

QUEST MARCH 2023

Monthly Magazine

DEDICATED TO 6TH STD STUDENTS



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HOLY CROSS

MATRICULATION HIGHER SECONDARY SCHOOL K N COLONY, AMMAPET SALEM, TAMILNADU 636014

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"THE BEGINNING IS ALWAYS TODAY." - MARY SHELLEY

The beginning of something marks the start of a journey, a new chapter, or a fresh start. It is a time of excitement, uncertainty, and endless possibilities. The beginning is a moment that sets the tone for what's to come, and it is up to us to make the most of it.

Whether it's the beginning of a new year, a new job, a new relationship, or a new project, it is important to approach it with a positive mindset and a clear vision. By setting clear goals, being open to new opportunities, and being willing to take risks, we can turn the beginning into something truly remarkable.

So as you start this new journey, take a moment to reflect on where you want to go, what you want to achieve, and who you want to become. Remember that the beginning is just that – a starting point – and the possibilities are endless. Embrace the journey ahead and make the most of every moment.

Happy Reading!



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PRINCIPAL'S MESSAGE

All the best for your Exams

ear students, teachers, parents and well-wishers,

As the academic year is drawing near and the exams are going to be completed, I would like to express my appreciation and gratitude to all the students, teachers and parents. It has been a year filled with many activities, most of them revived after a gap of three years lost to the pandemic.

It is now time for the students in general to plan for the next academic year. In a special way, I would advise the X standard students to fix their goals and plan for the course of study in XI std. Don't join a course just because your friends and peers are choosing that course. Choose the course that is best suitable for your intellectual capacity and temperament. Then only you can be successful. Some of the students choose the wrong course in XI std and find it very difficult to get through the examinations. Consult your teachers, elders and parents and come to a wise decision.

The same is true of XII students who are passing out of the school. You must have already set a goal. Try to search and find out different courses and colleges available. There are many institutions outside the state offering good courses. Always go by your interest and passion rather than by parental and peer group pressure.

As for the lower class students, I advise you to spend your holidays usefully. You can learn swimming which is a life-saving skill that everyone should possess. You can also learn a new outdoor or indoor game or learn a musical instrument. You may not have time for all these things when you reach X std. Take care of your health too. There are reports of the fast spread of Corona virus again. So always wear a mask when you go out of your house.

Refresh and recreate yourself using these holidays so that you will start the next academic year fresh with renewed enthusiasm.

As this would be the last issue of Quest for this academic year, I would like to take this opportunity to thank the Editorial Board Members of the Quest Magazine for reviving Quest and providing ample opportunities for students to bring out their creativity.

Once again I wish you all the best.





VICE-PRINCIPAL'S MESSAGE

World Happiness Report

'The purpose of our lives is to be happy.' 'Happiness is not something readymade. It comes from your own actions.' - Dalai Lama

Happiness according to Psychologists is a state of mind and a state of emotional well-being. In a narrow sense, we feel happy, when good things happen to us. In a broad sense, it may mean contentment due to one's life achievements and accomplishments. If differs from person to person, time to time and even country to country. There are many writers, thinkers and motivators who have given the secrets of happiness. Those secrets may not fit all. It is for the individual to discover the secrets of his own happiness.

INTERNATIONAL DAY OF HAPPINESS

- In 2012, the United Nations General Assembly passed a resolution proclaiming 20th March as the International Day of Happiness, recognizing the relevance of happiness and well-being
- The resolution was initiated by Bhutan, which recognized and adopted the value of Gross National Happiness (GNH) over Gross National Income (GNI).

WORLD HAPPINESS REPORT

It is a report published by the Sustainable Development Solutions Networks, a global initiative of United Nations. The report is primarily based on the data from Gallup World Poll. The first World Happiness Report was released in 2012. These reports are prepared by experts in the field of Economics, Psychology and Statistics.

WORLD HAPPINESS INDEX

The World Happiness Report ranks countries measuring happiness on the following criteria.

It is our duty to exercise our franchise (votes) properly to elect representatives who are not corrupt but would be dedicated to the service of the people. Then only we will continue to be a strong Republic in future...

- Economic security
- Ouality of work
- 3. Quality of consumption
- 4. Leisure time
- 5. Relationships
- 6. Environment
- Freedom
- 8. Control
- 9. Education
- 10. Health care
- 11. Social security

It is measured on a scale of 1 to 10.

HAPPINESS ECONOMICS

It is a branch of Economics that uses Econometric analysis to measure the relationship between individual satisfaction and economic issues. Econometrics is the combination of Mathematics, Statistics and Economics.

WORLD'S HAPPIEST COUNTRIES

Finland, a Scandinavian country has been ranked as the 'Happiest Country' in the world for the sixth time in a row obtaining the first place in the World Happiness Index 2023. The other top happiest countries are Denmark, Iceland, Israel, Netherlands, Sweden, Norway, Switzerland, Luxembourg and New Zealand.

- At the very bottom of the list is Afghanistan as the unhappiest country.
- India has been ranked 126th out of 137 countries, behind Pakistan, Sri Lanka, Myanmar and Ban ladesh.

'When you see someone without a smile, give him one of yours.'

MR. B. EDWARD JOSEPH VICE-PRINCIPAL

SCHOOL ACTIVITIES

WOMEN'S DAY CELEBRATION

International Women's Day was celebrated for the first time in the school on 8th March. All the women staff of the school were brought in a procession to the Open Stage and were honoured with rose flowers. After the cake cutting, Mr. George Jose felicitated on behalf of the teachers highlighting the power of women in society. Bro. Principal exhorted the women to know their rights and fight for them. Mrs. Nazia replied to the felicitation. It was indeed a historic moment for the school. The Theme of 2023 Women's Day is "Embrace Equity"











































SHARING DAY
Classes VI to IX celebrated Sharing Day during the month. Lunch was shared among the students and teachers in respective class rooms. Each class competed with the other in generosity and hospitality. This gesture was well received and appreciated by all.

CLASS IX



































CLASS VII

























CLASS VI









CLASS VIII









































































PUBLIC EXAMS

The XII std Public Exams began on 13th March and XI std Public Exams began on 14th March. The X std Exams begin on 6th April. Total number of students appearing for Public Exams :

$$X - Std = 362$$

$$XI - Std = 352$$

$$XII - Std = 342$$

CITIZENSHIP

Introduction

Citizenship is the legal relationship between an individual and a state. It is a two way relationship that includes both rights and obligations. The balance of these varies from state to state and over time.

Importance of Citizenship

It helps them to become informed, thoughtful and responsible citizens who are aware of their duties and rights.

It promotes spiritual, moral, social and cultural development making them more self-confident and responsible both in and beyond the classroom.

It encourages pupils to play a helpful part in the life of their schools, neighborhood's, communities and the wider world.

In a constitutional democracy citizenship is an office:

It teaches them about our economy and democratic instructions and values, encourages respect for different national, religious and ethnic identities, and develops pupils ability to reflect on issues and take part in discussions.

Qualities of a good citizen:

- Obeys the law and respect authority.
- Contributes to society and community, per-

forms civic duty.

- Loves his country/ Patriotism.
- Respect the rights of others.
- Trust worthy and honest.
- Tolerance
- Accountability
- Moral courage
- Responsibility
- Self- Discipline

Citizenship Education

Understanding civic duties and responsibilities are essential components of any Social studies curriculum.

VASANTH S

6-F



TIME

Time is one such thing that must be spent wisely. A person who uses his time in an efficient manner can never fail in life. A successful person always spends his time wisely and efficiently

Unsuccessful person has spent his time in a meaningless way or we can say that he was wasted his precious time.



SARATHI H R, 6 - C





MOTIVATION

Motivation is a powerful yet a tricky beast. Sometimes it is really easy to get motivated and you find yourself wrapped up in a whirlwind of excitement. Other times, it is nearly impossible to figure out how to motivate yourself and you're trapped in a spiral of procrastination.

Motivation refers to a process of inducing and stimulating an individual to act in a certain manner. Motivation at school level means to encourage and inspire the students to achieve greater heights.

Motivation can be of two kinds namely intrinsic and extrinsic. Self-motivation is called intrinsic motivation. Motivation from others and external factors is called extrinsic motivation. For example if you take part in sports because it is fun and you enjoy it, then it is intrinsic motivation. If you take part in sports because you will be rewarded with a trophy, then it is extrinsic motivation. Stay always motivated; be passionate about what you do

SACHIN S

6 - C



THE GOLDEN EGG

Once upon a time, a farmer had a goose that said a golden egg every day. The egg provided enough money for the farmer and his wife for their day- to – day needs. The farmer and his wife were happy for a long time. But one day, the farmer got an idea and thought, "Why should I take just one egg a day? Why can't I take all and make lot money?"

The foolish farmer's wife also agreed and decided to cut the goose's stomach for the eggs. As soon as they killed and opened the goose's stomach, they found nothing but cuts and blood. The farmer realizing his foolish mistake cries over the lost resource!

The English idiom "kill not the goose that lays the Golden egg" was also derived from his classic story.

Moral: Greed Leads to Disappointment



NAVEEN D 6 – F



AMAZING FACTS

- 1. A chameleon's tongue is twice the length of its body.
- 2. A rat can last longer without water than a camel
- 3. A hippopotamus gives birth under water and nurses its young one in the river.
- 4. The world's smallest mammal is the bumblebee bat of Thailand. It weighs less than a penny.
- 5. Dolphins sleep with one eye open.
- 6. A giraffe can clean it ears with its 21cm tongue.
- 7. Kangaroo jumps upto 3 to 4.5 m at a time.
- 8. The body temperature of a small bird is 430 C.
- 9. The biggest tiger weighed upto 270kg.
- 10. The biggest bear weighed upto 400 to 430kg.

ASWIN SRI GANESH L



GOLDEN WORDS

- 1. You cannot change your future but you can change your habits and surely your habits will change your future.
- 2. Excellence is a continuous process and not an accident.
- 3. All of us do not have equal talent but all of us have equal opportunity to develop our talent.
- 4. Remember that greatest crime is to compromise with injustice and wrong.
- 5. I destroy my enemies when I make them my friends.
- 6. The best way to protect the future is to create it.



FACTS ABOUT CURRENCY

- 1. Sher Shah Suri is known as 'Father of currency.'
- 2. First official currency was minted in 600 BCE.
- 3. First official currency was minted by king Alyatles.
- 4. In the year 1913, 1 US Dollar was equal to 0.09 Indian rupee.
- 5. Now, in present year 1 US Dollar is equal to 81.8597 Indian rupee.
- 6. Kuwait Dinar is the world's most valuable currency.
- 7. Iranian Rial is the world's least valuable currency.
- 8. 1 Kuwait Dinar is equal to 137176.2848 Iranian Rial.
- 9. 1 Kuwait Dinar is equal to 266.597 Indian Rupee.
- 10. 1 Indian rupee is equal to 526.3158 Iranian Rial.



THIRUVIN S 6 - F



JOKES

- 1. Why are sports stadium always so cool?
 - They are filled with fans.
- 2. How do you know carrots are good for your eyes?

You never see a rabbit wearing glasses.

3. Teacher asks the student "why are you so

late"?

Student: "Well I was crossing the road an suddenly it says "School ahead, go slowly!"

- 4. What has 4 legs, 1 foot and 1 head? A bed
- 5. What can you catch but not throw? A Cold
- 6. Why did an old man fall in well? Because he couldn't see that well.
- 7. What is the strongest creature in the world?

The snail. It carries its whole house or its back.

8. What do you call a Boomerang that won't come back?

A stick

- 9. How do the fish go to school? By an octopus!
- 10. Teacher: Johny, which month has 25 days?

Student: Every month

MONIESH

THE TWO FRIENDS

Once a dog lived with an elephant in the king's stable. The elephant used to share his food with him. Gradually their friendship grew so strong that they could not stay with each other.

One day a rich merchant visited the king's palace. While he was walking around in the palace, he saw the dog he found the elephant keeper and said, "I need a dog that can guard my house well. This dog is smart, I suppose so I can buy him. The elephant keeper didn't like the dog much. This is a good chance to get rid of him he thought. He happily gave the dog away to the merchant. This incident had a terrible effect on the elephant. Now there was no one to eat and play with him. No one went for a swim with him or sleep beside him. Ha badly missed his friend. He didn't eat anything for two days. He didn't sleep and kept thinking about his friend. On the third day, the king was informed about the elephant's behavior. He himself went to the stable to find out the matter. He examined the elephant for some time and said to the stable keeper. "His body seems so alright, but he is upset for some reason. Do you know anything about it?"

The man thought of the dog and said "your majesty he lost his dearest friend recently." He told everything about the dog to the king. The king was taken aback immediately sent a message to the merchant.

The next day the merchant arrived at the palace with the dog. He gladly returned his dog to his old friend. The elephant was happy again. They played with each other again and shared his food with him. They never left each other again.

Moral: True friendship can never be broken.

SRINISANTH MR

6-E



AMAZING FACTS

- 1. Lightning strikes about 6000 times per minute on this planet.
- 2. Peanuts are one of the ingredinants in dynamites.
- 3. Human teeth are almost hard as rocks.
- 4. Laughter, the best medicine? It's true researches have proven that people who laugh are healthier than those who don't.
- 5. Gold fish have the memory span of about 3.5 seconds. That is why you can leave them in a small jar and they won't get bored and you can also over feed them.
- 6. The first solid state electronic calculator was created in the 1960's, and the mechanical calculator developed in the 17th century.

SANJAN H

7 – D



About Mahendra Singh Dhoni

mer captain of the Indian national cricket team. He is considered one of the greatest cricketers in Indian history and has led the team to numerous victories, including the 2007 ICC World Twenty20, 2010 Asia Cup, and the 2011 Cricket World Cup.

EARLY LIFE AND CAREER

Dhoni was born on July 7, 1981, in Ranchi, Bihar (now in Jharkhand), India. He grew up terest in sports from a young age. He began playing cricket as a schoolboy and quickly rose through the ranks to become a professional cricketer.

Dhoni made his international debut in December 2004 and was appointed as the captain of the Indian team in 2007. Under his leadership, India won the 2007 ICC World Twenty20, the 2010 Asia Cup, and the 2011 Cricket World Cup. He also led the team to the top of the ICC rankings in Test and ODI cricket.

CRICKET RECORDS

Dhoni holds several records in international cricket. He is the only captain to have won all ICC trophies (ICC ODI World Cup, T20 World Cup, and Champions Trophy). He is also the first captain to win 100 ODI matches and the first captain to have won 50 T20 matches. Additionally, he holds the record for the most number of stumpings by a wicketkeeper in ODIs and is the fastest wicketkeeper to reach 50, 100, and 150 dismissals in ODIs.

RETIREMENT AND LEGACY

Dhoni announced his retirement from international cricket on August 15, 2020, bringing an end a glorious career that spanned over a decade. His contributions to Indian cricket have been immense, and he is widely regarded as one of the greatest cricketers in Indian history. He is known for his cool, calm, and collected demeanour on the field, and for leading the Indian team to numerous victories.

LIFE LESSONS

One real-life incident from the life of MS Dhoni that stands out is his decision to step down as the captain of the Indian cricket team in 2017. After leading the team for nearly a decade, Dhoni decided to step down from his role as captain in order to make way for a new leader.

This decision can teach us several valuable lessons. Firstly, it teaches us the importance of knowing when to step back and make way for others. Dhoni recognized that it was time for a new leader to take over and he was willing to make the tough decision to step down.

Secondly, it teaches us the importance of humility. Despite his immense success and fame, Dhoni remained humble and was willing to step down from his role as captain for the betterment of the team.

Thirdly, it teaches us the importance of selflessness. Dhoni's decision to step down as captain was not driven by personal ambition, but rather by a desire to see the team succeed.

Lastly, it teaches us the importance of being able to adapt and change. As the game of cricket and the team evolves, it is important to adapt and make changes that will benefit the team in the long run. Dhoni was able to recognize the need for change and was willing to make the necessary adjustments for the team's success.



MUHIL M



HELPING A CHILD OR TEEN WITH SMART PHONE ADDITION

Any parent who's tried to drag a child or teen away from a smart-phone or tablet knows how challenging it can be to separate kids from social media, messaging apps or online games and videos. Youngsters lack the maturity to curb their smartphone use on their own, but simply confiscating the device can often backfire creating anxiety and withdrawal symptoms in a child. Instead there are plenty of other ways to help the child find a healthier balance.

Children have a strong impulse to imitate, so it's important that parent should restrict own smart phone and internet use. It's no good asking the child to unplug while parent is starting at their own phone or tablet.

There are a number of apps available that can limit the child's data usage or restrict texting and web browsing to certain times of the day. Other apps can eliminate messaging capabilities while in motion.

JOGESH V

6 -C





BILLY COLLINS

THE FIRST TIME OF A POEM

Before it flatters into my mouth,
I might spend days squinting
Into the wind
Like an old man
Trying to thread a needle
By the window

In a chair

He aims the limp end

At the dim glint

Of the impressible eye

Now ever than the door of heaven

Or the silver of moon

That will not rise

From behind pines

Until the needle

Finally slides

Along the thin loop

And he lases

Into his all – night switching

Slipping the new wine

Sing a song

The colour of his thread.

Billy Collins

VISHVESHWARAN B S

6 – C





HEALTH BENEFITS OF EATING ON BANANA LEAF

Nothing beats the satisfaction of having a sumptuous meal served on a large, slender and greenish-yellow banana leaf. Yes! You got that right. Not only does it appeal to the eye, there are various other health benefits of eating on a banana leaf.

What started as a tradition down in South India thousands of years ago is now also proving to be a healthy trend. Eating on banana leaves isn't only flavourful, ecofriendly, hygienic and practical but also chemical free. Eating on banana leaves is healthy in every way. It is packed with polyphenols, which are natural antioxidants that is also found in green tea. These polyphenols battle all the free radicals in the body and prevent diseases. Banana leaf is also rich in polyphenol oxidase which is an enzyme to treat Paroxidase which is an enzyme to treat Parkinson's disease. Banana leaves also have digestion. Banana leaves also have a wax coating that gives it a glossy finish that adds on a subtle flavour to the hot food that is served on it.

it is enough if it is rinsed a little. Banana leaves are eco-friendly and easily decompose in a short time unlike plastic that takes at least a century to degrade completely. The large size of the banana leaf is an added advantage as it can hold an entire meal. Also, being water-proof it can hold gravies without turning much soggy.

Apart from just serving as a leafy plate, banana leaves are also used for cooking. It is used for wrapping as well. Steaming food along with banana leaves gives a sweet taste to the dish. Banana leaf contains traces of EGCG that are used in dietary supplements.



கம்பு சாப்பிடுவதால் ஏற்படும் நன்மைகள்

உலகில் பயிரிடப்படும் தூனியங்களில் முதலிடத்தில் கம்பு உள்ளது. தானியங்களிலேயே அதிக அளவாக கம்பில்தான் 11.8 சதவீதம் புரோட்டீன் சத்து உள்ளது. ஆரோக்கியமான தோலிற்கும், கண்பார்வைக்கும் கம்பு சாப்பிடலாம். முக்கிய சத்தான வைட்டமின்-Aவை உருவாக்குவதற்கு முக்கிய காரணியான பீட்டா கரோட்டீன் அதிக அளவில் கம்பு பயிரில் உள்ளது.

ஊட்டச்சத்துக்கள் :

100 கிராம் கம்பில் இருக்கும் ஊட்டச்சத்துக்கள் :

கால்சியம் சத்து 42 கிராம்

11 முதல் 12 மி.கிராம் இரும்புச்சத்து

வைட்டமின் B11 0.38 மி.கிராம் ரைபோபிளேவின் 0.21 மி.கிராம் நயாசின் சத்து 2.8 மி.கிராம்

எலும்புகள் வலிமையாகும் :

கம்புவில் கால்சியம் சத்து அதிகம் உள்ளது. ஒருவர் தினமும் கம்மங்குழை குடித்து வந்தால், இதில் உள்ள கால்சியம் சத்து எலும்புகளின் வலிமை மற்றும் அடர்த்தியை அதிகரித்து, எலும்பு சம்மந்தப்பட்ட பிரச்சனைகள் வராமல் பாதுகாக்கிறது. குறிப்பாக ஆர்த்ரிடிஸ் மற்றும் எலும்பு முறிவு உள்ளவர்கள் கம்மங்கூழைக் குடிப்பது மிகவும் நல்லது.

நீரிமிவ நோய் :

நீரிழிவு நோயாளிகள் அரிசிக்கு பதிலாக தினமும் கம்பு கூழ், களி, தோசை போன்றவற்றை செய்து சாப்பிடுவது அவர்களின் சிறந்தது. மேலும் இழந்த உடல்சக்திகளை மீட்டு தரும் ஆற்றல் படைத்தது கம்பு.

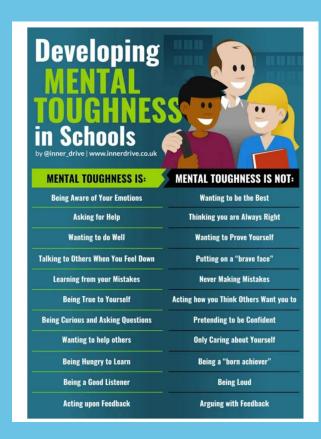
கம்புவில் உள்ள மக்னீசியம், இரத்த நாளசுவற்றை தளர்வடையச் செய்து, இரத்த ஓட்டத்தில் ஏற்படும் தடையைத் தடுத்து, உயர் இரத்த அழுத்தத்தைக் குறைக்க உதவுகிறது. ஊயர் இரத்த அழுத்தம் உள்ளவர்கள் கம்பு சாப்பிடலாம்.

K. Mithran.



OBA CORNER

DEVELOPING MENTAL TOUGHNESS



MR. VISWANATHAN
OBA - IPP



QUIZZOMANIA A TO Z QUIZ (LETTER 'E') ALL THE ANSWERS BEGIN WITH LETTER E.

- 1. Which Christian festival celebrates the resurrection of Jesus?
- 2. Complete this time-honoured conundrum: 'Which came first, the chicken or the '.
- 3. What sort of mammal was Nellie, who packed her trunk and said goodbye to the circus?

- 4. The Rolls-Royce bonnet mascot is called the Spirit of _____.
- 5. Which UK city hosts the world's biggest Arts Festival?
- 6. What 8-letter word denotes a state of intense happiness?
- 7. What is the phenomenon called when one celestial body comes in front of another, blocking out its light?
- 8. In Greek mythology, who was the wife of Orpheus?
- 9. Which flightless bird is the National Bird of Australia?
- 10. What is a sad poem written about a dead person called?

ANSWERS

- 1. EASTER
- 2. EGG
- 3. ELEPHANT
- 4. ECSTASY
- 5. EDINBURGH



- 6. EUPHORIA
- 7. ECLIPSE
- 8. EURYDICE
- 9. EMU
- 10. ELEGY

Compiled by

Mrs.Tamilselvi

Office



STUDENT ACHIEVERS

PRIMARY SCHOOL

Tamil Nadu State Level Roller Skating Championship held at Namakkal 2023



Mageesh Prasanna. K. S. 3rd Place - 5 - A



Sudeep. K 3rd Place - 4 - E



Kamal, B. J 3rd Place - 5 - C



Naveen Krishna. S. B. 3rd Place - 5 - C

STUDENT ACHIEVERS

HIGH SCHOOL

C.S.M. B. Srudeep Dev received the 'Best Cadet' Award for the RDC Parade 2023. The award was given by the Director General of NCC, New Delhi. He received a cash prize of Rs. 4500.

OBITUARY



Mr. Mohankumar was a retired teacher who served our school as Maths Teacher for 37 years from 1975 to 2012. May his soul rest in peace.

ART GALLERY



SANJAN K, 7 D



SANJAN K, 7 D



SANJAN K, 7 D



KOPINATH S, 6 - C



NAVEEN D, 6 E



NAVEEN D, 6 E



NAVEEN D, 6 E



PRAVEEN D, 6 E



NAVEEN D, 6 E



NAVEEN D, 6 E



SANJAN K, 7 D

ART GALLERY



PRAVEEN D, 6 E





DHARANIDHAR PB, 6 - C



ELANG KEERAN E, 6 - C



KAVINADITHYA K.B, VI-E



SANJAN K,7 D



YOKESH A S, 6 - D



YOKESH A S, 6 - D

ART GALLERY



SRINISANTH M R, 6-E



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