



# SV TITBITS

JULY 2019-20

## 1.COMBATING THE DRUG MENACE



The Foundation for Development Action (FDA) had organized an awareness programme regarding substance abuse and its debilitating effects on the 29th of June 2019 at St. Anthony's Hall, Vellayambalam. Selected Students of Class 11th attended this session. A panel of eminent personalities including a Psychiatrist, Psychologist and an Excise officer were able to throw light on what were the various substances that are abused and its health damaging effects on health. Through interactive sessions, students were able to address the reasons for substance abuse and the various resolution strategies. This programme was also focused on equipping the students to be responsible citizens by being able to prevent and come up with strategic measures to tackle this social problem.

## 2. VALUING OUR EARTH

Children have a natural affinity with nature. Evidence is growing of how regular contact with nature boosts healthy development, supports their physical and

mental health and instills abilities to assess risk as they grow. It even underpins their

informal learning and academic achievement For children and adults, alike, daily contact with nature – being in green, open spaces, near healthy rivers, exploring nature's colours, sounds, tones and textures — is linked to better health, less stress, better mood, reduced obesity



In order to strengthen the bond between our little ones and Mother Nature, we conducted our first weekly activity for this academic year ' Our Trees ' (Collage Making). They were made to understand the value of conserving nature and how we should contribute towards saving our trees .This activity also contributed in enhancing their fine motor skills giving them an opportunity to learn and have fun at the same time .

## 3. PELIGA 2019

The Annual Inter-departments Football Tournament, PELIGA, was held on 27th and 28th of June 2019. As in the preceding years, this generated a lot of interest in the



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students who went about designing colourful jerseys and posters for their teams. Mrs. Shylaja O R, Principal inaugurated the tournament



which was followed by a display of aerobics. All the teams performed well and in a keenly contested final EL-MEJOR (PHYSICAL EDUCATION DEPARTMENT) defeated WOLVES FC (MATHS-COMPUTER).



## 4. PREFECTORIAL BOARD



The first step in becoming a worthy citizen is in inculcating leadership skills. At school, we train each of our students to have leadership qualities. Those who lead the way are chosen to be part of the school cabinet and others given responsible position. The Investiture Ceremony for this academic year was held on 11.07.2019. Mrs Anu Kumari, IAS, Assistant Collector, Thiruvananthapuram was our honoured guest who presented the badges and stars to the prefects. Mrs Shylaja O.R, Principal administered the oath in a solemn ceremony that maintained the dignity of the ceremony.

## 5. LANDING THE “CHANDRAYAN” TEAM

Saraswathi Vidyalaya congratulates all Indians for the historic launch of Chandrayaan 2 and wishes the mission great success in the landing and exploration of the Lunar South pole an area as yet not attempted by anyone else in the world. We are very proud of everyone at team ISRO who have achieved this feat with sheer hard work and perseverance. We would specially like to mention the following scientists at team ISRO who have made Kerala proud..





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They are Mr. M Bhasheer, Mr.S Somanath, Mr.Kunzi Krishnan, Mr.J Jayaprakesh, Mr.K C Ragunatha Pillai, Mr.P M Abraham. Lastly it gives us immense joy to point out that Mr.K C Reghunatha Pillai is the husband of our physics faculty Mrs.Sushama M S. Thank you Sir. Your achievements will surely motivate the young minds of our School and inspire them to literally touch the moon in times to come

## 6. MOCK FIRE DRILL



Students were yet again made to undergo the evacuation and rescue drill. Teachers, Staff and Students actively took part in the exercise to be ready to face any such eventuality. Safety of staff and student being a priority, routine checks are made to maintain this. As part of these measures, a mock fire drill was held on 23rd June 2019.

## 7.'EMOTICONS'-UNDERSTANDING YOUNG MIND

Emotional learning begins at a very early age as children discover a wide range of emotions that evolve as they grow. Emotional competence is a developmental process that comprises of emotional expression, emotional knowledge and emotional regulation ( i.e.being aware of

ones emotions and modifying them when necessary).



At a young age children display a range of emotions through nonverbal means such as giving a hug, clapping hands to express extreme joy, being surprised, getting upset etc. In order to promote emotional competence in children, they must be exposed to various emotional states and should be encouraged to freely express themselves. This week's activity ' Emoticons', was entirely focused on achieving this objective. Through this activity, students were acquainted with the basic emotions that they encounter on a daily basis. Such awareness strengthens their emotional core by contributing in making them stronger individuals.