

Editor's Note



Hello! With so much sincere happiness!

We welcome you to our third edition of Alagappa Buzz! The Novel Coronavirus has changed so much in our lives over the last few months! Schools are closed, we can't go out and we need to stay at home to make sure we keep everyone safe and well. These times have forced us to find new ways to stay connected, engaged and together. We now have all the time in the world to get creative and find new solutions to overcome this period, and also to change the world. Think of it as a pause in time for you to gather ideas and get ready to put them into action when we go back to the earlier normal. Doing that, we will definitely have a powerful restart. Take time out for the things that matter to you. Be kind to yourself. Feel balanced, nurtured and loved, always. Even your vulnerabilities are precious. They are part of you. They are you! No-one likes it, yet everyone has to deal with it somehow. We will get rid of the virus, we are sure about it. In the meantime, every one of you is doing a great job by staying at home and keeping safe. Hopefully, we can all come together soon and celebrate a freedom that perhaps we all took for granted. So please, for the time being, stay at home!

Until then, let us remain engaged digitally until the pandemic is contained, hopefully soon.

The Newsletter Committee

The Concept Squad

THE CONCEPT SQUAD



NISMA FATHIMA.I

-Chief Editor and Designer



MANOJ KUMAR.D

-Creative Head



SARAVANA KUMAR.S

-Design Director



NANDIKHA.T

-Research Editor



VILASINI.M

-Department Editor

CONTER

- **1** THE COVER STORY
 - Lifestyle in Lockdown
 - How lockdown affected working people
- **07** SHAPING PEACE TOGETHER
- 10 CHILDREN'S DAY 2020
- 13 DR.R.M.ALAGAPPA CHETTIAR
- 15 CAMPUS ARENA
 - Student Council Members
 - School Toppers
 - School Clubs
- 22 LET'S TAKE A STEP TOWARDS HUNGER ELIMINATION
- **25** HEALTH AND FITNESS
 - Let's tune up our Quarantine
 - Why should we drink H2O?

- THAN EVER
 - 33 NATURE IS THRIVING
 - **36** THINGS TO DO WHEN BORED
 - **38** ENTERTAINMENT
 - The Modern Kinetoscope
 - Vibing
 - The Podotainment
 - **44** THE GALLERY OF ART
 - 49 LET'S THINK POSITIVE
 - **52** NEW YEAR MESSAGE
 - 53 COMING SOON...







Staying apart is the most ideal way to stay healthy



LIFESTYLEIN

// ARTICLE BY NISMA FATHIMA.I //

'May you live in interesting times!' went an ancient curse. True, and how! It's doubtless an odd time in our homes right now, on the news, and across social media platforms. This may be the longest you have not met any of your friends and extended family since you started playschool! Even your parents and grandparents have not lived through a crisis of this magnitude, affecting movement, schedules. grocery availability, work transportation challenges and most of all, anxiety and uncertainty. Very few who are now alive, anywhere in the world, can recall experiencing such a strange time first-hand. The interesting thing about the Covid-19 crisis: in a super connected world, most of us, in spite of our current social isolation, are in fact very aware of being in this boat together. This means, the good thing is, we can help each other. Now, we know there's no way out of this except through—and we'r going through it together.



Have a Schedule

We urge you, however, to try living with a routine. So, get up at the same time each day as you would for school, be disciplined enough to make your bed, dress up and get on with your day. The commute time saved can become an extra reading hour or homework hour.

Look to tour leisure

Avoid having the days and weeks blur together by scheduling a weekly 'day off from the usual routine, and make your weekend special with more time allotted to hobbies. That's a big yes for painting, gardening, music, or whatever floats your boat, and life skills including laundry, meal-prepping a week's worth of healthy snacks and yes, much more!

Limber up your life skills some more

Endear yourself to the family and arm yourself by asking what chores you need to be doing and what skills you can learn.

Just give your brain a break, just breathe

Also take active breaks. Be it a spot of skipping or star jumps, burpees or break dancing, refocus your eyes on the horizon and take 10 minutes to get active every hour, on the hour. This boosts blood flow to your brain as well as gone-to sleep extremities, gets more oxygen in and around the bloodstream, releases some endorphins to boost your mood, and allows your brain a rest so it returns refreshed. And yeah, while you're up, drink lots of water! It's summer. Seriously, stay hydrated.

Remember these times!

It might seem like a right pain in the wrong places, but you truly are living in unprecedented, hence interesting times. Make a time capsule of it! Collect newspaper clippings, sound bytes on a pen drive, the weekly grocery bill and a polaroid of the product if you can, streetscapes, the cancelled plane tickets, photos of best friends and neighbours, and the folks at home, what's blooming in the balcony garden and much more! And finally! Keep the faith that good things will happen too, and more, and again.

"Staying positive doesn't mean you have to be happy all the time.

It means that even on the hard days you know better ones are

coming"

Migrant workers

There are 139 million migrants working in India. Most migrants in the country are from Uttar Pradesh, Bihar, Rajasthan and Madhya Pradesh. Mumbai and Delhi city has the leading number of migrants. Occupation of the migrants includes construction workers, painters, delivery boys, cooks, cleaners, factory workers etc.

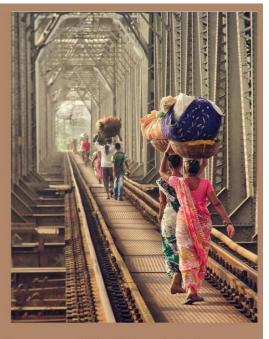
On March 29, government announced a complete lockdown for entire country to contain the spread of COVID-19. The migrant workers faced the most vulnerable problems because of complete lockdown. While all forms of public transport were stopped due to full shutdown, most of the migrant workers walked hundreds and thousands of kilometers to reach their hometown with limited supply of food and water.

The Stranded Workers Action Network (SWAN) survey found that Ninety six percent had not received rations from the government.

The sudden and unplanned execution of lockdown put down a large number

of migrant workers to lose the jobs on which they depend for survival. These migrants were left with no choice but to head towards their hometowns.

On 25 May 2020, government announced, that more than 44 lakh migrants traveled by train and another 40 lakh migrants used bus to reach their home states. At the same time, reports of migrants walking on highways on their to home, looking for more support.



Healthcare workers

Healthcare workers consist of physicians, nurses, surgeons, dentists pharmacists, medical laboratory scientists and social workers.

But the worst affected by this pandemic are doctors and nurses who are fighting with no option and protection from continuous exposure to the virus.

Some of the healthcare workers has to stay away from their families for days so that they can continue to see patients. The lab technicians were sent to each people's houses to collect samples from them. Due to shortage in required equipments and PPE, many doctors and nurses are resorting to non-stop work for 6-7 hours in one go, without any breaks.

As COVID 19 cases increases, people were seeking hospitals with minor coughs and colds, thinking they are infected. To make matters worse, India's healthcare system is also facing difficulties in managing the cases with limited resources - The number of hospital beds for every 1000 people, is approximately 0.7 and number of doctors per 1000 people is approximately 0.8.



Doctors, nurses and other healthcare workers involved in Covid care are being asked to vacate their rented homes by landlords and neighbours due to the fear that they might get infected.

Later the government instructed police officials to investigate the issue and take immediate action. But for some doctors, the government's action came too late.



IT workers

As the government announced lockdown due to COVID 19 pandemic, Indian IT workers had no other option but to work from home. As a result, about 90% of employees worked from home with 65% of them from homes in metros and rest 35% from homes in small towns.

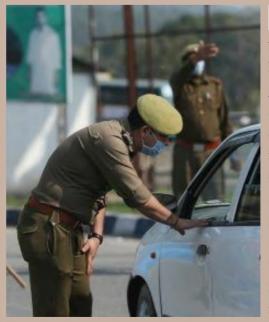
Many of the IT companies were not prepared for WFH (work from home) arrangements yet they managed to provide required facilities for the employees to work.

Work from home concept is not new in India, though employees aren't just dealing with professional issues, but physical and mental issues as well. Employees have been working extra hours even during the weekends.

Work from home means almost everything was done online, from morning to the end of the day. Employees work hours and hours in front of laptop and mobile screens which has led to people straining their eyes all the day with increased screen time.

The IT industry employs around 4.4 million workers and created an estimated 200,000 new jobs in the last financial year, according to the NASSCOM, a trade group. But the problem is, huge amount of employees' jobs are at risk as companies grapple with the economic slowdown and loss in revenues.

Later, the government asked all public and private companies not to reduce salaries of their staff or layoff their employees.



Police officers

While doctors are fighting the battle inside hospitals, it's the police who have to enforce the lockdown outside.

As crimes and accidents are low in this shutdown, some of the regular tasks of policemen are eased. However, these have been replaced by greater challenges. Risking their lives on the streets to ensure that people stay indoors. It is a tough job to the policemen to keep people safe and also ensure the safety of their own.

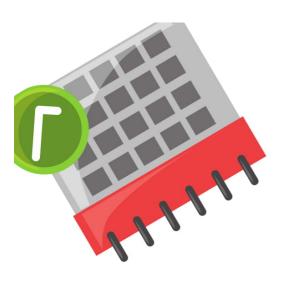
Cops are vulnerably exposed to Covid 19 infection as they are guarding contaminated zones, home quarantines, handling the lockdown and also managing hundreds and thousands of migrants who are hitting roads to reach their home town.

Because of this, Some of the cops have decided to not to go home as they do not want their family to get infected.

In India, the population of policemen is only 192 per 100,000 people. The lack of manpower lessens the effectiveness and efficiency of the police force and even caused psychological ailments for many.

Due to lack of resources, the government couldn't proved PPE (personal protection equipment) to the cops.

Afterwards, group of lawyers have filed a public interest litigation stating that the cops should be provided with Personal Protection Equipment (PPE) like doctors and medical staff involved in Covid-19 duty.







The lockdown has affected people mentally as well as economically but it has also given us time to spend with our families. Though it has been a hard year, we learnt to overcome the problems with limited resources.

In a crisis situation, worrying or feeling negative is normal, however, when you overthink about the situation, it causes unhappiness. All we have to decide is what we are to do with the time that is given to us.

Before lockdown, we were busy working hard and on weekend outings, we did not have sufficient time to think about ourselves. Everyone do have personal interest to learn or to explore something, this lockdown has provided us enough time and chance to make it happen.

66− | Tough situations build strong people |-

Quarantine is not a permanent situation, but the way we overcome is what matters!!







Let's shape peace together



// ARTICLE BY NISMA FATHIMA.I //



"One day, I would like to turn on the News and hear, There's peace on Earth!"



When this article is read, a new force in humanity will be born. We will not only see the definition of peace, but also feel a depth in the very pits of our hearts, not for the country, nor for race or religion, but for this planet with land and sea which we call Earth.

Haven't you ever wished that you were living the life of someone else? Or wished that you were smarter, born into a richer family, and had opportunities and things that you do not have at the present? I have! I have to admit that I have wished for such things in the past. And whenever I thought like that, my mind was not at peace. During this pandemic, many people are fighting for their lives. This made me think and made me see life in a new light and realize the real value of things which I had till then taken for granted! I understood how important it is to value the present and be at peace with what we have instead of pining for newer and better things! What we really need to do is to remove what is blocking our pure hearts. When we unblock our hearts, we build peace and love. And when we are connected to our hearts we realise that we are a part of the Earth.

Where does it start from?

First, everything starts from family. We must try to love each other, to respect wishes of our nearest people. My Mom and Dad never argue. There is always peace and happiness in our house. It is great! I often hear from my classmates that they have arguments at home. Such kids are more aggressive. They don't get used to live in peace and can become those who prevent the world from becoming peaceful. We need to learn how to forgive another man, to hear him.



Second, to my mind a person of today must be vigilant and careful. It is important to be attentive to what is going on around. You can't be indifferent if you see that someone hurts animals or birds, small children or weak people! Your indifference will lead to grief and sorrow. That is why you must be ready to defend weak people, you must not be afraid for yourself, but think of others.

Peace is like an idealistic cliché. However, if it is not realised soon, these seemingly quiet times will resemble the quiet before a storm. We have seen wars in the past, and now that the world is starting to settle down, it is the time for the peaceful movement. Soon, we will need no government as the people will govern themselves. Soon this world will be peaceful!

Why should you be happy even after facing so much trouble during this pandemic?

This pandemic is indeed a tough time for all of us. Some lost their loved ones, some lost all their money and some lost their jobs. Life is like a cycle you know? Life is a cycle of good times and bad. It's not linear. Do you think that losing your money or losing your job is the end of your life? It is not! You got a long way to go, Trust me! We cannot go back and start a new beginning, but you can start today and make a new ending. Suffering has been stronger than all other teachings. The most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well. Yes you have fought well! So did all of us! I'm sure we all will end this pandemic very soon. All stories have a painful beginning, just the way the year 2020 was so painful and full of obstacles! But it is going to have a happy ending! Won't it? Well said by Virginia Woolf that, "You cannot find peace by avoiding life." Let's take this period of struggle in a positive way, and peace will prevail in our planet. I count on you, dear people of my Earth.





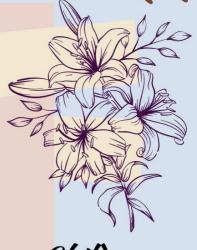




// ARTICLE BY VILASINI.J //

Children's Day 2020:

The day celebrated for all the bundles of joy around the world and in commemoration of the birth anniversary of our nation's first Prime Minister, Pandit Jawarharlal Nehru, who was fondly called as "Chacha Nehru" by all the children. He once said, "The Children of today will make the India of tomorrow." He dedicated his life to ensure that every child has the fundamental rights to education and welfare.



Children see magic because they look for it

Importance and Significance:

"A child can teach you three things; to be happy always for no reason; to be curious always; and to fight tirelessly for something, never giving up."

'Children' there is something about them which makes them incredibly extraordinary, though it is not always seen but felt in heart by their pure and innocent actions.





ADULTS
are just
outdated
CHILDREN



The most adored action is, a child never realises that he/she is making memories but they just know it is always about having fun. Somehow this action of them makes every child unique in their own way.

Adults should learn to have the heartfelt warmth of children and the comfort they give through every words they tell, in every actions they do and in every hugs and kisses they give.

What we should remember?

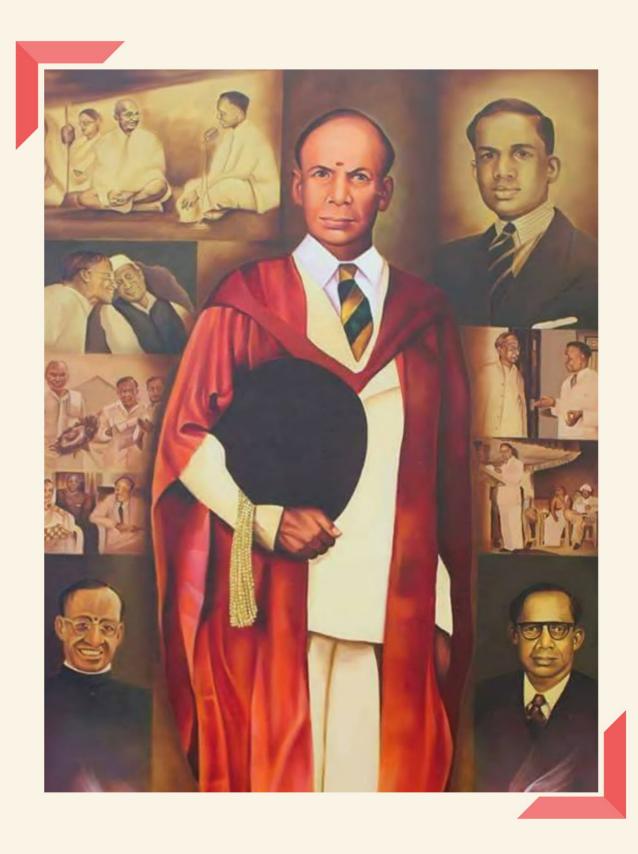
At some point in life, everybody might have thought about this; 'to never grow up' but we grow up whatsoever and that's how life goes on.

There is always a way for us, it is when we put in the children's innocence into our hearts and cherish it mindfully and that is where the child in us remains eternally.

And I would like to conclude this article with a thought

"I hope you will always remember to never forget the child in you."

DR.R.M.ALAGAPPA CHETTIAR



PADMA BHUSHAN DR. ALAGAPPA CHETTIAR- AN INSIGHT.

Dr. Alagappa Chettiar was a visionary with a clear focus to succeed, a socialite with an indispensable circle of friends, an adventurer who got his pilot license in the UK, an intrepid entrepreneur, a passionate person devoted to societal welfare, a philanthropist and an academician par excellence.

Born to Educate and Inspire.

To quote Dr. Chettiar "The best way to make children good is to make them happy"

"Dr.Chettiar's love of children was so great that he founded the Montessori School so he could enjoy the company of innocent children. Whenever he went abroad he always purchased toys and pictures to present to the children in the Montessori School. Dr. Alagappa Chettiar involved himself enthusiastically in all his projects. He did whatever he could in all spheres of education, from KG to research. He opined that education was universal, irrespective of gender, caste, religion and everyone has every right to receive it.

Life of Service and Sacrifice:

The most appealing factor of his persona was his empathy for the underprivileged and needy. He went out of his way to resolve the issues of people who had lost all hope. He raised them from the depths of despondency and infused them with confidence to overcome all obstacles. There are innumerable instances where he used his good office to redress their grievances. Till the last he sacrificed himself – his copious wealth, health and life and gave away everything he had to charity.

Firmness and Decisiveness

Once Chettiar had made up his mind, he was very firm and would make no compromises in his decisions. In spite of personal injuries and ailments, he was determined to execute his task and drew faith from the divinity and his own will power and courage. "....it has never been my habit to take things lying down. I always stood up for my rights and fought for them."

These are the most valuable qualities that one should cultivate and imbibe to be accomplished and happy. By practicing his convictions on life and service we best remember him and pay tribute to this legend.

THE TREE IS GONE BUT THE SHADE REMAINS.

Campus Arena

EVEN DURING THIS LOCKDOWN

OUR SCHOOL PREPARED LOTS OF FUN ACTIVITIES FOR OUR STUDENTS!

// ARTICLE BY NISMA FATHIMA.I //



OUR STUDENT COUNCIL MEMBERS



Nishanth.V School Pupil Leader



Nisma Fathima.I School Pupil Leader



Manoj kumar.L Asst. School Pupil Leader



Sivadharshini.J Asst. School Pupil Leader



Bharani Veandhan.S *Cultural Secretary*



Ramya Sai Priya.H.P Cultural Secretary



Gagandeep Pandey Asst. Cultural Secretary



Yuvetha.M

Asst. Cultural

Secretary



Dharmesh Kumar.V Sports Secretary



Durga Devi.S Sports Secretary



Rahul Kumar Asst. Sports Secretary



Bandaru Kundana Sri Asst. Sports Secretary



FALCON HOUSE CAPTAINS

JAGUAR HOUSE CAPTAINS





Ram Kumar.E

House Captain



Dhanush Kumar.S House Captain



Nithya Shree.A House Captain



Harini.P House Captain



Udhaya Kumar Asst. House Captain



Mahesh.S Asst. House Captain



Shivani Pradeepan Asst. House Captain



Tejaswini.S Asst. House Captain



STALLION HOUSE CAPTAINS





Yuvan Sree.V House Captain



Arabath Bin Zakir Hussain House Captain



Gayathri.M House Captain



Nithya Shree.R House Captain



Mohammed Usman.A Asst. House Captain



Hitesh Sai Ram Asst. House Captain



Mubashira Begum.M Asst. House Captain



Shushmitha.K Asst. House Captain

OUR SCHOOL TOPPERS

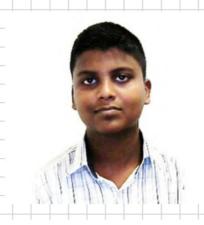
10thTOPPERS



G.Vidhya Devi



Siva Virush.N.K



G.Lokesh



Anna Ramasamy.S

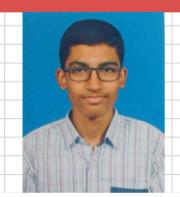




Bandaru Kundana Sri



11th TOPPERS 12th TOPPERS



T.Y.Sarvesh Babu



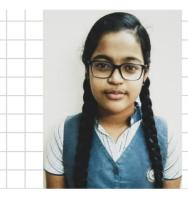
M.S.Abdul Majeeth



Raja Rajeshwari.K.B



R. Jairish



P. Harini



G.Priyanka

OUR SCHOOL CLUBS





- World Photography day
- Project Aathichudi
- Madras day celebration
- Activity based Coaching by Mr.Ajay Pradeep.K.K, Founder and CEO of AJ Unlimited
- Nurturing saplings in school



ROTARY CLUB

- Inauguration ceremony
- Drawing competition on Teachers', day conducted by our school
- Navaratri Celebration
- Ryla quiz attended by our interacters
- International Essay competition on Shaping Peace







- Planting medicinal plants and maintaining them
- Sending posters of medicinal plants to students
- Watering of plants by gardener on the instruction of teachers
- Herbal Garden introduced by Chairman



LET'S TAKE A STEP TOWARDS HUNGER ELIMINATION!











If an individual does not have food, we will destroy this world!

-Mahakavi Bharathiyar

The world has never faced a hunger emergency like this. It could double the number of people facing acute hunger to 265 million by the end of this year. In India, thousands of workers are lining up twice a day for bread and fried vegetables to keep hunger at bay. Across Colombia, poor households are hanging red clothing and flags from their windows and balconies as a sign that they are hungry. The corona virus pandemic has brought hunger to millions of people around the world. National lock downs and social distancing measures are drying up work and incomes, and are likely to disrupt agricultural production and supply routes — leaving millions to worry how they will get enough to eat. The world has experienced severe hunger crises before, but those were regional and caused by one factor or another — extreme weather, economic downturns, wars or political instability. There is no shortage of food globally, or mass starvation from the pandemic — yet logistical problems in planting, harvesting and transporting food will leave poor countries exposed in the coming months, especially those reliant on imports. Uncertainty over food is also building in India, where daily-wage workers with little or no social safety face a future where hunger is a more immediate threat than the virus. The corona virus is called an equalizer because it has sickened both rich and poor, but when it comes to food, the commonality ends. It is poor people, including large segments of poorer nations, who are now going hungry and facing the prospect of starving. With classes shut down, over 368 million children have lost the nutritious meals and snacks they normally receive at school. World hunger is caused by so much more than a shortage of food. Even in places where food is plentiful or can be grown, challenges like disasters, conflict or poverty prevent people from accessing it. Even if all these obstacles to food access were removed, the world will still need to change its agricultural practices to meet the needs of its growing population.

Ending poverty might seem like an impossible dream, but so did abolishing slavery and ending apartheid. It is a myth that we are all in the same boat, while we are all floating on the same sea, it's clear that some are in super yachts while others are clinging to the drifting debris. Tackling multidimensional poverty is good for society, and good for peace. In the wake of World War II, Eleanor Roosevelt noted that, "We cannot tell from day to day what may come. This is no ordinary time. No time for weighing anything, except what we can best do for the country as a whole." In these challenging times, humanity has an opportunity to come together in solidarity on behalf of those left behind, and to act with vision and determination to end poverty in all its dimensions everywhere.

WHAT CAN BE DONE TO END WORLD HUNGER?

Here are the five saviour acts that would establish a free society.

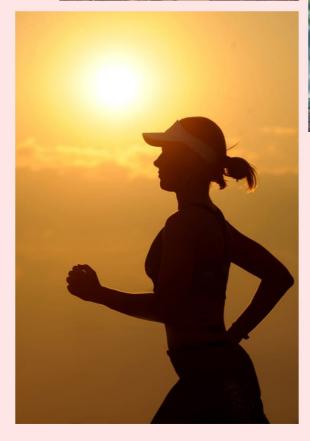
- Agriculture We can connect farmers to the people and resources they need to increase
 production, feed their families and boost their incomes. We can promote more research in the
 field of agriculture and develop the ways to grow crops faster and healthy. We can also think
 about the methods to store these grains.
- Sustainability: We can help communities develop plans and skills to sustainably manage their resources to improve crop and livestock production.
- Good Governance: We can work with local governments and communities to develop just and inclusive policies that make it easier for people to access the resources they need to thrive.
- Women Empowerment: We can partner with women and girls to build agency, and work to foster a cultural environment that support women's independence and decision-making power to earn income and feed their families.
- Health and Nutrition: We can provide the resources, knowledge and skills needed to access and utilize clean water, employ hygienic practices and consume a diverse and nutritious diet.



Together, we can create a world with no poverty. So what are you waiting for? Let's help the needy as much as we can and let's donate some of what we got! We can live in peace and harmony only if one has dined well! This pandemic period has given us a chance to save humanity from poverty, and together we can drive out poverty just the way we removed apartheid and slavery from our society.













HEALTH AND FITNESS

Let's Ture Up our Quarantine!

Today more than 95% of all chronic diseases are caused by food choice, lack of proper hydration and lack of physical exercise.



Corona virus is spreading like wildfire, which is why I need you to be vigilant, following social distancing and staying at home. I strongly believe that it is just as necessary to keep your immunity up. So, just as you would come out with flying colors when you prepare for a big examination with sustained, regular and concentrated study, your immune system strengthens over time if you keep providing it with not only antioxidant rich foods but also proper hydration and proper workout! Health is wealth, rightly said. Good health is an essential aspect of human life. Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. One can live life to the fullest only by maintaining good health and fitness. Good health and fitness imply both mental and physical well-being. The basic way to good health and fitness is doing workouts. We should always remember that a healthy mind can only be gained by being healthy. Nowadays a lot of time is spent on a sedentary way, either working in an office, watching TV or playing video games. As a consequence, of this inactivity, severe health problems are arising among the great majority of our population. During this pandemic one must remain physically and mentally fit. Once you are physically fit, you also become mentally fit. Often people ignore the importance of fitness and this leads to major health problems.



So let's contribute a bit of our time for workouts, shall we? Let's go! Now being healthy is as easy as ABC. Yes, ABC!

A

Always Active

- Be active, sit less
- Play or walk around the house
- Try jogging in your house
- Involve yourself in a sport



B

Bevernge Better

- Drink plenty of water every day
- Limit sugary beverages like soda and cold drinks





Choose Calorie-wise

- Eat lots of fruits and vegetables
- Cut back on fat and sugar
- Choose lean protein
- Avoid eating junk foods



Maintaining Health and fitness is more than a game. To make this game more challenging you can workout with your family members and it is going to be really fun! It will just take you 21 days. Just 21 days of healthy eating and working out and it will become your habit. You can also check out my another article in which I have told the importance of water and also a proper schedule of drinking water. Remember, if you want to be a hit in life, you gotta be fit and fine!

And trust me! You can do it! All the best!

WHY SHOULD WE DRINK #20?

66

Water would not be present in our bodies if it were not needed for human health and well-being.

Imagine your brain as a sponge. When it is shriveled up and dried out, it is less able to take in the goodness of what you are learning at school. Keeping it well hydrated makes it far more receptive to knowledge – meaning that your memory and ability to think clearly are boosted. This is why dehydration or the deficit of water in the body leads to fatigue. It may come as a surprise to many that water is just as important as food not just for sports and performances, but also for everyday life. When you are not sufficiently hydrated, it means that you – your brain, your body, everything – have to work harder to keep functioning. This is tiring, in the same way that ordinary tasks are more tiring when you have not had enough sleep. Although we may feel the effects of these processes, the processes themselves are happening on the inside - and it's easy to ignore things that we can't easily see. We all love to drink soda and cold drinks we buy outside and we think that is also a form of water. But no! We are wrong. By drinking these sodas and cold drinks, we are putting liquid into our body, we are also putting toxins into our body. Sugar, for example, can affect the quality of our skin, as well as cause weight gain and tooth decay. Coffee and tea contain caffeine, which causes dehydration – the complete opposite of what water does! It is fine to consume these beverages for a break, but they should not make up the bulk of your fluid intake. So how much water is the right amount? It is necessary that you should aim for around two liters each day or about eight regular-sized glasses. This is a good baseline, but you may need more if you are physically active, or if the weather is very warm. It is also a good rule to drink before you feel thirsty, as well as when you are hungry and before you eat, since the brain often confuses thirst signals with hunger ones, leading to the unnecessary snacking.

So, reach for that glass of water!







WHEN AND HOW MUCH TO DRINK WATER?

8:00 AM

Drink two glasses of water in the morning when you wake up. This re hydrates your brain and eliminates toxins. This also stimulates your digestive system.



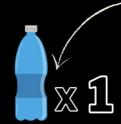


Drink one glass of water around morning tea time or when you feel peckish. This hydrates your skin and neutralizes the PH in your body. 10:00 AM

11:00 AM

Drink one glass of water atleast half an hour after your breakfast. This boosts your metabolism and powers up your mental creativity.





Drink one glass of water atleast half an hour before lunch. This will hydrate your skin. And your metabolism increases. 1:00 PM

3:00 PM TO 5:00 PM

Drink two glasses of water. This increases the enzyme activity in the body. This improves your complexion and alleviates back pain.



8:00 PM



Feel the satisfaction of reaching your goal with 8th glass of water. You can add a thin slice of lemon to the water. This regulates body temperature and promotes weight loss.

TECHNOLOGY

TECHNOLOGY

TECHNOLOGY IS EVOLVING FASTER THAN EVER

// ARTICLE BY SARAVANA KUMAR.S //

TECHNOLOGY



TECHNOLOGY IS EVOLVING FASTER THAN EVER

When everything came to halt, technology is most certainly not.



TECHNOLOGY MADE IT EASY FOR HUMANS

The covid-19 made us stay indoors, our daily lives are almost entirely online. There's a sudden need for new tools, as we see an increase in small groups finding innovative uses for pre-built technologies like social media and video conferencing. The Pandemic Age has taught us the ways of using technology efficiently. Humans started to browse through various apps to attain their needs by staying quarantined. Let's be honest we've had sufficient time during this lockdown to use our smartphones than we ever did in our entire life. Even people who doesn't know how to video conference or shop online have began to learn it. Taking this as an opportunity, many entrepreneurs started to introduce new projects on developing new apps and AI to do stuffs that people do in their day to day life. Even-though, we have many issues that has to be sorted out which can't be done using our smartphones, one of the major issue

that people face during this quarantine is the yield of crops. Due to the outbreak, fields have not been maintained properly as it requires more people to take care of. To resolve this issue we have agricultural bots which started improving plant-based food industry. The AI is used in farming to reduce negative environmental impacts in the following ways like weather forecasting so farmers can increase yields without risking crops, monitoring soil and crop health for deficiencies, decreasing and eliminating the need for pesticide and by utilizing agricultural bots to combat labor challenges and to protect their crops from weeds. Like-wise there are many struggles were technology gave us a helping hand to overcome this pandemic situation. Let us see some of the ways where technology is helping to fight the quarantine.

Movie corner:

'WALL-E' is an animated science fiction movie written by ANDREW STANTON. When humans leave the planet earth many robots where assigned for tidying up the planet, but after many years wall-e is the last one who remain. The way the robot helps the humans to bring earth back to its form is the story.



WAYS TECHNOLOGY IS HELPING HUMANS TO OVERCOME THE QUARANTINE

THE ALERT - As soon as China had sequenced the genome, they started posting that sequencing online, it triggered a ripple effect in research labs across the world. Even-though the experiments have failed, it offered vital clues in guiding researchers on where they should focus.

DRONES - Drones have been dispatched across the country to patrol the walkways with speakers warning residents to wear masks. They allow authorities to get information out to the people faster while also keeping a safe distance while performing their duties. Some are also used to deliver crucial medical supplies.

WORK CONTINUITY - A major challenge during the pandemic is being able to work by staying quarantined. Companies have quickly adopted work-from-home policies, using online meeting software, collaboration platforms and LBS technology to clock in and ensure employees stay home.

STUDENT SITUATION - Many schools started teaching students online by live streaming platforms. Within a few weeks it became the trend and many tech companies released many live streaming apps for students.

ONLINE DOCTORS - The major struggle for people who needs medical attention and wants to consult a doctor is resolved by E-medical apps, where doctors reach to the patients in video-conference and they also pay their consultation fees through online.

AI DIAGNOSES - Coronavirus is being diagnosed using AI, which can read thousands of CT scans in 20 seconds with an accuracy rate of 96%.

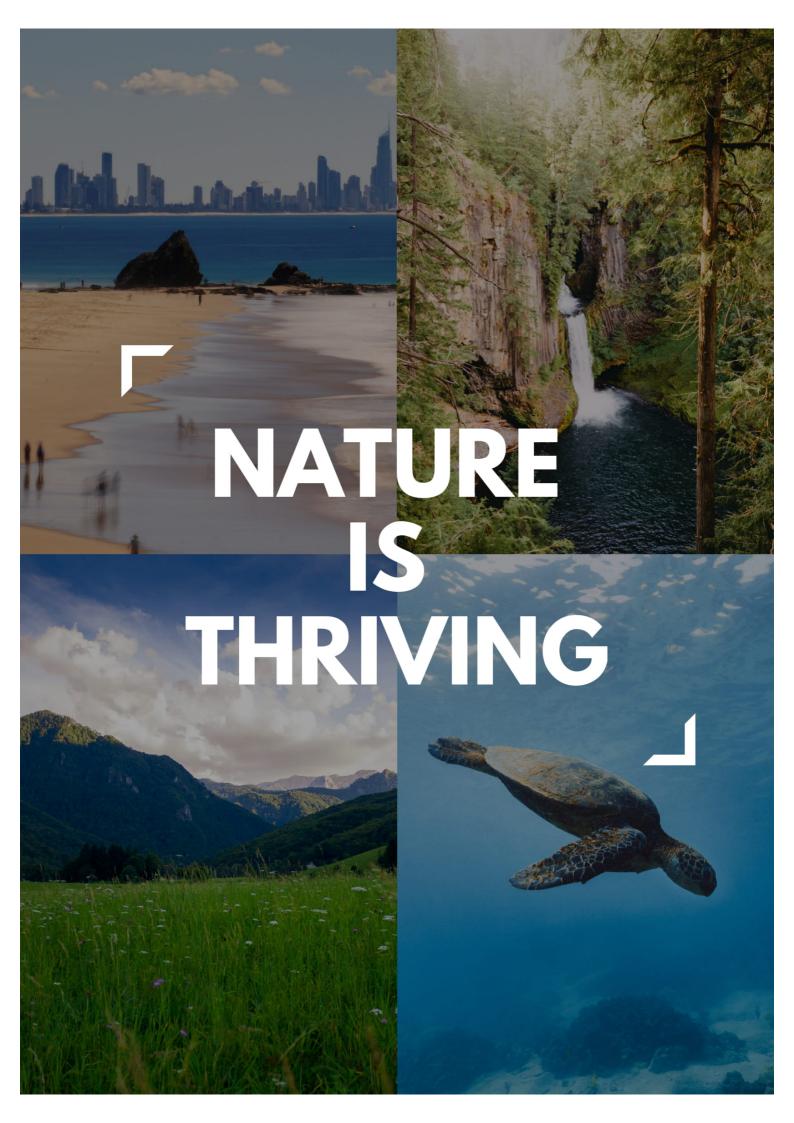
BEING IN TOUCH: The quarantine have stopped many people to meet each other which pushed them to videoconferencing. Even weddings have been held through Virtual Reality

During this unintended quarantine people have gone through many hardships. Even-Though it has helped us in the advancement of technology. Not only this, every struggle we go through has some positive things which helps us in our betterment. So STAY POSITIVE!









NATURE IS THRIVING

While the humans are stuck in quarantine, the planet has benifitted

In This Article

Turtles are nesting on empty beaches, uninterrupted by the people.

The bears population is quadrupled in the national parks.

Pollution has taken a major dip, the lack of vehicles on road has resulted in a drastic change in the air pollution.

Some residents in Jalandhar are seeing an unobstructed view of the Himalayas for the first time in their lives.



Beaches are cleaner, Water is clearer

Around the world, the wildlife and the environment are thriving. While humans may be stuck in quarantine, nature is most certainly not. More than 70,000 Olive Ridley sea turtles were seen nesting at Rushikulya beach on the coast of Odisha. This rookery is one of the mass nesting sites for Olive Ridley. Usually they arrive at the coast for nesting during the night. Instead, they arrived at the daytime with no one around the beach to disturb them. The beaches are usually crowded with tourists and the locals and get littered. Now the beaches are tidy. Not only the coast became cleaner, the ocean is also clearer. Over fishing, beach front obliteration and contamination, has incurred extreme harm on the seas and its occupants for quite a long time. Due to the lack of boats in sea, there is no over fishing or oil spill. The release of polluting substance in the ocean from industries are minimized as most of them remain closed. This made the animals in the ocean to enjoy a break. The lack of noise in the water is helping animals like orcas, whales and dolphins to swim further out to the edges of the coast. Dolphins and seals have been recorded in areas where they have not been for decades. This uninterrupted situation in ocean resulted in the increase of production in fishes and other marine animals. Let us hope this unintended quarantine will accelerate the recovery of fish stocks and allow us to reach the conservation objectives faster. Speaking about conservation let us see about the wildlife.

Wildlife is coming out of hiding

Animals in the urban areas started exploring the streets during the lock down. The human restrictions due to the Covid pandemic appear to have given creatures the confidence to go further into our urban communities and remain for longer. A herd of 122 cashmere goats were spotted on the streets of North Wales, munching on garden flowers and grazing on hedges.

Wildlife is thriving in parks too. Usually around this time of year the national parks are welcoming hundreds of visitors. This year its closed, with only some of the staff members in attendance. The workers at the Yosemite National park says that the bear population is quadrupled. It is not like they aren't usually there. It is that they usually hang back or move in the shadows. They frequently see bear, bobcats and coyotes outside their cabins.



"In the peak of breeding season, visitors are not going to be here. Nature is just going 'Ahh, it's all to ourselves now'"

- Jake Finnes

(Manager, Holkam National Nature Reserve)



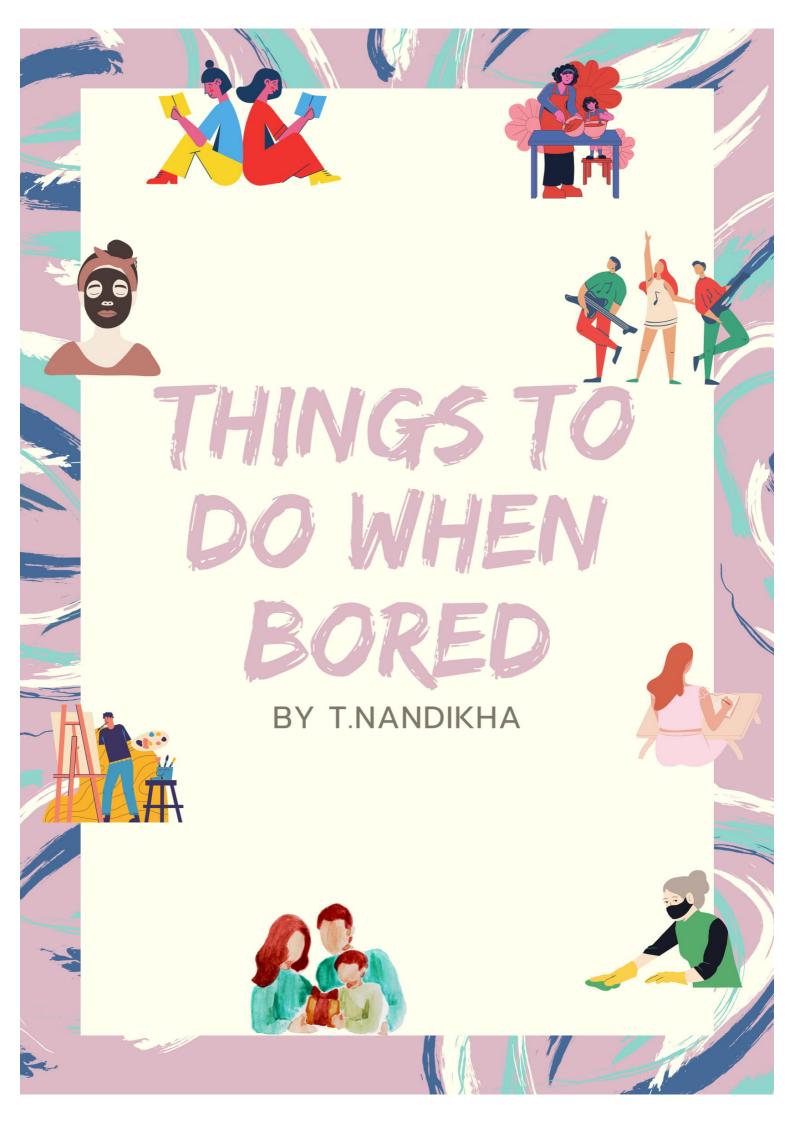


Never seen Dhauladar range from my home rooftop in Jalandhar..never could imagine that's possible..clear indication of the impact the pollution has done by us to Mother Earth ...

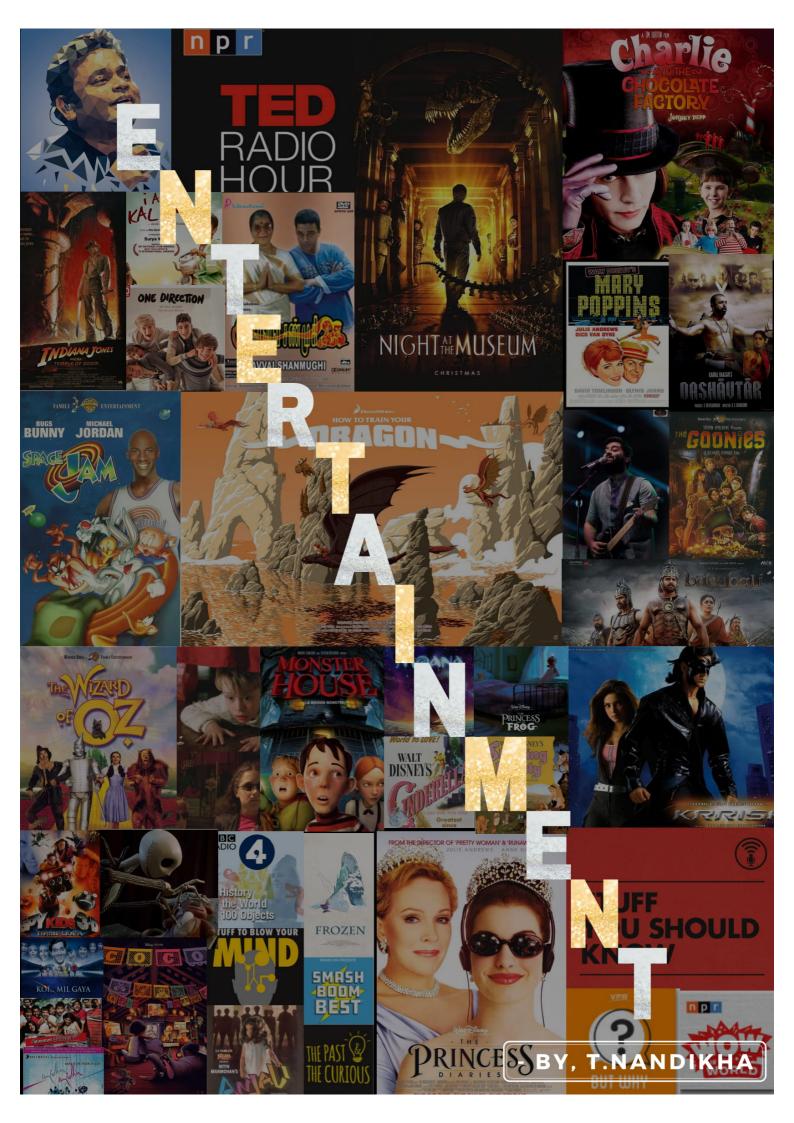
Around the world, pollution levels are dropping

The global temperature rise is controlled during this quarantine. Since most of the industries and factories remain closed the average pollute particles in the air is reduced. India had the worst levels of pollution in the world but for the first time in decades the air is clearing. Residents in Jalandhar in Northern Punjab can see the Himalayas clearly. The Dhauladar range has been obscured by the pollution for over 30 years. Some have seen the view of the mountains for the first time in their life. Cricketer Harbhajan Singh also tweeted about this. New Delhi is one

of the most polluted capital city of Earth but amid the country's lockdown, the city's air is clearer than ever. Across India's cities, pollution levels dropped between 20-60%. The lack of vehicles on road is the major factor for the reduce in air pollution. Other busy cities like London, Bangkok, New York, and Columbia's capital Bogota have witnessed significant drops in pollution too. China is seeing some of the largest drops in pollution across the globe. NASA said nitrogen dioxide levels across Wuhan one of the major city in China are 10-30% lower than usual. Will it stay this way? Experts are hopeful. Could this quarantine be a window into a better world? Only time will tell.

















Kinetoscope - An early
motion picture exhibition
device.

THE MODERNFKINETOSEOPE











1. Coco (2017): The Pixar movie about a guitar-toting Mexican boy who inadvertently is sent to the afterlife and learns about his ancestors while there will entertain all members of your family, especially the music fans. This soul-stirring film is a must-watch film with your family.





2. Anjali (1990): A host of young talented children singing and dancing with dollops of fun, emotion and drama is a perfect recipe for a family entertainer. Maniratham's Anjali is a heartwarming account of a mentally challenged 2-year-old's fight for survival. With foot-tapping melodies and a beautiful story, Anjali appeals to all sensibilities.

 Frazer (1 62): From wanting to build a snowman to letting it go, Anna and Elsa are a sister act for the ages. (All ages, in fact.)





4. Awai shanmugi (1996): A remake of the Robin Williams classic Mrs Doubtfire, Avvai Shamugi is a hilarious laugh riot about mistaken identities. Kamal Haasan in the titular role is spot-on as the "madisaar" clad nanny who entered his estranged wife's house to spend quality time with his daughter. With vintage crazy Mohan dialogues and a superb cast of dependable actors, Avvai Shanmukhi is a good watch with the whole family.

5. Inside Out (2015): The Pixar movie that promises all the feels – in fact, emotions running around a little girl's head are central to this hilarious and surprisingly deep animated comedy. The little ones can appreciate effervescent Joy and blistering Anger, while everyone else can relate to the inner turmoil of growing up.





6. Kabhi Khushi Kabhie Gham (2001): Kabhi Khushi Kabhie Gham (K3G) will teach you, or remind you, so to say, that it is all about "loving your parents." Karan Johar brought K3G to us nearly two decades ago, and certain things about the film, like Shah Rukh Khan's charm or Kajol's overdramatic dialogues, have stayed with us these 20 years. And who can forget Kareena Kapoor Khan as Poo (short for Pooja) and Hrithik Roshan as Laddoo (Rohan)?

7. Indiana Jones and the Zast Crusade (1989):

Of all the flicks featuring the fedora-clad hero, this one is both great in quality and OK for most kids: Young teen Indy has his first adventure, old Indy meets up with his dad plus punches Nazis and seeks a religious antique, and most importantly, no melting faces or ripped-out hearts!





8. Zagann (2001): During the days of the British raj, a drought-stricken Indian village can't pay its taxes (lagaan), so Bhuvan (Aamir Khan) challenges the evil Brits to a cricket match. If they win, no taxes for three years. If they lose, they have to pay triple lagaan. By the end of it you will not be able to stop yourself from singing "Ghanan Ghanan" and you will also know all the rules of cricket. A win-win!

9. The Wizard of Oz (1939): Who doesn't have a spirit animal (or tin man) among Dorothy's Yellow Brick Road posse? More than 80 years later, it's still a magical sight to see black-and-white Kansas turn to technicolor Oz, and the escapist nature (and need to return home) plays as well now as it ever did.





11. Moana (2016): Sailing on the high seas for an epic musical is a great escape from all the social distancing. Moana's an empowered Disney non-princess who's a delight, self-obsessed demi god Maui (Dwayne Johnson in one of his greatest roles) is a hoot, and there's even a villainous hermit crab.

12. I am Kalam (2010): An intelligent boy born into poverty, Chhotu is all of 12 years when he is forced to work at a roadside tea stall. He aspires to study but has no resources to go to school. This story is about how Chhotu, inspired by watching Ex-President Dr. A.P.J. Abdul Kalam on television decided to become a better person.





13. Ghostbusters (1984). A reminder that things can always be worse – in this case, full torso apparitions, a Sumerian god of destruction and the Stay Puft Marshmallow Man. This is such an interesting movie for all ages.

14. Spy Kids (2001): Much more clever and entertaining than the title suggests, this action adventure about a couple of siblings who have to save their ex-secret-agent parents (including Antonio Banderas as the world's raddest spy dad) – and, naturally, the world – from the clutches of an antagonistic TV-show host manages to satisfy across the board.

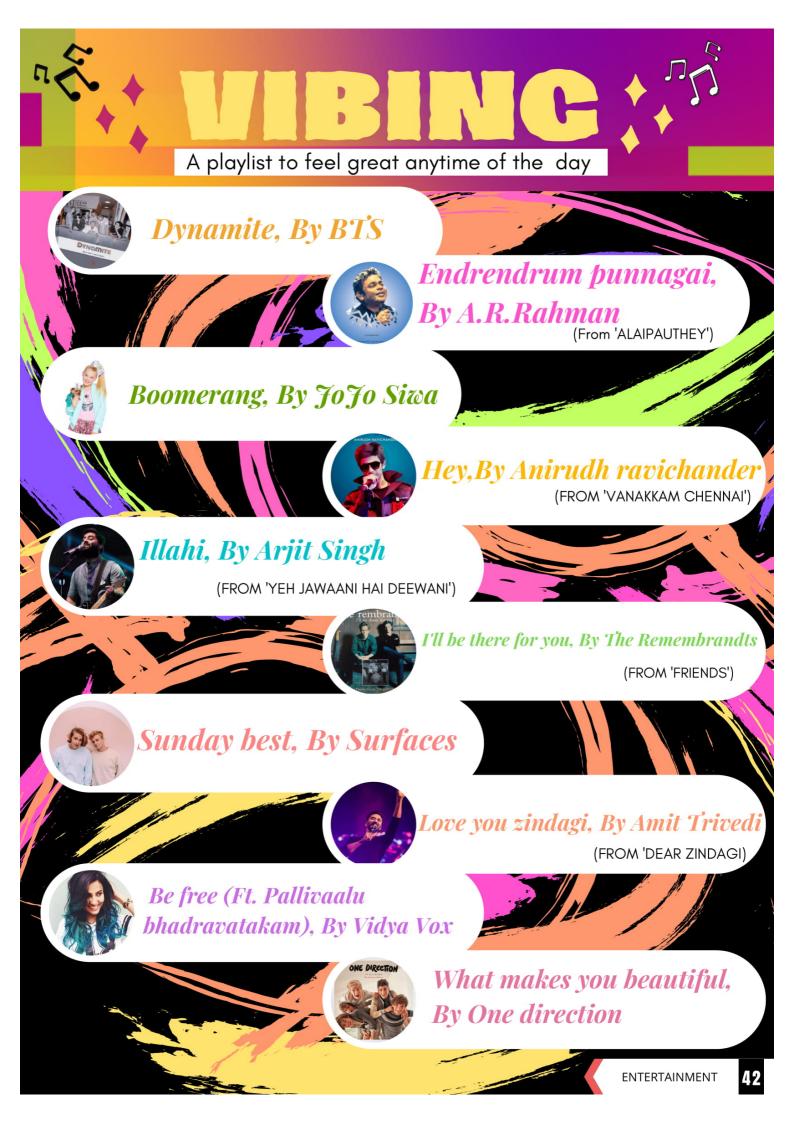




15. Bahubali (Part 1 and 2): From the amazing VFX to the historical action scenes or from the dramatic lines to the heartwrenching familial scenes which conflicts the beliefs and laws of the protagonistic characters, Bahubali is a must watch for the whole family

16. How to train your dragen (2010): This is a family-friendly trilogy to tackle, beginning with the animated movie that first introduced a Viking teenage boy with identity issues and the story of how he met his scaly best friend Toothless.





THE PODOTAINMENT

Our very own picks of podcast + entertainment



BUT WHY: A PODCAST FOR CURIOUS KIDS



- SMASH, BOOM, BEST 2.
- 3. THE PAST & THE CURIOUS
- WOW IN THE WORLD 4.
- STUFF YOU SHOULD KNOW
- A HISTORY OF THE WORLD

IN 100 OBJECTS



- 8. STUFF TO BLOW YOUR MIND
- TED RADIO HOUR 9
- 10. GOOD JOB BRAIN!













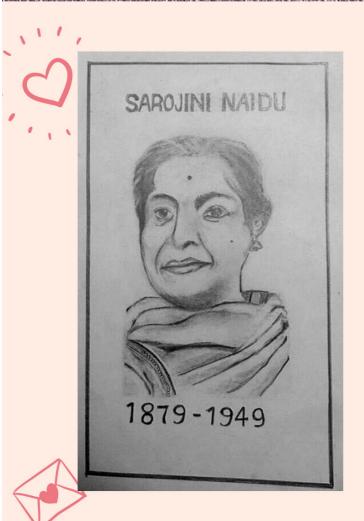
MY TEACHER IS MY HERO BY MARIYAM.I OF VII-D



THE WORLD OF ONLINE CLASSES BY HARI KRISHNA.D OF XI-A









SAROJINI NAIDU BY ABISHEK.A OF XII-A



COFFEE ART BY BHARANI SREE .A OF XII-A











UNDER THE SEA BY
MANOJ KUMAR.D OF
XII-A



SAVE EARTH BY NISMA FATHIMA.I OF XII-A









BIRD SCENERY BY BHARANI VEANDHAN.S OF XII-D



A LITTLE GIRL BY DIVYA LAKSHMI .P OF XII-D









BY T. NANDIKHA

(1.) LIMIT YOUR MEDIA INTAKE:

In order to get ahead of the virus and be up-to-date on the Government and WHO's recommendations, you may be glued to your phone, TV, or computer. Of course, we all want information and guidance on what we can do to keep ourselves and family safe, but the amount of information can be a double-edged sword. Limiting how much time you spend watching the news, listening to the radio, and scrolling through social media can help restore a sense of normalcy while reducing your sense of dread. This doesn't mean putting your head in the sand, but being knowledgeable and respectful of your own emotional and psychological limits. If you start to notice yourself getting agitated, fearful, or depleted when you're seeking news, then it's time for a break.



(2.) FOCUS WHAT YOU CAN CONTROL:



While you cannot control your feelings, your thoughts, or the actions of others, you are not powerless. Shifting your attention toward those aspects of life that you can control can help restore your sense of agency and selfconfidence. Things in your control can be as simple as your daily and nightly routine, what you eat, and what you wear each day. They can also be as profound as how you speak to yourself, how you'll pursue your beliefs and goals, and how you'll respond under pressure. Whether they be big or small, mundane or extraordinary, challenge yourself to make a list of all the things within your control.

<u>(3.) I N V E S T</u> IN THE UPLIFTING:

Surrounding yourself with uplifting media, activities, and thoughts can encourage a more optimistic and joyful mindset. Scheduling some 'me time' is a must and is therapeutic. Chit-chat with a friend, watch a lighthearted movie, read an inspiring book, meditate and breathe or listen to uplifting music. It is a proven fact that listening to music relaxes you, combats stress and anxiety. It has the power to improve your mood. In fact, music therapy is used as a mental health intervention to promote emotional health and promote psychological well-being. Reading a book helps lower your blood pressure and eases the tension in your muscles.



(4.) SET A PERSONAL SCHEDULE AND GOALS:



Take some time to create a new schedule and routine in light of the changing times. While you may be socially isolating and working remotely, you can still get up and get ready for work as you normally had and "commute" to your newly designated home study space in the corner of your room. Continuing to take steps toward your personal and career goals can also help you maintain hope throughout all this. This may be through exercise, reading, writing, honing old skills, or acquiring new skills. While the pandemic may have put some things on hold, you should continue to take reasonable steps toward becoming your ideal self. Eating healthy and exercising regularly not only keep you physically fit, they have a significant impact on your mental well-being as well. Eating well-balanced and nutritious meals can boost the immune system and reduce stress. Working out helps reduce elevated cortisol levels, the body's main stress hormone.

(5.) STOP.BREATHE.DETOX.:

Instead of letting thoughts bring you down while you're stuck at home in quarantine, the good news is there are simple things you can do to manage your negative thoughts and feelings during the pandemic. You can incorporate either positive affirmations or meditation into your day to help change your outlook.It's important to remember positive affirmations or any type of selftalk shouldn't focus on negatives, denial or not believing something happened. For instance, you might say, "I believe in my ability to get through tough times," or "I will not stress over things I cannot control. Meditation can help calm this fight-or-flight response - in which your heart races, your blood pressure increases, and you breathe more rapidly – by helping return your body to its "rest-and-digest" phase, also known as the restorative response. There are many types of meditation to help you take control of your attention, thoughts and breathing. Yoga is one of the most popular, as it combines relaxation and deep breathing with a focus on flexibility



(6.) REMEMBER THAT PEOPLE ARE STILL

WORKING TO MAKE IT GET BETTER:



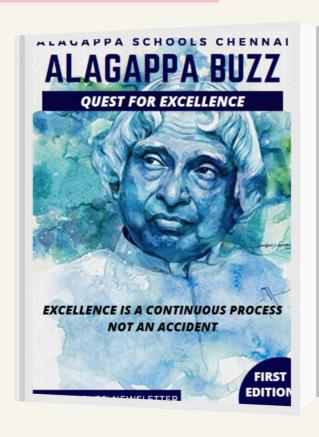
After some time in quarantine and being surrounded by bad news, you can start to believe that nothing is getting better, thinking things like: "The government isn't helping," "Doctors don't know what they're doing," or "People don't respect the health guidelines." At the risk of sounding like a cliché, we can find hope in the oft-quoted line from Mister Rogers, "When I was a boy, I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping'." There are stories of police officers shopping for the elderly, doctors coming out of retirement to lend a hand, and families sharing their food with those in need.



New year is the glittering light to brighten the dreamlined pathway of future. And you know what? The magic in new beginnings is truly the most powerful of them all! We hope you realize that every day is a fresh start for you and that every sunrise is a new chapter in your life waiting to be written. Cheers to a New year and another chance for us to get it right. We the Concept Squad wish you a very happy and prosperous New year!

Keep loving us the same and we shall meet you in the upcoming edition of Alagappa Buzz!

ALAGAPPA BUZZ SUPERMARKET





First Edition Second Edition



Third Edition



Fourth Edition

Coming soon.....Stay tuned!

Alagappa Group of Educational Institutions Karaikudi & Chennai



Alagappa Schools

No.49 Gangadheeswarar Koil Street, Purasaiwalkam, Chennai- 600 084, Ph: 044 2642 2008 / 2642 3545 Email: alagappaschools@alagappa.org



Alagappa Matriculation Higher Secondary School

Alagappapuram, Karaikudi. Ph: 04565 225352 Email: highersecondary@alagappa.org



Alagappa Preparatory and Nursery Primary School

Alagappapuram, Karaikudi. Ph: 04565 225524 Email: prep@alagappa.org



Alagappa Montessori School

Alagappapuram, Karaikudi. Ph: 04565 230395 Email: montessori@alagappa.org



Dr. Alagappa Academy

Alagappapuram, Karaikudi. Ph: 04565230396 Email: cbse@alagappa.org



Alagappa Girls School

Alagappapuram, Karaikudi. Ph: 04565230392

Email: girls@alagappa.org



Dr. Umayal Ramanathan College for Women

Alagappapuram, Karaikudi. Ph: 04565 227861

Email: womenscollege@alagappa.org



Smart Start Play School

Alagappapuram, Karaikudi. Ph: 04565229397 Email: smartstartplayschool@alagappa.org



Alagappa College of Performing Arts

Alagappapuram, Karaikudi. Ph: 04565 230491 Email: performingarts@alagappa.org



Alagappa School Hostel

Alagappapuram, Karaikudi. Ph: 04565225533 Email: hostel@alagappa.org

