

ACADEMIC YEAR 2023-24

TAMBARAM

# SAN ACADEMY

KEEP REACHING FOR THE STARS



# PARADIGM

# From the DIRECTOR

**Times Education Icons 2023-24 Chennai**  
Chennai Schools, Pre Schools and Education Institutions Survey 2023-24

The Primary Objective of this research was to arrive at a list of Top Schools/Pre Schools across the city under various zones under the National/International Categories of Curriculum and the Best Educational Institutions Leadership for the Career Based Learning Aspects.

Top School National - Overall		Best Innovative Teaching School - National		Best Innovative Teaching School - International	
Rank	School Name	Rank	School Name	Rank	School Name
1	San Academy Group of Schools	1	San Academy Group of Schools	1	San Academy Group of Schools

**SPECIAL RECOGNITIONS - BEST SCHOOLS**

**SPECIAL RECOGNITIONS - BEST PRESCHOOLS**

**EDUCATION LEADERS' IP RECOGNIZATION**



**ARCHANA R**  
Managing Director

## Transformative Odyssey: Inspiring Journey of San Academy Group of Schools



"Vision sees the stars, mission carves the path to reach them. Vision without a purposeful mission is a ship without a compass, drifting aimlessly in the sea of aspiration."  
-Alois Dennis Oberra

The dynamic landscape of education, few stories captivate as profoundly as the transformative journey of San Academy Group of Schools. From modest beginnings to a thriving educational conglomerate, San Group of Schools stands as a testament to visionary leadership, innovative strategies, and an unwavering commitment to academic quality.

Under the stewardship of R.Archana, Managing Director, San Academy Group of Schools, the institution has experienced a meteoric rise, evolving from a single institution to a distinguished group of educational establishments. Archana's leadership has been instrumental in steering the schools towards a trajectory of unprecedented growth and success.

One of the key pillars of Archana's mission has been a relentless pursuit of academic quality. This commitment is reflected in consistently elevated student performance, with San Group of Schools becoming synonymous with top-notch results and a commitment to nurturing the intellectual potential of each student. The expansion of San Group of schools is not solely confined to academic achievements; Archana has fostered a culture of holistic development. "The whole moment of life is learning." The introduction of innovative programs, extracurricular activities, and a focus on character-building initiatives has shaped San Group of Schools into a hub where students not only excel academically but also develop into well-rounded individuals poised for success in the broader world. The corridors echo with the rhythm of creativity and collaboration as students actively participate in an array of activities that go beyond the traditional confines of the classroom.

To make the future generation responsible and productive citizens who will prove to be useful assets for the nation, the school has created awareness among the students by establishing Karuna club to kindle a sense of empathy and social responsibility towards fellow beings and environment.

Collaboration and community-building have been hallmarks of leadership. By fostering strong partnerships with educators, parents, and the local community, San Group of Schools has become more than an educational institution; it is a vibrant community dedicated to nurturing the potential of each student.

As San Group of Schools continues to expand its horizons, with new campuses and programs on the horizon, Archana remains at the helm, steering the ship towards even greater achievements. The growth is not just a narrative of numbers and infrastructure; it is a saga of transformation, resilience, and a collective commitment to shaping the future through education.

San Group of School's commitment to providing a well-rounded education is reflected in the diverse spectrum of student activities. The endeavors not only enrich the educational experience but also mould students into well-rounded individuals, ready to navigate the complexities of the world beyond San's gate. As the school continues to evolve, the vibrant tapestry of student activities remains a testament to its dedication to nurturing not just academic achievers, but future leaders and innovators.

The voice of a visionary

In this modern world there is an exigent demand for contemporary educators who needs to tune themselves to the learning style of individual student and equip and upgrade themselves with skills. Academics are crucial and have a substantial impact on determining the objective portrayal of one's accomplishments. Co- curricular activities provide students the platform to discover their potential and capabilities other than course work. It is essential for students to maintain equilibrium between academics and co-curricular activities for a lucrative education and profession. Extra curricular activities magnify the process of learning , polish intelligence and build a strong character and personality. However, academics and extra curricular activities must go hand in hand . The current competitive era requires a person to be competent in every field and the pressure of parents and teachers on children to become all-rounders is stratospheric. To sustain this pressure , students must arbitrate a balance between academics and extra- curricular activities. San Academy is the embodiment of developing these constraints to make their students well developed.

To claim a higher pedestal in the education field San Academy has spread its wings to engulf a territory of its own and leave a bench mark in educating the younger minds coming from varied background.

# PRINCIPAL'S DESK

*"The mind is not a vessel to be filled, but a fire to be kindled."  
— Plutarch*

Dear Parents

In every child, there is a world waiting to be explored. We are committed in our mission to inculcate a state of happiness in every child to ensure a peace-loving and harmonious world.

Since its inception, SAN ACADEMY School has endeavored to transcend learning beyond boundaries. We are devoted to set benchmarks in nurturing children to grow into strong, matured, kind and intelligent adults, who are original in their ideas and decisive in their actions.

Mahatma Gandhi rightly said "The best way to find yourself is to lose yourself in the service of others." Firmly believing in our core values of Courage, Compassion, Equality and Integrity we at SAN ACADEMY aim to nurture our students so that they are well equipped to face the competitive society with value-based knowledge and skills that have contributed towards the growth and vision in building global citizens and a conscientious humanity.

Keeping in mind that to teach is to touch a life forever, we believe in holistic education that encompasses academics, co-curricular activities, sports education and life-skills learning. The campus, sports and academic facilities all bear testimony to this belief. As we venture ahead and spread our wings in this spectacular valley of value-based education our endeavor is to strike a balance between state-of-the-art- infrastructure and a robust curriculum that opens the door to global platforms for our peace loving and problem-solving students. Activities and events related to value education, environment, health education, games and sports, visual and performing arts, culture and heritage, personality development are effectively woven into the main fabric of school curriculum.

Also, parents are the primary educators of children, but as the child starts schooling, we must devote ourselves to shoulder the responsibility together. As Principal, I would like to personally welcome you to our SAN ACADEMY family. We hope that your child's journey with us will surely help in yielding fruitful results and envisage our shared dreams and to dream anew.

"And now let us welcome A NEW WORLD OF LEARNING, full of things that never were." The moment is TODAY...



**APARNA A  
PRINCIPAL**



“Learning is a treasure that will follow its owner everywhere.”

Dear Sanites and families,

Congratulations on the completion of the 2023-2024 school year! As our academic year draws to a close, we have much to celebrate and many happy memories. We have stayed focused on student learning, health safety, and community connections. We recognise that the world is complex and dynamic, and we are prepared to continue to thrive amidst the myriad challenges of the coming years.

Since the school’s beginning in 2019, we have been a close-knit community of learners committed to internationalism, academic excellence, a passion for learning, and serving others. At San Academy, we want to assure that students nurture the joy that comes with learning. We want students to learn to apply what they know to real-world problems. We seek to help them understand a vast array of problem-solving strategies and skills and to work collaboratively, fairly, and effectively with others. We thrive on moments of togetherness, events that give us opportunities to gather and celebrate, enjoy art and cultural experiences, Dear parent, our doors are open to you. And with you, we will seek to inspire, guide, and learn with your children.

My best wishes are always for you all!

I am honoured to serve as Vice Principal.

**SHEEBA FRANKLIN**

”As is the mind , so is the speech;

As is the speech so is the action “

We live in a world that is so different from the one we grew up in , the one we were educated in. The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of education. San Academy Tambaram is a symbol of progressive and quality education. In San Academy our children will gain an all-round education and achieve their potential not just in the academic field but also in the field of sports. Our School is scaling new heights with excellent and reputed professionals training our children in a range of co-curricular activities like karate, silambam, chess, skating, aerobics , classical dance , vocal and many indoor and outdoor games. Most importantly , at the school we are a team of dedicated teachers and staff, committed to the welfare of the children in our core. For us teaching is a passion and a calling . The importance of instilling good values in our students is our prime objective. Our aim , importantly , is to make education a fun-filled, enjoyable, learning and growing experience on the solid foundation of values. We believe it is important to create an environment where students look eagerly forward to come to school . We want them to have fond memories of their time spent with us, long after they have left the portals of the school.

**HEADMISTRESS**

**MS.PRECILLA**



# TEAM SANTAM

## Heads

**Ms. Aparna Arulanandan - Principal**

**Ms. Sheeba Franklin - Vice Principal**

**Ms. Precilla - Head Mistress &  
Primary Coordinator**

**Ms. Gayathree - Lower Primary Coordinator**

**Ms. Sheeba Mercy - KG Coordinator**

**Ms. Sheebha - CCA Coordinator**

## Admins

**Ms. Monica Rajendran - Admission Coordinator**

**Ms. Manjula - Front desk In charge**

**Ms. Vasuki - Transport Coordinator**

**Ms. Anitha Bai - Accounts In charge**

**Ms. Revathy - Utility In charge**

**Ms. Varalakshmi - PF & ES1 Coordinator**

**Ms. Kavitha - PA to Principal**

**Ms. Thilakavathy - Student Counsellor**

**Ms. Sasikala - Science Lab In charge**

**Ms. Jhepcy Premila - Nurse**

# KINDERGARTEN TEACHERS

Ms. Jenifer Christiana  
Ms. Nithyadarshini  
Ms. Shailaja Pradeep  
Ms. Suganya  
Ms. Devibala  
Ms. Priya. R  
Ms. Anitha

Ms. Porselvi  
Ms. Rathisha  
Ms. Rachel  
Ms. Jothilakshmi  
Ms. Jejithra  
Ms. Rubikha  
Ms. Sindhu



# DEPARTMENT OF ENGLISH

Ms. Madhu - Primary  
Ms. Divya Rimal - Primary  
Ms. Getzjal - Primary  
Ms. Fatma - Primary  
Ms. Priyadharshini - Secondary  
Ms. Karthika - Secondary



# DEPARTMENT OF TAMIL

Ms. Kosalai- Primary  
Ms. Lourdu Mary - Primary  
Ms. Gomathi - Primary  
Ms. Amirtham - Primary  
Ms. Kalpana - Primary  
Ms. Anuradha - Secondary  
Ms. Saraswathi - Secondary  
Ms. Vasoda Mary - Secondary



# DEPARTMENT OF MATHS

Ms. Lavanya- Primary  
Ms. Aknipriya - Primary  
Ms. Manjula - Primary  
Ms. Brindha - Primary  
Ms. Amutha - Primary  
Ms. Jeni Swaroopa - Primary  
Ms. Sangeetha - Secondary  
Mr. Jeyakumar - Secondary  
Mr. Kamesh - Secondary

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## DEPARTMENT OF SCIENCE

Ms. Livya Priyadarshini - Primary  
Ms. Ajitha- Primary  
Ms. Philomina- Primary  
Ms. Jasmine Christina - Primary  
Ms. Jenifer Maria- Secondary  
Mr. Krishnamoorthy- Secondary

## DEPARTMENT OF SST

Ms. Dhashayani - Primary  
Ms. Meenakshi - Primary  
Ms. Srividya - Secondary  
Ms. Annie Victoria - Secondary



**ITS THE  
TEACHER  
THAT MAKES  
THE  
DIFFERENCE,  
NOT THE  
CLASSROOM**

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## DEPARTMENT OF HINDI

Ms. Evangelin Kiruba - Primary  
Ms. Renu - Primary  
Ms. Priyadhilip - Secondary  
Ms. Vidyavathi - Secondary

## DEPARTMENT OF CSC

Ms. Sangeetha - Primary  
Ms. Mangalambigai - Secondary

## DEPARTMENT OF ART & CRAFT

Ms. Fathima - Primary

## DEPARTMENT OF LIBRARY

Ms. Padmavathi

## CO - TEACHERS

Ms. Nancy - Primary  
Ms. Roseni - Primary  
Ms. Sumathi - Primary  
Ms. Punithavalli - Primary  
Ms. Jothilakshmi - Primary  
Ms. Monica - Primary  
Ms. Aruna Joyce - Secondary

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## CCA

Mr. Dinesh -Physical Education  
Mr. Keerthi Varma - Physical Education  
Mr. Nimal Joshua - Western Dance  
Ms. Vasunthara - Classical Dance  
Mr. Ismail - Chess  
Mr. Magesh - Skating  
Mr. Kumaran - Silambam  
Mr. Karthik - Karate  
Ms. Anushka - Carnatic Vocal  
Mr. Selvaganapathy - Yoga  
Ms. Saranya - Afterschool Incharge

## MAINTENANCE

Mr. Prakash

## FLOOR SUPERVISOR

Ms. Lakshmi  
Ms. Kannamal  
Ms. Sabari

## DRIVERS

Mr. Mathi  
Mr. Manikandan Marimuthu  
Mr. Manikandan K  
Mr. Manimaran  
Mr. Kandeepan V  
Mr. Pachai Muthu  
Mr. Narendran  
Mr. Etiyappan  
Mr. Baakiyaraj  
Mr. Jagadeesh Jayakumar  
Mr. Prabhakaran  
Mr. Murugan

## SUPPORTING STAFF

Ms. Vijaya Basker  
Ms. Guna Sundari  
Ms. Mary Elizabeth  
Ms. Devagi  
Ms. Sumathi  
Ms. Shakeela  
Ms. Sajjala Rani  
Ms. Devi  
Ms. Kumari  
Ms. Saritha  
Ms. Roseline  
Ms. Nagalakshmi  
Ms. Saraswathi  
Ms. Magimai Mary  
Ms. Vijaya Ellusamy  
Ms. Dhanalakshmi  
Ms. Pamavathi  
Ms. Vellankani  
Ms. Annapoorani  
Ms. Vallikumar  
Ms. Kumari  
Ms. Malar Sarabalan  
Ms. Badhunisha  
Ms. Elizhammal Abhraham

## ATTENDERS

Mr. Purushothaman  
Mr. Kumaran  
Mr. Mariyasadhan  
Ms. Malar



**KG TEAM**



**LOWER  
PRIMARY  
TEAM**



**PRIMARY  
TEAM**





**HIGH SCHOOL  
TEAM**



**ADMIN TEAM**



**SUPPORT STAFF  
TEAM**



**TRANSPORT  
TEAM**

**NURSERY**



**Jr. KG A**



**Jr. KG B**





SR.KG A



SR.KG B



SR. KG C



SR. KG D



IA



IB



1 C



1 D



II A



II B





II C



II D



III A



III B



III C



III B



III E



IV A



IV B



IV C



U A



U B



V C



VI A



VI B



VII A





VII B



VIII A



VIII B



IX A

# GRADE X - BATCH 1

## SAN ACADEMY TAMBARAM CLASS: X(2023-2024) BATCH: 01

A.P.Barath Krishna

Crystal A

Deva Amruthan.T

Deva Samruthan.T

Dhashwin R

Divya Karthik

Divyadarshini S

Hasini R

Hassana Nuha

Jitendraa G

Keerthana S

Keerthi Petluru

Kevja Rielie

Lakshaya M

Lakshmi Priya M

**Sheeba Franklin**

**Vice-principal**



*"The past beats inside me like a second heart - There are memories that time does not erase.."*

**Educators:** N.Karthika

K.Vidyavathi

V.Krishnamoorthy

T.Annie Victoria

V.N.Dinesh

T.Sasikala

J.Anuradha

T.Jeyakumar

V.Maria Jennifer

S.Mangalambigai

D.Aruna Joyce

Lalith Adhithya C

Litheesha Raaji A R

V.S. Miruthulha

Mohammed Imran M

Monica Sherin A.J

Nandana Rakesh

Prakritha A

Priyanka V

Rishithaa K

Riteesh B

Rithika B N

Shraddha D

Sreemitra M

Venkata Sri Vaishnavi

Vishal S

**Aparna Arulanandan**

**Principal**

# ANNUAL REPORT

I am indeed honoured to have this opportunity to present before you consistent upward graph of our school's achievement and new initiatives and would like to thank each one of you for being a significant part of this glorious journey.

SAN ACADEMY, TAMBARAM had its humble beginning in 2019, and has gained great momentum since then.

Many changes in the school this year in terms of high expectations, communication, behaviour management, technology and above all academics – all set in line with our school vision

## OUR SHARED BELIEFS ON TEACHING AND LEARNING

- Children learn in an environment that is inclusive, safe and where they feel valued and supported. -Learning experiences should respect and accommodate differences between learners. -Parents, teachers and students share common goals, interact positively and are mutually supportive. -Learning should be meaningful, enjoyable, relevant and consistent with the background of the student.
- Parents and teachers work in partnership to develop students who are independent, self-reflective and responsible. -Parents, teachers and students share and actively promote essential community values.



## STAFF

The most valuable resource that any school can have is its staff. The school collectively has an enthusiastic and dedicated team of 66 teachers in the kindergarten, primary and the secondary.



## PARENT ORIENTATION PROGRAM

The academic year began with an orientation program for parents to decipher the philosophy, curriculum, pedagogy and protocols in accordance with the rules governed by CBSE.

## CAPACITY BUILDING PROGRAM FOR TEACHERS

- With the sole purpose to upskill teachers' knowledge, the school along with CBSE conducted a workshop on 'HAPPY CLASSROOM' conducted by Ms. Maheshwari, CBSE trainer.
- Our high school math teachers attended a 3 day workshop at Bannari Amman Institute, Erode.
- Our teachers attended various online webinars and workshops as well.

## INFRASTRUCTURE DEVELOPMENT

- We have set up a full-fledged MATH LAB in our premise to help students learn the subject in an effortless manner.
- We have equipped our state of the art library with additional 3000 books to help students improve their reading skills.
- We have completed the construction of an indoor auditorium which can accommodate 800 – 900 students which will be functional with effect from the next academic year.
- DISASTER MANAGEMENT-FIRE RESCUE SYSTEM- complete set up done

## FIELD TRIP

Kindergarten of San Tambaram organized field trips each term related to the theme of the month.

children were able to explore authentic experiences of different places in the vicinity like Amusement Centre, Fire Station, Fitness Centre, Pet Shop, Aquarium, Plant Nursery. The children gained deep knowledge of various aspects of life. It helped teachers to explain real life experiences. It also helped teachers to inspire and stimulate students to understand the world that exist beyond their imagination.

## SHOW & TELL

“Show and Tell” encouraged each child to express and explore their speaking skills. It is the first opportunity to public speaking on a thematic topic using props/charts/toys. It allowed the child to form an opinion and express their ideas based on the given topic. Children were allotted topics based on the theme of the month. Show and Tell encouraged the child to speak with clarity, confidence, think out of the box and develop good communication skills.

## INTRA SCHOOL COMPETITIONS

“Intra School Competitions were conducted for the children virtually to enhance their creativity and San Academy strongly believes that it is essential to encourage competitions right from Kindergarten as they help the children to learn the value of working hard and develop self-esteem and self-efficacy. Exposing children early taught them real-life lessons about winning and losing and it also developed important life skills like empathy, expands comfort zone and helps them learn from failure. San Kindergarten organized virtual intra school competitions during each term of the academic year like Fancy Dress, Rhyme Time and Story Telling. These competitions helped teachers to identify talents in children.

## PERSONALITY DEVELOPMENT

Our personality is the true reflection of our inner being. As a student, it is essential to develop an outgoing and impressive personality that will enhance the quality of learning and educating oneself. Throughout the year teachers organised personality development sessions based on topics such as self-introduction, magic words, healthy eating choices, healthy hydration, personal hygiene, oral hygiene, healthy eye care habits, self-regulation, good habits and etiquettes, right posture and breathing techniques.

## KG CONVOCATION

“Kindergarten has been an unforgettable journey that has prepared the children for the primary level of education. Looking at all the cheerful faces with enthusiasm says a lot about the fun filled virtual and offline learning, our children have experienced through San Academy. Graduation ceremony was held on 11.03.2023. The event commenced with school prayer and welcome note by the KG Coordinator. Our Principal Ms. Aparna Arulanandan addressed the gathering. All our tiny tots were dressed in their graduation attire and marched to the parade music. Our esteemed principal gave away the certificates and mementos to our little graduates. Children performed graduation dance. Teachers gave farewell message and "welcome to primary speech". The event concluded with children dancing to music with lots of excitement and national anthem.

## NO BAG DAY

At San Academy, Tambaram , we used to conduct a No Bag Day on one Saturday of every month. The major goal of establishing this day is to add more colour to students' learning by training them in other areas (apart from books). Various programmes conducted under interesting topics like ,

“My Reading Time”, “Role Play” , “Movie Time”, “Poster making and speech on Quit India movement” , “First Aid & Emergency treatment” and “Basic house hold repair works” have been announced and implemented by the school to alleviate the stress of students. The new programme is designed to reduce the workload and stress of students in grades 1 to 8. Rather than lugging books to school, life education is organised through experiences.

## THEMATIC ASSEMBLIES & CELEBRATIONS

The purpose of the Thematic Assembly is to increase the knowledge on various topics and also stage exposure. This feature serves as a stage for the students to overcome their inhibitions and express their talent through various activities like Thought for the day, News reading, National and International days and fact findings. For a child celebrating events and festivals in school has become an integral part of growing, learning new activities, and building a strong cultural belief. Celebrations bring the students or the children closer to each other’s cultural beliefs and traditions to develop respect and understanding for each other’s customs and traditions. Some of the days celebrated in our school are Independence Day, Republic day, Teachers’ day , world environment day and Dr.A.P.J Abdul Kalam’s commemoration. Apart from these some other famous festivals of India include Ganesh chaturthi, Janmashtami, Dassera and Diwali.

## SCHOOL CLUB

Luminescence is a club which aims to keep the children updated on all the activities planned for the month ahead . We provide different activities for our students to equip them with holistic education by balancing academics with extracurricular activities and to develop social skills.



School clubs let students discover the value of unity, let the students learn from their peers, and also learn to respect another person's viewpoint. School clubs provide plenty of opportunities for students to take on leadership roles and show off their talents through club activities.

### BEST SCHOOL AWARD

School Voice and YMCA Madras conducted the School Voice Educational Conference 2023 with the theme "Empowering Educators". Out of the 320 nominations received, the scrutinizing committee selected SAN ACADEMY Tambaram for the BEST SCHOOL AWARD, for creating and implementing new ideas, strategies, and initiatives to improve the quality of education in the school.

### BEST TEACHER AWARD

Ms. Maria Jennifer, High school Biology teacher received prestigious CSSC (Chennai Sahodaya School Complex) Zone-4 "BEST TEACHER AWARD" for her dedication and unwavering commitment to education.



### OUTSTANDING EDUCATOR AWARD

Ms. Shailaja, Pre Primary Teacher received the "BEST EDUCATOR AWARD" for her dedication and passion in shaping young minds.

### NEW INITIATIVES

#### BUNNY SCOUTS

This academic year San Academy introduced the Bunny Scout program for kindergarten children, which offers numerous benefits.

It provides fun and an educational platform where kids can develop essential skills such as teamwork, leadership and problem-solving.

#### SPORTS INITIATIVE

- SANTAM- UNDER 14 -FOOTBALL TEAM-Students who have been selected in the football team are given coaching during the morning session.
- 9 number Football court will be set up at the backside of the school by levelling the area along with a football post.

- San Academy has formed a girls kho-kho team who will represent CBSE cluster games.
- BOYS FOOTBALL TEAM Our team recently attended CBSE Cluster competition held at Coimbatore, Agaram school on 21st Oct 2023 and gave their best in competing with Grade 12 students.

## STUDENT COUNSELLING

- Student counselling helps the students with a supportive learning to succeed academically, socially and emotionally.
- Different techniques and approaches are used which improves their academic performance and overall behavior.

## CAREER DEVELOPMENT PROGRAM

Students of grade IX attended a career development programme on 12th October 2023. The program was conducted by Ms. Indumathi from IABM. Insights on varied new career options were shared with our students.

## STAFF WELFARE PROGRAM

The most valuable resource that any school can have is its staff. For the well-being of the staff, a “Staff welfare program” was conducted on August 12, 2023 in the campus.

## INTERACT CLUB

The Rotary Club of Madras Gold Coast sponsored the Interact club of San Academy, Tambaram. On July 14th, 2023, Rotarian Usha and Interact Coordinator Annie hosted an orientation session for students in grades 8 and 9.

## MINI CLASS LIBRARY

To kindle reading quest in students, Mini classroom library was initiated where books were brought by students.

Students are asked to read one book a month and drop a book review.

## MEET & GREET RADIO MIRCHI 98.3

TIMES NOW in Education Chennai, organized a unique programme Mirchi Station Tour called Meet and Greet with the celebrity RJ Shivashankari, a half a day workshop conducted by Mirchi 98.3 Team at their office-studio in Chennai.





# INVESTITURE



# CEREMONY

We truly believe in holistic development of the students and provides various opportunities to the students beyond academics. Becoming a student leader is one such opportunity. Every year the school provides a platform to the students to contest in the elections. This helps to instill qualities such as responsibility, becoming a good team player and developing administrative skills among others and makes them ready for a better tomorrow.

Investiture ceremony is the first major event conducted at the beginning of the AY 2023 -24 on 30.06.2023, where elected student leaders are honored with their titles.

Mr.ShyamKumar, BU founder president of Cornerstone and an ex CEO of Puthiya Thalaimurai and Jeyachandran textiles, graced the occasion. He presented the badges and sashes to the newly elected student leaders.



# INVESTITURE CEREMONY



# SPORTS DAY



"Every Champion was once a contender that refused to give up"  
SAN ACADEMY truly believes in holistic development of the students and provides various opportunities to the students beyond academics. To encourage the overall development of the students, Sports day is conducted annually for the students of all grades.

For AY 2023-24, Sports Day was conducted on 05.08.2023. The event was conducted in 2 shows. Morning show was conducted for students of KG and Grade 1 & 2. Afternoon show was conducted for the students of Grade 3 to 10.



#### Morning Session

Mr.Charles, Inspector of Police was the Chief Guest for the morning show. The theme for the morning show is Community Combat and the show was conducted from 09:00 AM to 12:00 noon.

The event started with the felicitation of the Chief Guest. The Olympic torch was lit by the Chief Guest and handed over to the Sports Captain. The flag hoisting was done and the Sports meet was declared open.

Students participated in various track events and drill. Winners of the events were presented with certificates and medals.

#### Afternoon Session

Mr.R.Venkatesh, Former Cricketer was the Chief Guest for the Afternoon Show. The theme for the noon show is GAMESTORE GALA and the show was conducted from 01:30 PM to 06:00 PM.

The meet started with the felicitation of the Chief Guest. First event for the day was March past followed by the oath taking of the House captains.

Track events like 100m, 200m and Relay were conducted along with different drill performances by the students of each grade. Students have put up an extraordinary display of Karate & Silambam and showcased their exceptional talent.

Winners of individual events were awarded with certificates and medals and overall champions were awarded with individual shields. We closed the ceremony by lowering the school flag and the National Anthem.

The students enjoyed the event very well and the event was a grand success.





# ANNUAL DAY

Crescent  
Auditorium



Dance to the rhythm of good vibes and great music



On the evening of 28th October 2023, San Academy Tambaram was abuzz with excitement and enthusiasm as students, parents, and faculty gathered to celebrate their much-anticipated Annual Day at Crescent Engineering College.

The highlight of the evening was the recognition of outstanding students for their academic achievements and extracurricular activities. Awards were distributed to the best and brightest, encouraging them to continue their pursuit of excellence.

Our Special Guest is Actor Bobby Simha, known for his remarkable performances in the Indian film industry, and also a National Award Winner. He shared his experiences and inspired the young minds present with his words of wisdom. He also danced with our students and enjoyed all the performances. His presence added a unique charm to the celebration.

Our Principal, Ms. Aparna Arulanandhan, expressed her pride in the students' accomplishments and thanked the parents for their unwavering support. She also extended her gratitude to Bobby Simha for gracing the event with his presence. The school looks forward to another year of academic and extracurricular achievements, building on the inspiration gained from this star-studded event.







# PROJECT DAY

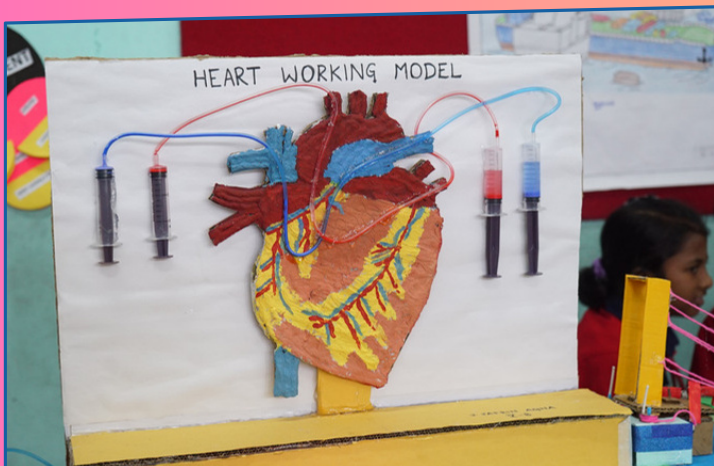
San Academy Tambaram commemorated Project day on 5th and 6th of January, 2024.

Our students came up with unique ideas & inventions and put down all the effort to finish their individual projects. All the projects are exhibited in the classrooms and will be explained by students. The categorised themes are, Kindergarten had Toy Pedagogy, Primary had MASTER which also means, Math Art Science, Technology, Engineering and Robotics and Flavours of the World, Tourism in India, Medical Marvel & G20 - Summit for High school.

Rtn, P.S Seshadri, Philatelic Instructor & Senior Philatelist from SIPA. Ex - President Rotary, Esplanade, was invited as Chief Guest to make the event more precise. The event started with the inauguration followed by welcome dance, stage performances like kindergarten dance, speech, etc. Once the stage event is done, all the gatherings started visiting classrooms, and enjoyed the little ones explaining the projects in their own style. Also there was 3 activity rooms for fun games to play. It continued second day with the same energy and enthusiasm

A well educated mind will always have more questions than answers







# SAN PICASSO



**SAN Picasso is an inter school art competition conducted to encourage the talents. It was launched in the year 2019 in a grand manner. The competition was conducted on January 20 2024. Almost 15+ different schools & 100+ participants registered from various divisions of Chennai.**

**The participants were categorized into 6 groups and given unique topics. Treated all participants with muffins. Ms Jasmine Smilkha Lesley, Dept of Visual Communication, MCC was invited as Chief Guest to make the event more precise. Her presence and speech towards art was super effective for the gathering. The ceremony followed by prize distribution and participants certificates. The event ended with a vote of thanks and National Anthem.**



# PONGAL THIRUVIZHA





The Pongal vibes started the day before the Thiruvizha and all the arrangements like making thoranam, setting color papers, Pongal panai, sticking kites, colourful lights made us super excited. On Thiruvizha day, School entrance welcomed with vibrant Rangoli, greenish banana trees & sugarcanes on the sides, colourful traditional attires brought the essence of the festival.

Once entered, could feel the village visuals like Thappattam, karakattam, Mayilattam, Bommalaatam, all these was quite refreshing to the soul. On the other side, Pongal pooja was happening and Ratinams, Pottery making, Kai joshiyam, Kili joshiyam, Maruthani, food stalls, shopping stalls, kinda nostalgic activities were happening.

Simultaneously, competitions like Ilavatta kal, uriyadi, kolam potti, kayir iluthal and more were happening for the public to participate. Prizes were distributed for the winners. The event ended with the grand celebration by the gatherings.

# GRADING CEREMONY

SILAMBAM & KARATE GRADING

SAN ACADEMY  
TAMBARAM CAMPUS





# Santam Celebrations

To instill in the children of Kindergarten the importance of each celebration, the learning and values associated with it, San Academy celebrated all the important festivals of each religion with its traditions and customs. The celebrations allowed the children to understand each other's culture and festivities. San Academy group of schools organised celebrations for festivals like Krishna Janmashtami, Ganesh Chaturthi, Navaratri, Diwali. Children also participated in national celebrations like Independence day, Teacher's Day.

# Krishna Jayanthi

Krishna Jayanthi was celebrated at San Academy to introduce young children to the rich cultural heritage of India and to promote cultural awareness and appreciation. Children of Nursery JrKG SrKG celebrated Krishna Jayanthi on 5.9.23. Event included traditional activities such as singing devotional songs, enacting scenes from the life of Lord Krishna, and making offerings of sweets and flowers to the deity. Children also participated in activities such as pot breaking, Krishna Radha ramp walk and danced to devotional tunes. They decorated Krishna themed crafts like flute, footprints and crowns. They learnt about the customs and traditions associated with the festival.



# Madras Day

The madras day was celebrated at the school campus by our high school students of Grade 6-10 on 22nd August 2023. Commencing it with Tamil thai vazhthu students exhibited their love and pride for their city turning 384 years old in order to showcase the deep heritage and cultural significance of our great city. Koushik of grade VIII B being the master of ceremony carried the program well.

They lined up the events starting from graceful classical dance to the energetic freestyle dance. Along with it we had students expressing tamil poets, enchanting their love for the city through songs and also took us all the way to experience the Radio show "Santam FM 101.6. Our principal addressed the gathering the significance and shared her love for the city through her thoughtful words and concluded the celebration.

"Chennai is a word, Madras is an emotion. Happy Madras Day"



# Hindi Diwas

September 14th is celebrated as Hindi Diwas to commemorate the event when Hindi was adopted as one of the official languages of India from as early as 1949. On this occasion, the students of San Academy, Tambaram held a colourful programme to celebrate Hindi Diwas in the month of September.

The event started with a welcome address followed by entertainment programmes, roleplay, dance performance by Primary kids, English skits by high school students.





# Christmas

Students of San Academy Tambaram celebrated Christmas on 22nd of December.

The day started with the carols by our own students of standard 6th - 8th along with Santa. Felt more festive and cheerful while Santa distributed chocolates & muffins. Students of primary and secondary gathered down for the grand celebration. The program started with carols followed by narration of Christmas and dance. A surprise entry by our school Santa brings smiles and joy to our kids. This celebration ended with a huge chocolate fight and fun.





On 18th September, children of Nursery, JrKG and SrKG celebrated Ganesh Chaturthi. Ganesh Chaturthi is one amongst the consecrated Hindu festivals of our country. The festival is popularly known as Vinayaka Chaturthi, which is celebrated to mark the birth anniversary of Lord Ganesha. The teacher narrated a story of Lord Ganesh and his birth. Celebration included traditional activities such as singing devotional songs, enacting scenes from the life of Lord Ganesha, and making offerings of sweets and flowers to the deity. Children also participated in activities such as decorating Ganesha-themed crafts, and learning about the customs and traditions associated with the festival.



# Ganesh Chaturthi



On 17th October children of Nursery, JrKG and SrKG celebrated Navarathri. Navarathri was celebrated to appreciate the cultural and religious heritage of India. During the festival, children participated in various activities such as Dandiya dances, music, and crafts that are related to Navarathri. They also learnt about the significance of the festival and its various rituals, such as fasting, worship, and offerings. Children came in traditional wear and the teacher explained how the Navarathri is celebrated with Golu for nine days. Teacher also explained the significance of Navarathri with a story emphasizing goodness over evil. Story of Rama and Ravana was narrated. Children performed a Dandiya / kolattam dance. Children enjoyed listening to the story about Navarathri and few children recited slogans.

# Navarathri



# Onam

Onam was celebrated with great enthusiasm and festivity by our little San stars at San Academy, Tambaram. The fragrance of flowers and soothing aroma of insense filled the air. Children of Nursery, Junior KG and Senior KG came in Onam attire. Onam is a popular harvest festival in the state of Kerala that is celebrated by people of all ages and backgrounds. Onam celebration was organized to introduce children to the rich cultural heritage of India and to promote cultural awareness and appreciation. Onam celebrations typically included traditional activities such as flower arrangements, pookolam (flower Rangoli), storytelling, dance, music, and food, as well as educational activities that helped children to learn about the history and significance of the festival. They danced joyfully to the beats of Onam songs. Our tiny tots enjoyed decorating beautiful pookolam. Teacher spoke about the importance of the day. It was a memorable event.





# Republic Day

Republic Day is a momentous occasion celebrated with great fervor on the 26th of January in our campus.

The day commemorates the adoption of the Constitution of India in 1950, transforming the nation into a sovereign, socialist, secular, and democratic republic. Our school marked this significant day with a vibrant assembly, flag hoisting, and patriotic performances that instilled a sense of pride and unity among students and staff. The spirit of Republic Day resonated throughout the campus, fostering a sense of patriotism and appreciation for the diverse tapestry of our nation. The event concluded with the sweet distribution.



# Independence Day

Independence Day was celebrated by SAN ACADEMY Tambaram in the school campus from 08:00 AM to 10:00 AM. Students of Grade VIII to X were part of the celebrations.

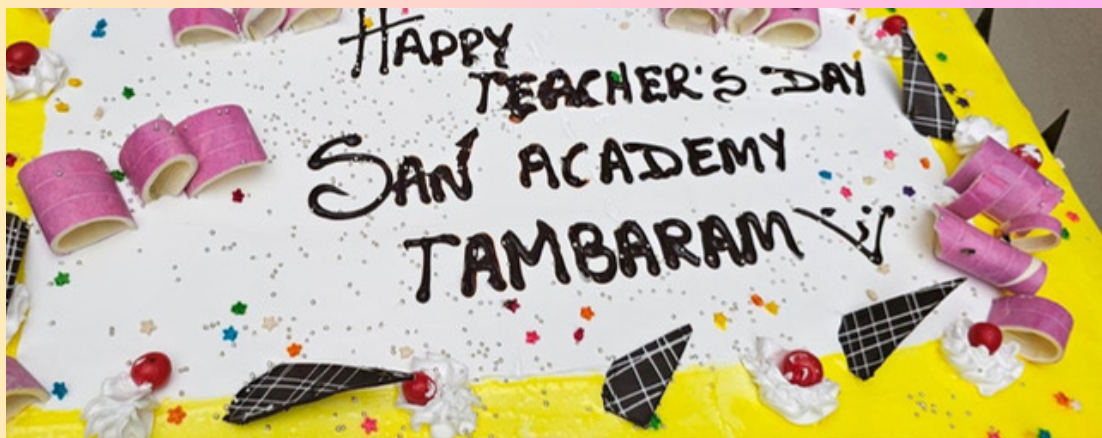
Mr. Vijaya Kumar, Ex-Army veteran at AMC was the chief guest. The event started with the Guard of Honor followed by the hoisting of the National Flag. The chief guest advised the students to remember the sacrifices of not just the freedom fighters but also of the sacrifices done by our soldiers at present. Principal emphasized on our achievements since the time of Independence and advised the students to remember and be proud of all these achievements. Principal also emphasized on the fact that India is a free country with equal rights to the citizens, with freedom of speech and is the biggest democracy. Later students gave a dance performance on patriotic songs. The program ended with the National Anthem followed by sweets distribution.



# Teacher's Day



The most honored day for all teachers of the institution is “ Teachers Day “. The Faculty of San Academy Tambaram Celebrated Teacher’s Days in a grand manner. Students and Management hosted and performed group dances and skits followed by fun entertaining games. The teachers were certified with “Best Teacher Ever” on behalf of the students and the institution. A surprise cake was gifted by the Support Staff and Drivers to the teachers casting the equality and affection they have towards the teacher. The celebration ended with lots of dance and laughter.



# May Day



**San Academy Tambaram celebrated May Day on 29th April in a grand manner. All the support staff, Attenders & Drivers were dressed up and surrounded with positive vibes. Teachers organized 2 group games & 2 individual fun games along with some dance moves by our Anna's and Teachers. Principal distributed prizes for all winners and gifts. Day ended with a satisfying lunch and happy tummy.**

# Diwali



On November 10th, 2023, the spirit of Diwali illuminated the hearts of Nursery, Jr. KG, and Sr. KG children as they came together for a joyous celebration. Dressed in a kaleidoscope of colors that mirrored the vibrancy of the festival, the tiny tots embarked on a day filled with cultural richness and delightful festivities. The festivities commenced with a warm introduction by the teachers, setting the stage for an immersive exploration of Diwali. The enchanting tales of the festival were narrated, allowing the children to grasp the significance of the festival of lights and the triumph of good over evil. The celebration came alive as the children took center stage, treating the audience to a lively dance performance and a skit that encapsulated the essence of Diwali. Laughter and applause filled the air as the young performers showcased their talent and creativity, spreading joy among their peers. The magic continued as the children gathered to witness their teachers light fireworks flowerpots, creating a mesmerizing display that reflected the radiant joy of Diwali. The children immersed themselves in creating paper lanterns, diyas, and rockets, each masterpiece a testament to their creativity and connection to the cultural traditions of Diwali. These crafted treasures became take-home mementos, ensuring that the festive spirit continued beyond the school walls. The Diwali celebration at San Academy was not just a day of festivities; it was a journey of cultural exploration and shared joy.



# THEMATIC ASSEMBLY & WORKSHOP



On the occasion of World Bicycle Day, assembly was conducted on 02.06.2023 for students of grades VII and VIII , to celebrate the special day. Students were encouraged by the Principal to rely more on cycling as it helps in increased physical activity resulting in many health benefits and also reduces the burden of carbon emissions on the environment.

The assembly was followed by a cycle rally to the nearest streets to create awareness and promote the usage of bicycles among the current generation. The students were accompanied by our school PT masters & bus drivers during the rally to ensure the safety of the students.

The thematic assembly was conducted on 5th of June, the theme was World Environment Day. The assembly started with Tamizh Thai Vazhthu, followed by thoughts under the healthy environment. Students of Grade 8th and 9th gave speeches in three different languages on the need for world environment day, its significance and the purpose for which it is being celebrated. Students also prepared posters on 'Saving Earth', they also took a pledge to do their best to protect the environment and to put an end to single use plastic. The assembly concluded with the National anthem.

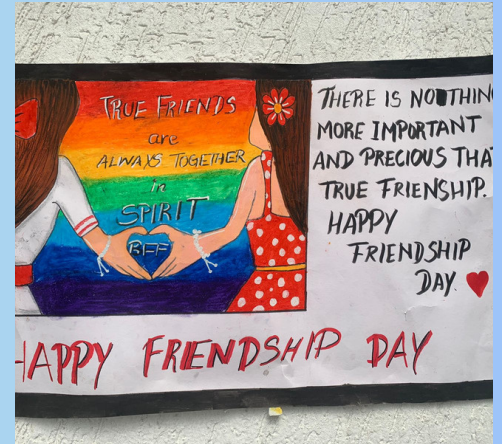
## Bicycle Day



## Environmental Day

The thematic assembly was conducted on 10th August, 2023, the theme was Friendship Day. The assembly started with Tamizh Thai Vazhthu, followed by thoughts under the friendship and the bonding. Students of Grade 9th gave speeches on the importance of true friendships, the purpose for which it is being celebrated. Students also prepared posters on 'Friendship day'. They also expressed their love by tying friendship bands to their classmates and also to the teachers. The assembly concluded with the National anthem.

## Friendship Day



“Friends make the world a better place. Happy International Day”

As part of Navy Week 2023, San Academy Tambaram hosted a navy interaction session for students of Grade 8 to 10 during school hours.

The session was addressed by Commander Ravikanna, senior naval officer with 22 years of active service in the armed forces. The students were introduced to the Indian Navy through a telefilm at the beginning of the session.

Subsequently, the speaker began by discussing the nation's nautical history and stressed the significance of the Indian Navy.

The speaker provided information on how to enlist in the Indian Navy either as a sailor or an officer. He brought up the benefits of joining the navy and raised students' awareness of the Indian Navy.

## NAVY INTERACTION SESSION





San Academy Tambaram organized a session on Anger Management for students of Grade 8 & 9 on 07.11.2023 during school hours. Mr. G. Senthil Kumar, Chairman of Helikx Institutions in Salem, who also spearheaded the establishment of an educational institution in the Salem area to assist children with specific learning issues, delivered the session's address.

The speaker advised the students on how to control their emotions and stressed the value of self-awareness. He also counseled them against comparing themselves to other people because doing so causes unfavorable feelings. He also emphasized on the importance of Emotional Intelligence. Few activities were conducted during the session. It was an interactive session and the students enjoyed the session very well.

As part of CBSE Vigilance Week, San Academy Tambaram conducted a Vigilance awareness session for Grade 7 students.

Mr. Narendra Singh, the Superintendent of Vigilance, addressed the students.

To help them understand corruption better, the speaker told a story and discussed corruption.

The students were counseled to always act with kindness toward others and to avoid selfishness. They were also told not to be harsh with their parents because it is the family's demands that corrupt a person. He counseled them to be morally upright because morality leads to justice, fairness, and honesty—all of which earn one respect in society.

He recommended that the students learn about the RTI (Right to Information) and CVC (Central Vigilance Commission), which will address handle any public complaints about corruption.

For the students, it was an enlightening and informed session.

# ANGER MANAGEMENT SESSION

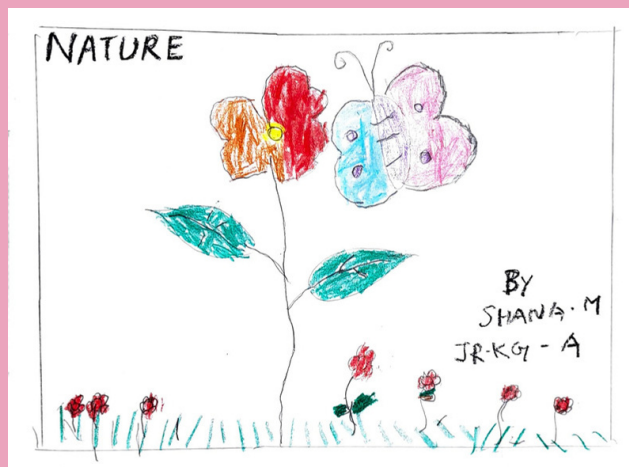
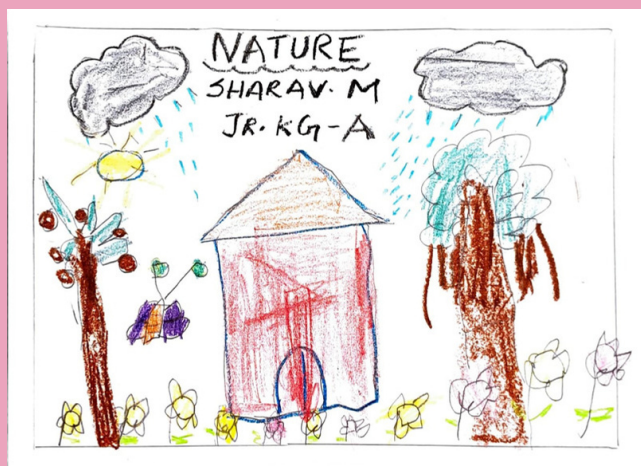
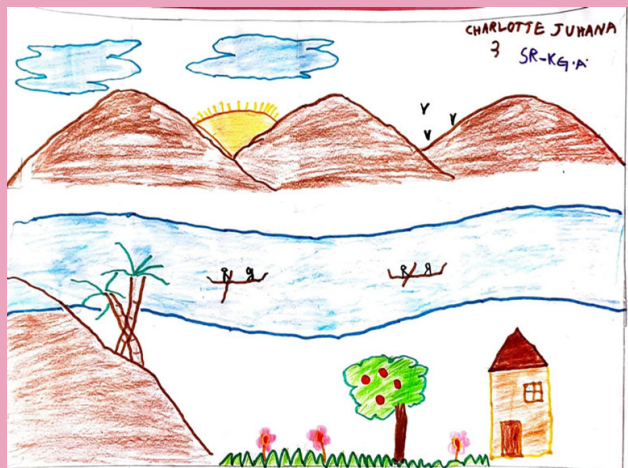


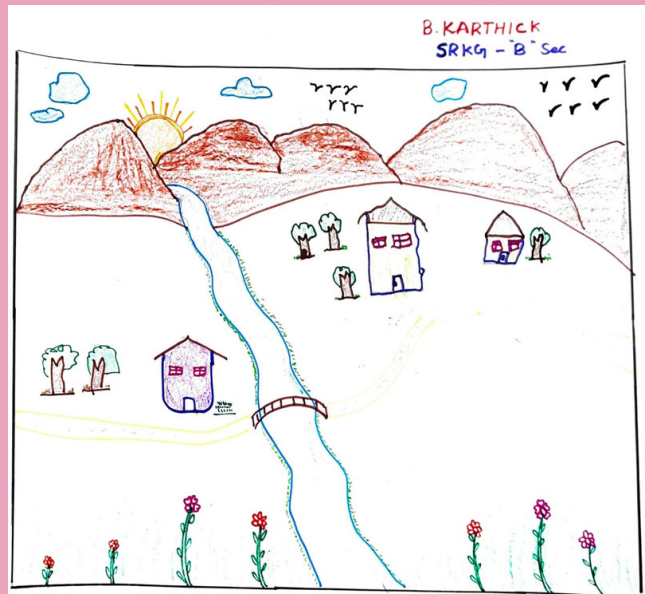
# VIGILANCE AWARENESS SESSION



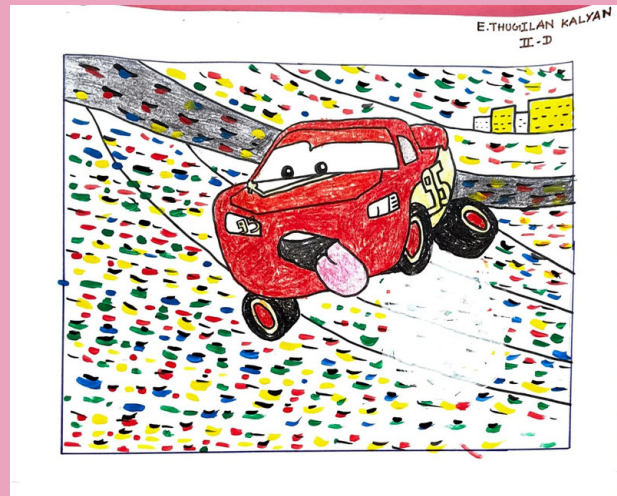
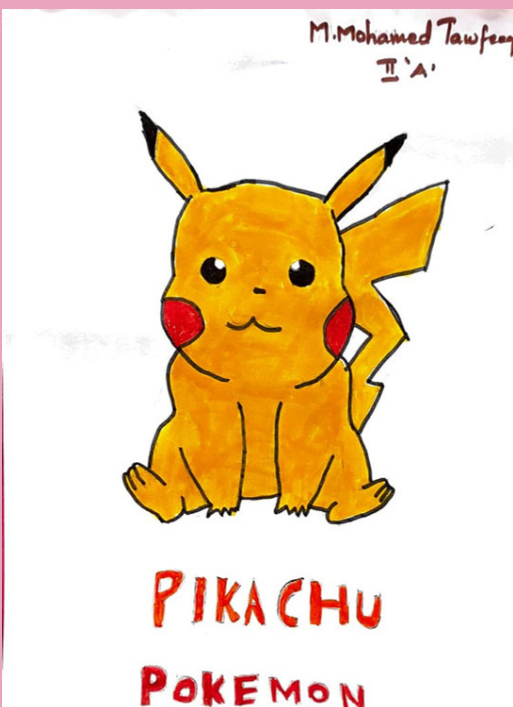
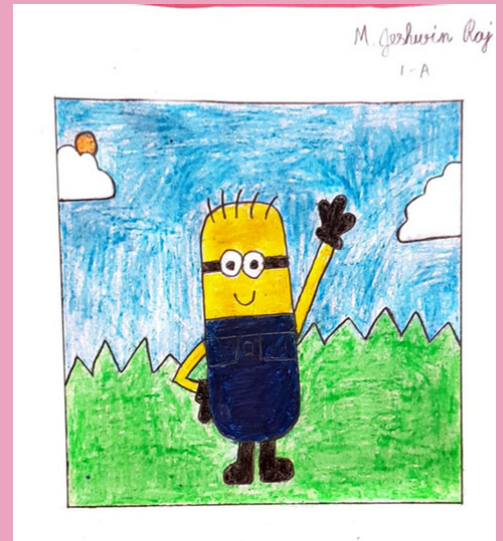
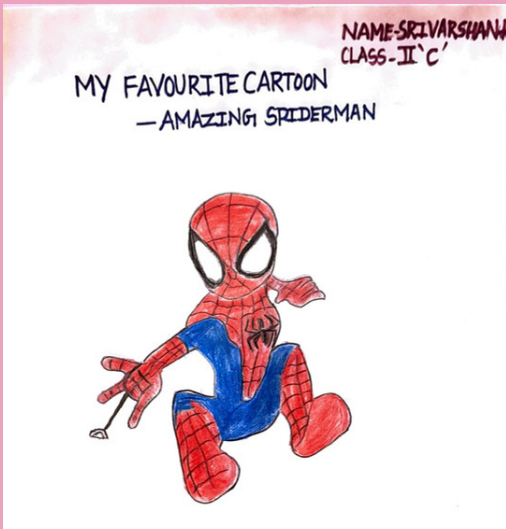
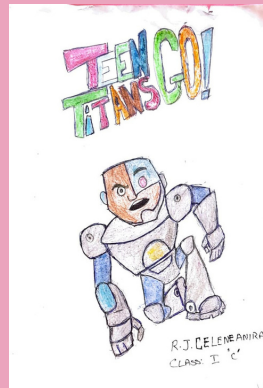
# STUDENT ARTICLES

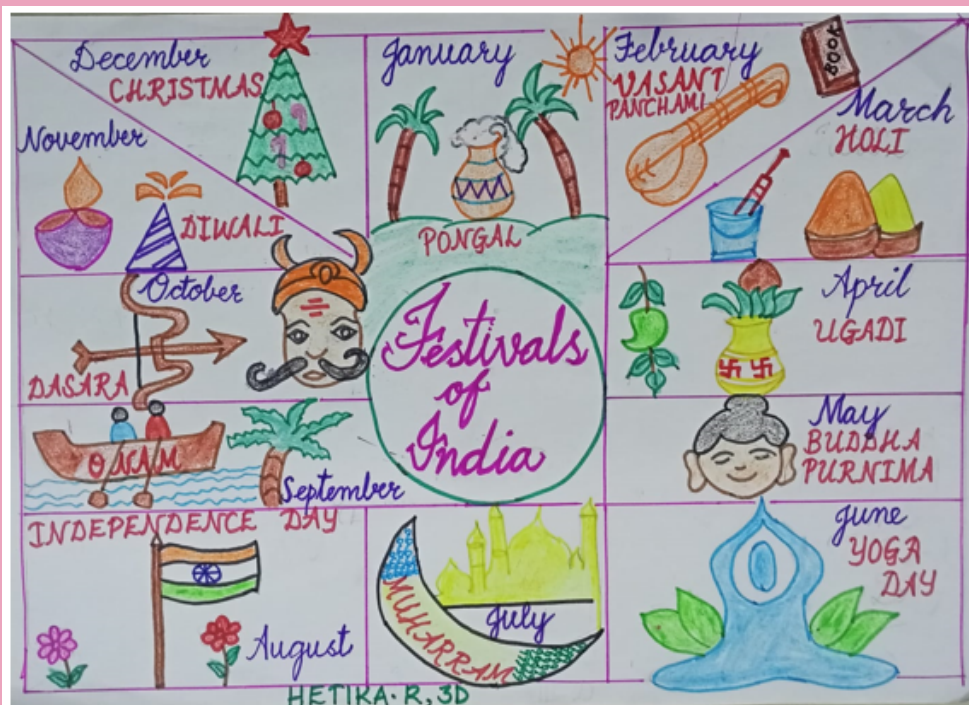
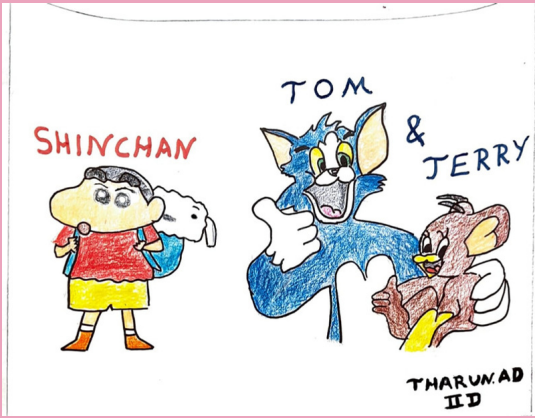
















# TEACHER ARTICLES



## AN ODE TO MY SCHOLARS!

To my dearest Student;  
I pen this letter to you, a beacon in the night,  
surrounded by silence, where my thoughts take flight.  
Pondering upon the way you paint my day bright,  
makes me imprint my words of pure delight.

Hey seeker of truth, with a heart so bold.  
Here you have me, with thoughts not so old.  
Be it fun or a doubt in a pun,  
You'll find me next door saying "it's okay if you have  
just begun".

Does the equations and theories scare you? Let's make  
them sing  
And turn down the mundane into a laughter filled fling.  
In the stage named assessments, Let's tango and sway,  
For learning is a party held for you to play.

Imagine the formulae and formats as wizards in  
disguise  
And prose and poems as adventures that transport you  
to the skies.  
No need of frowns my scholar with inquisitive eyes,  
Let's comprehend it cooler and longer it lies.

So, my students with dreams so creative  
Just leaving a note of affirmation through my  
narrative,  
That the world outside seems to be competitive,  
But not for those who stand out innovative.  
From,  
~your teacher in love!  
MS.Priyadharshini Gunalan

## எண்ணம் போல் வாழ்க்கை

ஒரு சமயம் மன்னர் நகர் வலம் சென்றிருந்தார். அச்சமயம் மக்கள் அனைவரும் மன்னனைத் தொழுது வணங்கினர். மக்களைப் பார்த்த மன்னனுக்கோ அளவற்ற மகிழ்ச்சி. சிறிது தூரம் சென்ற பிறகு கடைவீதி வந்தது. கடைவீதியிலிருந்த வணிகர் அனைவரும் அவரை வாழ்த்தி வணங்கினர். அங்கு இருந்த சந்தனக்கட்டைகளை வியாபாரம் செய்த வணிகரும் மன்னனை வந்து வணங்கினான். ஆனால் மன்னருக்கோ அந்த சந்தனக் கட்டை வணிகனைக் கண்டதும், அவன் மீது அளவற்ற கோபம் ஏற்பட்டது. ஆனால் அதற்கு முன் அந்த நபரை மன்னர் கண்டது கூட கிடையாது எனினும் ஏன் இந்த உணர்வு என மனகுழப்பமுற்றார். அரண்மனை சென்றதும் அரசகுருவிடம் இது குறித்துச் சொன்னார். அவரும் விசாரித்துக் கூறுவதாக சொல்லிச் சென்றார். அடுத்த மாதம் மீண்டும் நகர்வலம் சென்றார். மீண்டும் அதே கடைவீதி உடனே தான் கோபமுற்ற அந்த சந்தனக்கட்டைக் கடைக்காரர் பற்றிய சிந்தனை வந்தது. என்ன அதிசயம் இம்முறை அவரைக் கண்டதும் எல்லையற்ற அன்பு அவர் மீது மன்னருக்கு ஏற்பட்டது. ஏன் இந்த மாறுபட்ட மனநிலை தோன்றுகிறது என்று அறியாமல் மீண்டும் மதகுருவிடம் ஆலோசித்தார்.

மதகுருவோ நீண்ட புன்னகையுடன் "மன்னா மன்னா அதுவொன்றுமில்லை சென்ற மாதம் நீங்கள் நகர் வலம் சென்ற போது அந்த சந்தனக்கட்டை வீரர் உங்களைப் பார்த்து 'நமக்கோ வருமானமே இல்லை இந்த மன்னன் மட்டும் இறந்து விட்டால் அவரின் இறுதிச்சடங்கைச் செய்ய அதாவது உங்களை எரியூட்ட அதிக சந்தனக்கட்டைகளை வாங்குவார்கள், இவரோ வாட்ட சாட்டமாக இருக்கிறார்; இவர் எப்போது இறப்பது நாம் எப்ப பணக்காரன் ஆவது என மனதுகளுள் நினைத்தவாறு வணங்கினான். அவனின் எண்ண அலைகள் உங்களுக்குள் கோபத்தை ஏற்படுத்தியது " அடபடுபாவி அப்படியா நினைத்தான். ஆம் மன்னரே!

அடுத்த நாள் நான் மன்னரின் ஒவ்வொரு பிறந்த நாளின் போதும் ஆயிரம் சந்தனக்கட்டைகளைக் கொண்டு இறைவனுக்கு யாகம் செய்யப்படும் என்று அறிவித்தேன். இதை அறிந்து சந்தனக்கட்டை வியாபாரி பெரிதும் மகிழ்ந்தான். அடுத்தமுறை உங்களைக் கண்ட போது இந்த மன்னன் நூறு ஆண்டு காலம் வாழ்ந்து நூறு யாகம் நடைபெற்று நான் பெரிய பணக்காரனாக வேண்டும் என்று எண்ணினான். அதனால் அவன் மீது உங்களுக்கு அன்பு ஏற்பட்டது என்று கூறினார் அரசகுரு.

ஆம்! நம் எண்ணங்களே நம் வாழ்க்கை, நம் எண்ணங்களே நம்மைச் சுற்றிலும் பிரதிபலிக்கும். நல்லதே எண்ணுவோம்! நல்லதே நடக்கும்!

# WORK - LIFE BALANCE

“Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices.”

- Betsy Jacobson.

Life is full of experience what you are facing day to day in real situation. Sometimes you get good experience, sometimes you get bitter. If you stop your expectations then life will be peaceful. But for all above the matter is how you are living and leading. Life is teaching us some unforgettable lesson. Sometimes it hurts and sometimes it gives happiness. We should learn how to balance our work and life together.

Work (Job) is a way of earning money to live our life happily. But sometimes we are getting more problems instead of more money. Some problems can be solved, some problems cannot. But whatever it is, we should learn work – life balance.

## What is Work – Life Balance?

Healthy work – life balance is the amount of time people spend (not) at work and the time used on leisure and personal pursuits.

## Why work-life balance is important?

Improving your work-life balance can potentially improve your overall well-being, including your physical, emotional, and mental health. Studies have found that working long hours can lead to such serious health issues as “impaired sleep, depression, heavy drinking, diabetes, impaired memory, and heart disease”. Unfortunately, as these conditions arise they can also exacerbate our work-life issues, leading to burnout and other negative repercussions.

While employers and employees might associate long working hours with increased productivity, many researchers say otherwise. A 2014 study, for example, found that after workers hit a certain number of hours, their productivity began to decrease as the potential for mistakes and injuries increased. Achieving a healthy work-life balance, therefore, can not only potentially reduce stress and improve emotional states but also increase overall productivity and employers’ bottom line.

## 5 ways to improve your work-life balance

1. Pause and evaluate
2. Assess your priorities
3. Time management
4. Establish boundaries
5. Reflect, refine, repeat

## Few Key Factors

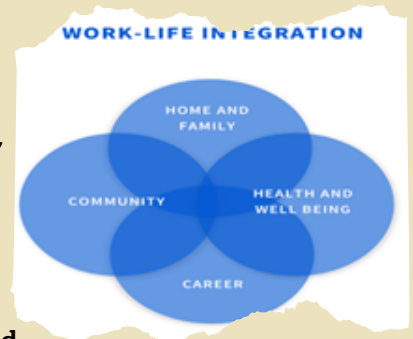
- Time for personal care for your well being
- Invest in personal relationships
- Set boundaries
- Break from devices
- Grow in your personal life
- Prioritize your mental health
- Make time for family and friends
- Find the job that you are passionate about
- Don't be afraid to unplug
- Take a vacation

A distraction is something that takes your attention away from what you are supposed to be doing. Sometimes our work – life balance will be affect because of usage more gadgets, internet and

social media. We should keep ourself away from these distraction. If we manage our time properly,

it is easy for us to balance work and life.

Finally, A poor balance between an employee's work commitments and their other responsibilities can lead to low productivity as well as high stress and absentees. Meanwhile, employees with better work-life balance often have a greater sense of responsibility, achievement, ownership and control of their working life.



# THE ART OF BALANCING WORK AND LIFE

In the fast-paced world we inhabit, finding equilibrium between professional commitments and personal well-being is crucial. Balancing work and life are an art that requires conscious effort and strategic choices.

Firstly, establish clear boundaries. Define specific work hours and stick to them, avoiding the temptation to bring tasks home. This ensures that personal time remains sacrosanct, fostering a healthier work-life balance.

Prioritization is key. Identify essential tasks and focus on them, steering clear of unnecessary commitments. Learn to say no when necessary, preserving time for family, hobbies, and self-care. This empowers individuals to allocate energy effectively, avoiding burnout.

Embrace the power of organization. A well-managed schedule enhances productivity, allowing for both work and personal pursuits. Utilize technology to streamline tasks, enabling a seamless transition between professional and personal spheres.

Regular breaks are not a luxury but a necessity. Incorporate short breaks during the workday to rejuvenate the mind and enhance overall efficiency. Similarly, allocate quality time for leisure activities, fostering a positive work-life dynamic.

Communication is pivotal. Discuss expectations with colleagues and superiors, fostering understanding and support. Open dialogue about personal commitments helps build a collaborative work environment, promoting mutual respect for each other's time.

In conclusion, achieving a harmonious work-life balance requires intentionality. By establishing boundaries, prioritizing tasks, staying organized, taking breaks, and fostering open communication, individuals can navigate the delicate dance between professional aspirations and personal fulfilment.

## STRATEGIES FOR A HEALTHY LIFESTYLE

Maintaining a healthy lifestyle is a holistic endeavour that encompasses physical, mental, and emotional well-being. Here are key strategies to foster a thriving, balanced life.

Firstly, prioritize nutrition. Fuel your body with wholesome, nutrient-rich foods, emphasizing a well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Hydration is equally crucial, as water plays a pivotal role in overall health.

Regular exercise is a cornerstone of a healthy lifestyle. Incorporate physical activity into your routine, whether through daily walks, gym sessions, or engaging in activities you enjoy. Movement not only enhances physical health but also contributes to mental clarity and emotional well-being.

Adequate sleep is a non-negotiable aspect of a healthy lifestyle. Establish a consistent sleep routine, aiming for 7-9 hours per night. Quality sleep rejuvenates the body and mind, supporting optimal functioning throughout the day.

Stress management is paramount. Incorporate practices like meditation, deep breathing, or yoga into your routine to alleviate stress and promote mental resilience. Prioritize activities that bring joy and relaxation to counter the demands of daily life.

Nurturing social connections is vital for emotional health. Cultivate relationships with friends and family, fostering a support system that contributes to a sense of belonging and happiness.

Lastly, mindfulness and self-awareness are powerful tools. Be attuned to your body's signals, addressing any signs of imbalance promptly. Strive for a mindful approach to life, savouring the present moment and appreciating the journey towards a healthier, more fulfilling lifestyle.

In summary, a healthy lifestyle is a harmonious blend of nutrition, exercise, sleep, stress management, social connections, and mindfulness. By embracing these strategies, individuals can proactively nurture their well-being and cultivate a foundation for a vibrant and fulfilling life.

## PIXELS TO MEEPLES

Sheeba Mercy – KG Coordinator

In a world of screens and glowing light, where gadgets ruled both day and night, a shift occurred, a subtle change, as children sought a board game range.

No more the glow of screens so bright, but laughter filled the cozy night. They gathered 'round a wooden table, to play board games, a joyous fable.

With eager hands, they shuffled decks, drafting cards, a world that pecks. At curiosity, strategy embraced, a tapestry of choices laced.

Rolling dice, the suspense unfolds, as fate within their fingers holds. A journey mapped by numbered chance, in every roll, a sweet enchanting dance.

Meeples placed with care and glee, in realms of joy and strategy. A kingdom built with every move, a testament to friendships prove.

Tiles laid out in patterns grand, creating worlds at their command. A canvas vast, imagination soared, in board game realms, they were adored.

Gaining coins, a gleeful sound, a treasure trove that did abound, in every victory, a lesson learned, in every loss, resilience earned.

No pixels danced upon a screen, yet happiness, the purest sheen, for in the tactile, in the real, a bond was formed, an endless zeal.

No more the constant digital hum, but the laughter of friends, a lively drum. Board games, the bridge that brought them close, in victory, defeat, and kinship chose.

So let the gadgets rest a while, as children bask in the board game aisle, with every move, a memory made, in the tactile joy, their spirits swayed.



## AWAKENING ANTS

God created the universe and thoughtfully categorized everything. All creatures, whether they be men, women, birds, plants, animals, or insects, have an equal share of suffering and joy to live and thrive under his creation. Of these, I have always been most observant of God's creation known as "Ants."

Most of the time, these ants are seen in huge numbers. They're all so alike that one can hardly differentiate them. Gazing at them, I've always wondered if they have a family. How do they distinguish themselves from each other? Every second of their lives is unpredictable. These ants die instantly when they are crushed, buried, or trampled. Are the other ants aware of their loss? What are the thoughts of the other ants regarding this?

Beyond all these uncertainties, these ants are the wisest insects. It is the most common, smallest, and yet wisest! One verse from the Bible that further sparked my thinking on this is Proverbs 6:6, KJV: Go to the ant, you sluggard; consider its ways and be wise! It stores its provisions in summer and gathers its food at harvest. How long will you lie there, you sluggard? When will you get up from your sleep? Sometimes, when I'm about to give up, these little creatures serve as a wake-up call for me!

-M. Priya Dhillip

# HAPPINESS

KAVITHA A

**"If you are happy and you KNOW it, clap your hands  
If you are happy and you KNOW it And you really want to show it..."**

But do you know if you are happy?

Do you know what makes you happy?

We keep telling people that we are busy and that's the WhatsApp status for most of us.

But when was the last time we told someone, "I am happy".

When was the last time we shared our happiness with others?

As we all know, if you are waiting for someone to bring you happiness, then you will have to wait for a lifetime.

**Happiness is:**

1) When you go home after a long day and see that your little one is waiting to narrate the happenings of the day.

2) When the grandparents compare the actions of your child, with that of yours when you were young and naughty.

3) Call/message a long lost friend, on special occasions and wishing them.

4) Playing a memory game with our family, only to lose it, proving to have the worst memory of all.

5) When you complete reading a book that's been pending for a very long time.

Happiness is the small little happenings in our daily life. But we are too busy to even identify these "cute little things".

So read a book, spend time with your loved ones and importantly stop searching for happiness elsewhere...!!!

**"HAPPINESS IS JUST A STATE OF MIND. IT'S JUST ACCORDING TO THE WAY YOU LOOK AT THINGS" -WALT DISNEY**

## MOM AND DAUGHTER

God sent you to me,  
as a special gift from above.

To teach me life lessons,  
and shower me with your love.

You are the sunlight in my day.  
You are the moon I see far away.

You are the tree I lean upon,  
you are the one that makes troubles be gone.

Your smiles come to me like moonlight,  
Shining around me day and night.

I never want to be without you,  
not for a million years.  
and you are the one,  
who chase away all my fears.

ANITHA. M



## அழகு

சிரிக்கும் போது  
முகம் அழகு  
அன்பு காட்டும் போது  
மனம் அழகு  
நம்பிக்கை  
வரும் போது  
வாழ்க்கை அழகு  
நீ நீயாகவே  
இருக்கும் போது  
எல்லாமே அழகு

-By Padmavathi

# SANTAM FIELD TRIPS

jee



**Happiness is going on a  
field trip with your class**

# NURSERY FUN 2 PLAY



JR. KG

VEGGIE  
MARKET

SR. KG

CHENNAI  
LANDMARK  
TOUR



# GRADE 1

## BIRLA PLANETARIUM



# GRADE 2

## CONNEMARA LIBRARY

# GRADE 3

## PARLE G FACTORY



# GRADE 4

## CROCODILE PARK



# GRADE 5

## SHELL MUSEUM



# GRADE 6

## VANDALOOR ZOO

# GRADE 7

## EGMORE MUSEUM





**GRADE 8**

**MAHABALIPURAM**

**GRADE 9**

**DAKSHIN  
CHITRA**



**GRADE 10**

**DAKSHIN  
CHITRA**



# POCSO COMMITTEE



**Protection of Children from Sexual Offence (POCSO) Act 2012**  
All children have an equal right to access education in an environment that is safe, protective and conducive to the overall development. The challenges of gender inequality, eve teasing and sexual abuse in school environment call for increased awareness and creating synergy among parents, teachers and schools. To safeguard the interests of the learners, we set up the POCSO Committee (set up under the provisions of Prevention of Children from Sexual Offence Act 2012). The Committee works towards safeguarding the learners from the challenges they face in their formative years at school. The Committee takes up age-appropriate initiatives to create awareness about sexual exploitation and to ensure that all learners are aware of their rights and responsibilities towards themselves. Training sessions are conducted for the faculty and staff to recognize and report issues of abuse and neglect. Complaint Boxes are placed strategically and checked regularly by the Committee members to address the complaints if any.



## READING WEEK AT SAN ACADEMY

As part of P.N. Panicker National Reading Week 2023 Celebrations, Reading week was celebrated at SAN ACADEMY, Tambaram recently for students of Grade 6 to 8 with the theme "Draw the Book cover design".

We could explore young talent as part of the celebrations, as students actively participated in the celebrations and showcased their creativity by designing a variety of Book Covers.

BOOK COVERS

## SHIP DAY - THEMATIC ASSEMBLY



The thematic assembly with the theme was Friendship Day started with Tamizh thoughts under the friendship of Grade 9th gave a message of true friendships, the purpose was celebrated. Students also participated in 'Friendship Day'. They also exchanged friendship bands to their teachers. The assembly concluded with the anthem. "Friends make the world a happy International Day"

Neighbourhood Day, a day dedicated to exploring the roles of community helpers. Guided by their teachers, the little ones delved into an exciting journey of discovery, learning about the various community heroes and the unique places where they work. The classrooms buzzed with enthusiasm as children embraced the theme by dressing up as their favourite community helpers.

From doctors and nurses to firefighters, teachers, farmers, postmen, and even the friendly milkman, the colourful array of costumes brought the community to life within the school walls. Under the guidance of their teachers, the children took turns introduc-

ing themselves as their chosen community helper, proudly displaying the tools and

items associated with their respective roles. This interactive session not only allowed the

A highlight of the day was the crafting activity, where the children joyfully engaged in creating a nurse craft. This hands-on experience not only honed their fine motor skills but also served as a tangible reminder of the valuable contributions of healthcare professionals in our neighbourhood.

The Friendly Neighbourhood Day proved to be an educational and enjoyable experience for the Nursery children, fostering a sense of community awareness and appreciation for the everyday heroes who make a difference in our lives.



## SAN ACADEMY TMB

## BIRD FEEDER'S DAY



## AQUA WORLD DAY

Recently, the SrKG children enjoyed a special event known as Aqua World Day, immersing themselves in a day filled with valuable lessons about the significance of water and the wonders of aquatic creatures. Guided by their teachers, the little ones embarked on an educational journey that not only taught them about aquatic life but also instilled a sense of responsibility for water conservation.

The day began with a thoughtful session led by the teachers, delving into the importance of water and shedding light on endangered aquatic animals. The children were actively engaged, absorbing crucial knowledge about the role they can play in protecting these vulnerable species. The teachers also emphasized the importance of water conservation practices that can start right at home. To infuse an element of joy into the learning experience, the children danced together, embodying the playful movements of water animals. Some adventurous children even embraced the role of mermaids, adding a whimsical touch to the festivities. The event successfully blend-

On November 21st, 2023, the JRGK children had a delightful and educational experience as they celebrated Bird Feeder's Day. The event was thoughtfully organized to immerse the children in the fascinating world of birds, fostering a sense of compassion and understanding for our feathered friends. The highlight of the day was the captivating Bird Ramp Walk, where the children, adorned in colourful bird costumes, took to the runway, showcasing their avian-inspired attire. This playful activity not only sparked the children's creativity but also provided a visual and interactive introduction to the diverse world of birds.

Learning about birds extended beyond the runway, as the children participated in

an action-packed Bird Dance, bringing the enchanting world of birds to life through movement and expression. The lively performance added a touch of joy to the day, reinforcing the importance of understanding and appreciating nature. The teachers took the opportunity to impart valuable lessons on bird care, demonstrating how to use a bird feeder to provide nourishment for our feathered friends.

This hands-on experience not only educated the children about the needs of birds but also instilled a sense of responsibility and compassion toward these winged creatures. The day concluded with a creative twist as the children engaged in crafting beautiful bird feeders. This activity not only enhanced their fine motor skills but also allowed them to express their creativity while contributing to the well-being of birds in their surroundings.



singing devotional songs, enacting scenes from the life of Lord Krishna, and making offerings of sweets and flowers to the deity. Children also participated in activities such as pot-breaking, Krishna Radha ramp walk and danced to devotional tunes. They decorated Krishna themed crafts like flute, footprints and crowns.



## GARDENER DAY, MADRAS DAY AT SAN ACADEMY



Gardener's day special event aims to educate children about the importance of gardeners and the environment. Gardening can be a fun and educational activity for the children, as it helps them develop a connection to nature and teaches them about the life cycle of plants and the role that they play in our ecosystem. They learnt about the production of fresh food and the promotion of physical activity of well-being.

Through hands-on activities and educational programs, children can develop a love of gardening and a deeper appreciation for the nature world.

The madras day was celebrated on the school campus by our high school students of Grade 6-10 on 22nd August 2023. Commencing it with Tamil thiruvazhthu students exhibited their love and pride for their city turning 384 years old in order to showcase the deep heritage and cultural significance of our great city. Koushik of grade VIII B being the master of ceremony carried the program well.

They lined up the events starting from

graceful classical dance to the energetic freestyle dance. Along with it we had students expressing tamil poets, enchanting their love for the city through songs and also took us all the way to experience the Radio show "SantamFM 101.6. Our principal addressed the gathering the significance and shared her love for the city through her thoughtful words and concluded the celebration. "Chennai is a word, Madras is an emotion. Happy Madras Day"



# TRIUMPH OF SANTAM





# PARADIGM SCHOOL MAGAZINE

