



Jyoti Kalash

तपसो मा ज्योतिर्गमयः

Newsletter of Shri Sanatana Dharma Vidyalaya Association Schools

Wishing you
Success in your Exams!
may good luck be in your
favor, and your preparation
bring fantastic outcomes!



KAB - Swachh Bharat Abhiyaan



KAB - Social Awareness



SSDV - Natya Fest



SSDV - Alumni Meet



MFSD - Natya Fest - I Prize



MFSD - Anuvrat National Level Drawing Competition - III Prize



SPS - Annual Day - Lamp Lighting



SPS - Food Fest



SHRI SANATANA DHARMA VIDYALAYA ASSOCIATION (Estd. 1919)

Managing Body :

S.S.D.V. Mat. Hr. Sec. School, (for Girls) Chennai - 79. (Estd. 1919)

M.F.S.D. Hr. Sec. School, (for Boys) Chennai - 79. (Estd. 1960)

K.A. Bal-Niketan Nursery Primary School, Chennai - 79. (Estd. 1962)

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From the Chairman



These achievements demonstrate our 4 schools' commitment to holistic education and excellence! Congratulations to our students, teachers and staff on a remarkable third quarter.

Congratulations! To KAB for conducting social awareness massive Rally "Swachh Bharat Abhiyaan" Children's Day celebration week - Medical Camp. Accolades! to Kavya for receiving IInd Prize in Interschool Oratorical Competition conducted by SPUC & Rajasthan Patrika.

Congratulations to SSDV for conducting Natya Fest Interschool Competition Successfully, Seminar & Workshop on Awareness & Orientation Programme.

MFSD - Visit of DEO to school was a moment of delight. Kudos! for receiving 3rd prize at Anuvrat National Level Drawing Competition and the Best RSP Student Award from Commissioner of Police. Congratulations! to Smt.R.Sumathi for being conferred with the Best Teacher from HSPGTA.

SPS - Wishes for celebration of Annual Day. Special Accolades for participating in State Level and National Level Competitions and receiving medals, certificates. Its proud moment to participate in National IAS Junior Exam and securing 4th Rank, 5th Rank by Grade X students. Appreciation for participating in Nobel Yoga World Record 2025 and performing tremendously. Kudos! for bringing laurels to the school.

A successful tomorrow belongs to those who prepare today.
Exams are an important part of a Student's Educational Journey & Performing well.



Wishing all the students very best.

Dr. R.K. Jhaver

Editorial



Vol-63 is an inspirational continuation of Vol – 62 based on the book Atomic Habits by James Clear. Developing good habits and talent requires consistent effort and discipline. Start by setting clear goals and breaking them into manageable steps. Focus on small, daily actions that build over time, such as practicing a skill regularly or maintaining a positive mindset. Surround yourself with supportive influences and seek constructive feedback to grow. Remember, talent is nurtured through persistence and learning, while good habits are formed by repetition and a strong commitment to self-improvement.

The seed of every habit is a single, tiny decision. "If you get just 1 percent better each day, you'll end up with results that are nearly 37 times better after one year"

"Follow your dreams with dedication and you will surely make all of them come true" Good Luck and All the best for your exams!

M.P. Marda

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Hm's Desk:

"Small habits make a big difference"!

Atomic habits teach children that even tiny, positive actions each day can lead to amazing results over time. By building these simple routines, kids can develop discipline, confidence, and a mindset for lifelong success. "Start small, stay consistent, and watch the magic of growth unfold!"

The secret of your success is determined by your hard work and strong focus on your goal. Best of Luck for your Exams!



Master Mind 2024: Students participated and won consolation prize in Quiz Competition at DG Vaishnav College. Students received cash prize of Rs.250/- each and certificates.



Rice Donation- Orphanage

Children's Day Celebration Week:

- As a week programme from 13.11.2024 to 15.11.2024. Free Eye & Dental Camp for students from Cauvery Hospital, Clove Dental & Dr. Agarwal Eye Hospital on 13.11.2024. and for Parents on 14.11.2024.

- Nearly 500 Kgs of Rice was collected from students and donated to Orphanages like Tambaram Blind Academy,
- Thaikarungal Old Age Home and Jinendra Jothi Orphanage. Motivational Children Movies were showed to the children. Fancy Dress for KG to STD II & Free Style Dance for III std to V std students were conducted on 15.11.2024.



Dental Camp



Rice Donation- Blind School



Eye Camp

Sunshine Academy conducted **Math Olympiad Competition** for students from I std to V std. 88 students participated in Arithmetic Olympiad and 13 students participated in both Arithmetic and Mathematic Olympiad.



Students of **Cubs & Bul-Bul** participated in the Annual Camp of North Chennai District conducted at Tonekala Camping and Training Centre Avadi. Students received participation Certificate.

Pongal Celebration: The traditional harvest festival was celebrated in our school by depiction of pot setup. Children wore traditional costume. The importance of four days was presented through PPT Presentation to all the children.



Naty Fest: SSDV school conducted Inter school competition for primary students. K.A.B children participated and won prizes. Monisha of III Std won 3rd prize in Thirukkural Recitation, Renuka of IIIrd Std won IIIrd Prize in Drawing Competition, Kavya of Vth Std won IIInd Prize in English speech, Hansh of III Std won IIIrd prize in Hindi speech, Also IIInd prize in Dance Competition. Students received memento and certificate.

Rising Star Art & Craft Competition: Students participated in Drawing, paper collage, Greeting card making, Handwriting, Clay Modelling, Essay writing Competition. 22 students won school level prize. Received Medal, Wooden Trophy, & Certificate.



Republic Day Celebration: Unfurling of National Flag was done on Republic Day. Headmistress, Teaching staff, Cubs and Bul-Bul, Captains of school celebrated with great enthusiasm and patriotism.



Field Trip: Students of I std to V std visited Queen's Land. Student had a good time in enjoying the rides. KG Students visited Dakshin Chitra.



SPUC Society in association with Rajasthan Patrika organized Oratorical Inter School Competition on the occasion of Patrika Founder's Day on 1st February 2025. Topic for the competition was "Empower the girl children with Education for better tomorrow for the growth of our country". Students of various schools participated in the competition of all the three languages. 3 students from our school participated and won prizes. Kavya of V std received IIInd Prize Rs.500/- cash.





Principal's desk: Jai Shri Krishna Dear students, "The only way to do great work is to love what you do." I hope all the students of Std X, XI & XII are preparing vigorously for your board exams. Believe in yourself, your abilities, and your dreams. Surround yourself with positive influences and keep moving forward. The path to success may be long and challenging, but with perseverance, dedication, and a positive attitude, you'll overcome any obstacle and achieve greatness. These final exams are your chance to shine and showcase your growth. All the best.

Master Mind: Our students took part in the competition held by SPS and won 2nd prize in Junior, 3rd prize in Senior Level and consolation prize in Senior Level.



Awareness & Orientation Programs:



- ✓ **Teachers Training Program:** A one day training program was organized by Vivekananda Educational Society for teachers.
- ✓ **Maths Olympiad Orientation Program:** was conducted for classes 6 to 9.
- ✓ **Session on Posco Act:** An awareness session on Posco Act was held at Don Bosco, Egmore in which one of our teachers attended.
- ✓ **Fire Extinguisher:** Demo on how to use fire extinguisher was given to the teachers by Fire Service Department.
- ✓ **Painting Workshop:** Our students took part in Camlin workshop and received participation certificates.
- ✓ **RSP Workshop:** One of our teachers along with a student attended a workshop organized by Center of Excellence for Road Safety at IIT Madras Campus
- ✓ **Orphanage Visit:** On account of Pongal, students and Teachers visited Seva Chakkara. Childrens donated provisions to them.
- ✓ **Medical Camp:** The school organized a medical camp in the premises for parents and students. Dental, General and Eye Specialists from Agarwal and Kauvery hospital were present during the medical camp.



*Educational Trip:
Students of
Std VI – XII
were taken on a
one day trip to
Farm guru.*

Functions & Celebrations:

Dhanteras, Childrens' Day, Christmas, Pongal, Republic Day



Alumni Meet 2024-25: On the occasion of Children's Day, an Alumni Meet Ceremony was organized for the first time in the school in the premises of Shri Sanatana Dharma Vidyalaya, in which about 56 students from 1919 to 2018 registered their presence. Some students who live outside Tamil Nadu like Bangalore, Kadapa etc. were especially present for this program. The program started with lighting of lamps. Welcome speech was given by the school secretary Mr. SP Baheti and welcome dance was presented by the dance teacher. The alumni shared their memories and achievements in the school and also shared their experiences. Many of these students are making their name in the fields of physiotherapist, lawyer, CA, interior designer, trade - commerce - business. The school teachers presented a song followed by the vote of thanks by the Principal.





Hm's Desk: I wish to congratulate each student who enthusiastically participated in ECA activities showcasing their talent, brought laurels to the institution by their outstanding performance, dedication and passion. As public exams are approaching for 10th, 11th and 12th std I urge students to remain focused, work diligently, and believe in yourselves. Your perseverance will undoubtedly yield exemplary results. I extend my gratitude to our Teachers' and Management for their unwavering commitment to achieve Academic excellence.

My best Wishes



DEO Visit The District Educational Officer (DEO) officially visited our school. DEO provided valuable feedback, suggestions, and support for the school's continued improvement and growth.

Inter School Competition Our students showcased their intellectual by securing the third position in an Interschool quiz competition convened by the Postal Department



The Master Mind 2024: Quiz Competition conducted by Sakthi Public School on 09.11.2024 witnessed a triumph for our School, as our students clinched the First Prize in the Senior category.

Childrens Day Celebration: The occasion was dignified by the presence of **Sri. Basant Kumar Vyas**, a revered alumnus, as the Chief Guest, accompanied by **Smt. Narbada Devi**, Assistant Correspondent Agarwal Vivekananda Vidyalaya Sr. Sec. School, MKB Nagar. The celebrations featured dance, skit and recitations which enthralled the audience.



National Level Acheivement: Babulal D of IX std. exhibited exceptional artistic talent by securing the Third Prize at the Anuvrat National Level Drawing Competition held on November 6, 2024



Mahipal 11B received the **Best RSP Student Award** from Commissioner of Police

Smt. R. Sumathi PG Asst. in English, was conferred with the **Best Teacher Award** from Higher Secondary PG Teachers' Association (**HSPGTA**).



Educational Trip: Our Management organized an Educational trip to Kodaikanal providing our students with a wonderful opportunity to explore the natural beauty, culture, and heritage of this hill and a divine Dharshan at Madurai.

76th Republic Day Celebration: Our students and staff came together to commemorate the 76th Republic Day Celebration on 26th January. **Dr. Arvind Kumar Tiwari**, B.T. Hindi pandit was the Chief Guest for the programme and unfurled the National Flag. Our Students presented inspirational Speeches, mesmerizing dance performance, a patriotic song filling everyones mind with the National pride.



One Day Teachers Trip: Our Management organized a delightful one-day trip to Blue Bay Resort for our Teachers providing a well-deserved break and an opportunity to relax, recharge, and bond with colleagues in a serene and picturesque setting.

NATYA Fest 2025: MFSD Students distinguished themselves at the Natya Fest hosted by SSDV, securing the First Prize in both VI & VII std. category and VIII & IX Std. category.





Principal's Line: Dear Students, as you stand on the threshold of your CBSE board exams, I extend my heartfelt wishes to each one of you. This is a significant milestone in your academic journey, and I have full confidence in your hard work, dedication, and perseverance. Stay focused, give your best, and trust in your preparation. Success will surely follow! Beyond exams, I wish you a future filled with growth, achievements, and happiness.

A special note of gratitude to all our dear parents for their unwavering trust in Shakthi Public School. Your support has been instrumental in shaping our students' success. We look forward to your continued encouragement in the years to come as we strive for greater excellence together.



SPS STUDENTS WITH THEIR MEDALS AND CERTIFICATES

THIRD GENERATION STATE LEVEL COMPETITION 'Third generation - Chennai - a platform for creative students conducted both handwriting and drawing competition in SPS. It is a "State Level Competition for amazing kids 2024-25.U.K.G to Grade 11 Students participated in the competition won medals & certificates of appreciation. J.Haasima of Grade 9 bagged School level Toppers shield.

NATIONAL LEVEL CRICKET CHAMPIONSHIP 50-Ball Cricket National Championship 2024, held in Chandigarh from 14th to 17th November 2024. Five students from Shakthi Public School had the privilege of representing the school at the National Level, showcasing their talent and sportsmanship on a prestigious platform. Y. Ziegenpaul of Grade 9 received trophy and stood as overall Best player of the match for his outstanding performance.



SPS – NATIONAL CRICKET PLAYERS

ANNUAL DAY CELEBRATION The Annual Day celebration at Shakthi Public School (SPS) in Tiruttani was held on January 4, 2025 with great enthusiasm and pride, marking a momentous occasion for the institution. The event saw the presence of distinguished Chief Guest, Captain Kuldeep Tripathi of INS Rajali, Honourable Correspondent Shreemohan Damani, esteemed committee members, Respected Principal, parents, teachers, students, and the SPS staff.

Mrs Yadla Nagalakshmi, Principal presented Report on the achievements, progress, and growth of the school over the past year. Addressing the gathering, School Correspondent Shreemohan Damani spoke about the rich legacy of Shakthi Public School's affiliation with the SSDV Association, which has completed 103 years in the field of education.

The Chief Guest, Captain Kuldeep Tripathi, was welcomed for his exemplary service and commitment to discipline and excellence, serving as a role model for the students. His presence highlighted the important connection between education and the armed forces.



HONOURING THE CHIEF GUEST



CLASSICAL DANCE



TEAM OF SPS



PATTAM QUIZ WINNERS

PATTAM QUIZ COMPETITION Pattam Quiz conducted by Dinamalar News Paper associated with Chennai Institute of Technology, Chennai on 18th November in SPS for Grade 5 to 9. Students of SPS participated in the competition to show case their hidden talents. RakeshKanna from Grade VIIS and Madumitha from Grade VIIT selected for State level received medals & merit certificates.



K Harshini – Grade X (4th Rank)
S Lohithasai – Grade X (5th Rank)

NATIONAL IAS JUNIOR EXAM Students of SPS participated in the IAS Junior Exams at the All India level. Harshini K (Grade X) secured 4th Rank, and Lohitha Sai S (Grade X) achieved 5th Rank, making us immensely proud. We extend our best wishes for their future endeavors!



School Toppers:
Lakshitha (Grade X) – 1st Rank
LalithKrishiv G (Grade VI) – 2nd Rank
Darshan O (Grade VIII) – 2nd Rank
Rakshika M S (Grade VIII) – 3rd Rank



Students with their Medals & Certificates

NOBEL YOGA WORLD RECORD -2025 Shakthi Public School is proud to announce that 25 kindergarten students actively participated in the prestigious Nobel World Records attempt organized by the Indian Yogasana Sports Federation. Despite their young age, our students demonstrated exceptional enthusiasm and dedication. They successfully attempted the Cobra Pose (Bhujangasana) while balancing a cup of water on their forehead for the required duration. Their participation in this record-breaking event showcased their commitment to physical well-being and mindfulness.

7 Areas of Life for Goal Setting

1

Health and Fitness

- Exercise Consistently
- Self Care
- Balanced Nutrition
- Journaling

2

Career and Professional Development

- Skill Enhancement
- Skill Enhancement
- Leadership Growth
- Leadership Growth

3

Personal Finance

- Save a specific amount of money each month
- Create and stick to a monthly budget
- Invest in stocks or real estate
- Debt Reduction

4

Relationships and Social Life

- Quality Time
- Attend Events
- Communication Skills
- Plan regular date nights with your partner

5

Personal Growth and Development

- Lifelong Learning
- Read a certain number of books on personal development
- Attend workshops or seminars on self-improvement

6

Recreation and Leisure

- Travel to a new country or city
- Participate in a sports league or outdoor activities regularly
- Learn a new hobby such as painting or photography

7

Contribution and Community Involvement

- Volunteer at a local charity.
- Mentor a young person or someone in need
- Organize a community clean-up event

Atomic Habits

By: James Clear

Chapter 7: The Secret to Self-Control



4 Stages of Habit Loops

Leveraging your Addictive Tendencies
(from James Clear)



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Brett Erik | COO Legacy Builder

Atomic Habits

four simple laws to help you set and maintain good habits.

They'll **change** your life.

MAKE IT OBVIOUS

On the Japanese rail system, staff habitually 'point and call' out seemingly obvious things, like trains leaving platforms or lights changing.

This reduces errors by **85%** and accidents by **30%**.



MAKE IT ATTRACTIVE

Dopamine is the brain chemical behind habits. Make a habit pleasurable – or connect it to another pleasurable activity – and it **sticks**.

When we **anticipate** a reward, dopamine **spikes**.

MAKE IT EASY

Friction prevents habits from forming. Lay out workout clothes, pre-chop vegetables – or **introduce** friction to break bad habits.

The author **Victor Hugo** once wrote a whole book to a **six-month deadline** after wasting a **year** socialising. How? He **threw away all his clothes** so he couldn't go out.



MAKE IT SATISFYING

If there's no **immediate gratification** in an action it's very hard to make it a habit. A nice feeling, a good taste, a feeling of satisfaction – anything can work. Your brain needs an incentive, **no matter how small**.

ATOMIC HABITS

HELP TRIGGER A GOOD HABIT BY MAKING IT:

OBVIOUS

Make the "cue" really easy to see, hear, reach, etc.

EASY

Make sure the cue can happen easily and the "reaction" activity as easy as possible, too

ATTRACTIVE

Make the cue something you enjoy and completing the habit beneficial

SATISFYING

Make clear to yourself WHY completing this habit is satisfying

WAYS TO BUILD A GROWTH MINDSET

A POSTER FOR KIDS

- Use your creativity and think outside the box!
- Instead of saying, "I'm not good at this," ask, "What am I missing?"
- Practice, it's like exercise for your brain!
- Set goals that are specific and doable.
- Look for ways to improve.
- Focus on your effort, not on the end result!
- Try a different strategy if the first one isn't working.
- Add "YET" to the end of "I can't..." sentences.
- Learn from your mistakes.
- View challenges as opportunities to grow.
- Use positive self-talk to remind yourself you can do hard things.
- Persist and don't give up!

ATOMIC HABITS

by James Clear

- Small daily efforts build up to be make large gains over time.
- Build the habits for the **identity** that you want.

CUE

MAKE IT OBVIOUS

- Set **triggers** for you habits based on time or location.
- Stack** you habits so that they follow each other.
- Over time they will become **automatic**.

CRAVING

MAKE IT ATTRACTIVE

- Link you habits with something you **want** to do.
- Create **fun** warm up rituals.
- Join **social** clubs that encourage the habit.

RESPONSE

MAKE IT EASY

- Prime your **environment**.
- Make it **easy** for good habits, and difficult for bad ones.
- Habits should be short, **simple** tasks.

MAKE IT EASY

REWARD

MAKE IT SATISFYING

- Use habit trackers for evidence of your **progress**.
- Keep your habit **streaks** going.
- Never miss a day twice.

ATOMIC HABITS

- James Clear

Habit Loop

Cue → Craving → Response → Reward

Small changes, BIG RESULTS

1% improvement per day = 37x Better per year

OUTCOMES are the compound effect of our BEHAVIOUR & HABITS.

Habit Stacking

Attaching a new habit to an existing one. This leverage the power of existing routines to establish new ones

Environment Design

make cues of bad habits invisible

Identity based Habits

I don't want to smoke. I am not a smoker.

Focusing on changing one's identity rather than just behavior can lead to more sustainable habits.

Visual measures

Habit Tracker, Paperclip strategies, Review & feedback, Reflections

FORGET ABOUT THE GOAL. FOCUS ON THE SYSTEM.

- Start by focusing on who you want to become, not what you want to achieve.
- Small repeated habits add up to big changes. They are the compound interest of self-improvement.

MEASURE YOUR HABIT PROGRESS

USE THE TWO-MINUTE RULE

USE HABIT STACKING

I WILL [BEHAVIOR] AT [TIME] IN [LOCATION]

TRIGGER

MAKE IT OBVIOUS

by creating visual cues in your environment that prompt you to act or by setting implementation intentions.

CRAVING

MAKE IT ATTRACTIVE

by pairing something you want to do with something you need to do.

RESPONSE

MAKE IT EASY

by using the 2 minute rule - when you start a habit it should take less than 2 minutes to complete.

REWARD

MAKE IT SATISFYING

by making rewards immediate after you finish the habit or using habit tracking.

DISADVANTAGES OF SOCIAL MEDIA



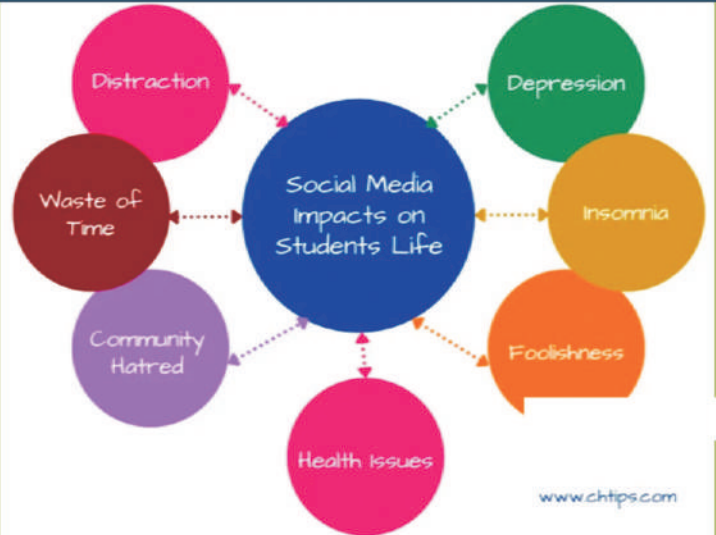
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DISADVANTAGES OF SOCIAL NETWORKING

surprising insights from teens

- 1 LACKS EMOTIONAL CONNECTION
- 2 GIVES PEOPLE A LICENSE TO BE HURTFUL
- 3 DECREASES FACE-TO-FACE COMMUNICATION SKILLS
- 4 CONVEYS INAUTHENTIC EXPRESSION OF FEELINGS
- 5 DIMINISHES UNDERSTANDING AND THOUGHTFULNESS
- 6 CAUSES FACE-TO-FACE INTERACTIONS TO FEEL DISCONNECTED
- 7 FACILITATES LAZINESS
- 8 CREATES A SKEWED SELF-IMAGE
- 9 REDUCES FAMILY CLOSENESS
- 10 CAUSES DISTRACTIONS

Source: <http://www.rootsaction.com/disadvantages-of-social-networking/>
RootsOfAction.com



www.chtips.com

Signs Social Media Is Affecting Your Mental Health



verywell

Disadvantages of Social Media

1. **Addiction:** Excessive use of social media can lead to addiction and time wastage.
2. **Privacy concerns:** Users' personal information may be vulnerable to data breaches and misuse.
3. **Cyberbullying:** Social media platforms can be breeding grounds for online harassment and bullying.
4. **Spread of misinformation:** False information can spread rapidly, leading to confusion and misinformation.
5. **Reduced face-to-face interactions:** Over-reliance on social media can hinder real-life social skills and connections.



NATYA FEST



An inter-school dance competition was organized on 23rd January 2025 in SSDV premises. Interschool primary level competitions were conducted in the morning session. The events were, Speech (English & Hindi), Spell Bee, Thirukkural Recitation and Drawing. The grand mega Interschool Competition, Natya Fest began in the afternoon session, with a prayer along with lighting of kuthuvilakku in the presence of SSDV Association and School Management members. All the guests were welcomed with a welcome dance by SSDV girls. The judges of the day were Smt. Lavanya, an accomplished Bharatanatyam dancer and Shri Uttiya Barua, Bharatanatyam artist, choreographer and teacher. The competition was held in three categories, Primary level (III -V class), Junior level (VI -VIII) and senior level (IX -X). The participants dressed in colourful costumes, twirled around and set the stage on fire with their thrilling performance. After the completion of the competition, the school teachers were felicitated with mementos for producing centums and 100% result in Board exams. The judges gave their views and tips of improvisation to the participants. Under each category, 3 winners were selected and were awarded. The winners of the Interschool primary event conducted in the morning session were also awarded with the prizes during the valedictory. The event ended with vote of thanks. This cultural extravaganza turned out to be a huge success with 192 participants from various schools in and around Chennai.

Think Clean and Go Green. Go Green to Keep this World Clean



Our School organized a Rally March on 7th December in association with Fort Lion's Charitable Trust on "Swachh Bharat Abhiyaan" which includes awareness on Road Safety, Clean City Green City, Clean Sowcarpet, Wearing helmet. The Rally was flagged off by PMJF Lion S Bose.

SSDV Association Members, ECA Co-ordinators, HM's of three schools, Members of KAB, Students, Parents of KAB participated in the March. Students from III std to V std marched through the streets of Sowcarpet - NSC Bose Road, Elephant Gate, Audiappa Naicken Street and halted at Chinna Naicken Street corner.

Students of Cubs & Bul-Bul gave a live demo on awareness to public. The Demo was performed at 3 different locations. 50 saplings were distributed to the public. 10 helmets were given to the teachers. Refreshment were given to all.



KAB - Interschool Competition by SSDV



KAB - Natya Fest Dance II Prize



SSDV - Inter School Competition



SSDV - Sports Winners



MFSD - Republic Day Celebration



MFSD - Smt. R. Sumathi Best Teacher Award - HSPGTA



SPS - National Archery Championship Winners



SPS - District Level Thirukkural Competition Winner - Vanshika .M of Grade 8