

November 2022

Volume 6,
Issue 6



MISSION STATEMENT

VISION
To take Education beyond and build a new World.

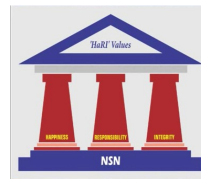
“To provide wholesome education, to all classes of society, that nurtures values, develops social and leadership skills, enhances experiential learning, leading to development of 21st century skills, provides opportunities to discover self, become smart and confident NSNites and contribute to the society”.

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‘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->

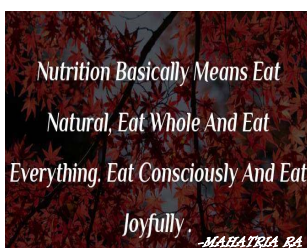


The management has waived a revenue of more than ₹1,19,39,340 towards fees exemption/fees concession, for meritorious students from underprivileged families.

EDITOR’S NOTE

Nutritious November, the theme for the month, highlights the most important need of the hour, to eat healthy nourishing food densely packed with nutrients enables us to be the energy on the move, and strive hard to accomplish our aspirations. We need to exhibit the highest order of commitment to ourselves to overcome our temptations for tongue conscious food and resolve to eat health conscious food. Our mind when trained to choose food that improves our well-being, would be true to the saying, “Let Food Be Thy Medicine”. This training of the mind requires a strong will power to resist our urge to indulge in junk food. A regular exercise routine can also help our organs to absorb the nutrients in the food and convert it into energy. Consistent movement of the body also ensures that any urges which might give way to binge eating cycles which ultimately causes our body and health harm does not occur. Inclusivity of yoga and meditation can help us gain a composed state of mental being ensuring a calm and serene state of mind. The importance placed upon maintaining a balanced and healthy lifestyle does not stem from an aesthetic or vain point of view, it is generationally reinforced as it will not only increase our energy levels and keep us rejuvenated on a day-to-day basis but it also helps enhance our overall quality of life.

SACRED SPACE



S.Meera

CELEBRATING 11 YEARS OF INFINITHEISM @ NSN

NSN practises the values of infinitheism, which is a Path that inspires Breakthroughs and enables to discover the humongous human potential. The highlight of the celebration was the captivating inspirational videos of mahatria Ra. Our students gave Motivational Talk on “The Fragile Adolescent Years” in 15 schools and one college. The audience were spellbound and were inspired to take up one learning. Mahātria Rā’s Quotes Competition (11 QUOTES) was conducted for Std. VI-VIII students. The campus wore a festive spirit on those eleven days with the energy of the celebration spreading positive vibes.

DAY 1: Tue	“Breakthrough”	Std. VI-XII: Speaker for the day: Ms. Megha Bajaj , the author of the book, “The Breakthrough” shared about her own breakthroughs. The students wrote their reflections (along with a goal set for the year) in a chart paper, which was put up in the class.
DAY 2: Wed	“Holistic Abundance”	Std. VI-XII: “How will you achieve holistic growth?” –JAM was conducted. Speaker for the day – “A talk on holistic abundance” by Mr. Prabhuram
DAY 3: Thurs	“I am unique”	Std. VI-XII: -The students prepared a picture collage depicting their unique qualities and presented it to the class. - Speaker for the day – Mr. Arun Kumar Natha
DAY 4: Fri	"My life my responsibility”	Std. VI-XII: -Mention 3 ways in which you will take responsibility of your life. The students prepared 3 bookmarks with their responsibilities. - Speaker for the day – Mr. Sridhar Ranganathan
DAY 5: Sat	“Gratitude and disturbance cannot coexist”	Std. III-V: - The students prepared a “Thank You” card to God expressing their gratitude for the “11 blessings” in their life. Std. VI-XII: - The students made e a 'Gratitude Flower' (with 11 petals) and wrote down 11 things that they were grateful for in each of the petals. - Speaker for the day – Mrs. Gita Krishna Raj



DAY6 Sun	“To love and to be loved”	Std. III-XII: - The students spoke for a minute on “My contribution to Preserve Nature”. - Speaker for the day – Mrs. Sushama Ranganathan
DAY 7: Mon	“Come... Let us go the other way...”	Std. VI-XII: - The students brain-stormed to find alternate solutions for a given concern/issue - Speaker for the day – Mr. Guru Prasad Makham
DAY 8: Tue	“To be. To do. To have. To give”	Std. VI-XII: - The students stated one way to serve the society with their own potential. - Speaker for the day – Mr. Keerthana Kumar
DAY 9: Wed	"Energy plus Intelligent Effort plus Faith in The Energy”	Std. VI-XII: - The students made a growth chart on any one of the 11 trailblazers from the book, “The Break-through”. - Speaker for the day – Dr. Asha Vijaykumar
DAY10: Thurs	“Desires become deservingness only through Consistent Directed Self-motivated Intelligent Effort”	Std. VI-XII: The students presented their takeaways in the form of a graphic organizer -Speaker for the day- Mr. Kavish Gadia
DAY11: Fri	“Accept the unchangeable. Change the changeable. Remove yourself from the unacceptable”	Std. VI-XII: -The selected students delivered motivational talk for Std. VI-XII students. -The students experienced mahātria Rā and listed their learnings in the school handbook.

GRANDPARENTS DAY

Grandparent’s Day was celebrated on 26/11/22 to honour the grandparents. who are the backbone of the family. The students of Std. I- V, enthralled the grandparents with a fantabulous performance like Gita Chanting, Fusion Dance, Group Song, Villuppaattu, Dances of India, English Action Song and Tamil Skit. Games were conducted for the grandparents under three categories namely, "Grandmother, Grandfather and Couple" and the winners were honoured, making them relive their youth. The highlight of the day was the vibrant dance performance by the grandparents who participated with zeal and zest and stole the show with their power-packed performance.



LIBRARY WEEK CELEBRATION

Library week was observed from 15.11.22 to 19.11.22 for Std. I – XII. The Scholastic Book Fair was organised from 16.11.22 to 19.11.22. The fair provided an opportunity for the students to gather information regarding books, authors, characters etc. A video on “Importance and Benefits of Reading” was shown to Std. I – V and a video on “Libraries of the World” was shown to the students of Std. VI – XII on 16.11.22. Voracious readers were identified and made to talk about their joyful reading experience and about any one favourite book on the PA system every day. A Book Talk by the readers in each class during lunch hour created an interest in reading for the peer group. To kindle the curiosity of the students, the notice board titled “MIND DROPS” was updated with a short story or an article, with a question/task attached (for eg. Give a suitable title, suggest a climax/alternate climax, list the key points and so on). The students read the story and dropped their answers in the drop box. The best entries were displayed. This board was updated on alternate days for Std. IV – XII. In the notice board titled “From the book I read this Week,” the students of Std. IV – XII, displayed the content related to a book they read in a creative way.



DEAR TIME was observed on 17.11.22 by the staff and the students. The students who read the maximum number of books during that week were recognized as “STAR READER OF THE WEEK”. On 19.11.22, a google quiz was shared for the students of Std. III- XII based on their learnings during the week. The librarian created the learning ambience by displaying interesting information and tasks to make sure that the National Library Week was a memorable one for the students.



CHILDREN’S DAY CELEBRATION

Children's Day was celebrated with great pomp and show at NSN. The teachers presented a performance ranging from music, dance, skit, ramp walk, mimicry and so on to enthrall the students on their special occasion. The students prepared a "Thanksgiving Card" to their parents expressing their gratitude and love. A Special Talent Show was organized for the students to showcase their innate talents to their peer group. This also served as a platform for them to feel more confident and proud about themselves. A movie was screened for the students to watch and enjoy. "No Bag Day" activities were conducted by the teachers with focused learning outcomes. Overall, the Children's Day celebration was a memorable one for the students.



KG COLOUR DAY



The kindergarten children observed Blue Colour Day on 18/11/22 with fun and enthusiasm. Our tiny tots dressed up in their favourite blue attire. They showed few pictures in blue like blue whale, blue berry, clouds and so on. It was a fun filled day for the Kindergarten-teners.



SCHOOL NEWS



The students of Std VI-XII made presentations on the trailblazers from the book, “The Breakthrough” written by Ms.Megha Bajaj.

CORRESPONDENT’S SESSION:

NSN aims at preparing students for LIFE. The Correspondent, Mrs. Chitra Prasad, addressed the students of Std. X to XII every month on different topics. This month she addressed them on how “Desires can become Deservingness”.



SESSION ON HIGHER EDUCATION AND INTERNSHIP FOR STUDENTS OF STD. XI & XII:

NSN creates opportunities for the students to upgrade. A session on “Higher Education and Internship” was conducted by Ms. Meenakshi Krishnaraj, to highlight on the different professional courses available and the job opportunities that the students can take up. She gave a detailed information on each course and the jobs pertaining to the course and also mentioned its pros and cons. The session was really useful for the students as it gave them an insight on each course and they shared their own views without any inhibitions. The students understood that they need to research on different fields before choosing a career path, purely based on their own interests and abilities and not based on others opinion. It was indeed a good exposure for them.

A meeting was convened by the Correspondent for the parents of Std. IX TO XII on 19.11.22, to sensitize them on handling adolescent children.



SESSION FOR STUDENTS



WOW SESSION ON LEADERSHIP

WOW Students Training Session-3 was conducted on 25.11.2022. The author, Ms. Megha Bajaj, shared some incredible insights to the students on leadership qualities.

The Principal’s session for the students of Std. IX on 17.11.22, highlighted on the right behaviour and on the rules and regulations of the school.



SWACHH BHARAT

“Clean My School Campaign” was done by the students of Std. VI to XII and the teachers to promote the value of cleanliness and sense of responsibility in keeping their surroundings clean.

04.11.22 – Dharma House

18.11.22 - Karuna House

25.11.22 – Sathya House



“Healthy Food Day” was observed on 24.11.2022, to learn about the different kinds of Healthy Food. The students were encouraged to explore the benefits of eating different fruits and vegetables and also created a poster on the same.



CBSE – READING CHALLENGE 2022



With a focus on promoting Reading Literacy amongst the students, the Central Board of Secondary Education has been organizing the Reading Challenge contest since 2019. This contest engages participants with a variety of stimulants and focusses mainly on the ability to read with comprehension and accuracy. A total of 175 students from Std. VI to X participated in the first stage at school level.

Thirukkural recitation competition was conducted on 03.11.22 for the students of Std. I-XII.



Gita Chanting Competition was conducted on 03.11.22 for select students of KG to Std. XII, from Verses 1 to 43 of Chapter 3 - Karma Yoga (The Yoga of Action).

Handwriting contest was conducted for the students of Std. I – VIII, to make them conscious about neat presentation, correct formation of letters, spacing between words and so on.



DEAR Time - Drop Everything And Read is observed every month to inculcate the habit of reading.

Will Power Drive - "Gratitude"



The students created a Gratitude Jar, wrote a thank you note every day and dropped in the Gratitude Jar. They expressed gratitude to the people who helped them, thanked Mother Earth for her blessings and their own body for helping them to accomplish their dreams. This will develop the habit of saying "Thank-you", for all the blessings in Life.

Tree of Joy Theme "Spirituality"

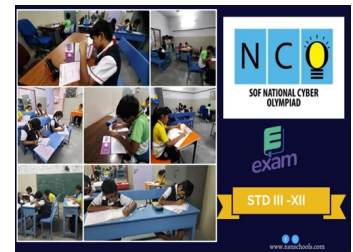


SOF International Olympiad Exam was conducted for the students of Std. III to XII.

Science Olympiad - 03.11.22

Math Olympiad - 22.11.22

Cyber Olympiad - 24.11.22



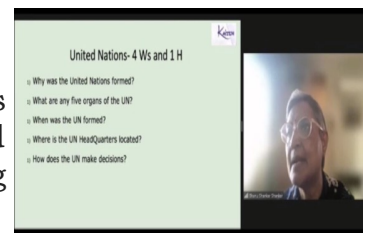
Environment Day was observed on 03/11/22 with the theme, "World Migratory Birds day". The students were given an activity to feed the birds on the terrace and keep a bowl of water for them.



Magazine Day was observed on 04/11/22. The students were given good time to evince their creativity and writing skill and were encouraged to write an article in English or Tamil.

Three virtual MUNNING sessions were conducted for selected students of Std. XI by Dr. Bhanu Shankar.

Twenty-five students were trained to be a part of MUN, which is a model of the original United Nations. It is a platform created for students to gain knowledge on how the UN works along with being aware of various global issues.



Punctuality Day was observed once in every week to inculcate the value of being punctual amongst students.



STUDENT COUNSELLOR'S SESSION:

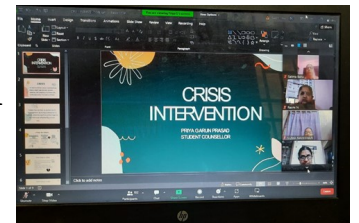
A session on **"Self-Awareness and Self-Discipline,"** was conducted for the students of Std. VI to VIII. This session aimed to educate the students about the importance of self-discipline and self-awareness and ways to inculcate these two aspects in their day to day life. The two topics were elaborated which helped them to understand the power to achieve goals, the



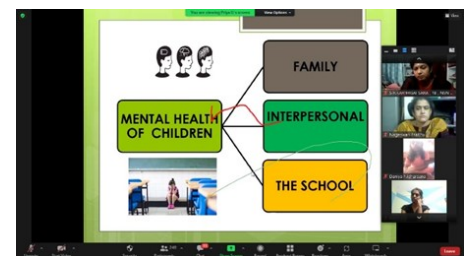
ability to not give up, identify emotions and recognize their strengths and weaknesses. The students were very interactive and participative throughout the session.

A session on **"Physical, Emotional and Social Well-being"** was conducted by the Student Counsellor for Std. I- V. The session started with a brief definition about well-being and health cycle which consists of 6 factors: physical, emotional, mental, intellectual, spiritual, social and environmental aspects. The students were explained how these aspects are interconnected to lead a happy and healthy life. It concluded with Q & A session where the children clarified their doubts, which made it an interactive and informative session.

A session on **"Crisis intervention"** was conducted for the mentors by the Student Counsellor. This session educated them about the importance of crisis in a student's life. There are many situations in which the students go through crisis and are not equipped to handle it appropriately. Identification of crisis and timely intervention is necessary to prevent any emotional and psychological damage. The mentors were highlighted on how to identify a crisis and report to the Student Counselor for the crisis intervention therapy.



A virtual session on **"Tuning into Your Child"** was conducted by the Student Counsellor for the parents of Std. I to V students on 26/11/22. The session focused on the development issues faced by the children. It also emphasized on parenting styles and tips to handle primary children. The parents were very interactive and discussed about specific difficulties they face in handling the children for which the Student Counsellor was able to share useful strategies and techniques.



Certificates for
full attendance
for KG to XII

3241

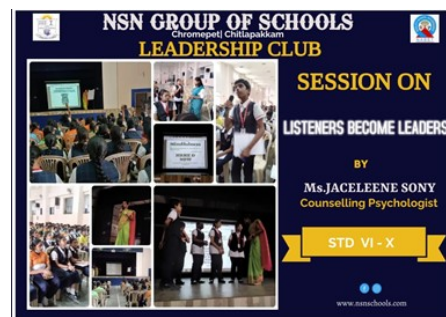
A Mock Evacuation Drill was conducted for the students and staff to sensitize and create awareness to respond during the hours of emergency.

E-certificates for
Book review sub-
mission

1922

LEADERSHIP CLUB SESSIONS

Leadership club sessions foster in the students the art of communication, leadership skills, personality development, confidence to groom them into a true leader, worthy of being emulated and considered as a role model. A guest lecture on “Listeners Become Leaders,” was arranged for the students which focussed on the skill of active listening. Ms. Jaceleene Sony, Counselling Psychologist, conducted the session with ice-breaking activities to reinforce the importance of listening. She covered the areas of active listening, how to listen, why to listen and how listeners can become leaders. The students were very participative and interactive. They keenly paid attention and listened to the concepts taught. Students were encouraged to ask questions and all their doubts were clarified.



A session on “The Art of Public Speaking,” was organized for the Leadership Club students. The Correspondent, Mrs. Chitra Prasad, addressed the students on how to speak confidently in public without any fear. She stressed on the importance of pronunciation, accent, humour, voice control, mike placement and avoiding filler words. She highlighted the effective ways to get one’s point across, demonstrate knowledge and influence others during public speaking. The students were very attentive and asked questions to clarify their doubts.

CLUB DAYS

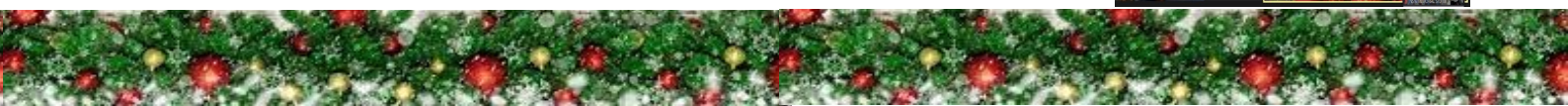
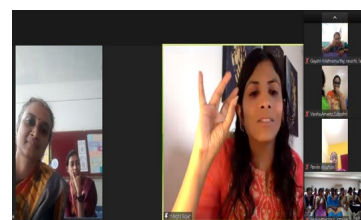
LANGUAGE CLUB – The students watched Ted talk, Drama and Debate and learnt the nuances to gain mastery over the same on the club day.



RAMANUJAN MATH CLUB- The students were explained the objective of the Ramanujan Math club through a PPT presentation. A video about “The Importance of Pi Day” and why it is celebrated was shown to the students. The students were shown various puzzles to solve which enhanced their problem-solving ability and logical thinking. The Vedic math tricks to do the multiplication in an easier way was taught. They were taught to make symmetrical patterns with origami sheets through a DIY video.

STAFF DEVELOPMENT PROGRAM:

Virtual WOW Review meeting was conducted on 10.11.22, for KG to Std. XII Mentors handling WOW by Ms. Megha Bajaj.



ACHIEVEMENTS AND ACCOLADES:

- ◆ Ashmita K M of XII B has won the First prize in "Host it" in PARAKRAM 2022, Interschool Competition held at Sree Gokulam Public School, Chengalpet.
- ◆ The following students have won the Second prize in "Adaptive Football" in PARAKRAM 2022 Interschool Competition held at Sree Gokulam Public School, Chengalpet Balamurugan R, Manoj kumar L, Deepak P, Imaiyan M - XI D Hariharan B - IX C
- ◆ The following students of NSN Matriculation Higher Secondary School, Chromepet, have been awarded medals in District level games conducted at Chengalpet. 1) I. Karthikeyan (XI D) - Taekwondo - Bronze medal. 2) Iniya Harshini (VI C) - Boxing - Gold medal 3) Roopika S D (VI B) - Boxing - Gold medal 4) Darshan kumar K P (VII B) - Boxing - Silver medal 5) Vipin Antony J (VII B) - Boxing - Bronze medal.
- ◆ The following students have won the prizes in Young Forum, an Interschool Competition held at St. Brittos Academy, Velachery. Ashmita K M of XII B-I connect - 3rd prize Vivesh.G & Duranjai of XII A-Smart Techies - 3rd prize Pooja M L, Miraclin I, Rithanya Sri B, Abhiraami R of VIII B-Spin the Yarn- 2nd prize
- ◆ The following students have participated and won prizes in Interschool competition Pradharshini 2022 held at Sri Sankara Vidyashramam Mat. Hr. Sec. School, Thiruvaniyur. Floral Arrangement- Shamyuktha.P & Chashmitha.V - VI C - 2nd place Traditional hair styling - Haretha.M, Prathiksha - VII C - 3rd place Dance - Nithya shree-VIII B, Priyadharshini - VIII A, Anishka V - VIII A, Pooja.M.L - VIII B, Miraclin - VIII B - 2nd place'.
- ◆ Thanushya R, VID has won 3 Gold medals and 1 silver medal in the 3rd State Level Silambam Championship 2022 – 23 under various Junior Artistic category (weight 35 kg) of Paramparia Kalai namely Ottrai Surul Vaal, Errattai Kambu and Nedungkambu held at GKM College of Engineering and Technology, New Perungalathur and she represented Esan Silambaalaya, Tamilnadu.
- ◆ Bharathi Selvan. C, VIII B has won 2 Gold medals and 1 silver medal in the 3rd State Level Silambam Championship 2022 – 23 under various Sub - Junior Artistic category (weight 50 kg) of Paramparia Kalai namely Ottrai Vaal, Nedungkambu Veechu and Vel Kambu held at GKM College of Engineering and Technology, New Perungalathur and she represented Esan Silambaalaya, Tamilnadu.
- ◆ The following students have won the prizes in Young Forum, an Interschool Competition held at St. Brittos Academy, Velachery.
 - i) Sherin Xavier and Sudharshan S (IXF) – Research paper presentation (Cost of Health care Vs life style) - 1st Prize
 - ii) Dakshatasri. L (VIA) – Limerick Poem – 1st Prize
 - iii) Vanilla Loganathan and Swathi S (XIIC1) - PPT presentation (Media Entrepreneur) – 2nd Prize.
- ◆ Gita Chanting Competition conducted by Chinmaya Mission
 - Positha.C (VID), Dhruvan.M (VIIE) and Praharshitha.P (VIIIA) – I Prize
 - Shiva Shree.G.S. (VIA), Pratish.M (VIIE) and Shri Lekhaa. A (VIIIA) – II Prize
 - Virithikka Sri. N.V (VID), Yashaswini.V (VIID) and Hariharasudhan.V (VIIIA) –III Prize.
 - Pooja.M (VIG), Srivatsan.B.S. (VIID) and Amirtha.R (VIIIB) – Consolation Prize.
 - Poorna Pushkala.S.S (XIIA) – I Prize

- ◆ Sindhu Sree K of XB has been awarded for having participated in the 75th Year India's Freedom Celebrations – International Fide Rapid Rating Chess Tournament – 2022 held at Hall of Chess, J N Stadium, Chennai. She has scored 5.5/8 and was placed 1st on the Merit list.
- ◆ PARAKRAM 2K22 – Inter-School Competition at Sree Gokulam Public School, Chengelpet held on 15th & 16th November 2022
 - i) Haricharan M R (IXB), Sri Shashank S (IXC), Svadhit. S(XIIB) and Harish.R, Aadithya.B, Sanjay.J (XIIA– Matric) and Saravanakumar (XIIC – Matric) -- Adaptive Football - I Place
 - ii) Sandhya B Rajan, Shriram Kumar. M, Priyanka.R and Siddharth.M.S (XIB) – Adzap – II Place
 - iii) Michelle.P (XIA), Yogeswaran.S, Sreekesh.S and Vibilan.D.M (XIB), Keerthika.N, Mohan Raj.K, Rahul Avdhani.R and Vishwa.D (XIIB) - Channel Surfing – II Place
- ◆ Sai Prasanna J of XG has been awarded Certificate of Merit for being placed in Top 8 among 2500 entrants in the National Finals of India Quiz Championship 2022 Season 3 (Hunt For India's Young Genius). He was honoured with a cash prize and a citation "Quizzer of the year 2022".
- ◆ Anandita.R.S. of X C had been recognized as Bookosmia's "Young Speaker" for her TED talk on Chennai's street music, which was included in the official TED - Ed Student Talks - YouTube channel. She was also featured in DIDAC India, Asia's largest ed-tech summit for her book review on a comic strip about Inclusion of neurodiversity.
- ◆ SOF International – General Knowledge Olympiad Exam Results as follows:-
Varnika Raghavan (VIA), Sadhana M and Surya Bala. R (VIIIA), Sresshanth. G (VIIIB), Raeshma B (IXA) –Gold Medal of Excellence.
 - ◆ Chinmayi.S, of Std V B has won the first prize in Poetry Recitation Competition in Young Forum.an Interschool Competition held at St.Brittos Academy, Velachery.
 1. Nandika Sri.B - V B
 2. Ishita Acharya - V D
 3. Sowjhanya.P - V C
 4. Deepika.M - V D
 5. Aneesh Sailesh S - V E
 - ◆ Ishita Achary, of Std V D has won the first prize in Acrostic Poem Competition in Young Forum.an Interschool Competition held at St.Brittos Academy, Velachery.
 - ◆ SOF International - General Knowledge Olympiad Exam Results are as follows:-
 - ◆ Niralyaa K - (III C), Ananya G - (III D),Vidhula M - (III D), Mudunuru Sai Prnavi - (III D), Joanna Magdalene M - (IV A),Lokesh P - (V B),Sanjay Raj - (V B), Rithik K S - (V C) Gold Medal of Excellence.
 - ◆ S Sadhana of Std III C who has been declared as the Champion in the 8th International Online Mental Arithmetic Abacus competition. Congratulations to Sadhana!!!
 - ◆ G.Mahesh of std 7 has been selected in the online quiz conducted by Rhapsody for classes 7,8 and 9.



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.

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