



JVK'S BULLETIN

JOSEPH VIDHYA KSHETRA SENIOR SECONDARY SCHOOL

POONAMALLEE-CHENNAI.

AFFILIATION NO:1931476



TAKE A PEEK!

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Principal's Desk

In modern times, study tours hold significant importance for students. They provide practical, real-world exposure that complements theoretical learning. These tours foster experiential learning, allowing students to connect classroom knowledge with practical applications. Additionally, study tours broaden cultural horizons by exposing students to diverse environments, people, and perspectives, promoting global awareness and tolerance.

Through interactive experiences, students can develop critical skills such as problem-solving, adaptability, and teamwork. Moreover, study tours can spark interest in specific fields or careers, helping students make informed academic and professional choices. Overall, study tours enhance holistic education by merging classroom learning with hands-on experiences, nurturing personal growth, cultural enrichment, and career development. JVK creates different platforms for everyone to be part of these edutainment adventures.

"THE BEST EDUCATION YOU'LL GET IS TRAVELING. NOTHING TEACHES YOU MORE THAN EXPLORING THE WORLD AND ACCUMULATING EXPERIENCES."

- MARK PATTERSON



WORKSHOP ON MANAGEMENT OF EXAMINATION STRESS

“You are braver than you believe, stronger than you seem and smarter than you think.”

- Christopher Robin

The board examination is round the corner and fear of not performing well causes great anxiety among the students. It is important for students to be in a calm state of mind and to deal with any emotion that may be causing distress, during examination. To overcome the stress and anxiety caused during exams and competitions, an interactive workshop on stress management and exam anxiety was organised in JVK on 5th August 2023, for students of Grade X.

The objective of the workshop was to equip the young aspirants of X with the skills and strategies to manage exam stress, educate them in various ways with which they can deal the stress and most importantly, be at ease and confident for the upcoming board examination.

Mrs. Anila Arjun, Counsellor & Psychotherapist conducted the workshop. While addressing the students, she said that anxiety is a part of human nature, but it is important to know how to overcome it. In the interactive session, she talked about the types of stress and how to deal with them by giving real life examples, to help students relate and understand. She also emphasised on the stress

relaxation therapies like practicing yoga, walking and using scents or Gum, which can be easily followed by the students.

She dealt at length with the three P's i.e. Planning, Preparation and Practice to help overcome any challenges and highlighted the importance of being organised in life with a well-defined goal.

As she explained the students about the stress management, she said that the students should always share their problems with someone they trust. She also suggested them to be interactive during the session and ask questions fearlessly. The students shared their issues with regards to concentration and focus, and got their questions effectively answered. This session, thus provided an opportunity to share and practice how to prevent and manage the stress during examination. Mentioned below were the few strategies given by Counsellor on how to prepare themselves to cope with the stress of examination:

- **Learn how to study efficiently.** Students will be relaxed if they systematically study and practice the material that will be on a test.
- **Study early and in similar places.** It's much better to study a little bit over time than cramming your studying all at once. Also, spending your time studying in the same or similar places that you take your test can help you recall the information you need at test time.



- **Establish a consistent pretest routine.** Learn what works for you, and follow the same steps each time you get ready to take a test. This will ease your stress level and help ensure that you're well-prepared.
- **Talk to your teacher.** Make sure you understand what's going to be on each test and know how to prepare. In addition, let your teacher know that you feel anxious when you take tests. He or she may have suggestions to help you succeed.
- Learn relaxation techniques. To stay calm and confident right before and during the test, perform relaxation techniques, such as deep breathing, relaxing your muscles one at a time, or closing your eyes and imagining a positive outcome.
- **Don't forget to eat and drink.** Your brain needs fuel to function. Eat the day of the test and drink plenty of water. Avoid sugary drinks such as soda pop, which can cause your blood sugar to peak and then drop, or caffeinated beverages such as energy drinks or coffee, which can increase anxiety.
- **Get some exercise.** Regular aerobic exercise, and exercising on exam day, can release tension.
- Get plenty of sleep. Sleep is directly related to academic performance. Preteens and teenagers especially need to get regular, solid sleep. But adults need a good night's sleep, too, for optimal work performance.

- **See a professional counsellor, if necessary.** Talk therapy (psychotherapy) with a psychologist or other mental health professional can help you work through feelings, thoughts and behaviors.

The session came to an end and helped the students in generating self-awareness and making the students cognisant about the stress handling techniques and the power of positivity in their lives.

INTER-SCHOOL CULTURAL COMPETITION

"The road to success and greatness is always paved with consistent hard work. Outwork your competitors, be authentic, and above all else, chase your greatness."

– Dwayne Johnson

In the month of August, Students of JVK actively participated in inter-school cultural competition organised by Alpha college of Engineering. Students from grades IX-XI enthusiastically competed with 22+ top schools from Chennai as part of this diverse skill implementation competition. These competitions provided the students with an opportunity to exhibit their skills, creativity, critical thinking, public speaking, analytical skills and cultural heritage in a competitive but friendly environment. This event promoted diversity, foster cultural exchange, and enhance students' confidence and social skills. Our students succeeded in bagging first position in Treasure hunt, won second



places in Drawing, Poetry, short story and Debate, third place in Quiz . The students prepared zealously to excel in respective events. Their vivacity and brilliance, was fully displayed in their presentations. The paramount objective of JVK is to foster understanding, respect, and appreciation for different cultures, while also allowing students to develop their talents and confidence. These event provided a platform for networking and forging friendships among students from various schools, promoting a sense of unity and shared learning. On 14th of August JVKians participated in the Pesuvom veluvom Tamil speech competition held by News 7 channel in Nazareth College. They received great respect and admiration for their work. It was a proud and relished moments for JVK

A FORMAL VISITATION BY THE DELEGATES FROM ZAMBIA

The Educational department head Mr.Nicholas from Zambia , visited JVK Campus. The visit lasted approximately one hour and included interaction with the Principal and Campus Superior. The purpose of the visit was to familiarise himself with the school programmes and achievements. He went through the facilities available in the campus especially the lab facilities. JVK felt a deep sense of contentment in sharing the ideology.

RESONATING PATRIOTISM: 77TH INDEPENDENCE DAY CELEBRATION

The echoes of patriotism reverberated through the campus of JVK as our institution celebrated India's 77th Independence Day with great pride and enthusiasm. The commemorative event, held on August 15th Tuesday, was graced by distinguished personalities, including the school's principal Mr. Manoj. V. A, Sr. Pausiammal KG Incharge, and the esteemed chief guest Dr. Madhavan, .KL a retired Professor & Head of the Department of Philosophy at Pachaiyappa's College, Chennai, and a former principal of St. Joseph's College, Chennai.

The celebrations kicked off at the break of dawn, with the chief guest, Dr. KL Madhavan, hoisting the national flag at precisely 8:30 AM. The fluttering tricolor, vivid against the azure sky, symbolized the sacrifices made by freedom fighters and the resilience of the nation.

The event seamlessly moved forward with a series of captivating performances, designed to encapsulate the essence of India's journey to freedom and its progress since.

A poignant highlight of the event was the felicitation of the chief guest, Dr. KL Madhavan, by the school's principal, Mr. Manoj. This gesture not only showcased the school's deep respect for education and knowledge but also recognized



Dr. Madhavan's invaluable contributions to the field.

The cultural segment unfolded with a mesmerizing classical dance performance that paid homage to India's rich artistic heritage. The event took a thought-provoking turn as a meticulously crafted skit, performed by the students, illuminated the trials and triumphs of the nation's freedom struggle.

Dr. KL Madhavan, the esteemed chief guest, took the podium to deliver an enlightening address. His words resonated with wisdom and insight, focusing on the role of philosophy in shaping society and the imperative for young minds to lead the nation forward.

The ceremony reached its pinnacle with the distribution of prizes to exceptional students who had excelled in both academics and extracurricular activities. This recognition served as a testament to the school's commitment to nurturing well-rounded individuals.

As the event drew to a close, a heartfelt vote of thanks was extended to all participants, guests, and organizers who contributed to the success of the celebration. The national anthem, sung with utmost reverence, concluded the proceedings, reminding everyone of the united spirit that binds India.

Joseph Vidhya Kshetra School's Independence Day celebration served as a poignant reminder of the nation's journey and the collective responsibility to uphold its values. The event left

an enduring impact on all attendees, fostering a sense of pride and unity among the students and staff.

TAKING A STAND: EMPOWERING CHIEF MINISTER'S DRUG AWARENESS RALLY

“Awareness is the first step in healing.”

Joseph Vidhya Kshetra orchestrated a resounding message against drug abuse on August 11, 2023, as it hosted the Chief Minister's Drug Awareness Rally. Students from classes VI to IX & XI came together with fervour, participating actively with diverse slogans and craftworks that carried a powerful anti-drug message.

The event commenced with a strong spirit as Sr. Mourin, the Correspondent of DFT group of Schools Chennai, flagged off the rally. Alongside her were esteemed guests, Mr. Peter Pappu Jawahar, Assistant Commissioner of Police, and Mr. Clastin David, Inspector of Police, both of whom joined hands in supporting the cause. The school's Principal, Mr. Manoj V.A, also graced the occasion with his presence, manifesting the school's commitment in nurturing socially responsible citizens.

The rally embarked from the school premises and continued all the way to the bus stand, covering a significant stretch of the locality. Students, adorned with eye-catching slogans and



craft-works, infused the event with creativity and determination, aiming to spread awareness about the perils of drug abuse. The colorful banners, placards, and craft-works acted as visual representations of the resolve to combat the drug menace and protect the community's well-being.

An essential highlight of the event was the speech delivered by Mr. Clastin David, Inspector of Police. His address shed light on the alarming rise of drug-related issues and the dire consequences they pose to individuals and society as a whole. Further intensifying the impact of the event, Mr. Peter Pappu Jawahar, Assistant Commissioner of Police, engaged the students of classes X & XII in a pledge against drug abuse. This solemn moment united the students in their commitment to maintaining a drug-free environment and fostering a healthier future.

The Chief Minister's Drug Awareness Rally served as a remarkable platform for the students of Joseph Vidhya Kshetra to channel their energy and passion towards a socially relevant cause. It not only educated the participants about the dangers of drugs but also empowered them to become ambassadors of change within their community. The event's success lay in its ability to harness the collective strength of the school's students and staff, turning it into a beacon of hope for a drug-free society.

HARMONIOUS ECHOES: STUDENTS UNITE IN ENCHANTING LIVE ORCHESTRA

"Music has the remarkable ability to bridge cultures, uplift spirits, and unite hearts. In the symphony of collaboration, students and melodies intertwine, creating harmonies that echo the promise of a more united and creative world."

The auditorium of Joseph Vidhya Kshetra was transformed into a symphonic haven as melodious tunes filled the air during a remarkable live orchestra session conducted for the students of grades 6 to 8. The event was graced by the internationally acclaimed Mr. & Mrs. Oliver Rajamani and their ensemble from Texas. The music transcended boundaries, and students wholeheartedly joined in singing alongside the orchestra, creating an enchanting harmony that echoed long after the final note.

The captivating journey into the world of music began with the talented ensemble led by Mr. & Mrs. Oliver Rajamani. Their combined experience and passion for music were palpable as they led the audience through an assortment of compositions, ranging from classical melodies to contemporary tunes. The orchestra's symphonic arrangement served as a backdrop to a narrative told through harmonious melodies,



capturing the essence of diverse cultures and musical traditions.

As the orchestra's enchanting notes resonated, the students' voices seamlessly intertwined with the music, transforming the room into an auditorium of shared creativity and exhilaration.

Mr. Manoj. V. A, Principal of JVK, took the stage to express his appreciation and thoughts regarding the event. In his speech, he highlighted the significance of cultural exchange and the impact of such musical experiences on students' overall development. He lauded Mr. & Mrs. Oliver Rajamani and Team for their dedication in bringing the world of music to the students' doorstep, nurturing their artistic sensibilities.

The event, beyond its musical spectacle, reflected the school's commitment to holistic education. It flaunted the power of music as a unifying force that transcends language barriers and enriches lives. The students' active participation demonstrated their willingness to explore new horizons and embrace the art of collaboration.

The event showcased the students' talents, their eagerness to learn, and their capability to contribute actively to artistic endeavors. As the final notes lingered, they carried with them the promise of a more harmonious future, one where the strains of unity and creativity continue to resound.

EMBARK ON A TRIUMPH

In the spirit of new beginnings and triumphs, Joseph Vidya Kshetra has unveiled an exciting opportunity for parents and young learners. Admissions are now open for St. Joseph Global Kids for the academic year 2023-24, aligning with the auspicious occasion of Vijayadashami.

Vijayadashami, celebrated as a day of victory of knowledge over ignorance, marks a fitting time to commence a new educational journey. Joseph Vidya Kshetra, known for its commitment to holistic learning, invites parents to enroll their children in Pre-KG and LKG classes, where foundational skills and a love for learning are nurtured.

The school's modern infrastructure, combined with a dedicated faculty, creates an environment conducive to early childhood development. The Pre-KG and LKG programs are designed to foster cognitive, social, and emotional growth, providing young learners with a strong footing for their educational voyage.

The school's holistic approach to education prepares students not only for academic success but also for becoming well-rounded individuals in a nurturing environment. This Vijayadashami, as the school ushers in a new chapter of learning, parents are encouraged to seize the opportunity and secure their child's place in the Pre-KG and LKG classes at SJKG. As young



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Vijayadasami

ACADEMIC YEAR 2023 - 2024

ADMISSION

Now Open For Registration

Enroll Now

"I am always ready to learn
although I do not always like
being taught."



josephvidhyakshetra

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minds embark on this educational journey, the promise of growth, knowledge, and triumph awaits.

NAVIGATING KNOWLEDGE: JVK SCHOOL'S ASSESSMENT ODYSSEY

Assessment is not merely a measure of knowledge; it's a journey of growth, a testament to dedication.

Joseph Vidya Kshetra School, Poonamallee, has initiated its assessment phase with Periodic Assessment II for classes I to IX & XI on 14th and 21st of August. Additionally, Unit Test II for classes X & XII began on 21/08/2023 and is set to continue for a week. This evaluation process serves as a significant checkpoint for students' academic progress and understanding.

The assessments are in line with JVK School's commitment to holistic education, aiming not only to measure academic proficiency but also to nurture critical thinking and problem-solving abilities. Teachers play a pivotal role in guiding students through this process, ensuring a conducive learning environment.

Joseph Vidya Kshetra School's embrace of contemporary assessment practices showcases its adaptability and commitment to effective learning methodologies. By integrating periodic assessments and unit tests, the school ensures

continuous growth and skill development.

In conclusion, JVK 's Periodic Assessment II and Unit Test II proclaims its dedication to holistic education. As students participate in these evaluations, the school's commitment to their academic and personal growth remains evident.

EMPOWERING GROWTH: JVK'S TARGETED PARENT-TEACHER MEETINGS FOR ENHANCED STUDENT PERFORMANCE

Collaboration between educators and parents is the key to unlocking every student's potential.

In a proactive move to enhance student performance, Joseph Vidhya Kshetra School organized Parents-Teachers Meetings on 25th & 26th of August for students of classes I to VIII. These meetings aimed to foster collaboration between educators and parents for the holistic development of the students.

The meeting on 25th catered to students who require extra attention. Parents and teachers engaged in open discussions to identify individual learning challenges and strategies to overcome them. To address the needs of these students, remedial classes lasting for half an hour have been initiated every day, focusing on bolstering their academic skills.

On 26th, the Parents-Teachers Meeting centered around students who are performing well or at an



average level. The interaction allowed parents to gain insights into their child's academic strengths and areas for improvement. Collective efforts were discussed to maintain the momentum and strive for further growth.

JVK's commitment to the comprehensive development of its students was evident through these meetings. The introduction of remedial classes reflects the school's dedication to providing tailored support, ensuring that every student receives the assistance they need to thrive academically.

In conclusion, the Parents-Teachers Meetings at JVK School showcased the institution's commitment in nurturing each student's potential. These interactions facilitated effective communication between educators and parents, ultimately working towards improved academic performance and overall development.

ONAM CELEBRATION AT JVK

As JVK aims to imbibe its children the values and ethos of every culture and community, Onam, the harvest festival of Kerala, was celebrated at school premises on 29th August 2023 by the facilitators and students of JVK. Children brightened the campus with the colourful Rangoli - 'Pookalam'. The Rangoli was a collaborative activity of the staff and the

students of the school. The huge colourful flower carpet adorned the portico of the school campus, symbolizing peace and serenity in the world, economic well-being and resource sharing, love and brotherhood, high ethics and morals and conservation of nature.

A well planned assembly that had a blend of culture, tradition and history had all mesmerized. The traditional dance performance were presented which was Graceful, exemplary and alluring. It was indeed enjoyable and heartwarming celebration which erased all the boundaries and embodies the spirit of harmony, equality, and prosperity.. JVKians celebrated it with joy and zeal and enjoyed the days to the fullest.



JVK'S TREASURED MOMENTS



JVK'S TREASURED MOMENTS



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YOUTUBE

ZIG ZAG WALK

<https://www.youtube.com/watch?v=7ISXDmO3Gno>

FINDING COLOURS

<https://www.youtube.com/shorts/FoGphRJrcYI>

PASSING THE CUP ACTIVITY

<https://www.youtube.com/shorts/ixH5DC3VVzQ>

**PASSING THE BALLOON
ACTIVITY**

<https://www.youtube.com/shorts/ixH5DC3VVzQ>

CHAIN GAME ACTIVITY

<https://www.youtube.com/watch?v=cB1M4dG6Gko>

JUMPING OVER THE CIRCLE

<https://www.youtube.com/watch?v=vmHwjgl6zDc>

DRUG AWARENESS RALLY

https://www.youtube.com/watch?v=Y_vli5lTbrU

BOOK PURCHASE TOPIC

<https://www.youtube.com/watch?v=porMYMuDb1M>

MUSICAL CHAIR EXTRAVAGANZA

<https://www.youtube.com/watch?v=Gslnn2il8eY&t=200s>

**SESSION ON THE MUGHAL
EMPERORS**

<https://www.youtube.com/watch?v=ONJnDDhtWzY>

**ACTIVE VOICE AND PASSIVE
VOICE**

https://www.youtube.com/shorts/O7umar_sAw

BOMMALATTAM

<https://www.youtube.com/shorts/bW1tzka3a1M>

