first day of our trip.

After the refreshment and breakfast, we boarded the house boat. There were more than hundreds of houseboats. We were greeted with a welcome drink and we were exploring the different areas of the houseboat. We passed via the canal and started feeling the cool breeze. The panoramic view of Alappuzha was really amazing. It was a great opportunity for us to connect and share sometime together with the students.

Day-2

We boarded the bus and the students were eager to visit the places located at Cochin. The places we visited on the second day of the trip were Chottanikkara temple, Lulu mall, Mattancherry palace and Cochin harbor. Children were awestruck with the magnificent style of architecture at Mattancherry palace. We were all thrilled to board the ship and witnessed the vista of the sea.

What a heavenly experience!

On the whole, the excursion was full of fun, yummy food, superb accommodation, dance, music and what not! All that starts ends well, and our beautiful trip too came to an end. We could witness a mix of emotions when children were getting ready to go back to their home on September 29.

Ms. Saranya Kannan, Co-ordinator

Moments clicked, Memories packed and Happiness recorded.



TEACHERS' ARTICLE

Real Education - The architecture of the soul

Reaches to refine & rise

Emboldens to excel & execute

Appreciates to aspire & attain

Leads to learn & land

Eggs on to extend & explore

Directs to derive & develop

Urges to usher & unite

Counsels to compete & challenge

Aids to analyse & acknowledge

Touches to transform & transcend

Inspires to initiate & instigate

Overhauls to outdo & outshine

Nudges to nourish & nurture

A Leader's Legacy

With vision and virtue, he led the way

Ms. Mukil Sundari, English Teacher

THE LEGEND

Ratan Tata, a name that shines each day
Hard work and persistence, his guiding light
Through challenges and setbacks, he stood tall and bright

Late nights and sacrifices, he made with ease
For the Tata Group's success, his ultimate peace
Discipline and focus, his unwavering creed
Inspiring generations, his leadership seed

From Jaguar to aviation, he made his mark
Innovation and progress, his hearts embark
Philanthropy and giving, his noble deed
Education, healthcare, and poverty's creed

A legacy of excellence, he leaves behind
A global conglomerate, his name entwined
\$100 billion revenues, a testament to his might
Ratan Tata's story, shining with delight

His journey teaches us, to strive and to rise
With hard work, persistence, and open eyes
To overcome obstacles, to reach and to climb
And leave a legacy that transcends time.

Ms. Mahalakshmi, coordinator

மாற்றம் மானிடத்தின் தேவையே:

மாற்றம் ஒன்று மட்டுமே மாறாதது. நேற்றைய தினம் போல் இன்றைய தினம் இருப்பதில்லை. கடந்த நொடியினை மீண்டும் பெற முடியாது. மாற்றம் என்பது காலநிலையில் மட்டுமல்ல; மனிதனின் மனத்திலும் வேண்டும்.

கடந்த ஆண்டுகளில் நன்கு படிக்காத மாணவன் இன்று நன்கு படிக்க வேண்டும் என்று முயற்சிக்கலாம். அல்லது அந்த எண்ணம் அவனுக்கு வராமல் கூட காலம் கழியலாம். அவனுக்கு ஒரு தூண்டுகோலாக இருந்து தன்னம்பிக்கை கொடுத்து அவனது வாழ்வில் மாற்றத்தை ஏற்படுத்துவது பெற்றோர் ஆசிரியரின் தலையாயப் பணியாகிறது.

நேற்றுபூத்த அதே பூ இன்றுஅந்தச் செடியில் நிலையாக இருப்பதில்லை. மாணவனும் அப்படியே என்பதை நாம்தான் உணர்ந்து செயல்பட வேண்டும். எப்பொழுதுமே பெற்றோர் ஆசிரியர்களின் முயற்சியினால் மாணவர்களின் முன்னேற்றம் சாத்தியமே. நல்ல மாற்றத்திற்கு தொடர்ந்து முயல்வோம். மாணவ சமுதாயம் மாண்புற நல்ல மாற்றம் தேவையே.

நன்றி

மு.முத்துப்பாண்டி, தமிழாசிரியர்

ACHIEVEMENTS AND ACCOLADES

“A dream becomes a goal when action is taken toward its achievement.”

Our KMR International school once again has proved it by achieving the best school award for BEST INTERNATIONAL SCHOOL (CBSE) conferred by NATIONAL HEALTH CARE EDUCATION held at **Radisson Blu Dwarka, New Delhi**

Our vision is to create an environment for continuous learning and research, to train students in the development of their personality through qualitative Education



SpellBee international toppers M.ASHNA grade 7 and M. SIVADHARSHINI Grade 8 obtained 100% marks in the inter school competition.



IMPORTANCE DAYS IN NOVEMBER

NOV 1

World Vegan Day

NOV 5

World Tsunami Awareness Day

NOV 6

International Day for Preventing the Exploitation of the Environment in War & Armed Conflict 2019

NOV 8

World Radiography Day

NOV 9

Legal Services Day

NOV 10

World Science Day for Peace & Development

NOV 11

National Education Day of India

NOV 12

- World Pneumonia Day
- Guru Nanak Jayanti

NOV 14

Children's Day

NOV 14-20

National Cooperative Week

NOV 16

International Day for Tolerance & Peace

NOV 17

- National Epilepsy Day
- National Journalism Day
- International Students' Day

NOV 19

- National Integration Day
- International Men's Day

NOV 19-25

World Heritage Week

NOV 20

Universal Children's Day

NOV 21

World Television Day

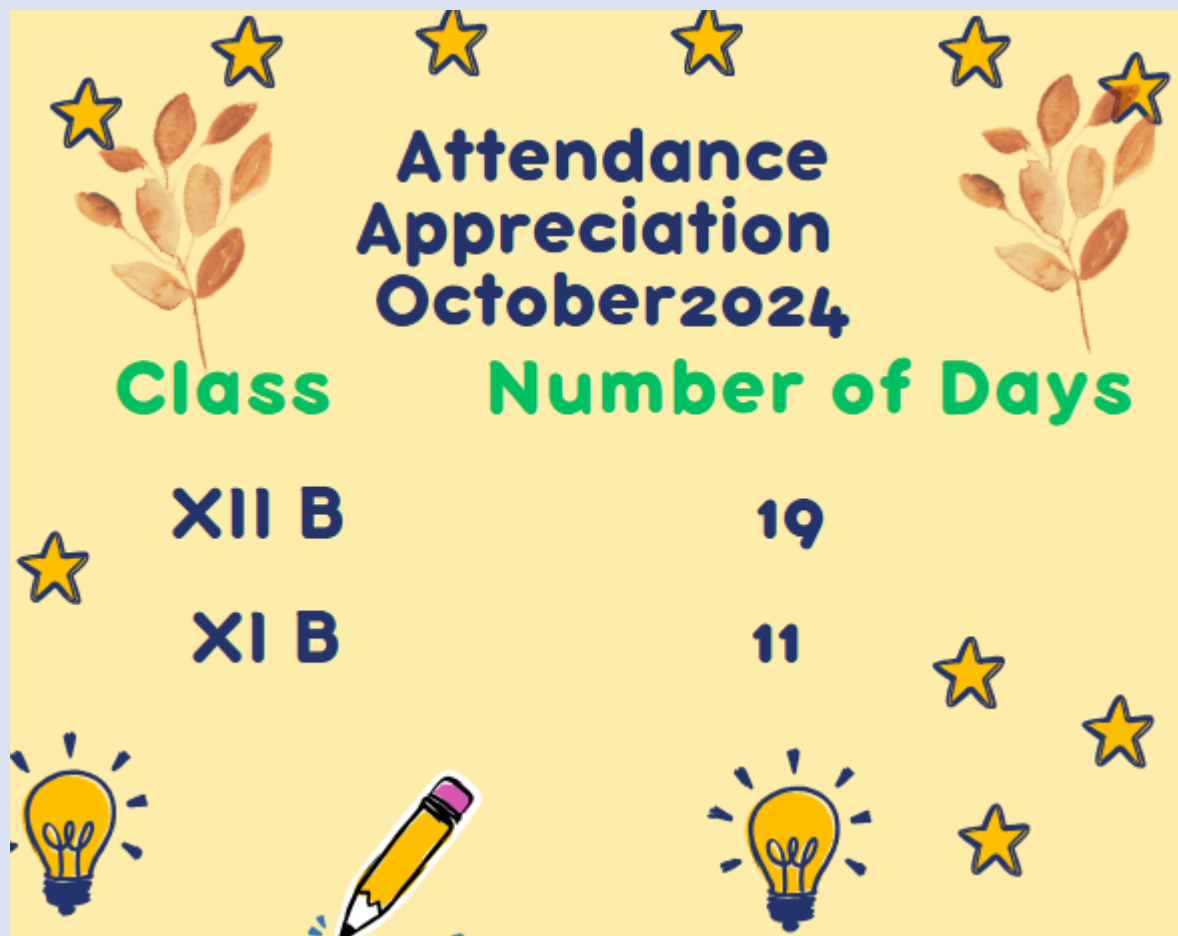
NOV 25

International Day for the Elimination of Violence against Women

NOV 26

National Constitution Day

ATTEDENCE APPRECIATION



Class	Number of Days
XII B	19
XI B	11

Happy Reading!

Dear Readers



Please share your valuable suggestions through e-mail to kmrschoolmdu@gmail.com that indeed will motivate us to do better each time.

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