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June 15 -30, 2025



**SATCHIDANANDA
JOTHI NIKETHAN
INTERNATIONAL SCHOOL**

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KALLAR,
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TAMIL NADU.

www.sjnschool.com



'As the mind, so the
individual; bondage and
liberation are in the mind'
-Swami Satchidananda Maharaj

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Everyone is for a Purpose

Our first priority is to serve others. In the process of doing that, if you think that you have to take a little rest so that you can serve more, then go take rest. Still, your taking rest is for the purpose of serving. That's how you should eat, sleep, rest, bath and everything.

You take a bath with a nice soap not just to make yourself clean. You have to come here with a clean body so that you won't send out a bad odour to others. It's for the sake of others that you are keeping your body clean. It's to serve others that you eat your lunch. It's to serve others tomorrow that you go and rest tonight. We should think, "Everything I do is aimed towards serving others, my all is for others." If we can apply this in our daily lives then we don't have to worry about taking care of ourselves. Each one is already taken care of by everyone else.

Even being overly enthusiastic in wanting to serve more is the wrong approach. That's egoism. You should simply serve in whatever way you can. Don't try to show off. Don't pretend that you can do more than you are able to. A parrot can talk to you, but not a donkey. Does the donkey get upset over it? No. It's happy as a donkey. It need not try to copy the parrot and then cry, "Oh, I can't even sing or repeat anything." If you have been created as a donkey, be happy as a donkey, because you have a purpose. If you have been made something else, be happy that way.

-Swami Satchidananda Maharaj

We Educate the Mind; Illuminate the Soul



Leadership Programme for Class XI Students June 12 to 16, 2025

Satchidananda International School conducted a comprehensive Leadership Programme for Class XI students from June 12 to June 16, 2025, focusing on empowering young learners with critical life skills, values, and personal development tools. The programme featured a rich blend of expert-led sessions, interactive activities, and experiential learning modules designed to shape confident, capable, and compassionate future leaders.

Life in Boarding School

Facilitator: Dr. R. Uma Maheswari, Principal

Dr. R. Uma Maheswari's session offered deep insights into the unique advantages of boarding school life. She emphasized the development of patriotism, honesty, service, and self-discipline. The holistic approach included physical, intellectual, emotional, and spiritual growth, encouraging students to embrace boarding life as a foundation for becoming well-rounded individuals.



Step Out of Your Comfort Zone

Facilitator: Dr. S. Sakthivel, Vice Principal

Dr. S. Sakthivel inspired students to break free from comfort and venture into growth. He explained the journey through the fear, learning, and growth zones, motivating students to take risks and face challenges confidently. His powerful message: "Change begins at the end of your comfort zone" left a strong impact on the learners.



Etiquette and Good Manners

Facilitator: Mrs. A. Geetha, Teacher of English

This session reinforced the importance of values such as respect, politeness, and honesty. Mrs. A. Geetha used practical examples like the use of "please" and "thank you" to make



etiquette relatable. Topics included table manners, communication skills, and family and social etiquette, promoting dignity and responsible social behaviour.

Embracing the Unknown

Facilitator: Dr. J. Sheela Grace, Dean, Academics

Dr. J. Sheela Grace encouraged students to face uncertainty with courage and an open mind. She focused on consistency, ownership, and growth through challenges. Her session highlighted adaptability and resilience as key components of personal development.



Ice Breaker Session

Facilitators: Mr. N.K. Sekaran & Mrs. Vanitha Krishnaraj, Teachers of English

Through engaging activities such as Walk and Talk, Role Play, and Story Building, students connected with peers and enhanced their creativity, communication, and teamwork. The session successfully built classroom camaraderie and introduced expectations in a friendly, inclusive manner. Pens were gifted as tokens of encouragement.



Career Choices After School - Facilitator: Mrs. P. Sangeetha, School Counsellor

Students explored the difference between a job and a career, and the importance of aligning career paths with interests and strengths. Mrs. P. Sangeetha conducted group discussions and guided students through subject and stream choices, enhancing their understanding of career planning and future opportunities.

Leadership Mindset - Facilitator: Dr. Babu Rangarajan, Clinical Psychologist

Leadership was presented not as a title, but as a mindset rooted in self-awareness, positive thinking, and purposeful action. Dr. Babu Rangarajan introduced the concept of "reprogramming the mind," empowering students to replace



limiting beliefs with constructive thoughts for effective decision-making and leadership.

Effective Communication

Facilitator: Mrs. E. Kiruthika, Teacher of English

This practical session helped students overcome stage fear and communication barriers. With engaging activities like the Telephone Game and Advertisement Creation, students learned about body language, tone, active listening, and clear confidence in public speaking and interpersonal communication.



expression, improving their

Exceed Your Own Potential

Facilitator: Mrs. R. Poornima, Teacher of Mathematics

Mrs. R. Poornima's motivational talk urged students to go beyond their limits and strive for excellence. Through stories of achievers like Jack Ma and Muniba Mazari, she conveyed that determination and belief in oneself are the keys to success. Her message: "Always deliver more than expected" resonated with all.



Humility is the Gateway to Grace

Speaker: Dr. M. Sivakumar, Teacher of Tamil

Dr. M. Sivakumar beautifully connected humility with spirituality and self-awareness. Through references to Lord Hanuman and stories from the Mahabharata, he explained how humility fosters inner peace and meaningful relationships. The interactive session included student questions on values and personal growth.



Meditation for Inner Peace

Facilitator: Mr. P. Murugesan, Teacher of Social Science

Students were introduced to the basics of meditation, including breath control, posture, and chakra alignment.



Mr. P. Murugesan guided them through mindfulness practices to help manage stress and improve focus. The session encouraged students to include meditation in their daily routine for emotional well-being.

Outbound Training - Turning Point, Coimbatore

Dates: June 14-15, 2025

The two-day outdoor leadership camp held at Turning Point, Coimbatore, provided students with an immersive experience in teamwork, strategic thinking, and personal growth. The programme began with energizing ice-breaker activities to build rapport among participants, followed by a series of engaging challenges. Activities like the **Musical Tyre** enhanced students' alertness and coordination, while **Triangle Trauma** fostered strategic planning and teamwork. The **Spider Web** activity focused on discipline and precision, whereas **Acid River** challenged students to maintain balance and think critically under pressure. The **Tin Tower** exercise combined elements of mathematics and physics, promoting academic integration and concentration. High-adrenaline tasks such as **High/Low Rope walks**, **Rope Climbing**, and the **Zipline** instilled courage, resilience, and trust in one another. The training concluded with a joyful splash pool session, allowing students to unwind and celebrate their collective efforts. The camp not only tested their physical and mental endurance but also strengthened their interpersonal bonds, leaving lasting memories of collaboration and achievement.



Adolescence: Navigating Change

Speaker: Dr. R. Murugesan, School Doctor

In the closing session, Dr. R. Murugesan addressed the emotional, psychological, and physical changes during adolescence. Topics like anger management, peer pressure, and bullying

were discussed in detail. Students were encouraged to seek support and understand that adolescence, though challenging, is a time for immense growth and learning.

Valedictory Address - Goal Setting & Positive Thinking

Speaker: Dr. Kavidasan, Secretary

In his powerful and thought-provoking valedictory address, Dr. Kavidasan, our Secretary emphasized the importance of setting clear life goals and cultivating a positive mindset. He compared a life without goals to a boat without an oar—adrift and directionless—stressing that a strong sense of purpose is essential for meaningful progress. He introduced the students to the concept of the 4 Ds: Determination, Dedication, Devotion, and Discipline, which serve as the foundation for success, along with the 5 Cs: Courage, Confidence, Commitment, Competence, and Creativity, which shape one's character and capacity to lead. Additionally, he explained how conducting a personal SWOT analysis—assessing one's strengths, weaknesses, opportunities, and threats—can help students make informed and empowering decisions. His insights into how positive thinking can influence not only personal success but also the emotional environment around us deeply resonated with the audience. The address concluded with an engaging question-and-answer session where students actively participated and sought further clarity. The event wrapped up with a heartfelt vote of thanks delivered by Mr. K. S. Seshakumar, marking the formal conclusion of the programme.

The Leadership Programme 2025 was a powerful platform for students to explore their potential, understand themselves, and gain tools to succeed academically and personally. Through inspiring sessions and dynamic activities, students emerged more confident, self-aware, and ready to lead with compassion and courage.

Mr. K.S. Seshakumar, Teacher of commerce, and Mrs. P. Sangeetha, The School Counsellor organized the entire programme.

International Yoga Day Celebrated 21-06-2025

To mark the importance of International Yoga Day on June 21, 2025, students and teachers of Satchidananda Jothi Nikethan International School, performed Hatha yoga amidst natural ambience in the school campus. The theme was, 'Yoga for One Earth, One Health'.

The Secretary of the school, Dr.Kavidasan graced the event with his presence. Children performed 'Hatha yoga', the yoga propagated by the founder of the school Swami Satchidananda Maharaj. His teachings brought physical discipline of yoga with spiritual philosophy. The school considers yoga not only a route to fitness and wellness but also a way to external bliss. Doing yoga regularly the students improve their memory power, focus more on studies and the asanas provide them eternal wellness.

The day started with 'Om chanting' and the opening sloka 'Hari om' followed by a sequence of asanas starting with Suryanamaskar. This was followed by Bhujangasana, Sarvangasana, Dhanurasana, Yoga Mudra and intermittently with savasana. Children also performed Pranayama. Knowing well that yoga gives an easeful body, peaceful mind and useful life, its significance was reiterated in the young minds much to the serene ambience in the school campus. The Principal, Dr.R.Umamaheswari welcomed the gathering and spoke on how yoga paves the path to self-discovery and wellness . The Vice-Principal, Dr.S.Sakthivel took part in the celebration and urged the children to celebrate yoga throughout their lives .The celebration for the International Yoga day was a blessed and memorable day for the students and teachers of the school.



Inauguration of Swami Vivekananda Study Circle 21-06-2025

Swami Vivekananda Study Circle was inaugurated on June 21, 2025. The event was graced by the presence of esteemed Chief Guest Swami Tamoharanandaji, Secretary, Ramakrishna Mission Vidyalyaya High School, Coimbatore. The aim of the study circle is to inculcate Swami Vivekananda's principles in the young minds.

The students of Swami Vivekananda Study Circle showcased their knowledge and admiration for Swami Vivekananda through various presentations. They recited poems on Swami Vivekananda, the Chicago Address, biography, shared his profound thoughts, and even performed a monologue.

Swami Tamoharananda, in his address, brought Swami Vivekananda's teachings to life by sharing real-life anecdotes and demonstrated the practical relevance of Vivekananda's principles in today's modern world. The interactive session was both enlightening and engaging, capturing the hearts and minds of the audience, especially the children.

Principal Dr. R. Umamaheswari, in her Felicitation address said that imbibing Swami Vivekananda's principles help us to become ideal students. Dr.S.Sakthivel, Vice Principal encouraged the children to learn more about Swami Vivekananda and follow his principles. Earlier, Shreemaya.V of class IX welcomed the gathering while S.Mithun of class IX proposed a vote of thanks.

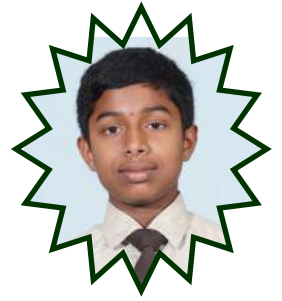
We thank our Secretary, Dr. Kavidasan, for his invaluable guidance and support in realizing the vision of the Study Circle - a platform dedicated to promoting the ideals and teachings of Swami Vivekananda among the students and community.

Mr.N.K.Sekaran and Mrs.B. Sunitha, Department of English organized the entire programme.



Student of the week

It is with great pride and admiration that we present Pragalathan Kumarasamy of Class XI as our Star of the Week. Known for his calm and composed demeanor, Pragalathan exemplifies quiet determination and outstanding talent both in academics and extracurricular pursuits.



Student of the Week
Pragalathan Kumarasamy
Class XI

A student of exceptional caliber, Pragalathan achieved a centum in Tamil in the Class X Board Examinations 2025, a feat that speaks volumes about his dedication and academic excellence. His love for the Tamil language is further reflected in his flawless recitation of 'Thiruvasakam', which he renders with deep devotion and clarity, captivating anyone who hears him.

What sets Pragalathan apart is not just his academic brilliance but also his gift of oratory. Fluent and articulate in both English and Tamil, he is a powerful speaker who has bagged numerous awards and certificates by participating in various inter-school speeches and oratorical competitions. His speeches are known for their clarity of thought, emotional depth, and inspiring messages.

Whether he's speaking in front of an audience, reciting sacred verses, or quietly working towards his goals, Pragalathan is an inspiration to his peers. He reminds us that true greatness often lies in calm confidence and persistent effort.

We are proud to celebrate Pragalathan as this week's shining star!

Dental Screening Conducted

June 19, 22, 2025

A comprehensive dental screening was organized for our students on June 19 and June 22, 2025, during which 335 students underwent oral health check-ups. The screening was conducted by Dr. Ajaykumar Sachdev, M.D.S., FICOI (USA) – a renowned Consultant Orthodontist, Dental Surgeon, and Implantologist – along with his dedicated team of professionals.

The initiative aimed to promote dental hygiene awareness and early detection of oral health issues. Individual dental reports have been compiled and will be shared with the respective parents for further follow-up if required.

We extend our heartfelt thanks to Dr. Ajay Kumar Sachdev and his team for their valuable service and commitment to student well-being.



சச்சிதானந்த ஜோதி நிகேதன் பன்னாட்டுப் பள்ளி
கல்வாறு, மொழிப்பாசனம், கோயம்புத்தூர் மாநகரம் -641305

மகாபாரதம்
நடைபெற்றதும் பிஷ்மர் பிறப்பு
(தொடர் சொற்பொழிவு-2)

20-06-2025
வியாழக்கிழமை
நாளை 5.45 மணி
சச்சிதானந்தர்
வாக்கியமக்
கலைபரங்கல்

வழங்குபவர்
முனைவர். க. முருகேசன்
முதல்வர்
பயனீர் கலை அறிவியல் கல்லூரி,
கோயம்புத்தூர்.

நலைமை
சிந்தனைக் கவிஞர் முனைவர் **கவிதாசன்** பள்ளிச் செயலர்

அனைவரும் வருக!

Dr. Kavidasan, Secretary
We Educate the Mind; Illuminate the Soul
Shri. K. Ramasamy, Chairman

சச்சிதானந்த ஜோதி நிகேதன் பன்னாட்டுப் பள்ளி
கல்வாறு, மொழிப்பாசனம், கோயம்புத்தூர் மாநகரம் -641305

மகாபாரதம்
சந்திரபாஸிபும் கிசு மகைகளும்
(தொடர் சொற்பொழிவு-3)

26-06-2025
வியாழக்கிழமை
நாளை 5.45 மணி
சச்சிதானந்தர்
வாக்கியமக்
கலைபரங்கல்

வழங்குபவர்
முனைவர். க. முருகேசன்
முதல்வர்
பயனீர் கலை அறிவியல் கல்லூரி,
கோயம்புத்தூர்.

நலைமை
சிந்தனைக் கவிஞர் முனைவர் **கவிதாசன்** பள்ளிச் செயலர்

அனைவரும் வருக!

Dr. Kavidasan, Secretary
We Educate the Mind; Illuminate the Soul
Shri. K. Ramasamy, Chairman

மகாபாரதம் தொடர் சொற்பொழிவு

மகாபாரதம் தொடர் சொற்பொழிவு 2, கடந்த 20-06-2025 அன்றும், தொடர் சொற்பொழிவு-3 26-06-2025 அன்றும் நடைபெற்றது. கோயம்புத்தூர் பயனீர் கலை அறிவியல் கல்லூரியின் முதல்வர் முனைவர் க. முருகேசன் தொடர் சொற்பொழிவினை நிகழ்த்தினார்.

சத்தியவதி மகாபாரதக் கதையில் ஒரு முக்கிய இடம் வகிக்கிறாள். ஏனென்றால் அவள் பாண்டவர்களுக்கும், கௌரவர்களுக்கும் முன்னோடியாக இருக்கிறாள். வியாசரின் தாயாக, மகாபாரதக் காவியத்தை எழுதியதில் அவளுக்கு முக்கிய பங்குண்டு. அவள் தன் வாழ்க்கையில் பல இன்னல்களை எதிர்கொண்டு, தன் குடும்பத்தினருக்காக பல தியாகங்களைச் செய்தாள் என்பதையும் தந்தைக்காக பிரம்மச்சரிய விரதம் பூண்ட தேவ விரதன் பீஷ்மர் ஆன வரலாறையும், அம்பையின் சபதம், அம்பை சிகண்டியாக பிறந்த வரலாறையும், திருதிராஷ்டரன், பாண்டுவின் பிறப்பு, ஆகிய செய்திகளையும் முனைவர் க. முருகேசன் தனது இரண்டு சொற்பொழிவுகளில் விளக்கியுரைத்தார்.



NEHA.V
Class - V
Satchidananda Jothi Nikethan
International School,
Kallar.



SRI SUDHAN.S
Class - IX
Satchidananda Jothi Nikethan
International School,
Kallar.



RITHVIKA.V
Class - V
Satchidananda Jothi Nikethan
International School,
Kallar.



Canvas & Verses

ARTISTRY CORNER

18-06-25



வேண்டுதல்...

- உதிரத்தில் உங்களை உருவாக்கிய அன்புப் பெற்றோர்களுக்கு இதயத்தின் கதவுகளைத் திறக்காவிட்டாலும் முதியோர் இல்லத்தின் கதவுகளைத் திறக்காதீர்
- சின்னச் சின்னப் பாதங்களால் நடக்கக் கற்றுக் கொடுத்த உங்கள் பெற்றோர்களுக்கு - பாதபூஜை செய்யாவிட்டாலும் பரவாயில்லை - அமில வார்த்தைகளால் அவர்களுக்கு - அர்ச்சனை செய்யாதீர்கள்!
- மெழுகாய் உருசி உங்கள்வாழ்க்கைக்கு ஒளியேற்றிய பெற்றோர்களை நன்றி மழையில் நனைக்காவிட்டாலும் பரவாயில்லை அவர்களை தனிமை நெருப்பில் தள்ள முயலாதீர்கள்!

- உங்களுக்கு அறிவு தீபம் ஏற்றுவதற்காக உழைத்து உழைத்து ஓடாய்த் தேய்ந்த அறியாமைப் பெற்றோர்களுக்கு மரியாதை கொடுக்காவிட்டாலும் பரவாயில்லை அவர்களை அவமரியாதைச் சகதியில் அனுதினமும் தள்ளாதீர்கள்!

- தியாகத்தின் விதைப்பில் உங்களின் எதிர்காலத்தை உதயமாக்கிய பெற்றோர்களுக்கு பஞ்சணையும் பாலமுதமும் படைக்காவிட்டாலும் பரவாயில்லை அவர்களை - அவமானச் சிறைக்குள் அடைக்க முயலாதீர்கள்!

ஏனென்றால் முதுமை உங்களுக்கும் - முன்னுரை எழுதிக் கொண்டிருக்கிறது!!

-சிந்தனைக் கவிஞர் **கவிதாசன்**
+91 98946 83013

வெளியீடு - தன்னம்பிக்கை அறக்கட்டளை, கோவை.



அதிகாரம் 48 வலியறிதல்

குறள்: 471

குறளோசை

வினைவலியும் தன்வலியும் மாற்றான் வலியும் துணைவலியும் தூக்கிச் செயல்.

விளக்கம் : செயலின் வலிமை, தனது வலிமை, யகைவரின் வலிமை, இருசாராருக்கும் துணையாக இருப்போரின் வலிமை ஆகியவற்றை ஆராய்ந்தறிந்தே அந்தச் செயலில் ஈடுபட வேண்டும்.

Assessing the Strength

**Weigh the act, your own might, foes' might
And allies' might and proceed straight.**

Explanation: A person should weigh the act, his strength and that of his foes and friends before venturing.

