

JULY 2022

Volume 2,  
Issue 2



### VISION

To take Education beyond and build a new World.

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### SACRED SPACE



### MISSION STATEMENT

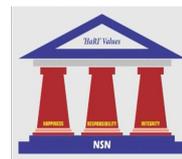
“To provide wholesome education, to all classes of society, that nurtures values, develops social and leadership skills, enhances experiential learning, leading to development of 21st century skills, provides opportunities to discover self, become smart and confident NSNites and contribute to the society”.

### ‘HaRI’ VALUES

We believe in the core values of Happiness, Responsibility and Integrity and our endeavor is to instill these core values in students to enable them to achieve holistic growth and develop a charming personality. In order to support the HaRI values, we have 53 best practices.

<https://www.nsnschools.com/best-practice/>  
Social contribution is an integral part of NSN as we believe in giving to society.

<https://www.nsnschools.com/social-contribution/>



The management has waived a revenue of more than ₹1,19,45,320 towards fees exemption/fees concession, for meritorious students from underprivileged families.

### EDITOR'S NOTE

“The greatest PRIDE is to GROW in your own eyes. Live... to look up to yourself.” – mahātria Rā

Self-empowerment allows us to make the right choice to achieve our goals. During this process, we make positive choices that could accelerate our growth, build confidence in our ability. We understand our strengths and weaknesses and work on our weaknesses one by one to convert it into our strength. Measurable, achievable goals should be fixed, then devise a plan to achieve short term milestones and steadily progress to achieve the long term goal. If you want to run a marathon, start with smaller, increasing distances rather than trying to run 26.2 miles on day one. Surrounding ourselves with like-minded, motivated people can help us feel empowered to achieve our goals. Experiencing their positivity can improve our mental well-being, minimize our negativity, and enthruse us to follow our dreams. Let us pat ourselves for the smallest achievement and stay self-motivated. Exhibit a growth-oriented mind-set, strive relentlessly to achieve the target as success is a culmination of wise decisions and actions. Taking steps to live a life that we design gives us immense satisfaction and happiness.

Mrs.Meera.S

## KALAMELA AND NSN MMT 2022

The tradition of hosting KALAMELA and NSN Menon Memorial Tournament, is to involve students in multifaceted competitions and events, to help them explore their potential and reflect on their abilities.



The NSN MMT, in which 55 schools participated, was held for three days from 21/07/22-23/07/22. The inter-school sports event was inaugurated by Mr. Senthil Kumar (DIP District Inspector of Physical Education, Chengalpattu District).

The Valedictory function of KALAMELA 2022, in which 15 schools participated, was held on 23/07/22. The Chief Guest for the valedictory function was Mr. Sikkil Gurucharan, the prominent Carnatic musician.



A total of fifteen events were conducted. The audience was awe-inspired by the breath-taking dance performance of NSNITES. Mr. Sikkil Gurucharan honoured the prize winners of KALAMELA and NSNMMT by distributing the prizes.

## INVESTITURE CEREMONY

The **Investiture Ceremony** of the N.S.N Group of Schools, was held on 15th July 2022. The Student Council was invested by the former Head boy and Head Girl. The solemn Oath taking ceremony was the highlight of the day, wherein all the members of the Student Council vowed to uphold the culture and values of the school. This was followed by the distribution of Endowment



Awards to the toppers in the Std. X and Std. XII Board examination. The Principal addressed the student council members on their responsibilities entrusted on them with belief and trust. They were advised to be role models and pass on the values and ethos of the school to the student community.

## VIRTUAL INSTALLATION OF LEADERSHIP CLUB:

The Leadership Club was installed virtually for the academic year 2022 – 2023, by Our Correspondent, Mrs. Chitra Prasad. She addressed the students on the importance of inculcating leadership qualities that would assist in furthering the holistic development of an individual. The most important quality of a leader – 'Time management' was elaborated to guide the students to organize time intelligently and use it more effectively. Citing the examples of the legends like Dr. A P J Abdul Kalam, Mr. MS Dhoni, Mr. Rajnikanth, the students were motivated and encouraged to make the most of their time. The session inspired the students to aspire for most and more.



## GURUVANDANAM

In order to imbibe high virtues and reinstate the eternal Indian values and culture into practice, "Guru Vandanam" was observed on 13.07.22, a day on which students traditionally paid their respect to their teachers. All the students participated in this event and sought blessings from the teachers. The school observes this special event every year to instil the virtues of gratitude and respect in children.



## THE GUINNESS CHAMP

NSN takes great pride in the milestone achieved by Ashwin Sudhan of III-A, N.S.N Memorial Senior Secondary School, for having set a World Record in "OMG Book of Records" and "Worldwide Book of Records" in identifying 182 car logos in one minute. His thirst to achieve motivated him to set a World Record in "Guinness World Records" to hit a target 24 times with a paper aircraft in three minutes, the maximum in history. Ashwin has also set a record in "India Book of Records" and "Asia Book of Records". His relentless effort has paved the way for his success. NSN wishes him most and more success in all his future endeavours.



**P. Ashwin Sudhan** Chennai, Tamilnadu  
Identifying the most number of car logos  
[www.omgbooksofrecords.com](http://www.omgbooksofrecords.com)

## SESSION ON SAFE AND UNSAFE TOUCH



The session on Safe and Unsafe touch was conducted by the Student Counsellor for KG and Std. I & II students, to create an awareness on "Safe and Unsafe Touch" in children. The session focussed on the difference between safe, unfriendly and unsafe touch.

## COLOUR DAY

The Kindergarten children celebrated Red Colour day on 08/07/22 with fun and enthusiasm. Our tiny tots dressed up in their red attire, spoke about different red objects like apple, tomato, strawberry, post box, fire engine and so on. It was a fun filled experiential learning activity.



## SCRIBBLE DAY



Scribbling and drawing are the first steps in learning to write. Scribble day was held on 20/07/22 for Pre KG students, where the children were given time to scribble to their heart's content. Children enjoyed the activity and the paper was sent back home for the parents to have a chat with their child to know what was in his/her mind while scribbling. This activity also aims at improving their fine motor skills.



## SESSION BY YOUNG INDIANS FOR STD. VI & VII

A session on public speaking, debate, and drama for Std. VI and VII students, was conducted on 14<sup>th</sup> July. The resource person, Mr. Tobin Jose, (Member of Young Indians), started the session with an interactive personality quiz in which the students participated enthusiastically. The session created an awareness on the importance of public speaking. He explained the three P's of public speaking: Prepare, Practice, and Perform. Mr. Tobin Jose explained the do's and don'ts of debate.



## SESSION BY YOUNG INDIANS FOR STD. VIII



A session on public speaking, debate and drama was conducted on 18<sup>th</sup> July 2022. The resource persons, Ms. Trishala and Ms. Preethi, threw light on the nuances and rules of public speaking. They explained the guidelines of public speaking such as maintaining eye contact, feeling active, taking the audience on a journey, being clear in expressing one's views, presenting one's ideas clearly and having fun. They further highlighted on the key aspects of public speaking such as self-introduction and coherence in speech. The speakers also threw light on the nuances of debate. Aspects like being respectful, confident, listening to the opponent, understanding the topic and staying on it were focused upon. The session was very informative and fun filled.

## SESSION ON IMPORTANCE OF STUDY SKILLS FOR STUDENTS OF STD. XII

04.07.22

The session conducted by the Student Counsellor, aimed at creating awareness to the students on the impact of exam stress, importance of study skills and its implementation in academics. It was an interactive session and students participated with enthusiasm. They were able to relate with examples and connect with the concept of forgetting, retrieval and memory.



## WORKSHOP ON MAKING TOOTH POWDER



A workshop on making tooth powder was conducted on 14<sup>th</sup> July 2022, for the students of Std. VI & VII. A renowned environmentalist, Mrs. Prestha, demonstrated how to make herbal tooth powder with the ingredients available at home. This workshop enlightened them on the harmful effects of the readymade toothpaste both on the users and the environment.



## FAB & FIT WELLNESS CLUB DAY FOR STD. VI TO IX

The Club Day was initiated focussing on the objectives of the Wellness Club. The students were asked to sit in meditation for 5 minutes. The teacher briefed about the benefits of meditation on mental health and encouraged them to



practice every day. They prepared their own 'Health Cards' which included their age, blood group, allergies, height, weight, and BMI. Students were taught how to calculate BMI using height and weight. They performed simple stretching exercises as per the instructions displayed in the animated video. A debate was conducted on the topic "Healthy Snack vs Junk Food". The club day was filled with a plethora of activities to ensure Student Engagement and learning.

## CBSE RESULTS 2022



## DEAR TIME



## TREE OF JOY

Theme for the month is "Respect". The students were encouraged to share the ways by which they can respect themselves and also respect others in the classroom.



(Drop Everything And Read). was observed on 01.07.22.

## 33 WORDS ON "STAYING FIT & HAPPY"

Staying healthy is essential to work correctly and live productively. Fitness is crucial as it helps us to work without facing difficulties and increases our resistance to disease-causing germs. Not only does staying fit facilitates our workability, but also helps us to be happy and content.

- **Jyoshita Vaibhavi P X G**

Staying healthy is important to ensure a happy life without worries about health as it helps the human steer clear of diseases. Junk foods should be avoided and the correct proportion of water consumption is important. These will help to lead a happy life without any health issues.

- **Sadhana.v XII C**



## SPECIAL DAYS

On 21.07.2022, **Healthy Food Day** was observed on the theme “Importance of healthy foods and its benefits”. Students were asked to share a video on the theme.



**World Environment Day** was observed on 28.07.2022, on the theme, “Only One Earth”, with the focus on living sustainably in harmony with nature. The students were motivated to find different ways to use the three ‘R’s’ and create something new and useful out of it.

**Traditional Day** was observed on 13.07.22, on the theme, “Unique Customs and Traditions of India. The students were encouraged to explore and learn the unique customs and traditions of India and share one unique custom or tradition that they found intriguing.

Intramurals – Sports competition was conducted for boys and girls separately in the following levels:

- Junior VI to VIII
- Senior IX & X
- Super Senior XI & XII



Earth Hour was observed in the school on 07.07.22 by switching OFF all the lights & fans in order to stress the importance of CONSERVING ENERGY.



## WILL POWER DRIVE

“Family”, being the theme for this month’s Will Power Drive, activities like creating a family mural, create lifetime memories by doing something new as a family enthused the students.

## SWACHH BHARAT ABHIYAN

“Clean My School Campaign” is one of NSN's best practices initiated in the year 2015 to cultivate in the students a sense of responsibility and a sense of belongingness towards their surroundings and the society. Students of Std. VI to XII and mentors clean the school campus house-wise every Friday.

- 08.07.2022 - Ahimsa House
- 14.07.2022 – Dharma House
- 22.07.2022 – Karuna House
- 29.07.2022 – Sathya House



A Virtual session for the parents of Std. IX-XII students on 'Handling Adolescent Children', was conducted on 02.07.22, by the Student Counsellor.



On 9.07.22 A Virtual Orientation was conducted for the parents of Std. XI by the class teachers.

## SESSION ON VISIONING

The session on Visioning by Dr. Bhanu Shankar was conducted on 10/06/22 for III to V mentors and on 30/07/22 for VI to VIII mentors. She gave a clear picture on the Vision, Mission and Quality Objectives of our School through group discussions and activities. An activity was conducted to map the quality objectives, values and social skills to their subjects. The session was very informative and interactive.



## SESSION ON LANGUAGE DEVELOPMENT BY PATRONUS

**Date:** 30.07.2022

The session started with a small mind refreshing ADJECTIVE game rhyming with the first letter of their name. The resource person, Mrs. Sheeja Nair, focussed on open and closed questions and had a demo on open and closed questions. Conditioning clauses were taught with a mind refreshing game. This entire session was fun-based learning on grammar and communication language development.

## SESSIONS FOR STAFF

NABET's virtual training for creating COMPETENCY BASED ASSESSMENT for CBSE mentors handling Science (20<sup>th</sup> and 21<sup>st</sup> July 2022) and English (29<sup>th</sup> and 30<sup>th</sup> July 2022).

Session on Preparing Schools for Accreditation by QCI, New Delhi from 21<sup>st</sup> to 23<sup>rd</sup> July 2022 for selected mentors.



Virtual session on Intermittent fasting by Dr. Nidhi on 28.07.22 for all staff.



A session on Blood pressure was conducted on 30/07/22 by Staff Nurse for all the mentors. She threw light on the causes and effects of primary and secondary Hypertension. The signs and symptoms of HBP were also listed. She highlighted on making the required lifestyle modifications to keep a check on the blood pressure.



## ACHIEVEMENTS AND ACCOLADES:

- ♦ Sahana S of IX E, Winner of Tamil Nadu State Open Badminton Tournament held at Knights Mount Sports Academy.
- ♦ Sindhu Sree K of XB scored 6 /7 and secured 3rd place in the Hercules 23rd Tamil Nadu State Level Inter-School and College Chess Tournament organized by Tiruvalluvar District Chess Association.

## KALAKRITHI 2022 - INTER-SCHOOL COMPETITION AT VAELS INTERNATIONAL SCHOOL, held on 14th & 16th July 2022

- ♦ S. Sanjitha (VIIF) for Doodle Mania – I Place
- ♦ Rahul Avdhani R (XII B) – Rap Master – III Place
- ♦ Sandya B. Rajan, Priyanka R, Shriram Kumar, Siddharth M S, Surya S V (XIB), Michelle P (XI A) – Adzap – III Place



## KALAMELA 2022

- ♦ Sreekesh S, Vibilan.D M, Surya S.V. and Yogeswaran.S of XIB won SECOND PRIZE in Adzap.
- ♦ Deepta R (XC), Kanishka S (XD), Pooja S, Mythra M, Janushiya G and Rakshitha G of XF won THIRD PRIZE in Mime.
- ♦ Saromitha K (XIA) won THIRD PRIZE in Twist and Turn.
- ♦ Mary Sherene R (XIIA) have won SECOND PRIZE and Thrishikavarsa T (XIIA1) won THIRD PRIZE in Salad Making.

## INTER SCHOOL ATHLETIC MEET 2002 AT SRMC, CHENNAI

- ♦ Yashmita S (VIII E) - 100 M & 200 M – 1st Place and Long Jump – 2nd Place (Juniors)
- ♦ Celestine Zina Charles (VII H) – 200 M – 1st Place (Individual Championship)
- ♦ Samuel Prabhu T (VIII A) – 100 M & 200 M – 1st Place and Long Jump – 2nd Place (Individual Championship)
- ♦ Samuel Prabhu T(VIIIA), Hariharan. S (VIII E), Chirag.D and Siddle Jeffery D of VIIF – 1st Place in Relay 400 M (Ind. Championship).
- ♦ Mohana Balaji K (X E) – 200 M – 3rd Place (Seniors)
- ♦ Aashitha Srithar (XI C1) - 100 M & 200 M – 1st Place and Long Jump – 3rd Place (Super Seniors)
- ♦ Nirmal Pradeep S (X G), Sarugesh N (X D), Mohana Balaji (X E) and Vishwaasram B (X F) – 2nd Place in Relay 400 M (Super Seniors).

E-certificates for Book  
review submission

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## CONNECT WITH US

NSN is proud to connect with the alumni who have placed NSN on the world map. It is always a pleasure and a moment of pride to hear from our alumni.

### Google us:

<https://www.nsnschools.com>

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