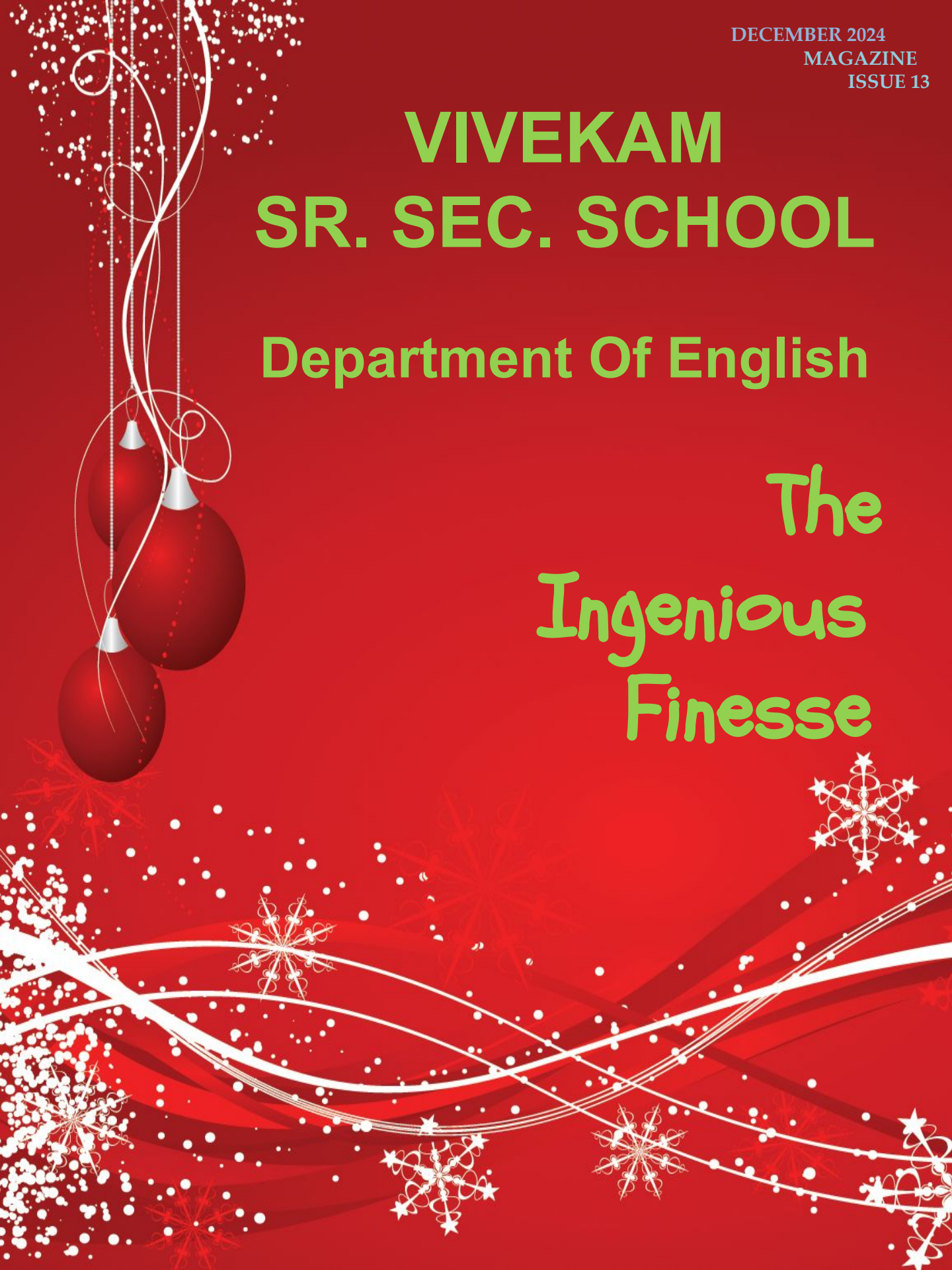


DECEMBER 2024
MAGAZINE
ISSUE 13

VIVEKAM SR. SEC. SCHOOL

Department Of English

The
Ingenious
Finesse



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From the Editor's Desk

Ms. Venita Christiana J
Vice Principal



Warm Greetings!

“This is for you”, said the man handing over a picture he had drawn to me a couple of days before Christmas, some 10 years ago. It was a picture of a little girl in rain cartooned in bright colours. I distinctly remember receiving the same with tears in my eyes. It happened in Karunai Illam, a home for the old and the differently abled that I had visited along with my friends. This man was a real talent, the different ability one of the most inspiring man I had met.

My friends and I had prepared dances and skits to entertain the inmates of the home but I should say, we were in for a surprise because we received a valuable lesson through the visit. The man in mention had made stars in 3 dimension to decorate the hall, a star the size of a basket ball. Having planned the Christmas decorations of our church the same evening, we sat down around him asking him to tutor us to make that star. He did do willingly.

I remembered the stories of the 7 patrons (கடையேழு வள்ளல்கள்) of Tamil literature that my mother had told me long ago. They were all mighty rulers who were wealthy but they are remembered for their act of giving the most precious of their possessions willingly. But this man I met in Karunai Illam gave from his scarcity. In fact he gave almost everything he had. He had drawn many pictures and he gave one to each of us, emptying his file. He had the skill for making the origami 3D star and shared it with us.

I began to think, “What sort of a person am I in comparison to this man?” I might be educated, privileged in so many ways but I knew I wasn't willing to give as generously as he did. He proved to be richer than all of us by showing us that he could give from his inadequacy. Selflessness is a virtue that not all of us can excel in. But through this month's article I wanted to introduce this virtue to children and remind all readers that there is always a long journey of learning, no matter what great things we had achieved.

Let us think and act selflessly enough to bring along someone into the New Year, someone in need, someone who might need a helping hand and a loving heart.



THE JOY OF CHRISTMAS CELEBRATIONS:

Mrs.Lily Princy
Principal

****The fear of the Lord is the beginning of wisdom and knowledge of the Holy One is understanding" - Proverbs 9:10.**

Christmas, a time for,

- * Family get-together
- * Caring - Sharing - Giving
- * Spiritual Reflection
- * Festive Traditions
- * Joyful Celebrations


Why Christmas to be celebrated?

- * To enjoy the Birth of Jesus Christ.
- * To share the Spirit of Love, Kindness & Generosity.
- * To forgive and to begin a new begin.
- * To get opportunity to connect with one.

Christmas ,a celebration of love, hope, and redemption.
Offers valuable lessons for everyday life.

Life Transforming Principles:

- * Prioritize relationships over material possessions.
- * Cultivate humility and gratitude.
- * Trust in God's plan & timing.
- * Show compassion and empathy to others.
- * Seek inner peace and conflict resolution.
- * Leave a positive impact on future generations.



Symbols of Christmas

- * Love: God's unconditional love for humanity.
- * Hope: The promise of salvation and eternal life.
- * Joy: The celebration of Jesus' arrival, bringing light and happiness.
- * Family: Bonding with loved ones, sharing love and tradition.
- * Giving: Selfless acts of kindness, reflecting God's generosity.
- * Forgiveness & Pardon: Jesus' emphasis on mercy and peace.
- * Peace: The promise of peace, bringing harmony and calm.

Personal Perspective

- * Family-Oriented: Emphasizes bonding, love and togetherness.
- * Commercialized: Criticizes excessive consumerism and materialism.
- * Spiritual: Focus on the true meaning of Christmas beyond commercialism.
- * Nostalgic: Remembers childhood memories and traditions.
- * Humanitarian: Emphasizes charity, kindness, and helping others.

Lessons Learned from Christmas:

Spiritual Lessons:

- * Love and Sacrifice: Jesus' birth represents God's ultimate sacrifice for humanity.
- * Humility: Jesus' humble birth reminds us of the importance of modesty.
- * Faith: The Christmas story emphasizes trust in God's plan.
- * Forgiveness and Pardon: Jesus' teachings promote mercy.
- * Redemption: Christmas symbolizes hope and salvation.



Personal Lessons:

- * Gratitude: Appreciate the blessings in your life.
- * Generosity: Give selflessly, just as God gave His only Son.
- * Family: Cherish time with loved ones.
- * Kindness: Show compassion and empathy to others.
- * Reflection: Use Christmas to introspect and set new goals.

Social Lessons

- * Unity: Christmas brings people together, transcending differences.
- * Charity: Help those in need, continuing Jesus' legacy.
- * Empathy: Understand and support others' struggles.
- * Community: Build strong relationships with neighbours and friends.
- * Inclusion: Welcome and respect diversity.

Moral Lessons:

- * Selflessness: Prioritize others' needs over personal desires.
- * Patience: Trust in God's timing and plan.
- * Hope: Hold onto faith during difficult times.
- * Joy: Find happiness in simplicity and love.
- * Peace: Strive for inner calm and conflict resolution.

Life Lessons:

- * Simplicity: Focus on what truly matters.
- * Appreciation: Value relationships and cultural roots.
- * Tradition: Honor heritage and pass on positive values to future generations.
- * Love: Prioritize love and kindness above all.



Applying Christmas Lessons:

- * Practice random acts of kindness.
- * Volunteer and give to those in need.
- * Foster meaningful relationships with others.
- * Reflect on your values and beliefs.
- * Share the true meaning of Christmas with others.

Takeaways for Practical Life:

- * Live and love
- * Humility and gratitude
- * Faith and trust
- * Forgiveness and mercy
- * Unity and inclusivity
- * Solidarity and kindness
- * Simplicity and appreciation
- * Peace and joy.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud." - 1 Corinthians 13:4

****May the lessons of Christmas inspire all to live a life of love, kindness, service to others, self-satisfaction, and happiness to ever.**

Merry Christmas!!!



Teachers ' Articles





THE SCIENCE BEHIND HAPPINESS: CAN STUDENTS FIND BALANCE?


Tharini Srinivasakumar - Theatre Faculty

In today's fast-paced world, students are often caught in a whirlwind of academic expectations, extracurricular activities, and personal goals. While striving for success is admirable, it's equally important to find happiness and balance—a concept backed by science. But what truly makes students happy, and how can they achieve this elusive balance?

Happiness, according to psychologists, stems from a mix of biological, psychological, and social factors. The brain produces chemicals like dopamine, serotonin, and oxytocin, often called the "happiness hormones," that create feelings of joy and contentment. Activities such as exercise, listening to music, or spending time with loved ones naturally boost these chemicals. For students, this means that making time for hobbies, sports, or simply hanging out with friends can significantly improve mental well-being.

However, balance is the secret ingredient that ties it all together. Research shows that chronic stress, often caused by an overwhelming workload, hampers academic performance and reduces happiness. To combat this, students can adopt practical strategies to balance their lives. Prioritizing tasks using the "Pomodoro Technique," where study sessions are broken into intervals with short breaks, has proven effective in managing time efficiently.

**MERRY
XMAS**

The page is framed by a festive border of Christmas-themed illustrations. At the top, there are branches of holly with red berries, green pine needles, and golden leaves. A red gift box with a green ribbon and a red star on a string of lights are also visible. On the left side, a gingerbread man in a black top hat and red scarf holds a candy cane. Below him is a red and white patterned winter hat. The words "MERRY XMAS" are written in a bold, red, sans-serif font. At the bottom, there is another gingerbread man, a red gift box, a candy cane, a green pine branch, and a red and white patterned winter hat. The text is centered in the white space between these decorative elements.

Additionally, mindfulness and gratitude practices can be game-changers. Simple activities like journaling about positive experiences or practicing deep breathing exercises can shift focus from stress to joy. Engaging in community service or helping peers not only fosters a sense of purpose but also releases oxytocin, promoting feelings of connectedness.

Schools also play a crucial role in fostering student happiness. Initiatives such as wellness clubs, stress management workshops, and flexible curriculums encourage students to pursue both academic excellence and personal growth.

Ultimately, happiness isn't just a fleeting emotion, it's a skill that can be nurtured. By focusing on self-care, time management, and meaningful connections, students can strike a harmonious balance. After all, a happy mind is the foundation of a successful and fulfilling life—a lesson every student should carry with them beyond the classroom.

So, pause, breathe, and smile. Your happiness matters and the science says it's within your reach.

Solfeggio Frequencies

A Harmonious Path to Healing



Ancient Sounds, Modern Miracles

Have you ever wondered about the power of sound? Ancient cultures have long understood the profound impact of specific frequencies on the human body and mind. Solfeggio frequencies, a set of six musical tones, are believed to be a key to unlocking our innate healing abilities.

The Magic Behind the Music

Each Solfeggio frequency is associated with a unique benefit:

- *174 Hz:* Pain relief and stress reduction*
- *285 Hz:* Cellular repair and tissue regeneration*
- *396 Hz:* Release of fear and doubt*
- *417 Hz:* Undoing negative situations*
- *528 Hz:* Transformation and miracles*
- *639 Hz:* Connection and harmonious relationships

By listening to these frequencies, many people report experiencing a range of positive effects, including reduced stress, improved mood, and enhanced creativity. While scientific research is still ongoing, the anecdotal evidence and ancient wisdom behind Solfeggio frequencies make them a compelling tool for personal growth and well-being.

Embrace the Harmony

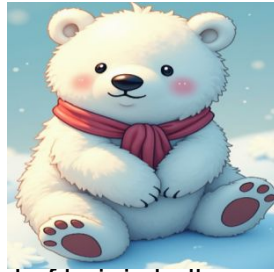
Whether you're a seasoned meditator or simply seeking a moment of peace, Solfeggio frequencies offer a gentle and effective way to nurture your mind, body, and soul. Incorporate these ancient tones into your daily routine and discover the transformative power of sound.

Mr.Gokul Chandar
PGT Economics

Christmas Fun

Ms.Revathi B Varma
Senior Academic Coordinator
Did you know?

A polar bear's hair is not white – it is colourless!!!



Each thick strand of hair is hollow and reflects the light to make the polar bear appear white.

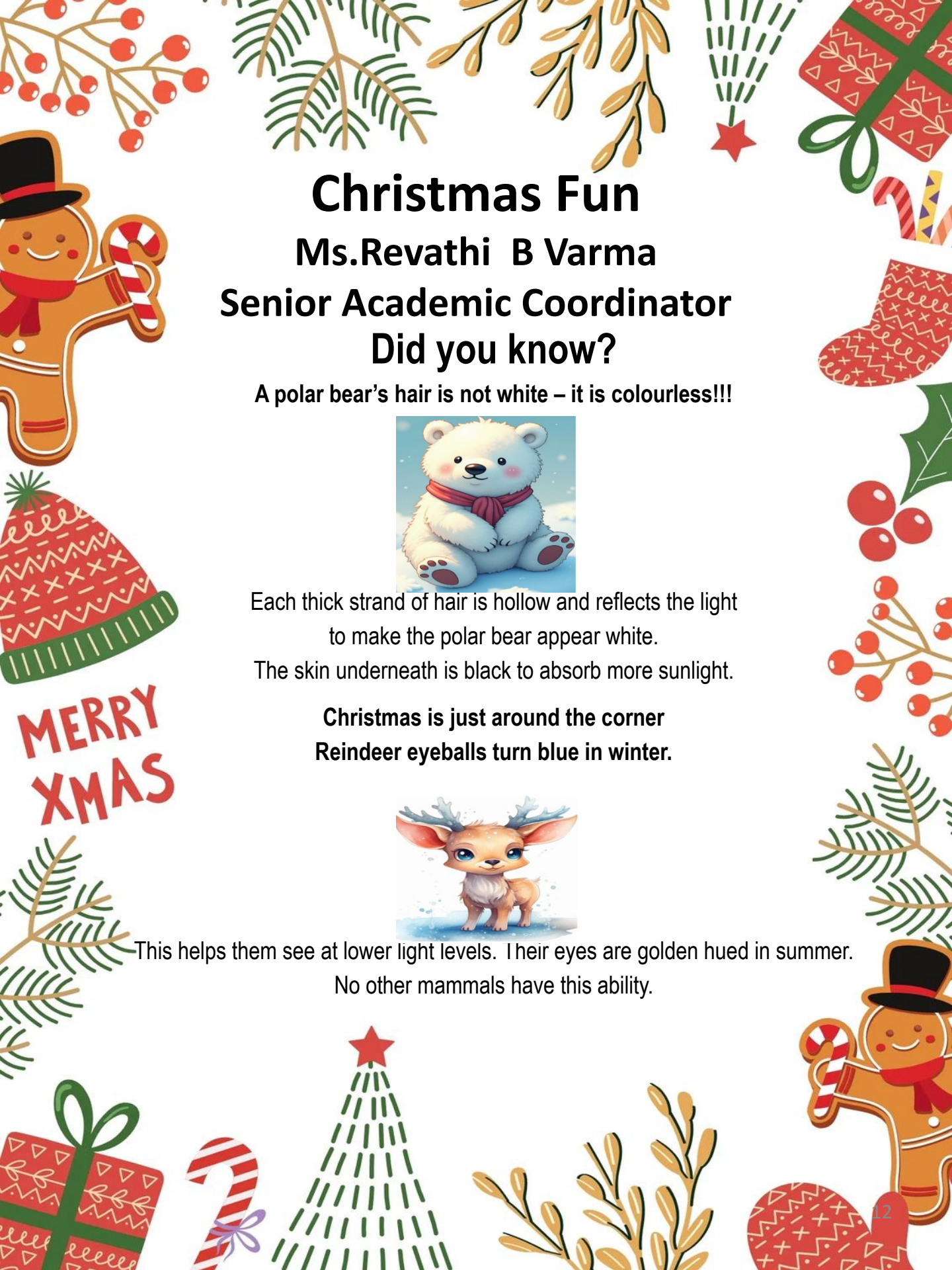
The skin underneath is black to absorb more sunlight.

Christmas is just around the corner
Reindeer eyeballs turn blue in winter.



This helps them see at lower light levels. Their eyes are golden hued in summer.

No other mammals have this ability.



Jumbled words

Unjumble these words to reveal some 'Christmas Cheer'



nieceedrr



teeolismt



lfe



kosnitcsg

MERRY
XMAS

How many reindeers are in the Santa's Sledge? Name them.



9 Reindeers

Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolf

Reindeer is the only deer where both males and females grow antlers, but adult males shed their antlers around Christmas time. This means that Santa's reindeers are either all females or males who have been castrated.

FACTS ABOUT THE SANTA'S REINDEER

Antler cycles: Both male and female reindeer grow and shed antlers each year, but the timing differs

***Non-pregnant female reindeer:** Lose their antlers in the winter

***Castrated male reindeer:** Have antler cycles similar to females, so some could have antlers during Christmastime

Easier to handle: Castrated male reindeer are more docile than bulls and easier to handle

Antler growth: If males are castrated, they will continue to grow antlers but will not shed them

Reindeer are the only deer species where both males and females grow antlers.

MERRY XMAS



A God who came to die!?

Ms.Mary Florence
Department of English

Christmas is a joyful season, the reason being the birth of Jesus. It maybe surprising to know that **He** was born to die. It's true that all people die when their predestined time comes but the purpose of Jesus coming into this world was to die. He is the **Prajapati** (Sanskrit term that refers to something divine). The term is a combination of the words **praja** (creation, procreative powers) and **pati** (lord, master). It literally means "lord of creatures" or "lord of all born beings". He was 100% man and 100% God which is quite difficult to believe and understand. Therefore Christmas is not just celebration, decoration or distribution of gifts it is the love of God and the Cross on which he died for the sins of the world. He was the **Prayachitbali**, **Prayachit** (the Sanskrit word which means atonement, penance) and **bali** (bali refers to a propitiatory oblation or sacrificial offering made inside a temple). The grave couldn't hold Him and death couldn't handle Him. He is risen and alive.

Is it wrong to celebrate Christmas? Not at all. It's the season to be happy, to share to the needy, to give hope to the hopeless and show love to all. So dear ones after your celebration as you throw away your Christmas tree don't throw away Jesus have Him in your heart because He is wonderful, counsellor, mighty God, everlasting Father and Prince of peace.

Merry Christmas
and a very prosperous and fruitful New Year!



Student s' Articles

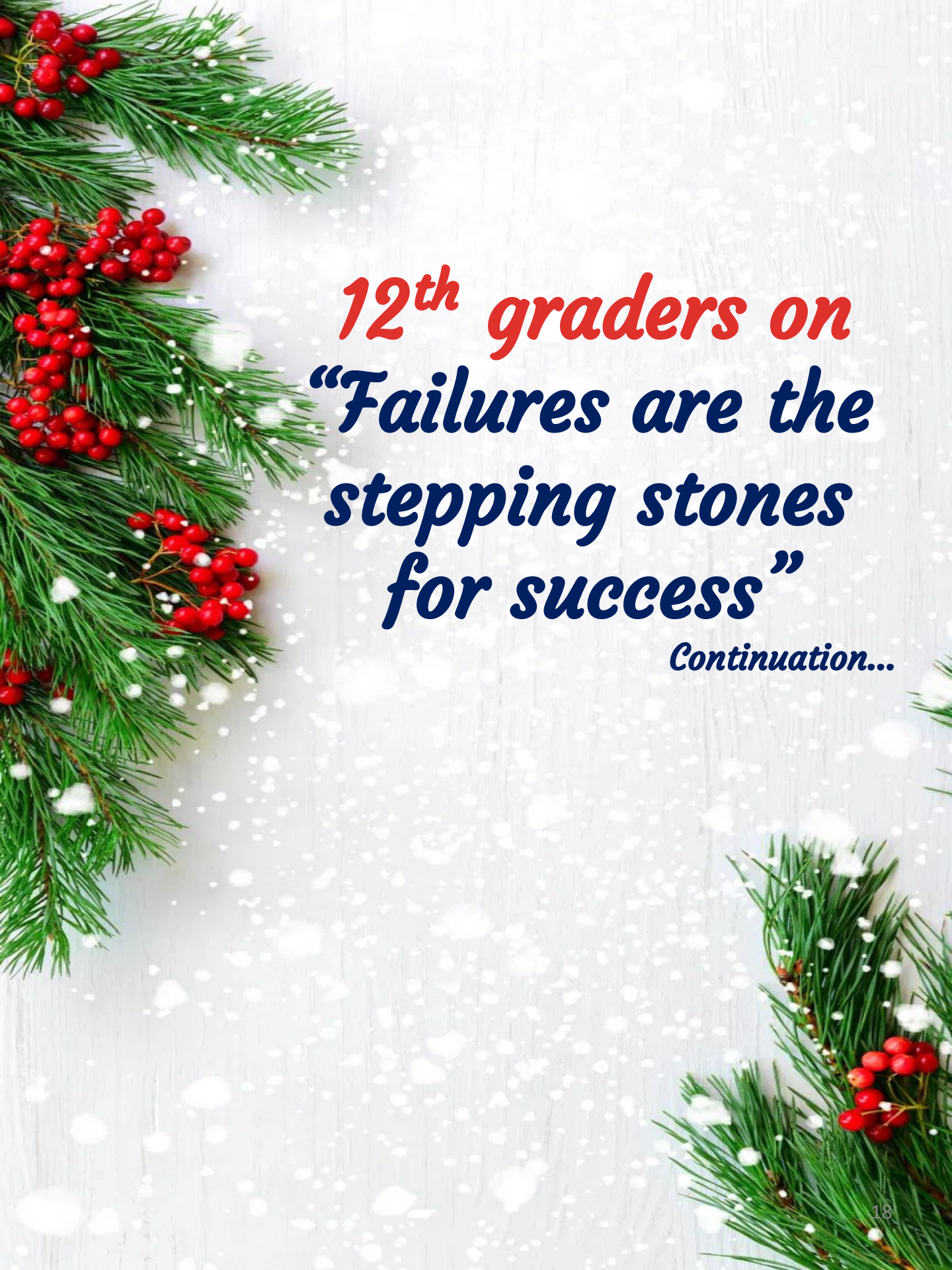
TO THE OVERTHINKERS

S.OVIYA FROM – VIII CVR

I am pretty sure that most of us over-think a lot about many things, even if it is a trivial matter which leads to depression, anxiety, zoning out, insomnia, stress and rumination. Over-thinking can have severe consequences on emotional and mental well-being. Over-thinking also triggers behavioral problems like procrastination, indecisiveness, and social withdrawal. These over-thinking thoughts are what that distracts us from our straight path to success. If you're over thinking right now or whenever, just don't listen to those voices, it is one of the obstacles that block our path to success.

It impairs cognitive function, causing poor decision-making, decreased problem-solving ability, and difficulty concentrating. You're doing just fine and give your best to the fullest and overcome your limit. Furthermore, it takes a physical toll, resulting in headaches, fatigue, digestive issues, and a weakened immune system. Someone once told me, "The person who over-thinks is also the person who over-feels." And I really felt that. Stop over-thinking and just trust the way life happens.

Over-thinking is just a sign that you're trying too hard to control the uncontrollable; learn to differentiate between what you can influence and what you must accept. To break this over-thinking cycle, practices like mindfulness meditation, journaling, exercise, social connections, and seeking professional help when needed can be beneficial.



*12th graders on
“Failures are the
stepping stones
for success”*

Continuation...

Iniya V– XII A

The greatest glory in life is not ‘never failing’ but in rising every time we fail.

Failures are the most experienced teachers we all could ever have. Many people are afraid to fail not knowing that these are the stepping stones for success. Those who never try, never win. We should learn to embrace failure and not be afraid of it. Here ‘self-motivation’ plays a major role. By doing so, we get encouraged to try again.

Failure, in fact, is called experience. If you can’t; who can? By embracing failure, it doesn’t mean you accept your defeat but it means you are ready to start again with newly gained experience. Great personalities, for example, “Thomas Alva Edison” – the man who invented the bulb failed 1000 times to create one functional bulb through all the experience he gained in his failures.

What comes easy will not last; what last will not come easily!

Inneya K S - XII A

“Failures are the stepping stones for success.” This is a very sensible quote for the youngsters.

Failing in your first try in doing something doesn’t mean that we are useless or very bad at doing it, instead we should consider it as our experience of lesson taught to us. Elders say that we should always have to be confident and never lose the belief in ourselves.

There is a quote that says, **“Confidence is better than perfection because perfection means doing the best but confidence means knowing how to handle the worst situation.”** Keep one thing in mind, if we start doing a thing, we should not think it should always be perfect. Sometimes there is something better in the imperfections that we do.

We always should be satisfied with our work rather than to worry about our mistakes. **“Practice makes a man perfect.”** Practice a thing how much ever you want, no matter how many times you fail. All that matters is how perfect you become after each failure.

When we fail, we should not break or try to end things. We should try to learn from our mistakes and bounce back.



Nisharita Varsaa R K – XII A

In today's world, everyone is easily demotivated and strives for motivation. They easily lose their confidence and thus lose patience in working hard.

Many students see failure as a huge mistake and being unable to cope up with failures, a lot of students end their lives. This is a serious concern. Once a mistake is done, we have to make sure that we learn from it, use it as a boost for the next success.

Whenever life tries to put dirt on you, make sure to dust it off and use that as a stepping stone for success. Nothing else can stop you other than you. Your potential is your strength.


Each failure tries to tell us something. All we have to do is learn from them by analyzing our mistakes the right way and using those as a lesson to move forward.

Rudhra Devaraj – XII A

“The greatest teacher in our life is failure.”

Success is what all people wish for. The key components of success are hard work and learning from our failures. A person truly fails when he quits but he succeeds when he learns from his failures. All great personalities who are now praised for their success were once stamped by for their failure. If those great people had quit, they wouldn't have been as successful as they had later became. Edison invented bulb on his 1000th try after that many failures.

Failure is a part of success. Many think failure is the end but in reality failure is the actual beginning of success. When you lose a hundred times and still rise the 101st time with the same level of confidence, that's the courage. When we make mistakes and fail, we learn from them and never commit the same mistakes again. From this I conclude that success teaches us nothing but failure teaches us everything.



Obuharsha S M– XII A

“The more the pain, the more the pleasure in surmounting it.”

True to this quote, everybody must undergo the pain of failure in their lives. But the greatest joy that you'd attain would most certainly be from surmounting it. There is no such thing as a straight road to success. The path to it is always filled with difficulties and this has been proven by the humankind from time and again.

A baby never stands upright without any support on his/her very first time. Life itself is about trials and errors, before finding the right way to success. And this applies to about every living being, be it a human, animal, insect or even the AI. For a person to learn a language, loads of practice is required. And even then people normally tend to create one too many grammatically wrong sentences while speaking.

This particular fact that failures are the stepping stones for success, is applicable for all humans in all aspects of life, be it education, business, invention or even relationships. We are creatures who learn by making numerous mistakes in our lives. And hence, these mistakes are highly crucial in learning and correcting our flaws, honing ourselves into getting things right . And this requires patience.

So never at all feel bad or chastise yourself if you fail at something. Because that failure has opened a spree of opportunistic doorways ti your path to success. There will be so many ups and downs in the entire journey, but always remember that failure and the consequent learning will serve as your one-way pass to success.

Vijay Krishna S A – XII A

The word FAIL stands for First Attempt In Learning. Not only we humans fail but all other living and non-living materialistic objects fail in order to succeed. Failures mostly happen when you procrastinate. Therefore procrastinating the procrastination is the key to overcome failure. Also, one must never leave his hope on making the next step. While people say accidentally I made a mistake, it is not an accident as there is nothing called accidental. Hence one must put 1000 percent effort and focused on it. Converting failures into success depends upon how the individual reacts and recreates the ideas just by using the knowledge he/she has got. Hence “Failures are the stepping stones for success.”



*Story
Corner*




STORY CORNER (ADOPTED)

Santa's Christmas Story

It was Christmas day. The sky was clear blue in colour, and the trees were covered in snow. Although Christmas was in the air, all was calm in Santa's cottage. The normal hustle and bustle of activity surrounding the preparation of Christmas gifts had ceased because Santa Claus was ill. As he lay in his bed, Santa wondered sadly, "Oh dear, what will the children say if they don't get presents this Christmas?"

Suddenly, Santa heard some disturbance outside his window. He peeked out his window and saw his four reindeer waiting patiently for him like they always did. But they appeared quite out of breath as if they had returned after a lengthy journey. Santa came out of his cottage and couldn't believe what he saw when he got closer to the reindeer. A lengthy train of sledges were behind the reindeer, carrying little children dressed in a rainbow of colours.

One by one, they hopped out onto the snow and made their way to Santa's cottage with him. As Santa welcomed them inside his cottage, his face lit up with excitement. A little girl holding something soft in her arms came to Santa and said, "I heard that you are sick Mr. Santa." "So, here is my teddy bear to keep you company." "Thank you, little Emma," Santa said, as he already knew each child's name.



Next came a young boy with a red package in his hand and said to Santa, "We knew you were sick, Papa Santa." "So, this quilt knitted by my family will help to keep you warm during the winter days." "What a wonderful thought, Paul," Santa said as he patted the little boy's head.

One by one, the children gave Santa their presents to convey their best wishes and early recovery to him. Santa's cottage was filled with cookies, pies, socks, gloves, novels, jigsaw puzzles, and even a small Christmas tree. Santa cried in happiness, "Christmas delivered to my doorstep!" "Come on, let's share these precious gifts together." And he gathered all the children in a large circle about him.

"Which present did you like the most, Santa?" Emma asked Santa. "It's the love and care that each one of you, my lovely little kids, has shown me today." And that is the most precious gift of them all!" Santa said, smiling. He admired the eager expressions on the children's faces. "This, my little ones, is the true meaning of Christmas," Santa Claus explained.













Santa then gave a large, heartfelt holiday hug to the children.

THE END



**SELF
IMPROVEMENT
AND GRAMMAR**

Dice Game

	Slipped on the ice - Go back 2 spaces 	Jump 2 spaces 
Blizzard  Miss one turn	 NORTH POLE	Stay here 1 turn 
Take another turn 	 Lunch time - skip 1 turn	
	A gift - Take an extra turn 	Lost in pine trees Go back 2 spaces 
START	A Visit To The North Pole	

"Who will be the first to reach the North Pole?"

New Year iNTERvIEW

What is your favorite food for dinner?

What is your favorite dessert?

What is your favorite book?

What is your favorite toy or activity?

What makes you smile?

What makes you laugh?

What do you do best?

What do you love to learn about?

What do you want to be when you grow up?

What three words describe you?

If you had one wish, what would you wish for?

This New Year...

▽▽ ONE BAD HABIT I WOULD LIKE TO CHANGE:

▽▽ ONE NEW PLACE I WOULD LIKE TO VISIT:

▽▽ ONE NEW FOOD I WOULD LIKE TO TRY:

▽▽ ONE THING I WOULD LIKE TO GET BETTER AT DOING:

▽▽ ONE NEW SKILL I WOULD LIKE TO LEARN:

▽▽ ONE NEW BOOK I WOULD LIKE TO READ:

▽▽ ONE THING I WILL DO EVERYDAY TO GET TO SCHOOL ON TIME:

▽▽ ONE HOUSE CHORE I WOULD LIKE TO BE IN CHARGE OF:

▽▽ ONE THING I WOULD LIKE TO DO MORE OF WITH MAMA & DADDY:

▽▽ BEST THING I DID IN 2015 (THAT I WOULD LIKE TO DO MORE OF):

SMART Resolutions

Specific

Describe your goal and what you hope to accomplish. Be specific.

Measurable

How will you measure progress toward meeting your goal?

Attainable

Choose a goal that is attainable. What steps will you need to take to achieve this goal?

Relevant

Why is this goal important? What impact will reaching this goal have on your life?

Timely

How long will it take you to reach your goal?

MY NEW YEAR'S Resolutions



Name

Age

I want to try



YEAR

I want to learn

I WANT TO GO

I really want to

I will try to be healthier by

12 OTHER WAYS TO SAY HAPPY NEW YEAR

1. CHEERS TO THE NEW YEAR!
2. WISHING YOU A YEAR OF SUCCESS!
3. MAY THE YEAR AHEAD BE PROSPEROUS!
4. JOYFUL NEW BEGINNINGS!
5. SEASON'S GREETINGS INTO THE NEW
YEAR!
6. HERE'S TO A SPLENDID NEW YEAR!
7. EMBRACE THE NEW YEAR WITH HOPE!
8. A YEAR FULL OF HAPPINESS AWAITS!
9. NEW YEAR, NEW ADVENTURES!
10. MAY YOUR NEW YEAR SPARKLE AND
SHINE!
11. PROSPERITY AND GOOD HEALTH IN THE
NEW YEAR!
12. TO NEW HORIZONS IN THE NEW YEAR!

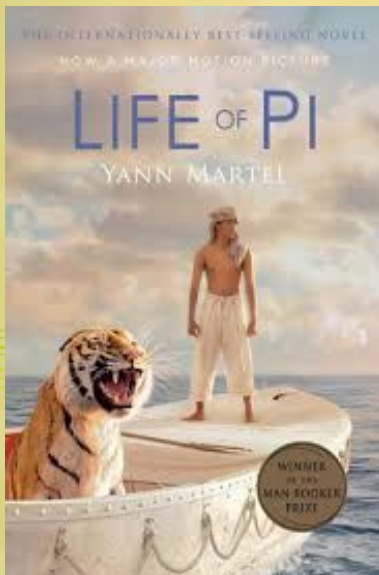
Word Cline

Synonyms for

Fast

- | | |
|-----------------|------------------|
| 1- Speedy | 12- Whirlwind |
| 2- Swift | 13- Blistering |
| 3- Quick | 14- Meteoric |
| 4- Rapid | 15- Hasty |
| 5- Brisk | 16- Hurried |
| 6- Sprightly | 17- Unhesitating |
| 7- Lively | 18- Expeditious |
| 8- Turbo | 19- Cracking |
| 9- Sporty | 20- Nippy |
| 10- Accelerated | |
| 11- Flying | |

Suggested Read



In the author's note at the beginning of *Life of Pi*, Yann Martel states that he met a man named Francis Adirubasamy at a coffee shop. Francis told Martel he had a story that would make Martel believe in God, and the story ended up being the basis for *Life of Pi*.

The fantasy novel revolves around a teenage Indian boy, Pi, who becomes lost at sea after a shipwreck. Pi finds himself struggling for survival against the torrential ocean with his only companion, a Bengal tiger. *Life of Pi* encompasses Martel's perspectives of how spirituality is perceived in the physical world.



**FOR YOUR
INFORMATION**

For your original articles, poetry, puzzles, crosswords, fun facts, comic strips, or any relevant write-up to be published in “The Ingenious Finesse”, kindly submit your original creations to your respective English Teachers.

