

THE IMPORTANCE OF TAKING A PAUSE OR BREAKS

The painter paints a picture every now and then steps back to view his piece of art. That is when he knows if he has to make any addition, correction or deletion. When he is with the painting, he will not be able to see the flaws. So, sometimes he adds more color, sometimes he reduces the color or removes some part of the painting, till he is satisfied. A pause that is required to reflect and to improve.

Similarly, every organization has a growth phase and a consolidation



phase. In the growth phase we keep working endlessly. But we need to, once in a while, take a break to review our work and growth, which is called the consolidation phase, wherein, we view our own work very objectively to see where we have reached. What else, what more and what next, we have to do to scale higher. What we have been doing has brought us thus far. Now from here, where is the question? We have to reset our axis.

"Take a moment once in a while,

The Power of Pause



pause to reflect, breathe and smile. Think happy thoughts and look around, feel the sun on your face and feet on the ground."

"All work and no play makes Jack dull boy." So, taking a break once in a while will refresh us. It will come as a breath of fresh air. It will improve the quality of our work and also increase productivity. Going out as a family on a short vacation builds relationships. Even students should practice a 50minute hour during their study time. Every 50minutes they study, they should take a 10minute

healthy break. It improves focus, reduces stress, boosts your performance and creativity. If you feel overworked, take a break. Reflect on it. Who knows, it may even lead to a breakthrough.

A sabbatical is a pause in someone's career. Once in a while the battery has to be discharged for the mobile to function optimally. So also, for many of us, we need to recharge ourselves. Taking a break keeps us from living life on autopilot.

Work, for me, is my hobby. It is my pep up pill. It energizes me. For me,

personally, taking a pause is being with myself. Every morning I create time to be in Silence. Shutting my senses helps me in many ways than one, to energize, rejuvenate, reinvent & reveal me to me. Meditation is more of being than doing. So just be. That is a pause in my life.

Sometimes you just need to take a pause to know the Purpose of your life.

CHITRA PRASAD,
Correspondent, NSN
Group of Schools,
Chennai

Events

98th Annual School Sports held at Good Shepherd

Talent wins games, but teamwork wins championships. "One person is more important than the whole world" St. Mary Euphrasia

As the sun soared past overhead, the spirit of sportsmanship resonated in every corner of the games field on August 5, 2022. Under the guidance of the Correspondent, Sr. Mariam Kulangara and the leadership of the Principal, Sr. Annie Thomas, the beat of the drum flagged off the 98th Annual School Sports with the Chief Guest, Fr. Raj Maria Susai SDB, member of TNPSC, igniting the torch and setting aflame the fire to succeed in the thousand plus pulsating, young hearts of the warriors of Good Shepherd



Matric Hr. Sec. School.

The August showers of blessings at the beginning and end of the program enveloped the field with promise and hope. Bearing

in mind the holistic development of every student, our sports day is such a feat, which brings together the entire student fraternity in the spirit of sportsman-

ship and oneness, leaving no one behind. The School band enthralled the audience with a delightful performance while the NCC cadets led the stunning march past and the school leaders took the oath and swore to fight justly towards victory. "Success isn't given, it is earned on the track, on the field, with blood, sweat and the occasional tear".

When innovation meets teamwork and hard effort, new horizons are reached. Every event was an exhibition of passion and determination, as the visual feast unfolded the tussle of the four houses towards victory upholding the school motto "Do well all that you Do", culminating with the Vidhya House bagging the

Championship.

Marking the 75th anniversary of Indian Independence, the mass drills were a meaningful treat, saluting the nation and calling upon the young warriors to stretch beyond their comfort for the greater glory of India and the world. Every team activity was a creative masterpiece of teamwork, food for thought for the spectators and joyous celebrations of success.

The alumni sporting their house colours, were the best cheerleaders, keeping the tempo and spirit alive. The school hopes to continue with more sports activities during the year, as an integral part of their calendar in raising gen-z warriors.



WASTE PAPER COLLECTION DRIVE AT SAN ACADEMY

Recycling is a crucial thing in today's world, if we want to leave this planet for our future generations. The recycling of paper is the process by which waste paper is turned into new Paper Products. It has a number of important benefits: By using waste paper to produce new paper, disposal problems are reduced; producing recycled paper involves between 28 to 70% less energy consumption than virgin paper and uses less water. It produces fewer polluting emissions to air and water. It reduces the production of Methane. Thus, recycling plays a vital role in the waste management process.

ITC - WOW wealth out of waste program is a flagship initiative that seeks to address the crucial issue of post-consumer waste management in line with the government swachh Bharat program ensuring the proper segregation and recycling of waste in a manner that protects and restores the environment.

If you want grown ups to recycle, just tell their Kids the importance of recycling, and they'll be all over it.

Yes, As an indispensable measure in teaching the importance of waste paper management to the students, San Academy along with wow conducted a collection of old newspaper and waste paper exchange at our school for two days and an attractive value of Rs 15 /kg was given for old notebooks old text books old newspapers and any waste paper. And students were provided stationeries in return for the exchange. Along with the stationeries, a participation certificate was also provided to students who contributed for old paper waste. Thus like a nail hammered in a young tree, kids who learnt the importance of recycling will remember the same throughout their life. Thanks to WOW And to the kids who played a major role in making this wastepaper collection drive a great success.



Inauguration Of Astronomy Club

The Astronomy Club of Sethu Bhaskara Matric. Hr. Sec. School was inaugurated on 20.08.2022 by T. Jayamurugan, quality controller in Salem Steel Plant and member of Tamil Nadu Science Forum. He was welcomed by the principal S.P.P. Selvakumar. The chief guest while addressing the students, emphasised the importance of applying science in day-to-day life.

He also asked the students to remove the superstitious beliefs from the hearts of the people by using the weapon called science. The students cleared their doubts regarding astrophysics in a Q&A session with T. Jayamurugan. Thus, the event created an evergreen memory in the hearts of the students.

Air Force celebrates "Har Ghar Tiranga Campaign"

"Let there be freedom in mind, soul, and body. Faith in our words and pride in our nature."

The Tri-colour flag is a symbol of pride for every Indian. It represents national integrity and signifies the hopes and aspirations of the Indian people. The Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture, and achievements. Air Force School Avadi also commemorated Azadi Ka Amrit Mahotsav (AKAM) with zeal and enthusiasm. On behalf of this Mahotsav, we have also celebrated.

"Independence Day week"; from August 11th to August 17th, 2022. The school has conducted a quiz in two cat-

egories for class VIII-IX and X-XII, which was organised by Seema Nainesh Pillai TGT Social Science and Mini John Social Science. It was between four houses Arjan, Katre, Sekhon and Subroto. The first position was won by Subroto House, and the second position was won by Sekhon House.

The school also conducted an assembly in which a lecture was delivered by V. Priya, PGT Economics which portrayed the history, background, and the significance of the National Flag. The students were enlightened by the information regarding the evolution of the Indian flag and the changes that took place as the years passed.

The school also conducted activities where the students had to pin a

flag or upload a selfie with our National Flag. To promote "Har Ghar Tiranga Campaign", the government has launched a website AKAM, which promotes Indians to hoist the National Flag at their residence. One could also post 'Selfie with a flag'. It was an online platform where both parents and students could take part. This programme was organised by Sumathi PRT.

The school celebrated Independence Day on August 15th in a well-disciplined manner. The Chief Guest for the occasion was Air Commodore S. Sivakumar, Chairman School Management Committee and Shrimathi Sheeba Sivakumar President AFWWA (L). The students have also conducted March Past and other cultural programs.



Creative Pen

A Class Apart

Bliss is in earning big
And happiness in settling abroad
Such were my fantasies
Until one day, the motherland called.
In the past, the nucleus of civilization
At present, an active mitochondrion,
And in the future, a forerunner to many
This country has a huge legacy!
I traversed the antique shades of saffron
I explored the uniform white
I noticed the diverse green
And amused at how it all merged.
Having been rich amongst rags
And with a vision to achieve everything under the sun,
My nation has shown
That it is second to none.
With a great nation comes great citizenship.
Encouraging unity in diversity,
Fostering the economy of our dreams,
And remembering those immortal souls
Shall we live as law-abiding Indians.
And then did I understand,
Bliss is in patriotism
And happiness in national duty!
Vande Mataram!

SHRAVAN A, 9F,
The PSBB Millennium School, Gerugambakkam



MR WALTER LEARNT A LESSON

There was a man named Walter,
who had quite a bad temper.
Once getting into an elevator,
his hand got stuck as he did saunter.
He snapped at the security man there like an alligator.
Out from the elevator, he marched around
angrier than a pack of hounds.
He ran his hand through the shelves
and everything on them worth a pound
shattered as they fell to the ground,
making a lot of sound.
Unwilling to pay the owner for what he had caused,
didn't budge an inch to bear for the loss.
He walked right out with spite.
The market was quite a bad sight.
Then a lesson paid him a visit that night.
His house was robbed when he came home.
Everything was stolen including his savings for a trip to Rome.
He felt sad and realized how the shop man must have felt
And prayed to God as he knelt.
"I promise I will be nice and be very friendly and kind
in everybody's eyes."
From that day on, he was a changed man.
And never ever exploded with anger
like a hot frying pan.

J. JOANN ESTELLA, Literary Secretary,
Green Valley Central School



PROBLEMS OF CELL PHONE OVERUSE?

TEXT NECK

Looking down at your phone for several hours a day can put serious pressure on your neck. Thanks to gravity, tilting your head forward can exert a force on your spine between 50 and 60 pounds.

POOR SLEEP

Not only does excessive smartphone use keep you mentally engaged late into the evening, the "blue" light from the screen can actually interfere with your ability to fall asleep and may increase your chances of insomnia.

DISTRACTED TRAVELLING

Using your smartphone while driving can result in a serious accident, while distracted walking can lead to injury. If you're commuting via public transit, looking down at your phone could cause you to miss your bus or train stop.



TENDINITIS

Too much typing may cause tendons in your thumbs to become inflamed and sore.

RELATIONSHIPS

Overuse of cell phones can act as a barrier to quality interactions and conversations, leading to decreased satisfaction in our relationships. Excessive device use can lead to feelings of being disconnected when we spend time with friends and family.

HOW CAN YOU AVOID THE PROBLEMS FROM CELL PHONE OVERUSE?

Bring your phone up to eye level. Instead of hunching over to look at your phone, bring your phone up so you can look at it without bending your neck. You also can set reminders to stretch your neck if it starts to feel stiff or sore. Use alarms. Set an alarm for 30 to 60 minutes before you want to go to bed, then commit to charging your phone or tablet in the other room, not on your bedside table.

Use voice-assisted features. If your thumbs start to cramp mid-email, take a break. Try using your smartphone's voice dictation feature to write text messages and emails, or put less stress on your hands by using your phone on a flat surface. Store your phone out of sight. Keep your phone stowed in the passenger-side glove compartment or your pocket while you're out and about. No text message or social media post is worth your life — or someone else's. Set aside "phone free" time. Make it a priority to spend quality time with friends and family without your cell phone. Outside of device-free time, silencing your phone during meals and during face-to-face time is a good habit to cut back on overall usage.

J. GAYATHRI DEVI, Class XI-A2,
John Dewey, MHSS