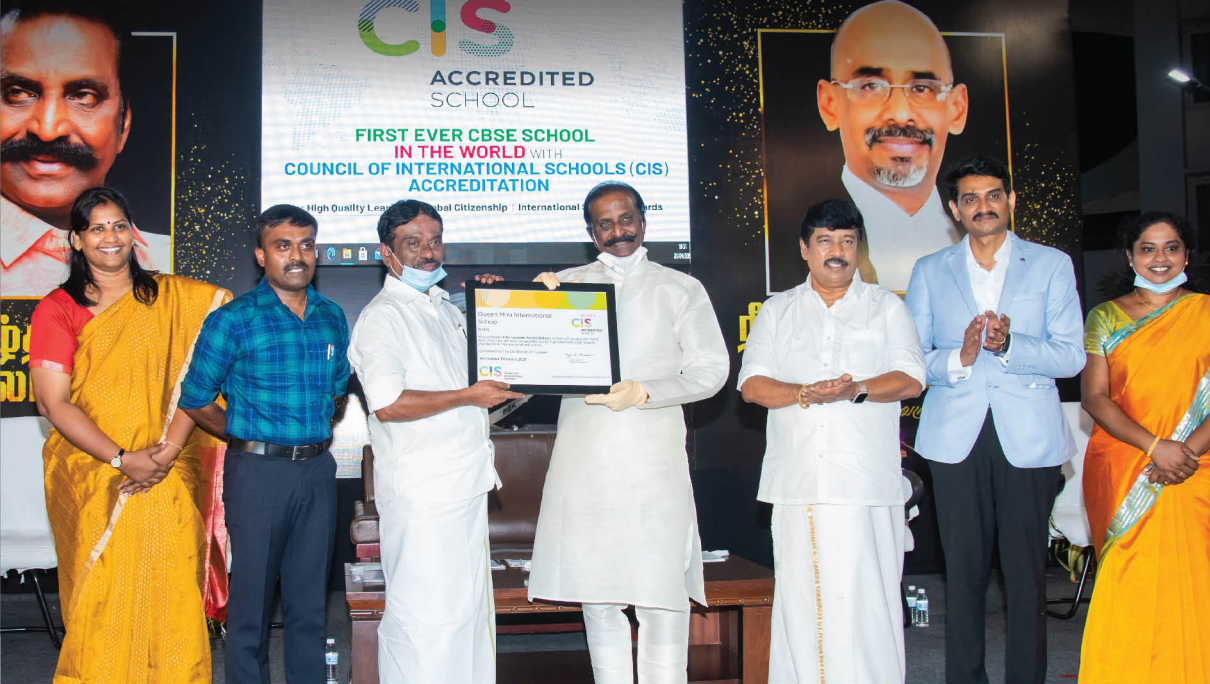


“
தமிழுக்கும்
தமிழனுக்கும்
மேலும் ஒரு மணிமகுடம்!

- பத்மஸ்ரீ டாக்டர் வைரமுத்து

“
WE ARE A
CIS
ACCREDITED
SCHOOL
FIRST EVER CBSE SCHOOL
IN THE WORLD WITH
COUNCIL OF INTERNATIONAL SCHOOLS (CIS)
ACCREDITATION
High Quality Learning | Global Citizenship | International Standards



First ever CBSE School in the world with CIS Accreditation



WE ARE A



ACCREDITED
SCHOOL

QMIS MAKES HISTORY

"REVOLUTIONARY

FIRST EVER CBSE SCHOOL

IN THE **ENTIRE GLOBE** TO HAVE MADE

AN EVERLASTING FOOTPRINT"



School's Guiding Principles

SCHOOL'S PHILOSOPHY

We at QMIS believe in ensuring the well being of the body, mind and soul of the individual by instilling a steady growth mindset, who learn and unlearn to emerge as change - makers.

VISION

To educate the leaders of tomorrow who will change the way the world lives, learns and works

MISSION

The global vision of QMIS is realized through its mission.

Anywhere any time learning environment

Collaborative learning environment of students and teachers provide opportunities to develop personnel and professional attributes

Deliver value based education that produces responsible global citizens who act as a change factor in the society

CORE VALUES

QMIS builds the values through the environment, curricular and co-curricular programs and shapes the staff and students with the following core values:

1. **Accountability:** Be accountable for own actions, do the best, pursue excellence, resolve differences in constructive ways.
2. **Commitment:** A commitment to the acquisition of knowledge and the achievement of personal potential.
3. **Integrity:** A steady and faithful observance of a code of moral values. This includes honesty in word and deed and developing trustworthy individuals.
4. **Positivity:** Instilling a positive or optimistic attitude by building the confidence to handle challenges.
5. **Respect:** Respect self and treat others with consideration and understanding, respect another person's point of view, respecting the cultural differences, respect the property of others and treat others fairly and instil oneness in thoughts despite the differences

MOTTO

QMIS takes the learning of the children "More & Beyond" the classroom and books through various student enrichment programs



GLOBAL CONNECT

TESLA TO WORK WITH GLOBAL REGULATORS TO ENSURE DATA SECURITY: ELON MUSK



BORIS JOHNSON HAS SAID ALL OF THE UK'S ELECTRICITY IS GOING TO COME FROM CLEAN ENERGY SOURCES BY 2035.



NOSTRADAMUS TIMES

November

- Diwali celebration
- Children's day celebration
- Old age home visit
- TLE

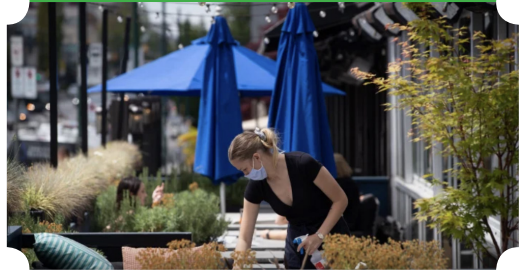
December

- Christmas Celebration
- Value day Celebration
- Counsellor session
- Parent trekking

January

- Pongal Day Celebration
- Path session
- Republic day
- Mini marathon
- CIS accreditation celebration
- Parent Talent Night
- Thiruvalluvar day

CANADIAN GDP FELL 0.1% IN JULY, RISE ESTIMATED FOR AUGUST



Editor In Chief
Anita Rajesh
Rohini Nethaji

Sub Editors
Jainool Fathima
Joy Sheeba
Paulin Sharmila

Student Editorial Board
Anchana Guptan
Krithika M
Siva Bhagya

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Healthy India Green India

Dear Readers

Good to meet you all once again with the mirror of our school newsletter “Yagna”. I am glad to introduce myself Anita Rajesh as Editor in chief for Yagna Volume 11. Before I start my note I thank each and every one of the readers who has made this journey of Yagna so successful every year.

“*Cleanliness is Godliness*” Quoting MK Gandhi, Cleanliness is a place where God resides. The best way to start a cleanliness drive to make India green starts from every home. Sustainable development is a subset of a clean and green environment.

Our environment plays a vital role in physical & mental health and well-being. A mindset change will help this process. We need to partner in this journey of making a green and healthy India with small steps towards sustainability by using nature friendly bags, avoid littering garbage and so on. As a responsible global citizen everyone should know their duties and responsibilities in keeping our place green and healthy and act accordingly.

A healthy and green India will automatically progress. It helps to protect endangered species which are a part of the ecology. Keeping India clean can help reduce Global warming too. When we keep our environment clean it not only helps us but we will also create a healthier environment for our future generations. Let's aim for a better, cleaner and greener India by working together and be active participants in the dream “Clean India” once envisioned by Mahatma Gandhiji

I take this opportunity to thank my Student Editors, Sub Editors, Column in-charges and all my team members who have given their support to make this edition possible. My sincere thanks to Odd Dimension Advertising, our designing partner who has made this Yagna possible. Thank you once again

Anita Rajesh
Editor in Chief

THE STUDENT EDITORS

Hello Readers,

I am so happy to meet you all through this edition of Yagna Volume 11. I am Anchana and I will be heading the student editorial board this year. It is my pleasure to meet you all again as a proud alumna of the school. I thank the school management and the editors Ms. Rohini and Ms. Anita for giving me this opportunity to be one among the team again. This time our magazine is shaped up even better than the yester years. We assure you that we will provide a happy and thoughtful reading experience.



Anchana.R
Alumni

Hello Readers!

I'm so excited to meet you all in this endearing issue of Yagna.

With the impact of the pandemic waning away, it's already a bunch of lessons that it had taught us. One among them is Conservation of Nature. It was a boon to all the green plants and trees, as they were safe without pollution and human disruptions for about a year. It's high time the humans realize the gravity of flora in our lives. This pushes us to build a Green India. The prosperity of us lies in the richness of nature in our land. Let's be responsible citizens and preserve our nature, considering it not as gifts from the past, but as loans from the future.

Happy reading,



Krithika.M
Grade 12

MESSAGE FROM DIRECTOR ACADEMICS



True to the words of the Theivapularvar Thiruvalluvar, Team QMIS has made all strenuous efforts to make our kids learning as smooth as it can and as regular as it can be like a normal school. New normal was just in the platform but not in curtailing any of its action planned.

QMIS leaps and bounds with the support drawn from every stake holder and by the staunch and passionate vision driven Management. Every child's dream is visualized and realized with the support of this dedicated team. QMIS not just made learning possible but it made international visibility with the accreditation of Council of International Schools, Leiden, Netherlands.

QMIS didn't stop with this accomplishment and continues its journey towards excellence. That's the reason school sends its Parent Satisfaction Form twice in every year and this year it was sent by the second week of September. Team was happy to see the survey findings. Though there were concerns registered, predominantly the happiness quotient was reflected in the overall rating as 2.82 out of 3. The concerns are being analysed and elaborate actions will be executed to address the concerns raised in the interest of

Dear All,

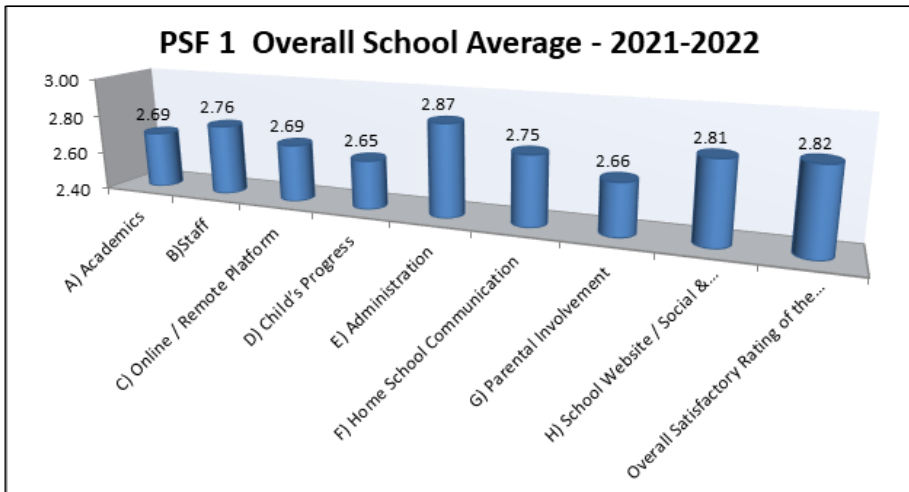
With all the struggles and challenges, we all have crossed an academic year and now we are at the mid of the second academic year when this issue of Yagna reaches your hand.

One thing that kept us all going is the hope on the future and the blessings of Almighty.

குறள் - 622

வெள்ளத் தணைய இடும்பை அறிவுடையான்
உள்ளத்தின் உள்ளக் கெடும்.

A flood of troubles will be overcome by the (courageous) thought which the minds of the wise will entertain, even in sorrow.



(Overall Summary of the PSF - 1)



the majority and through one –one meeting individual concerns will be addressed. Once again through this missive, I thank everyone of you for your participation in the PSF filling and acknowledging the ethos of the school even at this distant relationship.

When this draft is getting ready, the announcement from the state is released which is huge and celebrating news for all the Teaching community. All our faceless communication comes to an end. We are going to see our children. The campus is soon going to be lit by their lofty dreams, loud laughter, strong footsteps are going to echo all through the campus, and hallways are going to be soiled by their foot prints. What was considered as messy by others is the most missing sight for all the schools. Every window pane holds its dream to be held by every tiny tot.

All that children need to geared for the schooling after this long.....vacation is not just bags and stationeries but mental preparation to be into the regular classrooms. Every child has to be emotionally strengthened by the school and parents to start their schooling once again. The learning loss of one and half year cannot be bridged overnight but it takes some time for schools also to prepare the child for the full day schooling and then they have to take them to the syllabus deliverance.

In this process of transition, School is with the parent and we expect the parent also to be with the school and encourage your child to get the inclass experience.

Regards,

A handwritten signature in black ink, appearing to read 'S. S. Gupta'.

Sujatha Guptan

MESSAGE FROM SCHOOL PARLIAMENT'S DESK

Hello Readers!

Really excited to commune with you all with the latest edition of the Yagna Newsletter.

The School Parliament of QMIS is functioning brilliantly this year and striving towards the enhancement of all the Stakeholders and the School as well.

The aim of the School Parliament this year is to ensure that by the end of our tenure we solve all the flaws found in our school and make our school perfect. A personal goal of mine has always been to encourage student's Participation in all the Events being conducted by our school.

The most novel efforts of the School Parliament has been the organising of the Gandhi Jayanti Event which was conducted on 1st October 2021. The feedback and support received by the Student Parliament both from staff and student has been really delightful.

With this being said and the fact that schools are set to open for all students from Grade 1 to Grade 12 in a few weeks all the members of the School Parliament are ready to welcome all students with open arms and are delighted to serve all our stakeholders with pleasure.

Looking forward to Meeting you all in school!

Thank You.



Harish JH, Grade 11
Vice President - QMIS School Parliament.

COUNSELLOR'S INSTINCT



'Postpone your screen time on social media and fool the brain'

"Healthy India, Green India," has become a popular phrase in recent years. Overly drawn to industrialization and technology, we have forgotten the good old habits and practices of our ancestors to maintain a healthy lifestyle. But the present pandemic situation has made us understand and realise their importance. In order to get a clear picture of how to cope with and what should be done to improve our health mentally and physically in this new normal situation that has put everyone in a fix,

Yagna student column in-charge Pooja of Grade 12, along with Ms. Kavitha, had an interview with Ms. Gayathri Srinivasan, a psychologist and counsellor with over five years of experience in handling corporates, school and college students facing day-to-day issues related to mental health and well-being.

Pooja: At a stage when the primary fulfilling factor for students is interaction with classmates and enjoying school life, lockdown can wreak havoc in their daily lives and cause a number of mental health issues. How can students deal with such trauma?

Gayathri Srinivasan: The first and foremost person available at school is a teacher. The teacher can help the kids showing acute symptoms overcome their problems as they get the opportunity to monitor them closely. Kids should avoid feel-

ings of embarrassment to seek help from elders.

Pooja: Though not directly affected, most alpha generation students these days are symptomatic to ADHD due to their unhealthy lifestyle. How can these students tackle this common but underestimated challenge in their lives?

Gayathri Srinivasan: A lot of symptoms can be matching. Only thing that matters is frequency. A counsellor's assessment will analyse the intensity of one's mental illness. The basic home procedure can include meditation and breathing exercises that suit an individual's age group. These are some of the stress-relieving techniques.

Pooja: Education being the most adversely affected field in this coronavirus pandemic, how do we bridge the gap in this sector?

Gayathri Srinivasan: In the last over one-and-a-half years, a lot of students have adapted to the pre-planned schedules and online classes. We cannot measure the quality of education, as students face connectivity issues often. Parents who had restricted the use of technology unless required are making their wards attend online classes for many hours at a stretch. It is contradicting that students these days are forced to sit in front of laptops to learn concepts. But, their mental health is also majorly affected. They adapt to a lot of behavioural changes. Failing to notice and correct them can wreak havoc in their lives in future. It is important to identify the behaviour pattern in a few days or months. Like an aerated drink, their emotions and feelings are suppressed within their minds. We need to talk to these kids to help them open up and share their feelings. Kids are so smart these days. We need to just focus on their physical and mental health. Even though academics hold great importance, we need to focus on the need of the hour and plan on easing the curricula to fill the academic gap since to cope with the situation is the priority right now.

Pooja: It is important at this point to establish boundaries that cannot be overstepped and at the same time be informed of the lurking dangers in the journey to adulthood. At the same time, we should tread on this path and promote contact with the outside world. Adolescent brain is vul-

nerable to addiction. Is there a clear-cut way to overcome behavioural addiction to cravings?

Gayathri Srinivasan: Stay connected via social media. Talk to your emotions and channelise them in an effective way. Acknowledge your emotions and notice the changes in your body. Stay happy. Happiness will distract your screen time. Do offline activities that will let you explore new things. Share your time and ensure your presence with your family members. At the same time, spend your own 'Me' time.

Pooja: Seeing peers at an outing or an activity via social media can trigger FOMO (Fear of Missing Out), which can cause issues of low self-esteem and self-doubt. Can an individual deal with this anxiety and feeling of inferiority?

Gayathri Srinivasan: FOMO is not a past-time. Yet, teens indulge in spending prime time on social media and this has become intense during lockdown. Parents completely trust their kids. Therefore, parents are unaware of such insecure feelings among their children. As children, you can fool the brain by postponing your screen time on social media. It is a simple process to distract your mind over other engaging hobbies.

Pooja: As parents and teachers in school, how do we inculcate the habit of balanced diet in kids?

Gayathri Srinivasan: Physical and mental health are equally important. Majority of us fail to follow regular sleep patterns on weekends. Having brunch is indeed a serious issue. If one fails to have breakfast before 9 in the morning, he/she will face serious nervous problems. Every kid should maintain a proper diet. Simple exercises like walking in 8s would help and having 4 litres of water a day is a must during such drastic climates. Cereals and pulses can give the required nutrition for kids.

Our country is in the hands of our future generations and we at QMIS are pioneers in making the leaders of tomorrow. Let's all hold hands, stay humane and give the confidence for our children to build a better India, healthy and a prosperous Green India!!!!

Teacher Incharge: **Ms.Kavitha**

Student Incharge: **Pooja**

CONNOISSEUR'S EXHORTATION

Ms Suchitra Sridevi is an entrepreneur who runs business on handmade and environment friendly products. Her educational profile includes 55 diploma courses in handicrafts including D.C.A., and D.T.P. She has also done six certificate courses in advanced EDP sessions. She runs an art school – 'SUCHITRA EXIM' -since 1995. She is also teaching arts to students who come from various strands of society.

Jayamadhuri: Hello Ma'am! Greetings and Best wishes on behalf of QMIS.

Ms Suchitra: Good evening Jayamadhuri.

Jayamadhuri: First of all, why do you want to become an entrepreneur ma'am?

Ms Suchitra: It is not ideas but it's about making ideas happen. I see problems and I feel I have solutions too, and I'd rather work on implementing them than wait for someone else to do it.

I want to be a part of positive change in the world. There's a lot of negativity and selfishness and I'd like to bring in that change that we need to have in the society.

Jayamadhuri: That is truly inspiring ma'am. What is unique about your business?

Ms. Suchitra: I want to motivate my students to become an entrepreneur.

Jayamadhuri: From where did you get ideas to start up a business based on handmade and environment friendly product?

Ms Suchitra: From age five, I am a Bharathanatyam dancer. Since then, my parents supported me in these streams by enrolling in dance and art classes. I've also developed unique art skills frequently to enhance the quality of the



products I produce.

Jayamadhuri: What was your ambition when you were a child ma'am?

Ms Suchitra: I love being creative and unique . And I wanted to shine in my life.

Jayamadhuri: Entrepreneurs are individuals who successfully transform an idea from theory into reality. Executing an idea can require confidence, commitment and determination. So what motivated you to take action towards implementing your idea?

Ms Suchitra: Being independent makes us strong. Being an entrepreneur gives you an arena to explore, interact with many people and also helps in developing many qualities such as confidence in a person that is required to develop the business.

Jayamadhuri: Apart from this what other activities are you interested?

Ms Suchitra: I love Tanjore paintings and I do

AMAZING FACTS

1. "A tree is worth 193,250 dollar"

According to professor - T.M.D as of the University of Calcutta - a tree living 50 years will generate 31,250 pollution control, also controls soil erosion and increases soil fertility to the tune of 31,250 dollars This figure does not include the value of trees.



2. Sikkim is the only state in the world where all the vegetables are produced in the farms using only organic manures, chemical fertilizers are officially banned there. Sikkim people always stay healthy.

3. Our Cleanliness Drive:

Narayan Seva Sansthan organized a cleanliness drive with respect to this mission to spread awareness on the subject. The officials of our NGO, motivated the locals to ensure safe and hygienic disposal of waste during the cleanliness drive. The waste disposal method was changed for the entire country after the Swachh Bharat Abhiyaan was launched and it is very important that the citizens of our country are aware of the correct methods of waste disposal. The waste disposal system allows us to separate the waste into different categories so that the cleanliness workers can easily dispose of or recycle the waste. With better awareness of the waste disposal, everyone can be a valuable part of the vision of "Clean India, Dream India".

export on the same. I also support and render services for the villagers and the school students who are in need. Before the pandemic, every week we select any two villages in south Tamil Nadu and support the women of those villages in making handmade art and crafts for their source of survival . I'm also a vocational trainer in Lady Doak College ,Madurai since 2002 and also training students in 10-12 various colleges.

Jayamadhuri: Can you share us about SUCHITRA EXIM, Art school?

Ms Suchitra: I started my art school in 1995 and slowly I developed it. I train all types of paintings, flower dressing, making natural soaps, organic food products, baking (without oven, white sugar and egg), food preservation, and few beauty products.

Jayamadhuri: What steps have you taken to protect our environment?

Ms Suchitra: Being an entrepreneur , I want to boost every individual towards achieving the environmental concern. The first thing I did was I stopped using the plastics to eradicate it completely .I wanted to go green and we also use natural components in our cosmetic products such as tulsi, neem and turmeric.

Jayamadhuri: What is your message for the students who wanted to become a successful entrepreneur ?

Ms Suchitra: Each and every student is unique and each one of them have different aspirations for becoming a successful entrepreneur. They have to come out with their unique ideas, use Time wisely to take decisions towards their upcoming steps and be confident about the usage of technology which is also a key to success.

Teacher Incharge:
Ms.Praveena Rajan

Student Incharge:
Jayamadhuri

Teacher Incharge: **Ms.Selvi Balasubramanian**
Student Incharge: **Neya Lakshita**

CHILD HEALTH AND SAFETY COMMITTEE



Queen Mira International School is a paradigm when it comes for the safety measures. The exclusive Health and Safety Committee of the school regulates around the campus. The HSC monitors even the minute detailing of the school's nook and corner. The working style of the HSC is the predominant factor which eliminates the potential threats related to safety aspects. For accomplishing this, the HSC audits and the strategies are updated on a regular basis.

Maintenance of Issue Registers: To start with the class mentors of every grade are maintaining an issue registers where in any concern or issue related with child's emotional or social safety is mentioned and submitted on a daily basis to the HSC member. This is further escalated to the notice of the School Counselor and appropriate actions are taken to rectify the issues.

Regular Audits: The HSC members are involved in the regular audit which is done across all the floors. All the classrooms, staffrooms, floors, ground and all the other venues at QMIS are audited on a monthly basis. The HSC member also maintains the audit records.

Mock Drill: The HSC team arranges for mock drill periodically. This ensures the exit practice of all the members at the school in case of emergency. This helps every individual at QMIS to be more proactive.

Suggestion box: The Suggestion box placed at QMIS premises helps the stakeholders to drop in their grievances. This is also sorted by the HSC team.

The school's philosophy focuses on the wellbeing of the body, mind and soul and the students at QMIS are aware of all the members of the HSC member. The list of the HSC Member is stuck inside every classroom which helps the students to identify and approach the concerned person for any queries.



Teacher Incharge: **Dr. Sangeetha**
Student Incharge: **Ananya**

MISSION ACCOMPLISHED

CLUB ACTIVITIES

HERITAGE CLUB:

Culture and Tradition of Different States

“Our past helps strengthen our future.”

Our heritage provides clues to our past and how our society has evolved. It helps us examine our history and traditions and enables us develop awareness about ourselves. The objective of this activity was to preserve, innovate and promote, develop and disseminate art, culture, education & social welfare. This was also linked to the sustainable development goal-SDG 9: Infrastructure and innovation and SDG 11: Sustainable Cities and Communities. Ms.AnithaThiliban, the heritage club in-charge explained about the terms Culture and Tradition with examples given by the students and made the students to portray their culture through a chart work. She showed a video on different cultures that people follow for better understanding. This activity was a great source to identify our heritage. It is a valuable factor for empowering local communities and enabling vulnerable groups to participate fully in social and cultural life.



POPCORN CLUB:

Introduction to Short film making

“Theatre is the art of looking at ourselves”

Students of grade 6 were oriented about the elements and nature of films with social message and groups for short film making. The techniques like script writing, selection of a story and dramatization based on their individual skills were explained. It kindled the thirst of the students to make a short film. Many children were interested and they enrolled their names through mail to the club incharges Ms.Ramapriya & Ms.Umadevi. The teachers also played a short film for better understanding of the students. This was also linked to the sustainable development goal-SDG 3: Good Health and well-being & SDG 17: Partnership for the goals.

SCIENCE CLUB

“The science of today is the technology of tomorrow.”

Fire extinguisher and Hydraulic Arm Students of grade 6 to 8 were involved in & as real scientist who assembled Fire Extinguisher and Hydraulic Arm. The learning objective behind this activity was to recognise the working principle of a fire extinguisher and to examine the application of the Pascal's law in the working of a hydraulic arm with the concept related to the atmospheric pressure. This was also linked to the sustainable development goal-SDG 7: Affordable and clean



energy & SDG 17: Partnership for the goals.

STEAM

Fun with Birds

The students of grade 3 enjoyed fixing the parts and moving its wings. The students grouped the parts of each bird together and then made a model of a bird. The students rotated the axle of the rotor and observed the movements of the bird. This was also linked to the sustainable development goal-Life on Land.

Digestive System

Students of grade 4 collaborated with core subjects as a part of STEAM Integration. This was also linked to the sustainable development goal-SDG 3: Good Health and well-being & SDG 17: Partnership for the goals.



Teacher Incharge: **Ms.Pandiselvi**
Student Incharge: **M.Gayathri**

TIME MANAGEMENT



SET GOALS CORRECTLY

Your goal must be clear and well-defined to show you the way.



PRIORITIZE WISELY

Think about what you want to do, what you're good at, and what the world needs from you.



SET A TIME LIMIT

Good time management gives you extra time to spend in your daily life.



TAKE REGULAR BREAKS

Schedule into your day other short breaks of perhaps 10 minutes at a time.



REJUVENATE YOUR SPIRIT!!!



ORGANIZE YOURSELF

After the goal is clear and a timetable is set, it acts like a wall and no deviations.



CREATE TO-DO-LIST

Evaluate & organize your to-do list based on the importance of a task.



PLAN AHEAD

Planning helps you accomplish urgent and critical tasks way ahead of the deadline.

QUASAR KIDS

KG VIRTUAL FACTORY VISIT

“Educating the mind without educating the heart is no education at all”. -Aristotle

To educate the young children about the process involved in making a product, QMIS KG department has arranged for a virtual factory visit to the “MISPAA Foods”. Role of people working in a factory, role of machines used, professions associated with factory and team work.

The KG kids were guided by a host who explained in details about the workers, how they get their raw materials, packed, labeled and sold. Children virtually witnessed the process of 200 cup cakes which got ready within an hour. At the end of the session children were taught not to waste food and made to realize how many people work behind every food that we eat. We insisted the children that if they have excess food they can share with those in need. We



believe that our objective was achieved and children learn not to waste food.

KG FIELD VISIT TO NEIGHBOURHOOD PLACES: CHURCH, ARISTO HOSPITAL AND ECO PARK

“Knowledge is power, Community is strength & Positive attitude is everything”

The Kindergarten department of QMIS organized a virtual Field trip to Church, Aristo Hospital and Eco Park as a part of their curriculum. The Objective of the Virtual visit is to give exposure to our tiny tots about their neighborhood and to create awareness about different places and various jobs of people.

Teachers Connected from three different neighborhood places, first was the hospital, where the teacher explained the steps to protect oneself in this pandemic situation, that is by sanitizing our self and wearing double mask. Along with that she elaborated how to behave in a hospital by maintaining silence, standing in a queue and waiting for their turns. Then she summarizes few important jobs at the hospital.

“The essence of religious is one, only the approach is different”

After that they were connected to church, where the teacher explained that this is one of the religious places. She showed and

explained about the priest, who offers prayers. Priest shared few values to the children. Teacher also said that we should respect all religion and just believe in peace, kindness and harmony.

“The best way to pay for a lovely moment is to enjoy it”

Finally the virtual visit to Thiruparamkundaram Eco park made the children excited and they were enthusiastic to see the playpark, The host explained the social etiquette and also educated the children to be aware of strangers. At the end of the virtual session the children explored themselves and learnt how to behave in public place and they shared about their neighborhood places around them. Parents shared their valuable feedback that after a long time in this pandemic situation children had a great learning exposure through this virtual visit.



Teacher Incharges:

Ms. Jennifer Ruth

Student Incharge:

Karen Jessica Maridoss

WORKING TOWARDS A GREENER INDIA AMID COVID-19 CHALLENGE

“Wherever we see filth or someone throwing garbage, why don't we feel like picking that up? I know this cannot be accomplished only by a publicity campaign. Old habits take time to change. It's a difficult task,” said our Prime Minister Narendra Modi.

What comes to your mind when you say 'Green India'? Most of our thoughts are about trees, greenery and most importantly, cleanliness. There are many benefits of a clean environment - protection of endangered species, clean air and more sources of food, such as fish, among others. A clean environment can ensure steady supply of food, water and many natural resources like wood. Making India green is a



dream of all the citizens. But the question is, do we actually make any efforts to keep our surroundings clean?

If the environment is not clean, humans can never be healthy. As individuals, we have the potential to make a big difference and together we can change the world. Once our India becomes cleaner and greener, it will be beneficial not only for us but also for our future generations. We and the coming generations will be able to live in a healthy environment. This will be our best gift to them as well as us. Let's aim for a better, cleaner and greener India and work together to achieve it.

Government's Role

Cleanliness is very important, whether it is our home, workplace or public place. It is one of the very basic needs of a civilized lifestyle. Mahatma Gandhi, the father of our nation, gave the mantra

“Cleanliness is Godliness” and our Prime Minister Narendra Modi launched the Swachh Bharat Mission which carries a logo that pays tribute to Gandhi. The government plays an important role in ensuring that the nation is clean and green. It must act strictly and take measures for maintenance of cleanliness. There should be a ban on fossil fuels. The government must create a forest belt near every city or town. It can regularise toxic emissions from industries. It should make effluent treatment plants mandatory in all industrial units. By not cutting a tree, we can easily increase greenery and avoid desertification. In addition to minimising global warming, it also increases the oxygen content in the atmosphere.

Clean India Movement

Coming to the programmes launched by the government, there is this clean India Movement.





Objectives of Clean India

- To eliminate open defecation by constructing individual cluster and community toilets
- To convert insanitary toilets into flush toilets
- To eradicate manual scavenging
- Establishing a better mechanism for monitoring the work of the government
- Development through cleanliness
- Assisting production centres in manufacturing sanitary materials
- Management of solid and liquid waste
- Creating awareness on healthy sanitation practices
- Building urban local bodies strong to design and execute all systems properly
- Carrying out scientific processing of disposal, reuse and recycling of solid waste
- Providing a better

environment for private sectors to participate in the Capital Expenditure related to clean campaign

The Clean India program is:

- Unique because of the involvement of children and youth
- Scientific because it is equipped with scientific techniques
- Innovative because there is a structured framework to address the needs
- Inclusive because of the involvement of other stakeholders
- Holistic because it addresses the entire value chain
- Regular as it creates an environmental movement along with scientific learning and civic action
- Effective because it creates eco-friendly citizens

Fallout of Covid-19 on country's green health

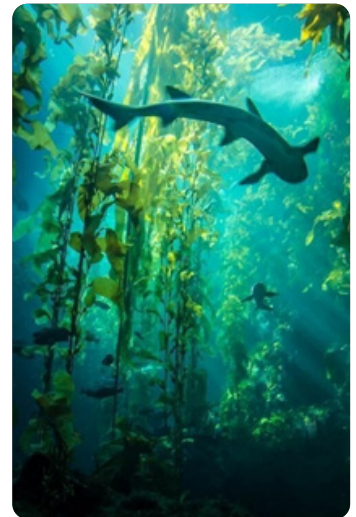
Over 7.5 million people have been infected by COVID-19 globally. In India, the number of cases has risen exponentially from 470 in March to over 4 lakh, all within a span of three months. Despite enforcement of lockdown, including travel bans in and across, there has been an increasing incidence of COVID-19 cases. The number continues to rise as lockdown measures are being relaxed in varying capacities across countries.

With it, bio-medical wastes, such as used disposable face

masks and Personal Protective Equipment (PPE) kits, are also on the increase and it has become a huge challenge for the government and the healthcare sector to get them disposed of safely. However, they are making all efforts to sensitise the public.

“Cleanliness and order are not matters of instinct; they are matters of education and like most great things, you must cultivate a taste for them.”

~Benjamin Disraeli, former Prime Minister of the United Kingdom



Teacher Incharge:
Ms. Christinal Shanthi

Student Incharge: **Rehma.MA**

TRAILBLAZER

Report on visit to an old age home

“Helping others is one step closer to God”

A visit to an old age home was organized by QMIS for graders 1 & 2 on 16.09.2021 through online portal. We got an opportunity to spread happiness and goodness to the shelter for Homeless Urban Poor managed by Mother Teresa Educational Trust at Sellur, Madurai. An old age home is a place for the elderly people who have no one to look after them or those who have been thrown out of their homes by their own children. The place is of course like a home where the inmates get all the facilities for a routine living, like food, clothing and shelter. All these necessities are well looked after but the much-needed love and care of loved ones is of course sadly missing. Our kiddies understood the lifestyle of the elderly people who were left alone in that old age home. We shared rice, grains, sugar, oil, tea powder, soaps, paste, brush and medicines with them which were contributed by kiddies. All the people in the home felt very happy to see the younglings virtually. They blessed everyone whole-heartedly.

Report on Farm Frenzy

“The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings” - Masanobu



Fukuoka

Farm Frenzy field trip was organized by QMIS for Graders 2 on 17.07.2021 through online portal to get an opportunity to get close with the nature. We a team of 4 went to the Farm and showcased the children a farm where they saw the sun above us shining bright and heard the chirping and twittering of birds. The hilly scenery was as beautiful as we walked across the farm.

The younglings were excited by seeing vegetation like eggplant, bottle guard, drumstick, lady's finger and pomegranate. The children were surprised to see a big well from which water was supplied to all the plants and trees in the farm. Our little ones understood that the farmers are the backbone of our society and that they are the ones who provide us all the food we eat. We also connected our SD goals no 15 - Life on Land – Sustainably manage forests, combat desertification halt and reserve, land degradation halt biodiversity loss with the farm visit

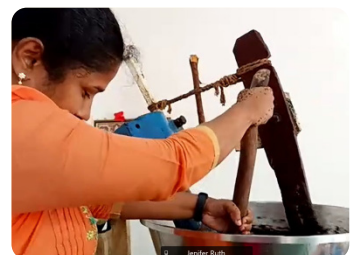


Report on Bite and Burp – Food factory visit

“Happiness is the highest form of health” - Dalai Lama

Field trips give students educational experiences away from their regular online sector. So QMIS organized a virtual food factory visit for Grade 1 children. We a team of 3 visited “Thenan” food factory on 17.07.2021 and the children connected with us through Webex portal.

When physical travel isn't possible, technology becomes a wonderful tool to help the kids explore from their home. Our kids were surprised to watch the preparation of intermediate food products from cow's milk, like the Paneer, Butter, Ghee and MilkKova. Our kiddiewinks were excited to see the full process of making paneer. They were really mouth





watering when paneer reached its form after the complete process. They witnessed the different parts of the machine that churned butter milk in to butter. We showed them how the gingelly oil is extracted from sesame and organic jaggery. Every one of us got goosebumps while we felt the aroma of pure gingelly oil, groundnut oil and coconut oil produced there. The visit was very lively and the kids felt as if they visited the factory in person. Our whippersnapper got a chance to witness the hardships faced by the workers

Report on Jolly Day – Crunchy & Slurpy Brunch

“It is health that is real wealth and not pieces of gold and silver”
-Mahatma Gandhi

Food and popular meals tell us a lot about the history and traditions of various nations and regions. Everyone is concerned with matters of nutrition, So QMIS organized a



Jolly day on the topic “Crunchy and Slurpy Brunch” on 31.07.2021 (Saturday) for Graders 1 & 2 to teach a lot about aesthetical beauty of food. This day helped us to open up new opportunities for the children who value and enjoy eating.

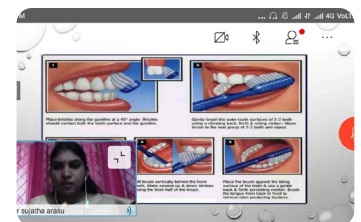
During this activity, we, the teachers imbibed the importance of healthy eating and a balanced diet. An awareness of avoiding junk food was reiterated on the young minds. Our kiddiewinks were ready with all the resources needed for making the brunch. They added grated carrot, grated mango, chopped onions, peanuts and garnished with coriander leaves to make the yummy crunchy salad. We also gave an introduction for simple machine by showing the lemon squeezer and helped them to make slurpy lemon squash with lime juice, little salt, sugar and mint leaves. Our kiddos disguised themselves as little chefs and actively participated in the activity.

Report on Brush and Blush activity

“Every tooth in a man’s head is more valuable than a diamond”. Miguel de Cervantes

Brush and Blush – Tooth Care Activity was organized by QMIS for Graders 1 & 2 on 18.06.2021 through online portal to evaluate the awareness of oral hygiene. The session was carried out by Dr .Sujatha Arul Arasu B.D.S.,MA,PGDFC.,(phd).

Our kiddiewinks learned that brushing everyday along with regular dental checkups would help prevent tooth decay and gum diseases. As a dentist she advised the kids to reduce the daily intake of sweetened drinks and chocolates. She shared that the sugary foods are obvious sources of dental plaque. Throughout the session our little ones listened attentively and clarified their doubts with the Dentist. Dr. Sujatha concluded the session with an advice that tooth decay and plaque could be prevented by brushing and cleaning our teeth thoroughly twice a day. Altogether it was a very successful and a needed session for the kids and the parents.



Teacher Incharge:
Ms.Jainool Fatima
Student Incharge: **Hareesh**

PATH - THE NAVIGATOR



The choice of higher education after school is enormously increasing due to the new kinds of jobs available in the market. The different jobs in the fields of Agriculture, Architecture, Artificial Intelligence, Bioinformatics, Bio Technology, Microbiology, Civil Engineering, Cyber Law, Corporate Law, Computer Science, Design, Digital Marketing, Electrical Engineering, Electronics and Communications Engineering, Environmental Science, Geo Information System, Horticulture, Machine Learning etc., are tremendous. Most importantly these courses are all integrated with relevant technology. So, learning the technological aspects along with the curriculum becomes mandatory for all the aspirants. The creation of new skilled jobs and opportunities are changing the way individuals make their career choices in higher education. With such changes in place, planning of higher education has become more complex and baffling in the minds of Parents and Students. The Aspirants completely rely on Career Guidance, Path session and Alumni Meet to make career choice.

India is a developing country and its power lies in the young minds. They must understand the importance of career guidance to make an informed decision regarding their career progressions. To help students reach their maximum potential, our school caters to the needs of our Parents and Students with Univariety, a portal that helps them to know the available opportunities in India and abroad universities. Career guidance is the process of helping individuals in making adequate educational choices and in taking career decisions based on the demand and requirements of the future of work. Also it helps the individuals to make a shift from the general understanding of life and work to a more specific understanding of the realistic and practical career options that are available to them.

The process of career guidance for students involves helping them to achieve their identified career

options or acquiring their professional goals. The role of a career guidance expert ranges from acting as a guide to leading the entire course of action. Take for example; a student is sure about what he wants to do, say he wants to become an Architect. So, proper career guidance would help him choose the right stream in 10th class, what entrance exams he should prepare for, which colleges to seek admission in and what scholarships are available for him.

The Univariety portal helps the students to understand their core interest areas, aptitudes, and personalities; would empower them to distinguish between strengths and weaknesses, and most importantly would allow them to explore multiple career options before they choose the right career path.

Career is a much larger and significant part of our lives today and any decision in terms of career planning now has to be taken with the utmost attention. With numerous courses, certifications, colleges, job opportunities available, choosing the right career path could become intimidating for students. An adequate choice of career will not only offer an effective job opportunity but allows a student to embrace a satisfactory and respectful lifestyle. Also, the desired career path engages an individual making them more informed, confident, and dedicated. Hence the importance of career guidance and counselling cannot be ruled out. The school provides the opportunities to the 'State of the art career library', 'Access to a reliable and standard psychometric assessment test', 'Opportunity to explore multiple options', 'Guidance from trained career counsellors' and 'End-to-end support' with Path sessions.

Therefore the following are the reasons why career guidance/counselling has become a necessity in today's time and why our school instils on the same:

1. Career counsellors are well-aware of all the opportunities,
2. Embrace a broad perspective to examine career skills,
3. A clear road-map towards a fulfilling career,
4. Resolve career conflict between children and parents,
5. Connect and grow students' career opportunities with domain experts.

Teacher Incharge: **Ms.Sathya Priya**
Student Incharge: **Nithish**

INTERNATIONAL DIMENSION

HOW TO BE HEALTHIER AND HAPPIER AT WORKPLACE

A Professional development programme by Dr.Beena Joyce on the topic “How to be healthier and happier a tworkplace”was an initiative taken by the Health & Safety Committee at QMIS. The session was conducted on 14.07.2021forthe academic and admin staff members. Contentment and fulfillment are subjective concepts – while for some of us financial benefits can be associated with job consumption, some might endeavor for acknowledgment of their hardwork and lose enthusiasm on failing to accomplish so. For some people, having a sociable milieu at work is an indispensable requisite for developing pleasure. No matter what the ethics are, being content with our careers is decisive for sustaining the work-life balance. In alignment with the School’s Philosophy, the Health and Safety committee created a space for the staff members to understand the need for a healthier and happier workspace. In a happy and healthy state of mind, ingenious ideas flow in and we are truly better at problem solving and decision making. Imbibing the professional habits could enhance the performance of the individual both personally and professionally.



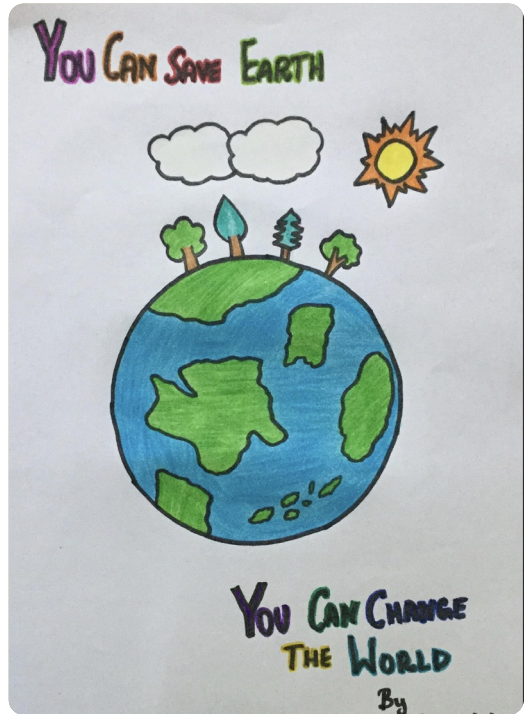
RESTORE OUR EARTH

To observe the Earth Day celebrated around the World on 22nd April, the Global Citizenship Committee came up with an activity for all the students across Kindergarten to High School. Students were asked to pick any one activity of their choice from Photography/slogan writing/planting of saplings. This initiative was taken to help students understand that environmental and climate literacy is the foundation for an equitable and sustainable society. Across the globe, people take part in public activities and work towards creating awareness about critical issues that the Earth is facing. As a matter of fact, it is significant to accentuate that however we celebrate one calendar day as ‘Earth Day’, it is, in fact, more of a drive to celebrate our planet Earth. There was an overwhelming response and active participation from students.



WORLD ENVIRONMENT DAY

Global Citizenship Committee came up with an activity on World Environment day for all the students across Grade 2 to Grade 12 on 05.06.2021 to understand the need to revive our damaged ecosystems. Pollution has substantial impacts on human health, the environment, and even on how some of the Earth's structures, such as the climate, are working. It is distressing our health through the food we eat, the water we drink and the air we breathe. Keeping the above data in mind, the Students were asked to create a poster on the topic "Pollution Free World". A pollution-free world is by far and away the finest insurance for the existence and well-being of present and future generations of humans and ecosystems. It is evident from many case studies that confronting pollution has already taken numerous benefits even if existing responses may still be partial and insufficient. Estimates specify that additional actions have the prospective to improve health and well-being and the economy.



Teacher Incharge: Ms.Parasakthi

Student Incharge:
Suhail Azad Ahamed.P

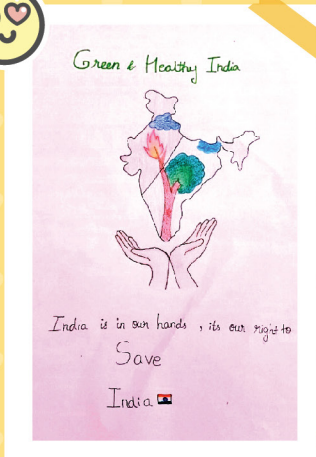
Harappan Scripts



Suhail Azad Ahamed - Gr 9B



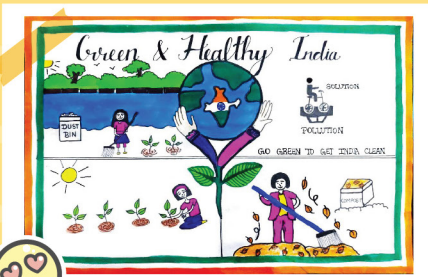
Tanushree Guddad - Gr 6A



Nivedita - Gr 9B



Nithilan M - Gr 4B



Kavipriyaa K.R - Gr 9



S.Gayathri - Gr 6A

Teacher Incharge: **Ms. Gomathi**
Student Incharge: **Harini RM**

GAITIES & CELEBRITIES



‘Health is hearty, health is harmony, and health is happiness.’

Holistic health is actually an approach to life. In an attempt to ensure the holistic development of the students, an exclusive session ‘A Coffee Morning’ on ‘Sound Mind in a Sound Body’ with Mr. Mayilvaganan SP, Chennai was organised on the 10th of July, 2021. This enhanced the knowledge skills of students and positive attitude towards their health and fitness.

Our Guest of Honour Mr. Mayilvaganan started the session with a fact “Irrespective of any walks of life, a man’s important virtue should be Fitness.” He then kept the children alarmed about the sad reality this Covid-19 had invited. He created awareness in the young minds of the children by giving them the three secrets of fitness namely Awareness, Attention and Focus.

The guest was thanked by our Managing Director Mr. Abinath and Director Academics Ms Sujatha Guptan for accommodating his schedule and making his presence despite his busy schedule.

Finally there was an interactive session where the inquisitive children popped up with a lot of questions for which our guest answered patiently.

“Duty demands no recompense; to clouds of heaven, By men on earth, what answering gift is given”

He gave a promising statement,

“When you do things with involvement, you can move mountains”

75TH INDEPENDENCE DAY

‘Freedom is never dear at any price. It is the breath of lives.’

The 75th Independence Day was celebrated on the 15th of August 2021 in the QMIS premises with full exuberance and ebullience.

The event was marked by the flag hoisting by our honourable chairman Dr. Chandran. The flag song was followed by the Welcome Address delivered by Our Director Academics Ms. Sujatha Guptan .

Mr. Abinath Chandran, Managing Director enunciated his official speech, elaborating how far is a teacher’s role in sculpting the lives of the children. He also shared with joy that QMIS is one of the very few schools that forges

responsible citizens to the world through a value based education.

Ms. Murugeshwari, Department of Tamil fascinated the audience through her remarkable speech. She in a nut shell brought out the visions of our former President Dr.A.P.J.Abdul Kalam, it truly had a great impact on each one of us.

A special address of the Chief Guest,our Chairman Dr.Chandran made the occasion even more grandeur. He spoke about the significance of the historic day and highlighted the fact, if an end is put to corruption in politics andpoliticians our country would become a better place to live.

Ms.EzhilRoja, Assistant Vice Principal proposed the vote of thanks. The ceremony ended by paying tribute to the nation through the National Anthem.JaiHind!



PARENT TEACHER CONFERENCE:

Parent Teacher Conference is a great opportunity to know and to work for purification and modification of the students' performance and to ensure the best academic and non academic performance of the child.

In QMIS a Parent Teacher Conference was held on the 18th of July 2021 to discuss the performance of the students to their parents. A great interaction happened between the teachers and the parent where the strengths and areas of improvement of the children were discussed. As the students are in a new mode of learning, the virtual learning processes have become a challenge for both the teaching and the student fraternity. But this session enabled the joint effort, mutual understanding and the co-operation of the parents which is very important for the nourishment and progress of students. The progress reports were shown to the parents and their feedbacks were noted.

“Talent can't be taught but it can be awakened”

Everyone has a unique talent or skill at which they truly excel. Talent Night is one such day to embrace those moments. The Virtual Talent Night for graders 10 and 12 was organised on the 31st of July,2021.

On this momentous occasion the children were given a platform to exhibit their special interests in singing, dancing, acting, making arts etc.

The students sang songs and enchanted the audience through their scintillating performance. Many dance performances of the students left the viewers spellbound. The event did have many unique performances like stand up comedy, solving a Rubik's cube and sketching a portrait.

One of the highlighted performances of the night was the art of Rehma of Grade 12. She managed to create a ravishing portrait of Tony Stark within minutes which stole the hearts of many. The lively conversation between the compere , parents and teachers made everyone cheerful. In a nut shell the Virtual Talent Night was an extravaganza of creativity, artistic and cultural talents.

Teacher Incharge: **Ms.Shameem**
Student Incharge: **S.Shree Harini Ganishka**



FRESH THOUGHTS



Photo of transparent calcite rock formation, yield from CCS Technology

“GREEN INDIA”

Recent days media is flooded with news about E-Vehicle launches which make us to think about its impact as a “Solid move against Global Warming”. But the alarming fact is - Fossil fuels (Coal and Fuel gases) are the prime source of power producing unit in India. It demonstrates E-Vehicle also contribute to Emission indirectly. Policymakers and Research groups are actively looking for feasible technology

to fight hypothetic villains- CO₂ imbalance and pollution. Recently Iceland successfully ran its first Carbon Capture and Storage (CCS) plant to sustain CO₂ Proportion in atmosphere

In Simple terms it sucks the carbon dioxide from Powerplants and transport it in to deep sea, the reaction of absorbed CO₂ with saline water under special condition enables the sediments to form as Rocks under sea bed. Handling CO₂ in mid sea

is a tedious process, currently developed nations are actively involved to optimize the CCS technology. Now it's time for developing nation to took initiative towards CCS

Green Energy Sources

Solar and Wind farms are emerging as future energy sources, government also took various initiatives to promote renewable sources. Offshore winds farm is one of the innovative ideas which utilize the vast sea area for wind farms. European countries successfully adapt this offshore wind turbines and found to be more effective than conventional wind farms.

Tamil Nadu government collaborates with Denmark research group, finished the feasibility study to accommodate offshore wind farm in the Gulf of mannar. It's the first steps to utilize the vast ocean area in India and the number will increase in upcoming days.

Adapting E- Vehicle without concerning their related issues won't achieve its purpose. Parallely, we need to update recent technologies and move towards the goal- “GREEN INDIA”



Student Incharge: **Taresh**

Cross functional training on etiquette

A cross functional training on etiquette was organised on the QMIS campus to emphasise workplace ethics among the staff. Ms. Kalpana Karthik - Principal, Junior School, conducted the training for both academic and administration staff in the courtyard.

The staff were asked to follow the several aspects that form workplace ethics for a smooth functioning of the system and to strengthen professionalism. They were oriented on

- Punctuality
- Physical Appearance
- Responsibility at Workplace
- Teamwork within and cross functional
- Hardworking
- Integrity
- Fairness in every official/ personal relation
- Honesty
- Respect
- Cleanliness
- Time Management

They were also asked to ensure that they used the official language within the campus.

Dr. Beena Joice of the Department of Learning and Organisational Development, QMIS, informed the team about the updated Human Resources policy of the school. She also threw light on grooming standards to be followed by the staff and safety aspects such as the use of helmets while driving,



CIS coordinator Ms. Anita Rajesh reiterated on hygiene maintenance on the premises. The team was also asked to remain organised for better productivity.

Workshop on Japanese '5-S' method

As the 5S method was framed by the Japanese, the training programme started with the comparison of India and Japan with respect to growth.

Energy consultant Dr. S.Saravanan, a professor at the Department of Electrical and Electronics Engineering, Thiagarajar College of Engineering, Madurai, listed the seven categories of wastes that can be avoided/controlled using the 5S method:

- a. Waiting time – waiting time for papers/files
- b. Overproduction – taking extra copies
- c. Re-work – re-entering the

marks

d. Motion – approvals (files/papers)

e. Over processing – collecting duplicate data

f. Inventory – students disfiguring walls and fixtures

g. Transportation – movement of files/school bus/logistics

He introduced the Japanese terms representing the 5S process with its Tamil translation and explained each and every step with an example.

1S – Seiri – Sort - அடுக்கறைப்பெட்டி

2S – Seiton – Set in order – Tool box, Parking lot, Markings on Notice board

3S – Seiso – Shine – 5-Star Hotel cleanliness

4S – Seiketsu – Set appropriate method/process that yields maximum efficiency and eases work.



5S – Shitsuke – Standard Operating Procedure ensuring continuous execution of the approved standard of work.

A number-based activity was conducted to emphasise the importance of sorting.

The advantages of the 5S process were discussed with illustrations with reference to classrooms. The resource person also insisted on ensuring that the 5S process benefitted all stakeholders. Stepwise implementation of the method with reference to classrooms was explained through PPT.

It was decided to form a core team and designate a coordinator exclusively for the implementation of the 5S method well before the next meeting scheduled for September 4, 2021 at 5 pm.

The following pre-work needs to be carried out by each and every staff member, as suggested by the resource person:

- Take photographs of their respective workplace

- Prepare a list of essential and non-essential things/materials/resources in class room/cubicle/workplace

The presentation file used by the resource person is burnt in a CD and enclosed for reference.

The 5S model has now expanded to include a 6th ‘S’ that stands for safety.

Being healthier and happier at workplace

An initiative by the Health & Safety Committee of QMIS, this PDP session was planned effectively for the academic and administration staff.

QMIS being in 2.0, to deliberate on the topic, “How to be happier and healthier at the workplace,” was the need of the hour. Change is immaterial and it can take place at any stage of our life. Themed on Stephen Covey’s ‘The seven habits of highly effective people’, the session had activities to do and videos to watch. Dr. Beena Joice, who heads the Department of Learning and Organisational Development at

QMIS, commenced the session with a query, “What change are we expecting from the session?” The author’s take on every habit was dealt through real-life scenarios to facilitate practical understanding. The employer’s expectations from the employees were expressed. The session centered on self-exploration and healing benefits. The pros and cons of unity and empathy, the essential qualities of education professionals, were discussed. To break the monotony, a game was conducted to explain win-win situations. Dr. Joice briefed on conflict management. Risk takers can witness the world differently as they would have to face more challenges that can strengthen them. Imbibing the 7 important habits will enhance the performance of the individual, both personally and professionally, she concluded.

Teacher Incharges:
Ms.Selvi
Student Incharge:
Mirsha.K

TRAVELOGUE



It's a great pleasure for me to write about our travel experience, recently we got a chance to visit Dubai, located in the United Arab Emirates. It is one of the cities that has become a destination for all races and all countries, and is characterized by the beautiful places that tourists from all over the world come to it. To start with I would like to tell about - Burj Khalifa, it is one of the most famous places in Dubai. It is a symbol of its length. The tower is eight hundred and twenty-nine meters long. It is the tallest tower in the world. This tower reflects a magnificent view of the city from the terrace on the floor. The scenes were frightening and pretty wonderful as seen by the bird from the sky. The tower is surrounded by beautifully landscaped buildings and Dubai's charming fountain. The aquarium visit had explored our children to reveal their imagination out of the box. The school of colourful fishes was literally a great feast to mind. Post which a great treat to our tummy was awaiting which we relished under the horizon of moon. As the country's landform is desert area, tourists can never complete their journey without going for a desert safari, the same was applied to us indeed. Children were so excited to sit on to the hunch

back of the camel and the moving over the sand dune was a stunning feel for the travelers. We could really feel the wonders amidst every creation of God. We could also able to take a couple stops for sunset photos. The exclusive shopping malls are the pronounced factor of the country. It was a complete package and worthy to spend with sand dunes, sun and sea.

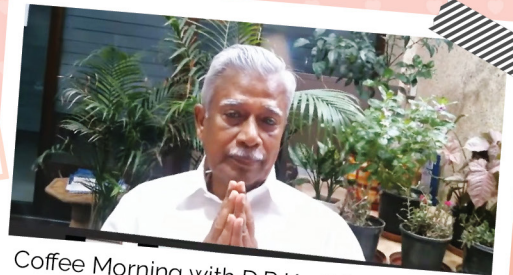


P/O: **Archisma & Ackchita Jeyanthi**
Teacher Incharge: **Ms.Sathyapriya**
Student Incharge: **Anchana.R**

CONNEXIONS



Parent Orientation



Coffee Morning with D.R.Karthikeyan



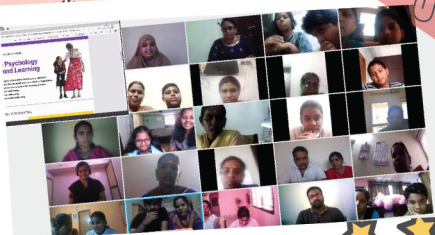
Virtual Connect with Thiru A. Mayilvaganan



Parent Orientation



BFit Circuit challenge: season 6



Parent Interaction

Teacher Incharge: **Ms. Uma Devi Kannan**
Student Incharge: **Rakul KS**

TAMIL



தூய்மை இந்தியாவை உருவாக்கலாம் வாருங்கள்!

முந்தூய்மை தீர்மானம் அமையும் அகநகரம் அமைக்க
வாய்க்காலம் காண்ப்பும். குறள் - 298

கூழனாலும் குளித்துக்குடி, கந்தையானாலும் கசக்கிக்கட்டு. இவ்வாறு தூய்மையை வலியுறுத்தி வந்துள்ள தூய்மை இந்தியா நடைமுறைப்படுத்தும் "கலப்பை" எடுத்த கைகள் கணிப்பொறியையும், தொன்மை நகரங்கள் தொழிற்சாலை நகரங்களாகவும், நீரோடைகள் யாவும் நீற்றுப்போன ஓடைகளாகவும்" மாறிய இக்காலத்தில் இந்தியாவின் தூய்மை என்பது இன்றியமையாத ஒன்றாகும். இந்திய அரசு நாட்டின் வளர்ச்சிக்காகவும் மக்களின் முன்னேற்றத்திற்காகவும் கொண்டு வரப்பட்டது தான் ஐந்தாண்டுதிட்டங்கள். அவற்றில் ஒன்று தூய்மை இந்தியா திட்டம் ஆகும். நாட்டின் 4041 நகரங்களில் உள்ள சாலைகளை தூய்மைப்படுத்துவதற்காக இந்திய அரசு துவக்கியுள்ள இயக்கமாகும். இவ்வியக்கம் அக்டோபர் இரண்டாம் நாள் 2014 ஆம் ஆண்டு திரு. நரேந்திரமோதி அவர்களால் ஆரம்பிக்கப்பட்டது. புது தில்லியில் 3 மில்லியன் அரசு பணியாளர்கள் பள்ளி மற்றும் கல்லூரி மாணவர்களும் பங்கேற்கும் இத்திட்டம் இந்தியாவின் மிகப்பெரிய தூய்மை இயக்கமாகும். இவ்வியக்கத்தின்படி அனைவரும் தூய்மையை மனதில் கொண்டு இயற்கையை காத்து, எளிப்பொருள் தேவையை குறைத்து, காற்று மாசுபாட்டைக் குறைத்து சுத்தமான சுற்றுச்சூழலை உருவாக்குவதே, தூய்மை இந்தியாவை உருவாக்கும் சிறந்தமுறையாகும். வீட்டுக்கொரு மரமும், வீணாகும் மழைநீரை சேமிக்க, மழைநீர் சேமிப்பு தொடர்பும் அவசியமான ஒன்று. நெகிழி பயன்பாட்டை தவிர்த்து இயற்கை உரங்களை பயன்படுத்தியும், காற்றையும் நீரையும் மாசுபடாமல் காத்து நம் வருங்கால சந்ததியினர் ஆரோக்கியமாக வாழ வழிவகுப்போம்.

தூய்மையான உலகத்திற்கு பசுமையான இந்தியாவை முன்னோடி ஆக்குவோம்!

Teacher Incharges: **Ms. Bhuvaneshwari**
Student Incharge: **Ram Naveen**

HINDI

सुच्छ भारत स्वस्थ भारत

राष्ट्रीय ग्रीन इंडिया मिशन जलवायु परिवर्तन की चुनौती से निपटने के लिए भारत के आठ मिशनों में से एक है। इसे फरवरी 2004 में सुरक्षा के लिए लॉन्च किया गया था। अनुकूलन और शमन उपायों के संयोजन से भारत के काम होते वन आवरण को बहाल करना और जलवायु परिवर्तन के खतरे से निपटने के लिए तैयार करना।

जो गो ग्रीन का लक्ष्य है कि मनुष्य अपने जीवन में ऐसे काम करे जिससे पृथ्वी का पर्यावरण, पेड़, पौधे, हवा, जीव - जंतु सुरक्षित रहे। आज मनुष्य के कामों से पृथ्वी पर संकट आ गया है। जंगलों को अंधाधुंध गति से काटा जा रहा है। मनुष्य के क्रियाकलापों से हवा भी दूषित हो रही है और प्रदूषण दिन प्रतिदिन बढ़ता जा रहा है। यदि इसी तरह मनुष्य पर्यावरण को नुकसान पहुँचाता रहा तो एक दिन पृथ्वी दूसरे ग्रहों की तरह बंजर ग्रह ही जाएगी। यहाँ पर किसी प्रकार का जीवन नहीं पाया जाएगा। समय रहते हमें ऐसे कदम उठाने चाहिए जिससे पृथ्वी - पौधे सुरक्षित बने रहे।

पर्यावरण को हम बचाये

हर्यायी को घर लाए

पेड़ - पौधे हम लगाए

जीवन में सुख चैन पाए

जब हम पर्यावरण बचाएँगे

तभी जीवन को बचा पाएँगे

इसके बैर ना सुख पाएँगे

हरदम दुखी होते जायेंगे

ना प्रदूषण हम बैलाए

चारो और सुच्छ वातावरण बनाए

पर्यावरण के संग जीवन जीते जाये

पर्यावरण को प्रदूषण से हम बचाये



Teacher Incharge:
Ms. Revathi Rajini
Student Incharge: **Omisha**

JAPANESE



Green India
Hara Bhara Bharat

As a country known for its cleanliness, Japan is well placed to respond to the challenges we face today. From a young age, Japanese are taught to clean and care for their environment. Japanese residents have a habit of cleaning their locality in a weekly basis apart from their routine daily cleaning. Like Indian homes children are engaged in the daily chores by helping their parents in the household activities. Japanese food habits are considered to be healthiest in the world. Japan schools don't have janitors in the campus since children are engaged in the cleaning activities. Recently in India our Prime Minister Mr. Narendra Modi has introduced a scheme Swachh Bharat Abhiyan. He was inspired by the dream of Mahatma Gandhi's "Cleanliness is Godliness". To pay tribute to him he started this scheme on Oct 2nd 2014. In Japan, traditionally they have 3 principles as their mantra in their day-to-day life which they consider more important for a healthy life. They are Clean, Green and Healthy food habits. The Nagano region of Japan produces the longest life expectancy in the world. The new system which every country follows now as a safety measure to prevent from Covid 19 had been their everyday routine even before this pandemic in Japan.

Go Green and Stay Healthy

Teacher Incharge: **Ms. Seetha Lakshmi**
Student Incharge: **Deepthiya & Harshiith**

FRENCH



Notre planète Terre souffre de nombreux problèmes tels que la pollution, la déforestation, le réchauffement climatique, les changements climatiques et bien plus encore. Par conséquent, il est crucial de concevoir des solutions pour lutter contre de tels problèmes et rendre l'environnement vert et propre pour survivre heureux. En d'autres termes, nous pouvons dire que nous devrions passer au vert pour aider la nature à s'épanouir et à prospérer.

La France s'est engagée de longue date pour protéger la planète Terre avec ses pratiques écologiques. Cette année, la ville de Paris a reçu le label « Ville à vélo » du célèbre Tour de France, qui récompense l'ambition de la ville en matière de développement de la mobilité vélo. Ces dernières années, le gouvernement français aussi s'est consacré à la recherche pour concevoir de futures solutions écologiques et durables. Il travaille à son objectif de se détourner des combustibles fossiles et de s'engager dans une approche neutre en carbone. Pour ne citer que quelques-uns de leurs efforts, l'interdiction d'utiliser les appareils de chauffage au gaz sur les terrasses extérieures des cafés et restaurants à partir d'avril 2022. Les écoles publiques devront proposer de proposer un menu sans viande ni poisson au moins un jour par semaine. Les supermarchés devront réduire le gaspillage d'emballages pour réduire l'utilisation de plastique, tandis que les produits tels que les vêtements devront porter un « écosore » mesurant leur impact sur l'environnement ne sont que quelques-unes des nombreuses mesures prises pour passer au vert.

Teacher Incharge: **Ms. Sangeetha**
Student Incharge: **Suhail Azad Ahamed.P**

JUNIOR JOURNALIST



Success in life is not for those who run fast, but for those who keep running and always on the move.

An Interview with Mr Abinath Chandran, The Managing Director of Queen Mira International School, Madurai. A young aspiring & a passionate edupreneur who could be rightly referred to as a trendsetter in the Temple City for the past 11 years. Amidst being a dynamic Managing Director Mr Abinath Chandran is also a fitness enthusiast and an excellent motivational speaker.

Anchana: Good Evening Mr.Abinath! I am Anchana, Head of the Student Editorial Board of Yagna.

Krithika: Good Evening sir! This is Krithika and I am the Student Incharge of the Junior Journalist Column.

Mr.Abinath Chandran: Good evening Krithika!It's my pleasure joining you and Anchana today!

Krithika: Sir, At the age of 24, while other people were busy searching for jobs and pursuing their

higher studies, how did you manage to become a successful edupreneur?

Mr.Abinath Chandran:I Faced a lot of rejections. My purpose of life was to gain trust and make people believe in me. My vision was to build a school of difference and bridge the gap that I had during my school days. In spite of many criticisms, QMIS was built to deliver value-based education.

Anchana: You already mentioned that you have faced a lot of rejections and rose back stronger each time. Have people ever laughed at your goals sir? How did you manage them and have you achieved your goals?

Mr.Abinath Chandran: Of course there were lot of people who laughed at my dreams. Later they realized the gravity of my vision. As said by Azim permji, " If people aren't laughing at your goals, your are small"

Krithika: That was an august quote sir. Sir, QMIS was started 10 years back like any other CBSE school to now become the only CBSE school in the world to get an International Accreditation (CIS). Can you tell us about the transformation journey?

Mr.Abinath Chandran: 10 years back, CBSE. First applied for ISA and rejected. We wanted to build global collaborations. Chose CIS and got rejected a few times. High standards of CIS, now being adopted by CBSE also. Being locally, Thinking globally.

Anchana: That was good to hear sir! Talking about the well-being of body mind and soul, what instigated you to kickstart the BFIT program sir?

Mr.Abinath Chandran: True inspiration was Mr.Mayilvaganan. It helps to manage stress. As discussed by board member Mr.Ganesh Kumar, BFIT teaches care for others and accepting failure. It creates positive thoughts and environment.

Krithika: Am happy to be a part of the BFIT program too!

Krithika: Sir, QMIS's vision is to create the leaders of tomorrow. In your opinion, what are the five traits that the leaders of tomorrow should possess?

Mr.Abinath Chandran: According to me I think a few attributes that the leaders of tomorrow should possess are,

- 1) Decision making – A delayed justice is a denied justice.
- 2) Trait for never give up
- 3) Problem solving “God believes you as a problem solver. So solve your problems”
- 4) Working as a team
- 5) Care for the society

Anchana: That was such a thoughtful answer sir! Can you give a few tips for our readers on how to manage Time, Anger, Crisis

Mr.Abinath Chandran:

- **Time – Maintain planner, plan your day.**
- **Anger – BFIT and ground activities.**
- **Crisis – Believe what goes around comes around. “Do good feel good”**

“
**YOU ARE
FROM
A CULTURE;
SAVE IT.**
- ABINATH CHANDRAN
”

Krithika: Thank you for those words sir! Moving ahead, it's important for us to stay rooted to our culture and heritage. How do you think we can instill cultural values into today's netizens sir?

Mr.Abinath Chandran: “You are from a culture, Save it”. Exhibit yourself and your culture.

Krithika: Thank you sir! What is the USB of QMIS sir?

Mr.Abinath Chandran: “TEAM”

Anchana: That was well-phrased sir! Coming to the end of the interview, on a personal note, can you describe yourself in a word sir?

Mr.Abinath Chandran: “CHALLENGE”. I think that best describes me.

Anchana: Thank you very much for spending your valuable time with us sir!

Krithika: I thoroughly enjoyed today's interview and learnt a lot of insightful things sir. Thank you so much!

Mr.Abinath Chandran: Thank you Anchana and Krithika! It was great speaking with you both! All the best!

Teacher Incharge:
Ms.Anita Rajesh

Student Incharge: **Krithika.M & Anchana.R**

CAREER CHOICE

WISH TO STUDY ABROAD?

ARE YOU CONFUSED ABOUT WHERE TO STUDY?

Studying abroad is a life-changing experience and so, before you plunge into the first destination that pops in your mind, sit back, relax and research. It is crucial to weigh all the pros and cons of a country where you plan to further your career. I know it's overwhelming, that's why we have this Career Choices page to help you decide on your next study destination.

What course do you like to pursue?

Foundation to start with –

- Identify your course of preference by listing down your interests and strengths.
- Research extensively on the modules, program and its duration offered for your preferred subject.
- And while you're at it, ensure to explore employment prospects and long-term benefits as well in future.

What is the scope of your selected course in your desired destination?

- Understand the industries that are open for you to explore employment opportunities once you've completed your program.
- Take into account the countries that have maximum avenues for students undertaking your chosen course.
- Check how strong is the destination in your industry



base and if any level of industrial training is available.

If you wish to make it big in civil engineering, New Zealand is one of the best destinations for you. With the current expansion of construction projects across the country, there is a growing demand for civil engineers with handsome perks here. Ireland is great for students in the healthcare and pharmaceuticals industry. Australia is the country to be if you are seeking research opportunities.

Does the educational structure of the destination suit you?

- Different destinations have different educational structures, which may or may not be in sync with your thought process.
- Check for the teaching pedagogy followed in the classrooms. A lot of universities add weightage to practical training over theoretical concepts.

Do you fulfill the entry requirements?

Always look for the entry requirements for the programs

available in your desired destination. Does it offer a program at the level you wish to take entry in? Is it a diploma program or a degree? Understand your preference and select accordingly.

Also check for the academic scores required. Do you fulfill the same? Would you be required to take an additional test apart from the English proficiency test? Do think you'd be able to extract time from your schedule to prepare for additional tests such as GMAT, GRE or SAT?

How much will it cost to study in your desired destination?

It is essential to consider the overall expense involved in studying at a particular destination. When calculating your costs, don't forget to consider ancillary expenses such as accommodation, utilities, transportation, etc. Consider the duration of your course as that'll majorly affect your overall cost of studying abroad. For instance, masters in the UK and Ireland are offered for just one year whereas masters in other countries like Canada and Australia can take

up to two years.

Find out if there are any scholarships available to study in the desired destination at both government and institute level. If you are able to land one, it can help bring down the cost of your studies considerably. Check if you'll also be able to work part-time while studying so you can manage your daily expenses easily and also gain some professional experience.

Wondering how much money do you need? We'll help you budget it out!

Decided which intake you want to opt for?

Did you know that the academic year in universities abroad differ from the ones in India? Consider your current situation – does it allow you to gather everything and apply for the upcoming intake? Applying to a university requires collating all your documents (such as Statement of Purpose, Letter of Recommendation, Curriculum Vitae, Transcripts, etc.), ensure that you have all this in place before your chosen intake begins. If you don't have enough time for all these formalities, consider going for the next intake.

Confused with what to do when? Our timeline for 2020 intakes is here to help!

Does your destination offer employment opportunities?

Your chosen course should be able to help you grow professionally and put you in a state where you can find employment. Consider a destination that offers multiple employment opportunities

for your course. For instance, if you're getting a masters computer science, the US will offer you endless avenues. After all, it is home to tech hubs such as San Diego, San Francisco, Chicago, Boston and Silicon Valley.

What are the student visa requirements and policies?

Check for the visa entry requirements of the destination you are interested in. Each country has a different set of rules to abide by, and sometimes visa processing may take more time than expected. Also, visa processing costs vary for each country. If you'd require, our counselors can help you understand the visa processes with ease.

Does your chosen destination offer you the kind of lifestyle you prefer?

Not a major factor, but something to think about as an Indian student. Lifestyle abroad is going to be extremely different from India. The language, culture, food, and way of leading everyday life - everything is going to change. Your way of approaching different situations will also change drastically.

Consider researching on the lifestyle of each destination in order to understand if it lies in sync you're your aspirations.

What's the ROI (Return of Investment) and value of your degree back in India?

As an Indian student who'll be spending a lot of money, effort and time, it is natural to calculate

the return on investment (ROI). Does the destination offer you the kind of return you'd want on your investment? Does it make you job ready? If you are planning to immigrate to another country, reflect upon the opportunities and monetary benefit. Consider the value of your degree back home especially if you intend to return back. Students going for niche courses must also ponder upon this aspect.

The practicalities of when you can apply to study and when you can commence your course in different destinations. They can discuss your profile in detail and help map your career and personal aspirations to the right country where you can thrive in.

- Need to apply for a passport prior to studying abroad.
- Get a clean bill of health from a doctor and also secure health insurance.
- Cheap plane tickets can be found through websites like Sky scanner and Student Universe.
- When packing, less is more!
- Researching the host country's customs and culture can help you get to know about new home before arrival and may lessen culture shock.

Start planning your educational journey and scope of your higher studies through the above inputs! Let's catch up further more in the next issue!

Teacher Incharge:
Ms. Kalpana Karthick
Student Incharge:
Samira Afshan.M

SPORTS

*Some people want it to happen,
Some wish to happen,
Others make it happen.*

India's notable victory in Olympics had always been a dream for so many decades together. This 2020 Tokyo Olympics proved the world what Indians are capable of. The phenomenal success of the youngsters took India to the next level in the International Sports. The Indian Medal winners at Tokyo Olympics 2021 are,

- **Neeraj Chopra**
Gold in Men's Javelin Throw
- **Ravi Kumar Dhahiya**
Silver in Wrestling Freestyle
- **Mirabai Chanu Saikhom**
Silver in Weight Lifting
- **Bajrang Punia**
Bronze wrestling Freestyle
- **P.V.Sindhu**
Bronze in Badminton(Women's Single)
- **Lovlina Borgohain**
Bronze in Boxing
- **Indian Hockey Team**
Bronze in Hockey

It's a pride that out of the six individual winners three are women. This Tokyo Olympics had brought into limelight the true potential of the Indian women who are excelling at sports. Hockey in spite of being India's national game had hardly won the hearts of the people. The fame and popularity that Cricket has in India is something that Hockey doesn't have. But this Olympics served as a great platform for the Indian Hockey team to showcase their sportsmanship to the world. The contribution of each single person raised India's overall rank. These true heroes made of hardwork and integrity made their motherland proud through their remarkable victory. Kudos to the Mighty Warriors of Sports!!!!

TOKYO 2020



Teacher Incharge: **Mr.Karthik & Mr.Aravind**
Student Incharge: **Jeff Daerin & Gokula Hariharan**

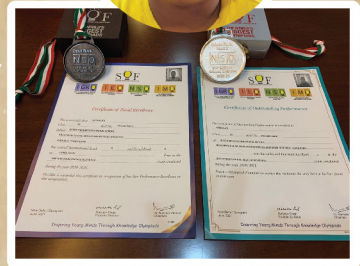
Q's ACHIEVEMENT

International 2nd Rank & Zonal 6th Rank

Science Olympiad Foundation (SOF) conducts regular qualitative and quantitative assessment at the national/international level in order to build up the scientific, commercial and IT talent pool.

Nithilan.M of Grade 4

(AY 2021-'22), QMIS has taken part in SOF International English Olympiad Exam during the Academic Year 2020-2021 and has achieved International 2nd rank. Also he has secured International rank 6 & Zonal 6th rank in Tamil Nadu in SOF- National Science Olympiad during AY 2020 – 2021.



Speed Cube Master

Ready, set... go! **Speedcubing is the fastest solving of the Rubik's Cube** that you'll ever see!

Aditya Ramanathan of Grade 3, QMIS a Speedcuber can solve the Rubik's Cube in lightning speed.

He has participated under 8 years category and won gold medal by solving 3x3 & 2x2 within 209 seconds conducted by **Cube Federation of India**.

He has **also Won excellence Gold Medal** under 8 years category at **Grand International Speedcubing Tournament**



Back to School



IT'S TIME TO BEGIN OUR ROUTINE

ACADEMIC YEAR 2021-22

Vijayadasami Admissions for **KG to Grade 2**



QMIS
QUEEN MIRA INTERNATIONAL SCHOOL

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Aravindhar Nagar, Melakkal Road, Kochadai, Madurai - 625019.

☎ (0452) 2475303 / 98557 77000 / 97875 70746 ✉ contact@queenmira.com 🌐 queenmirainternationalschool 🌐 www.queenmira.com