



# QUEST JANUARY 2024



### **HOLY CROSS**

MATRIC HR SEC SCHOOL

K.N.Colony, Ammapet, Salem-636014.

### www.salemholycross.com

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#### Dear Readers,

As the new year 2024 has ushered in, it is time to thank the God Almighty and all those who have lent a helping hand to us in every way. It is now time to quit old bad habits and start new good ones. With the new year upon us that holds both the promise of a good start and a sense of the unknown, let us resolve to make some less common resolutions.

Listen more and judge less. Put aside past divisions and unite behind common causes. Strive everyday to exercise kindness and offer a smile to those who don't have one. We wish all the Brothers, Parents, Old boys, Teachers and Students a year filled with activities which can be worth reporting in Quest.

All the Best!

Warm Regards,

Editorial Team

Happy reading, everyone!"

#### **Editorial Board**

BRO. SESURAJ, C.S.C. PRINCIPAL MR. B. EDWARD JOSEPH, VICE-PRINCIPAL MRS. SANGEETHA – VICE-PRINCIPAL (PRIMARY) MR. GEORGE JOSE, MR. MICHAELGNANARAJ E, MR. SAGAYARAJ, MR. VARADARAJU V, MR. AROCKIASAMY T, MR. JOHNSON ROBERT,MRS. GAYATHRI S, MS. VISHNUPRIYA MRS. NARMADA S, MRS. SABITHA, MRS. THIRUVENI M, MR. VINOTH MRS. SARALA S, MRS. RENUGA B, MRS. MOHANA R, MRS.VIJI A, MR. EMMANUAL RAJA L



# **PRINCIPAL'S MESSAGE**

#### Dear Students, Teachers, Parents and Well Wishers,

As we look ahead to the New Year, we have many exciting opportunities and projects. We will continue to strive for academic excellence while focusing on social and emotional learning and character building. It is a time to set new goals and make positive changes in life. Let us strive to be our best selves and better version of ourselves than the previous year. Let us make the most of the new beginning and make the most of our time together. Thank you for the ongoing support and commitment to our school.

The New Year brings new hope, new opportunities and new possibilities. I am sure you will continue to excel in your academic pursuits and make a positive difference in the world.

"Remember do not expect to have it all to enjoy life; you have life to enjoy it all".

I wish you all a happy, healthy and prosperous New Year.

#### BRO. SESURAJ CSC PRINCIPAL & CORRESPONDENT

### THE STORY BEHIND THE NAMES OF COUNTRIES



**Brazil :** The name 'Brazil' is a shortened form of Tierra do Brazil (Land of Brazil), a reference to the Brazil Wood Tree which is found in the coastal areas of South America. It was traded by Portuguese for its dye. It is the National Tree of Brazil. Brazil is the only country in South America where Portuguese language is spoken. The rest of the continent spends mostly Spanish.



#### **Bolivia**:

Bolivia is named after Simon Boliver, a Venezuelan leader in the Spanish American Wars of Independence. The official name of Bolivia is 'Plurinational State of Bolivia'.

Bolivia was the name of US President Andrew Jackson's horse.

#### Argentina :

Argentina is named after the shiny metal 'silver' which in Latin takes the name of 'Argentum' (Ag). It is believed that an Italian explorer acquired silver trinklet trading with local tribe Guarani and named the river Rio del la plata (River of Silver).





#### Columbia :

The name of 'Columbia' is named after the last name of the Italian navigator Christopher Columbus. It was conceived as a reference to all of the New World. The name 'Republic of Columbia' was adopted in 1819.

#### Ecuador:

The name 'Ecuador' is named after the Line of Latitude 'Equator'. which divides the country into two. It has even a monument to celebrate its location in the middle of the world near the capital city Quito. Since Ecuador is located on the bulging part of the earth namely Equator, its tallest volcanic mountain. 'Chimborazo' is believed to be closest part of the earth to the moon.



## THE STORY BEHIND THE NAMES OF COUNTRIES



Mr. Edward Joseph Vice Principal

### GRATITUDE

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die, so let us all be thankful." -Gautama Buddha

Gratitude is the feeling that prompts us to say "thank you".



Gratitude is an emotion. It is also called as the mother of all virtues. Life has always given us chance to be grateful. We have people to love, earth to live, talents to excel and opportunities to surpass. The feeling we get when we realize the blessings, we are bestowed upon is called as gratitude.

Gratitude is not feeling thankful only during good times but all times. This feeling becomes our character which allows us to find positive in people and situations even when difficulties drag us down.

## **"GRATITUDE**

IS NOT FEELING THANKFUL ONLY DURING GOOD TIMES BUT ALL TIMES. THIS FEELING BECOMES OUR CHARACTER WHICH ALLOWS US TO FIND POSITIVE IN PEOPLE AND SITUATIONS EVEN WHEN DIFFICULTIES DRAG US DOWN." If life is a song, and we write its lyrics with gratitude then it would fit into any tune. When we look life through the lens of gratitude, we acknowledge our past, do the best in present and create a meaningful future.

Being aware of all the goodness around us and appreciating every encounter, engages us wholly in all the tasks we do. Because we have no time to think of what we don't have but to make the best of what we have. Gratitude can undo the effects of negative emotions.

Gratitude may combat the negative emotional processes that underpin unhappiness, burnout, and many psychological disorders.

Several studies have found that more grateful people experience less depression and are more resilient following traumatic events. Gratitude is associated with many benefits for individuals, including better physical and psychological health, greater happiness and life satisfaction, less materialism, and more.

In recent years, studies have examined gratitude's potential benefits for children and adolescents. Studies have found that more grateful adolescents are more interested and satisfied with their school lives, are more kind and helpful, and are more socially integrated.

A few studies have found that when children are asked to count their blessings in the classroom it improved



their mood and made them feel more belonged. This is why our Government's new educational policy is designed to help students appreciate the benefits they have gained from others to exhibit more grateful behavior. Our KG students celebrated **"Thanks- Giving Day"** in the first week of February. They created 'Thank You cards' and showed their appreciation to all the supporting staffs in our school.

Only three things make a person gratitude, attitude and exactitude. When we develop the virtue of gratitude the other two would join with and make us a perfect individual.



Mrs. Sangeetha Baskar Vice Principal Primary School

### Activities of the Month..

### Reopening of the school. (02-01-2024):

- The school reopened on 02-01-2024 after Christmas Holidays.
- Principal's Birthday was celebrated by the staff in the evening in the Bathija Hall in the presence of the Brothers and Er. Karunanithi.



### PTA Motivation Seminar. (06-01-2024):

- The PTA President Mr. Raja of Selva Maligai sponsored a motivation talk for the benefit of the students, parents and teachers on 06 – 01 – 2024. Vijay T V fame Mr Gopinath was the Chief Motivation Speaker. He highlighted the following points.
- Manage your time Time is precious.
- Think beyond what you already know.
- Become a better version of yourself every day.
- Discord unnecessary things in your life.



- Indulge in self-appreciation.
- Replace bad habits with good habits.
- Train your brain to be active.
- Teachers, Parents and Students should communicate with each other.
- Teachers and Parents may not be appreciated now but you will appreciate them in future.
- Design your destiny.

- Vijay T V 'Kalakkapovathu Yaru" fame Mr. Azhar entertained the audience with his mimicry skills.
- The Principal thanked all the parents for their presence and Mr. Raja PTA President for sponsoring the motivational talk.









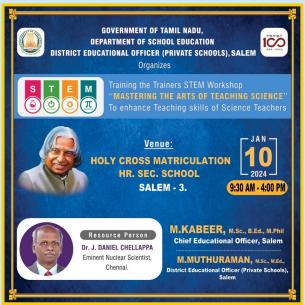


### Pongal Competitions. (11th and 12th January, 2024) :

- As part of the Pongal Celebration, competitions like Rangoli, Pot Painting, Tamil Elocution and Thirukural Recitation were conducted on January 11th and 12th in the primary section.
- The students of I std to V std. participated enthusiastically bringing out the true colour and spirit of Pongal Festival.
- Through this competition, the students were exposed to the values of coordination, responsibility sharing, time management and creativity.

#### **STEM Training Programme (10 – 01 – 2024) :**

- A one day STEM (Science, Technology, Engineering and Mathematics) Training Programme was conducted for Science Teachers of Matriculation Schools in our school campus in the Bathija Hall. It was organized by District Education officer (Private Schools)
- Thiru. Muthuraman. The Chief Resource Person was Dr. J Daniel Chellappa, Eminent Scientist, Energy and Environment and Life Skills H R Trainer with rich experience in Bhabha Atomic Research Centre, Mumbai.



He explained to the teachers about the innovative and latest techniques of teaching Science subjects on the topic 'Mastering the Art of Teaching Science'. It was well appreciated and was a beneficial seminar.

#### Pongal Celebration (13 - 01 - 2024) :

• The Tamil Department of the school took the initiative to organize the Pongal Celebrations in the school on 13 - 01 - 2024.



• The Chief Guest of the function was Thiru. A S Anbu M.Com., Advocate, a friend and well-wisher of the school. The function started with the traditional lighting of the Kuthuvilakku and inauguration of the cooking of the sweet Pongal.

- There was a Tamil Debate lead by Master Gokul of XII Std. on the topic. "Is Tamil culture developing or declining".
- The Chief Guest in his address spoke at length about Motor Vehicle Rules. He exhorted the students to follow the Traffic Rules and discouraged them from us-



ing motor vehicles without proper license. It would affect not only the students but also the parents, public and the school.

- The Principal in his message brought out the importance and meaning of Pongal Celebration.
- The Students were entertained with Orchestra, Music and Dance performance.
- The function came to an end with the Customary "Pot Breaking"
- All the students were served with fresh Sweet Pongal.



















#### Blessing and Inauguration of the Renovated A V Theatre. (22 - 01 - 2024):



• The newly renovated Bro. Andre Audiovisual Education Centre (A V Theatre) was blessed and opened on 22 - 01 - 2024.

 Rev. Fr. Arul Raj Gali, CSC. Executive Secretary, CCBI (Conference of Catholic Bishops of India)
 Family Commission, Bengaluru blessed the AV Theatre.

- Bro. Santhosh, CSC. Provincial Superior, St. Andre Province of the Brothers of Holy Cross cut the ceremonious ribbon.
- Fr. Arulraj CSC., Bro. Santhosh, CSC,
   Fr. Austin MSFS., Parish Priest of Udayapatty,
   Fr. Antony OFM., and Engineer Karunanithi
   were honoured.





- The renovated Theatre with enlarged stage, sound proof walls and ceiling, enhanced air conditioning system and gorgeous curtains is an added attraction to the state of the art infrastructure of the school.
- Bro. Suresh CSC., Bro. Nelson CSC.,
  Mr. Vasanth OBA Vice President and PTA
  President of CBSE were present.

# • Republic Day Celebration and Installation of the New Flagpost.:

- Republic Day was celebrated in our school in a grand manner.
- The function began at 7.15 am. with the chanting of Thamizh Thai Vazhthu. Sergeant Sai Ram of NCC Air Wing welcomed the gathering.
- After the General Salute given by Company



Sergeant Major Mohammed Mudaseer, the Principal hoisted the National Flag and it was followed by National Anthem.

 The NCC Cadets performed the Contingent Drill. The highlight of this year's Drill was the participation of the Parents of the Cadets.
 First Officer Arul J read out of the names of outstanding achievers in NCC and Prizes were distributed. The Principal recalled the sacrifices of our freedom fighters and spoke at length about the



















#### Installation of the new Flagpost:

- In memory of Diamond Jubilee of the school, a new 40 ft. high flagpost has been installed. It was blessed by Fr. Antony, OFM. It is donated by Mr. K. V. Vasanth Kumar, 1993 batch, Vice President of OBA. Mr. K V Vasanth Kumar was honoured by the Principal for his generosity.
- All the 1993 Batch old students who were present were also honoured Sweets were distributed for all. Master Udhayanidhi G, Junior Red Cross proposed the Vote of Thanks. Mr. Vasanth was the Master of Ceremony.

#### Academic Excellence Examination. (27 - 01 - 2024):

 The prestigious Academic Excellence Examination and Viva were conducted on 27 – 01 – 2024. Top Ten students of all the sections of classes VI to X and top ten students of Biology Group, Computer Science Group, Computer Application Group and Business Maths Group were chosen for the written examination.



- Top ten students of classes VI to X and top four students from each group in Higher Secondary were selected for the interview. The topper will get a Silver Medal and a certificate. The Second and Third place winners will be given a prize and a certificate. The written examination consisted of questions on Mental Ability, General Knowledge and the core subjects.
- Mr. Edward Joseph, Vice Principal coordinated the conduction of this examination with the contribution of all the teachers.

#### Our Cricket Team's Triumph. (27-01-2024):

- Salem District Students Cricket Association (SDSCA) conducted its inaugural Cricket Tournament for school boys from 10th January to 27th January.
- In the finals conducted at Little Flower H.S.S, Salem, our team won the championship beating Emerald Valley Public School. The team was captained by



the new captain Pratheshwaran S of X – B. Congratulations to the team and its mentor Mr. Sundaravaradhan S who has steered the team to its third successive championship victory

### OBA Tour. (27th & 28th January 2024):

 The Old Boys Association of the school conducted a tour to Yelagiri on 27th and 28th of January. Thirty six students and Staff Advisor Mr. Edward Joseph participated in it. The tour was conceived and organized by the OBA President Mr. Thirunavukkarasu and other Board Members and Past Presidents, with a special effort taken by Past President Mr. Mani Sekar. They stayed in Hotel Hills where they enjoyed the salubrious weather, fellowship and campfire.





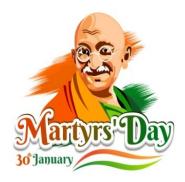
### Monthly Holy Eucharistic Celebration (30 - 01 - 2024):

- The monthly Holy Mass was celebrated which was attended by Brothers, Teachers and Students. Rev. Fr.
   Antony OFM, was the celebrant of the mass. His sermon centred on the theme 'Thalarchi, Muyarchi and Mazhilchi'.
- He narrated the story of mother eagle teaching her young one to face the world and learn to fly on its own. The student choir land by Mr. Jabaraj uplifted the spirit of the faithful with their melodious hymns. The Principal thanked Fr. Antony and the choir members.

### Martyr's Day (30 - 01 - 2024):

- The school observed Martyr's Day or Shahid Diwas on 30th January 2024 commemorating the 77th anniversary of the assassination of Mahatma Gandhi on this day in 1948.
- Two minutes silence was observed. Mr. Edward Joseph gave a short message on the significance of Martyr's Day. Three VII – E students Haswin Kumar M R, Kanishkar S, Krishan G S S also gave short messages.





### Installation of a Flagpost at Bro. Nadeau Open Stage (31-01-2024):

- A Flagpost has been installed at Bro.
   Nadeau Open Stage. The Principal hoisted the National Flag on it during the Assembly for the first time on 31-01-2024.
- The Principal stated that the custom of hoisting the National Flag during Assemblies would continue hereafter.





- Who was the first Chief Guest at the Republic Day Parade in 1950? (Sukarno, Indonesian President)
- 2. What is the traditional venue for the Republic Day Parade? (Karthavya Path, Previously Rajpath)
- 3. What is the name of aircraft display teams which perform at the Republic Day Parade? (Surya Kiran)
- 4. What is the name of the ceremony marking the end of the Republic Day Celebration conducted on 29<sup>th</sup> January?(**Beating the Retreat**)

- What is the name of the 21 Gun salute fired during the Republic Day Parade? (Victory Gun)
- 6. How many horses pull the President of India's Carriage Known as 'Buggy' during the Republic Day Parade? (Six)
- 7. Why was January 26<sup>th</sup> chosen as Republic Day? (**It was on this date** that Indian National Congress declared 'Purna Swaraj' in 1930)
- 8. On the Republic Day is the National Flag hoisted or unfurled by the President? (unfurled)
- 9. Where was the First Republic Day Parade held? (Irwin Amphitheatre now known as Major Dhyan Chand National Stadium)
- 10. What were the themes of Republic Day celebration 2024? ('Developed India' and India Mother of Democracies)

ADIB A.S XII-A President, Quiz Club

### Celebrating India's Republic Day: A Triumph of Democracy and Unity

 India's Republic Day, celebrated annually on January 26th, is a momentous occasion that marks the adoption of the Constitution of India. This day holds profound significance as it commemorates the transformation of India into a Sovereign,

Democratic Republic, embracing a system that champions justice,liberty, equality, and fraternity. The day is marked with grandeur and patriotism, reflecting the diverse and vibrant tapestry of the nation.

• The roots of Republic Day can be traced back to the moment when the Indian Constitution came into effect on January 26, 1950. This historic

event replaced the Government of India Act (1935) and marked India's transition from a colonial state to a self-governing republic. Dr. B.R. Ambedkar, the principal architect of the Indian Constitution, played a pivotal role in crafting a document that reflected the aspirations of a diverse and pluralistic society.

• Republic Day is celebrated with great enthusiasm and fervour throughout the country. The main event takes place in the capital city, New Delhi, at Rajpath, presently named as 'Kartavya Path' where the President of India unfurls the Na-tional Flag and the National Anthem is played. The grand parade that follows show-cases the military might, cultural diversity, and technological advance-ments of the nation. The ceremony is attended by dignitaries, political leaders, and foreign guests, making it a symbol of India's unity in diversity.





- Republic Day is a time for citizens to express their patriotism and pride in being
  - part of a democratic and secular nation. Schools, colleges, and communities organize events such as flag hoisting ceremonies, patriotic songs, and debates to instil a sense of national pride among the younger generation.
- The President of India presents prestigious awards like the Padma Bhushan, Padma Vibhushan, and Bharat Ratna on Republic Day to

recognize exceptional contributions in various fields. These awards honour individuals who have excelled in areas such as science, literature, arts, public service, and sports, contributing to the nation's progress and development.

India's Republic Day is a symbol of the nation's journey towards freedom, democracy, and unity. It is a day to celebrate the values that bind a diverse population together and reiterate the commitment to building a just and prosperous society. As the tricolour unfurls and patriotic fervour fills the air, Republic Day serves as a reminder of the shared responsibility to uphold the principles of the Constitution and strive towards a brighter and more harmonious future.

### THE ART OF TIDYING UP

#### Introduction :

id you know that six months of an average person's life is spent (wasted) in searching for misplaced things like cell phones, keys, shoes, pens, books, debit cards, money purse, kitchen utensils, watches, combs etc. If we could spend just two minutes every day to organise our office or home, we not only avoid unnecessary last minute tension but also save lot of our time. In this connection, it would be useful to know about the suggestions given by Marie Kondo.



By Master A. Eahiya School Pupil Leader (SPL)



#### Marie Kondo

Marie Kondo is a Japanese organising consultant, author and TV presenter. She has written four books on organising which have collectively sold millions of copies and translated into several languages. Her best-selling book '**The Life-changing Magic of Tidying up**' earned her great fame and she was named to the 'TIME 100 list of world's most influential people'. She developed a method known as KonMari method, partly inspired by the Japanese Shinto religion.

#### KonMari Method

KonMari Method is a simple but effective tidying method ensuring that we will never again relapse to clutter. It suggests a unique selection criterion – Choosing what sparks joy – you are not choosing what to discard but rather choosing to keep only the items that speak to your heart. Through tidying, you can reset life and spend the rest of your life surrounded by people and things that you love the most.



### **SIX RULES OF TIDYING UP**

#### Rule – I – Commit Yourself to Tidying up.

The Konmari method is not a quick fix for a messy room as a once – in – a while approach to tidying. You should first of all be convinced that you should tidy up things and should have a can – do – attitude. The effort is worth it at the end.

#### `Rule – II - Imagine your Ideal Lifestyle

This method is not about decluttering or making it neat on the spur of the moment for the visitors who come to your home. This is about that kind of house you want to live in The six basic rules of tidying.

RULE 01

Commit yourself to tidying up.

RULE 02 Imagine your ideal lifestyle.

RULE 03

Finish discarding first.

RULE 04 Tidy by category, not by location.

RULE 05

Follow the right order.

RULE 06 Ask yourself if it sparks joy. and what kind of office you want to work in. You don't do it to show off to others. You do it because it brings you joy of living in a congenial atmosphere.

### Rule – III – Finish Discarding First

Remember to focus on what you want to keep. All other things have to be discarded Cherish the items that bring you joy and let go of the rest with gratitude, especially the things you have never used. She suggests discarding some sentimental items like some photos.

### Rule – IV - Tidy by Category, Not by Location

It might seem sensible to tidy up a shelf, a closet or a room at a time. But tidying up this way will again lead to clutter. So you are suggested to tidy up by category like clothes, books, papers, sentimental items etc.

### Rule – V – Follow the Right Order.

You can start with clothes which is fairly easy and end up with sentimental items. As you move with each categorys your energy and enthusiasm increases.

### Rule – VI – Ask Yourself If It Sparks Joy

The understanding what kind of environment makes you happy is the most essential criteria for decision making .You pick each item and ask yourself 'Does this sparks joy? "If it does, keep it, otherwise discard it.

### **Conclusion:**

So to conclude, when you tidy your space completely, you transform the scenery. The change is so profound that you feel as if you are living in a totally different world. Let us then try this method to make our life more organized and avoid unnecessary wastage of our time, energy, anxiety and tension.

Dear Students, start tidying up your classroom, your room at home and the place you work. You will acquire the joy of the ambience around you and a clear environment.



Mr. Patric Raj R H.O.D Commerce Department



W.INFANT ANTONY - 3 A



SUDARSANA SHANKAR R - 4 A



**D.PRANAN KUMAR - 4 E** 



S.A KARTHIKEYAN - 3 C



KRRISH.V - 3 A



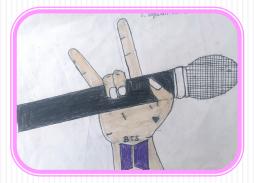
S.DHARSHINESH - 3 A



S.TARUN - 5 A



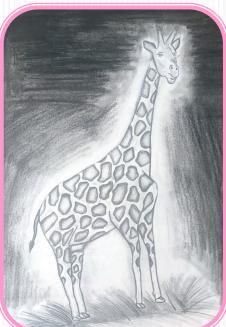
P.DHARSAAN - 4 D



S.NAGULAN - 4 C



K.SRI KUMARAN - 5 B



M.MITHUN - 3 B



A.LITHISHWARAN - 3 B



R.SUDHARRANASHANKAR 4 A



**D.R HEMANANTH - 4 A** 



**B.LITHEESH -5 C** 



S.NIKHIL - 4 C



#### V.NARENDRANTHAN - 3 B



P.DHARSHAN - 4 D



A.DINO AARIC - 3 B



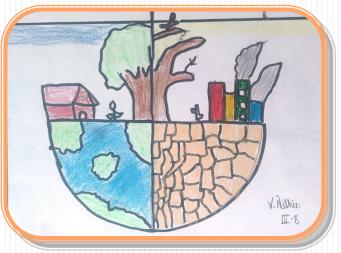
A.ROHITH - 4 A



**B.KUMARAN - 5 C** 



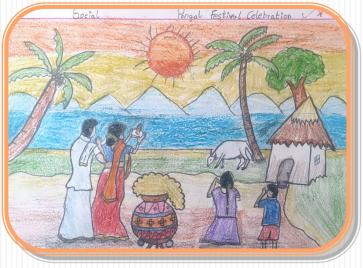
**T.VIJAY PATCHAN - 4 B** 



V.NITHIN - 4 E



S.YADHAV PRAKASH - 4 B



KRITHISH Y - 3 A



J.L.ABENANDAN - 3 D







### Achievers of the month: HIGH SCHOOL

Kick Boxing State Games Federation of India (SGFI) Fencing

District Level RDS – Salem Fencing State Level competition, Salem









SADHAM HUSAIN N 8-A

> Under – 12 to 12 (Above 40 Kg)

Soft Tennis - SGFI held at Chattisgarh



PRANAVA SABARI N K 7-E Under - 14 - Bronze



Mr.SUNDARAVARADHAN S MENTOR & COACH DHAKSHINGS MOG 7-E 11-

MOGITH V 11-C SUJAN HARIHARAN R D 10-B

CRICKET – Salem District Students Cricket Association (SDSCA) conducted Cricket Tournament from 10th to 27th January.



PRATHESHWARAN S



KARUN DHANUSH K 10-C



SHIVAJANA S 10-D

CAPTAIN MOM AWARD





ALL ROUNDER



SACHIN A 9-F



HARI HARAN J 8-D

BEST KEEPER

MOM AWARD

**LOVANISH R** 

9-D

TOP SCORER

### Achievers of the month: PRIMARY SCHOOL





HEMANTH KUMAR R - 5 A

JAGATH KISHORE M S - 5 D

**DHARSHIK V S - 5 B** 

ASHWANTH G S - 5 B

**YOGANSANJAY B S - 5 D** 

**MAVINTH K S - 3 B** 

### MOHAMMED AL KHALIQ - 4 B



STATE LEVEL MARTIAL ARTS CHAMPIONSHIP 2024



VIVIYAN S P 5 - B SECOND PLACE

211020200000000





### **HOLY CROSS**

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SALEM - 636014.

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