



SINDHI MODEL MATRIC HR SEC SCHOOL



KHABERSTIND

E - NEWSLETTER

002



Edition: July 2023



Importance of Social sciences

•• Social science educates the students about our surroundings and the incidents happened in the past. It has significance to develop an international viewpoint and moral progress of the society.

Study of the Social science makes us an efficient citizen of a democracy, and helps us to solve the practical problems in our daily life. It is essential for communities and organizations. It helps the students to know how different societies are managed, structured and governed.

BRANCHES IN SOCIAL SCIENCE

As you know Social science includes many subjects like History, Geography, Civics, Economics. Each subject gives us varied knowledge.

HISTORY: History provides the knowledge of the ancient periods. From this subject we come to know about what happened in the past.

GEOGRAPHY: Another branch in Social science is Geography. From this subject we know about our natural environment, natural vegetations, animals etc. (ie) fauna and flora. We also learn about the evolution of animals, water bodies, the impact of the environment, the importance of preservation and conservation.

CIVICS: Political science is the subject from which we know about politics, democracy, the fundamental rights and duties of citizens etc.

ECONOMICS: Economics is the subject from which we learn how to manage the finances, about effective economic policies etc.

From Social science, students know about the different culture and religion prevalent in the world and how to value and respect other cultures .

On the whole Social science is study of the past to lead a glorious present and pave way for a successful tomorrow.

by Smt. Nandineswari

Students Corner



What is self discipline?



Self-Discipline-

Self discipline is one of the key ingredients for leading a healthy and wealthy life. Everyone should practice self discipline in order to lead a good life.

What are the steps to improve self discipline?

- Start with small things.
- Make it a habit.
- Create a routine
- Surround yourself with positivity and inspiration
- Predetermine your action



IYANAAR A
IX - A

A disciplined student is usually the top performer in his/her class or school. Disciplined students tend to get good scores and benefit from their education as well. Education without discipline is incomplete. There are several advantages that students can have from being disciplined in their life, such as coming to school on time, getting up early etc., A disciplined student helps others to learn and sets an excellent example for others to follow.

ADVANTAGES-OF-SPORTS

- Improves overall fitness level.
- Helps in reducing stress.
- Improves confidence level.
- Helps in building new connections.
- Improves problem solving and communication skills.
- Improves sleep quality and relaxation.
- Helps in dealing with conflicts.
- Improves self-esteem.
- Helps the cardiovascular system.
- Helps weight loss.
- Improves the immune system.
- Creates balance between body and mind.



JAI GANESH S
IX - A

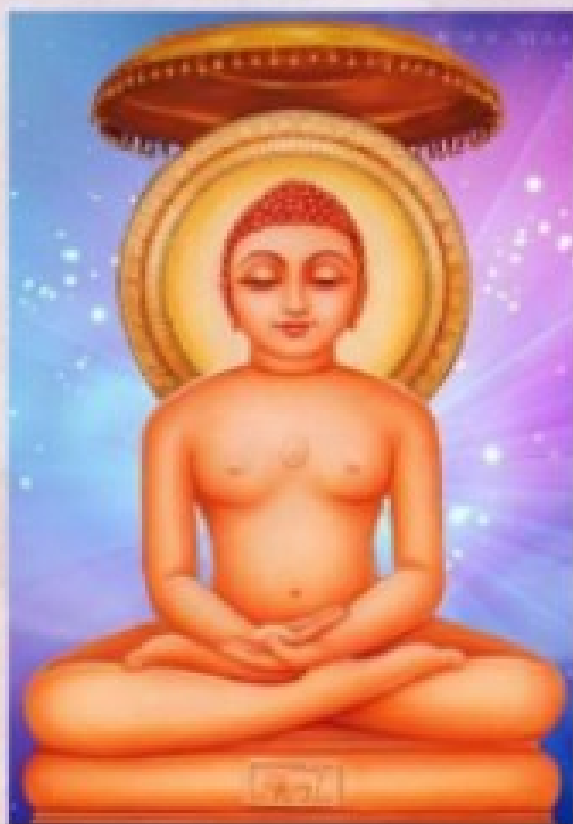
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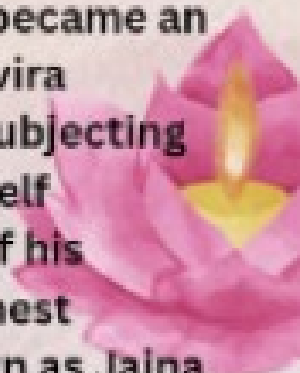
SWATHI. M
IX - B



MAHAVIRA



Vardhamana Mahavir was born in 599 (BCE) at Kundagrama near Vaishali. His mother was Trishala, a Lichchavi Princess. He spent his early life as a Prince and was married to a Princess name Yashoda. At the age of 30, he left his home and became an ascetic. For over 12 years, Mahavira wandered from place to place, subjecting himself to severe penance and self mortification. In the 13th year of his asceticism, he acquired the highest knowledge and came to be known as Jaina. Mahavira travelled extensively as a preacher in the kingdoms of Magadha, Videha and Anga. After 30 years of preaching, Mahavira died in Pawapuri in 527(BCE) at the age of 72.



Mahavira lived a life of purity and exemplified simplicity and self denial. He lived in the times of Bimbisara and Ajatashatru, the famous king of Magadha. In order to spread his new faith, Mahavira found monasteries. Mahavira was the first God worshipped by the Jains. Mahavira believed that there is no God and the world exists without a creator. Mahavira believed that all objects both animate and inanimate, have souls and various degree of consciousness. Mahavir's birth is celebrated as Mahavir Janma kalyanak . Jains celebrate Mahavir Janma kalyanak every year on 13th day of the Indian calendar month of Chaitra.



ANCHAL PARMAR
IX - A

PSYCHOLOGISTS SAY

If a person laughs too much even at little things,

he is lonely deep inside.

If a person sleeps a lot, he is sad.

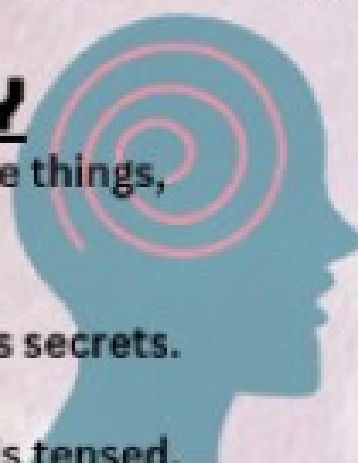
If a person speaks less but fast, he keeps secrets.

If a person cannot cry, he is weak.

If a person eats in an abnormal way, he is tensed.

If a person cries at little things, he is innocent and soft hearted.

If a person becomes angry over silly things, it means he needs love.



RAAGAVI A S

X - B

Did you know?

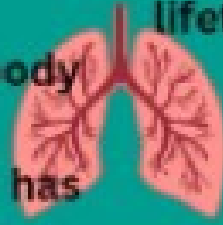
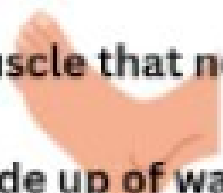
AMAZING FACTS



FACTS ON HUMAN BODY



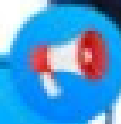
- A baby is born without knee caps. They don't get them until they're between 2 and 6.
- Your heart beats imitate music you are listening to.
- Your body is only 11 months old. Almost every cell in your body is replaced every 11 months, except for brain cells, which are replaced after 7 years.
- The only part of the body that has no blood is the cornea of the eye. It receives oxygen directly from air.
- There is a protein in the body called 'Pikachurin'.
- Every person on this planet has an individual smell.
- Your nose can remember 50000 different scents.
- Eyes - blink around 20 times per minute
- Ears - Never stop growing
- Ear wax - a type of sweat
- Tongue - covered by 8000 taste buds each containing 100 cells
- Heart - only muscle that never tires
- Body - 60% made up of water
- Foot nails - finger nails grow faster than our toe nails
- Foot - our foot grows till our lifetime



LINA SAI
X - A



DID YOU KNOW?



- The circulatory system is more than 60,000 miles long.
- There is enough gold inside the earth to coat the planet.
- Lemons float in water but lime Sink.
- The longest English word is 1,89,819 letters long.
- Some octopus species lay 56,000 eggs at a time.
- The current American flag was designed by a high school student.



YASHI JAIN
X - B



MOHAMED ALHAN M
X - B



VEGETABLE-FACTS



- Tomato - rich in antioxidants, prevents prostate cancer
- Carrot - healthy eyesight
- Peas legumes - supports good health and healthy digestive system
- Spinach - rich in anti oxidants
- Drumstick - rich in antioxidants, strengthens bone and cures many diseases
- Beet roots - controls blood pressure, improves haemoglobin
- Garlic and Onion - improves immunity
- Broccoli - lowers cholesterol
- Ladies finger - prevents diabetes and kidney diseases
- Green beans - anti inflammatory, prevents type 2 Diabetes
- Cucumber - rehydrates body skin and hair
- Cabbage - rich in vitamin C and fibre



LINA SAI P
X - A

GLOBAL WARMING



Global warming is a gradual increase in the Earth's temperature generally due to the greenhouse effect caused by increased levels of carbon dioxide, CFCs and other pollutants.

How to save our Earth from global warming?

First and foremost we must stop deforestation in all forms. Do not cut down more trees as it will only increase the level of carbon dioxide. Plant more trees to create a fine balance in nature.

Save energy at house. Most of our electricity and heat are powered by coal, oil and gas. Take up the habit of recycling and reusing. Further, carpool with your neighbours and relatives to reduce automobile exhaust and emission. Save our Earth for the future generation also.



VAISHIKA N S
IX - A



MORAL-STORY-

BE HONEST AND WORK HARD

Core Value:

"We should always be honest and truthful".

"We should work hard to get success".

Let's Read:

Ashok, Prateek and Rohit were studying in 9th class. It was the time when they had to undergo their class test. It was a Monday morning. Ashok worked hard to prepare for the class test. He did not play the previous evening. His friends Prateek and Rohit were also present in the school. But they were not prepared for the test. They wasted their precious time in playing video games. The teacher started writing down the questions on the blackboard. Ashok was busy in writing answers. Rohit requested him to show the answers of the given questions. But Ashok did not pay attention to Rohit's request. Rather, he asked the teacher to change his seat. After the test was over, he went back home. Next day, the teacher distributed the answer sheets. Ashok scored 7 out of 10 whereas Rohit and Prateek who had cheated scored 8 and 9 out of 10 respectively. Ashok went home and shared his problem with his mother. Mother was very touched. She embraced Ashok and said, "I'm very proud of you my son!". You will succeed only by your hard work in future. "Even if you had score 10 out of 10 by cheating, I would never have been happy". Working hard for success is the best quality for any human being and you have that quality. Soon the teacher discovered that Rohit and Prateek had been cheating to score high marks. His friends did not get promoted to the next class. Ashok stood first and was promoted to the next class.

Moral of the story:

"Honesty is very important in life. We should not get self satisfaction of getting success by cheating."

TAAMINI S
IX - B



School Updates

Investiture Ceremony

It is said "Leadership is the capacity to translate vision into reality"

Investiture ceremony is an important occasion where a school entrusts its upcoming leaders with certain roles and responsibilities. Delegation of responsibility and giving authority to children is important as it teaches them lifelong skills of being powerful and caring at the same time. It is the badging ceremony of the school council.

Sindhi Model Matriculation Higher Secondary School conducted Investiture Ceremony on 01.07.2023. The students unanimously selected Pratishtha Bafna as the School Pupil Leader and Sowmya Banu as Assistant School Pupil Leader. The school pupil leader Pratishtha Bafna was sworn by our Principal Smt. Lakshmi Sai Kumar and she led the oath for the other leaders of the school. All the leaders promised to serve the school at all times.



SHOW-AND-TELL-COMPETITION.

Competition can be healthy when it provides feedback to kids about their performance and improvement, when winning is not the sole or primary objective, and when kids get to learn about themselves under challenging situations. SHOW AND TELL COMPETITION was conducted for our tiny tots of LKG & UKG with the topic of vegetables. Children presented themselves as carrots, bitter gourd, cabbage and so on... and answered all the questions brilliantly.



RECITATION-COMPETITION.

Recitation activities help students to build confidence as they learn to speak more accurately and persuasively about any piece of writing. Keeping this in mind, English Recitation Competition was organized for Classes I to V on 07.07.2023 in our school auditorium.



ESSAY-WRITING-COMPETITION.

"That's one small step for a man, a giant leap for mankind "

Essay writing competition was conducted for the classes VI - XII in English, Tamil and Hindi. Students took part with great interest and won medals and certificates



ORATORICAL COMPETITION.



Tamil Oratorical Competition was conducted for the students of VI- VIII on 17.07.2023. Students were given different topics and the winners were awarded with medals and certificates.



KAMARAJAR-DAU

" Education is the key to unlock golden door of freedom "

- KAMARAJAR

'Kamarajar Day' was celebrated in our school on 15.07.2023.

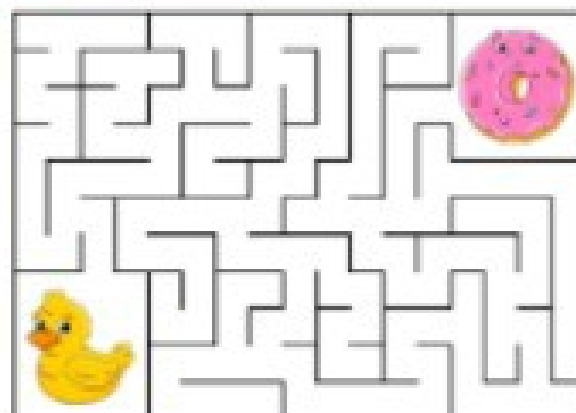
Students presented a skit taking an incident from Kamarajar's life.

Dance and speech given by the students added a good flavour to the celebration



DEBATE COMPETITION.

Sindhi Model Higher Secondary School conducted a Tamil debate for classes IX - XII on 17.07.2023. The winners were awarded with medals and certificates.



STUDY TIPS



- 1 **READ** the material
- 2 **TAKE NOTES** as you read through the material again
- 3 **TEST YOURSELF** and study your notes
- 4 **REMEMBER** that you're awesome and will do great!



SPORTS UPDATES



S.T.A.F.F.-T.H.R.O.W.-B.A.L.L-M.A.T.C.H



It is said" Men play the game:
Women know the score"
Our Principal and a group of
teachers had participated in
the Throw ball Match organized
by Vidyodaya school, T-Nagar
on 12.07.2023



T.A.B.L.E-T.E.N.N.I.S-T.O.U.R.N.A.M.E.N.T-

' If you don't believe you are the best, then you will
never achieve all that you are capable of'
Cristiano Ronaldo.



With great pleasure, we announce that our PET
Faculty Shri Suresh acquired the Second State
ranking position in Veteran Category of Table Tennis
on 2.07.2023.



Shri. Suresh once again proved himself by winning
the First State Ranking position and reached the
Quarter Finals for the same on 25.07.2023. These
Matches were conducted in ICF ground by
Thiruvannamalai District Table Tennis Association.

S Sarika of class XII participated in Table
Tennis match of Senior Category, conducted by MSK
inter- school tournament, held out the winner and
won the runner up position in Super Senior Table
Tennis matches



MSK Inter- school tournament had
conducted Sub- junior category Table Tennis match
that held in Saidapet on 23.07.2023 in which S
Sumesh raj and Siddharth of class V got hold of
runners up in team event.



TEACHER OF THE MONTH



"Love" and "passion" are often tossed around when considering how much a teacher puts her heart into her work, but dedication takes the cake. A dedicated teacher not only has a passion for her job and loves to teach, but also consistently works to make her classroom a better place for all.

We proudly announce the best teacher of the month as Smt. Uma maheswari.

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Smt. D.Gowthami

Smt.Kanagavalli

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Important Days

In September

- Teacher's Day
- Summative Assessment I
- Quarterly Exam
- Ganesh Chadurthi
- High School Excursion



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