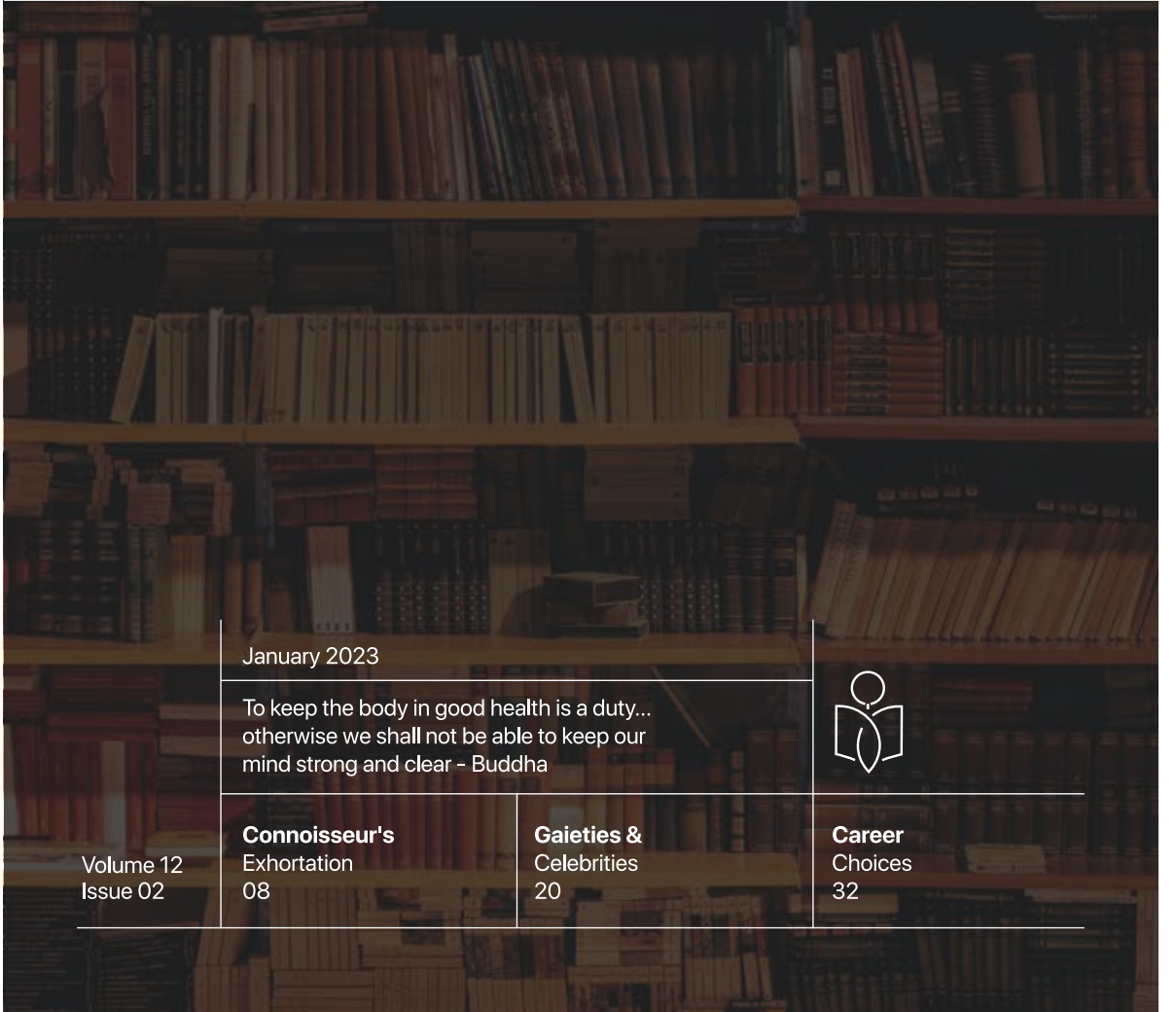




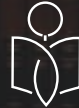
queen
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அறிஞர்



January 2023

To keep the body in good health is a duty...
otherwise we shall not be able to keep our
mind strong and clear - Buddha



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Issue 02

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The Editor

**Dear Readers,
New Year Greetings to one and all!**

I am glad to take up the mantle of editorship for the new-look 'Arinool', called 'Yagna' earlier, a quarterly magazine from the stable of Queen Mira International School, accredited by the much-acclaimed Council of International Schools (CIS) based at Leiden, Netherlands.

'Arinool', as the Tamil name denotes, keeps you in the know of the events and happenings on the campus every quarter. Additionally, it serves as an official platform for the children to get their event reports, articles, poems, interviews with achievers and drawings published. Seeing their work in print will give them an indescribable sense of happiness and motivate them to unleash their creative skills. It is also a golden opportunity for them to be involved in the editorial assignments and production process.

The second issue of Volume 12 of the current academic year is too special to give it a miss. Its theme is the school's flagship programme – B-Fit, the brainchild of the Managing Director, Mr Abinath Chandran.

AR. Meyyammai

**Content Creator
Faculty, Dept of English**

As you may be aware, B-Fit is an innovative wellness programme tailor-made for the students to honour their bodies so they can keep their minds fresh and souls happy, on which the school's philosophy pivots.

Treated on par with core subjects, it comes with a creative curriculum and the Physical Education Department staff prepare lesson plans to facilitate students in meeting the daily physical activity goals. There is not a single day a student at QMIS would go home without a 40-minute B-Fit class.

Their interviews with the young Arjuna awardee Jerlin Anika, academican-cum-counselling psychologist Dr Suresh Kumar Murgesan and our school's Academic Director Ms Sujata Gupta are inspirational, insightful and informative. The creative expressions of our students deserve a special mention. Some of them have penned down their flow of thoughts on B-Fit in the form of poems, articles and drawings beautifully.

I thank our dedicated team of teachers for their reports and articles and the teachers in charge for guiding and motivating our students to contribute to 'Arinool' which has helped deliver a quality publication.

குறள் 592:

உள்ளம் உடைமை உடைமை பொருளுடைமை
நில்லாது நீங்கி விடும்.



Message From The Director Academics

Dear All,

“Consistency is the key to success” is what QMIS strongly believes in and the consistent efforts have always nurtured its growth and progress. 'Arinool' stands as an epitome for the Team's consistent efforts. The journey of this magazine, which started as 'Yagna' in the year 2011, continues successfully with the support of the Management and Team.

Term 2 was very successful as it witnessed a historical event 'The Little Emperors' – Season 8. The annual inter-school cultural event being hosted by us since 2015 continued even during the pandemic in the virtual platform and had a great comeback this season. This season saw TLE in a new avatar with the extension of the event to middle schoolers and government schoolchildren.

The 6000 plus participants from nearly 200 schools from 7 districts made use of this platform in the best possible way. Their energy and enthusiasm engulfed the campus, charging up the atmosphere with success stories. The pinnacle of TLE's glory is waiting to unfold - QMIS is taking the top winners of the competitions in the Grade 6 to 8 category on a trip to ISRO shortly. Along with them, the students of Grades 5 to 9 and 11 of our school who have earned the 'Star of the Year' title will also be joining.

This initiative opens up an avenue for students from different socio-economic backgrounds to inter-mingle and understand each other.

Sujatha Gupta
The Director Academics

குறள் 382:

அஞ்சாமை ஈகை அறிவுக்கம் இந்நான்கும்
எஞ்சாமை வேந்தர்க்க் கியல்பு.



Message From The Director Academics

We strongly believe in the fact that children learn effectively from their peer groups. This trip would guarantee such a peer learning experience.

I am also glad to share with you all that under the school's collaboration with M.S.Chellamuthu Trust and Research Foundation, our Grade 8 children will work with their peers from a Corporation school and shall learn mutually. The one year of our children's investment in this shared learning process will be a lifetime opportunity and certainly shall leave an indelible mark in their life's journey.

Transforming the system of assessment for student development is one of the key concerns of National Education Policy 2020. QMIS has been proactive in this aspect and has evolved its own assessment method which would bring in a holistic approach to the learning process.

The implementation of New Assessment Policy (NAP) on a pilot basis for Grades 2, 5 and 8 has given scope for initiating newer dimensions to holistic learning. The skill

course on financial literacy introduced for these grades has enriched their everyday vocabulary and money management skills. The NAP also tries to educate the stakeholders that a child has a lot more to learn beyond books and classrooms. Emphasis on Olympiad and other competitive examinations prepares the children for competency-based learning and assessment. The Einstein + which was introduced 3 years before guides and aids them on this front.

This NAP has brought in a new perspective to the assessment process. Children are made to expose themselves to the unexplored areas, which they otherwise will not give importance at all. One of the criteria, which is close to my heart, is including their contribution to society through social outreach programme. Children are given a compulsive environment to learn their community responsibility and we believe that in due course it becomes their way of life.

With all the additives to their learning, QMIS steps into the New Year 2023, and soon into the new academic year ensuring the school's philosophy.

6

QMIS has evolved its own assessment method which would bring in a holistic approach to the learning process. The implementation of New Assessment Policy (NAP) on a pilot basis for Grades 2, 5 and 8 has given scope for enhancing student learning.



B-FIT BENEFITS KIDS ACADEMICALLY

School counsellors are education specialists who assist students in their social, emotional and educational development through counselling, consultation and coordination. In this column earmarked for counsellors, I, **Caleb Henry Raj**, an English faculty, along with our student **V. Deepthya** of Grade IX meet up **Dr. Suresh Kumar Murugesan**, a well-known counsellor-researcher, to present his thoughts on the importance of mental health and physical education in the wellbeing of school-going children. Suresh Kumar heads the Department of Psychology in The American College, Madurai, and runs the Yellow Pond Counselling Centre in the city.

01 **Henry: Mental health in children is a much-talked about subject today. What is the role of an educational institution in ensuring the emotional well-being of its students?**

Mental health is not about biomedical approach. There are many psychological factors. Behavioural approach helps maintain the mental health of children. As we all know, children are very close to their teachers emotionally. Their mental skills are honed, tuned and finetuned

only by the teachers. The school environment must also be conducive. According to my research, countries like Singapore and Finland provide holistic development in mental and emotional health of children. This approach must be followed in our country too.

02 **Deepthya: How effective can school counselling be in stabilising the mental health of a student?**

As per the government order, every school must have two counsellors. One can be a career counsellor and the other

Counsellor's Instinct

a mental health counsellor. This will help the children open up and their emotional issues can be addressed by the counsellors to a considerable extent. The Government of India, way back in the early 1950s, had insisted on the recommendation of the 'Mudhaliar Commission' that there should be one counsellor in every school. The role of the counsellor was stated 70 years ago. Even the educational laws framed in the 1990s insisted on having a counsellor for students from grades 9 to 12, who being in their adolescent stage undergo emotional problems.

03 **Henry: Sound mind in a sound body, goes a popular saying. How important is physical education for the mental health of students?**

Aristotle says, "Education is the process of creating sound mind in a sound body." Renowned people like Ramanujam, the mathematician, concentrated on academics alone. He had a psychiatric problem and was not able to express his opinions properly. When this problem was addressed properly, he was able to make his contribution with excellence for extended number of years. If one is conscious of his physical health, it naturally boosts his/her overall confidence. Mind and body go hand in hand and both needs to be sound. A person who does exercises

regularly can tackle any kind of mental issue with ease which is why we recommend physical exercises for those who are down with depression.

04 **Deepthya: Do you think sports should be integrated with academics? If so, can it help in students' academic progress and to what extent?**

Certainly! We adopt different teaching methods integrating physical activities for different age group now. It was not so 15 years ago. Lecture method can be adopted for an adolescent and 'play-way method' for a kid. Physical education helps students learn to communicate and inculcates team spirit and coordination skills. A proper physical education hones the social skills of a student. It is proven that consistent physical activity promotes academics and social skills called 'trait behaviour' in psychology. Hence, it is mandatory that both are integrated.



Counsellor's Instinct

05 **Henry: Does encouraging the students in sports spur their critical thinking and help inculcate survival skills?**

Critical thinking has to come naturally. But nowadays, specialised courses are offered to boost critical thinking. When you expose children to games, they automatically develop this skill as they learn by mistakes. Sports is the best way to develop critical thinking, which in turn inculcates various survival skills.

06 **Deepthya: How do you convince the parents, who are psychologically trained to attach more significance to their ward's academics than sports, that physical and mental fitness are complimentary to each other?**

Creating awareness is the first step in making the parents understand its seriousness. The reason the parents give less importance to sports is because they believe it would not affect their child's progress. They think that health problems can be treated with diet and medication. But that is not true in all cases. A child's cognitive development takes place from the age of 13. Awareness created through role modelling and fellow mentorship can help change their attitude.

07 **Henry: As a parent whose child is studying in QMIS, do you think your ward has benefitted from the B-Fit programme and how?**

The B-Fit programme in QMIS deserves appreciation. Obesity, a medical condition commonly found in the West, has permeated in India too. The body-mass index of our children indicates that most of them are obese. The school-going children do not have an effective platform to burn fat. I was happy when I came to know that QMIS has provided such a platform. Now, I am able to see proportional changes in the physique of my son.

08 **Henry: As a psychologist, do you think B-Fit activities can keep the children academically motivated irrespective of their IQ levels?**

B-Fit is an initiative that takes care of physical health. It certainly helps the child progress academically. The responsibility has to be shared both by the parents and teachers to develop a strategy that can integrate sports and academics. For this, parents need what we call 'psycho education'. So, it is our duty to help them understand that there are means available to make their wards excel in academics through sports.

Connoisseur's Exhortation

MADURAI'S ARJUNA AWARDEE EYES OLYMPICS



At 17, **J. Jerlin Anika** has become a household name. The Arjuna award, the country's second highest sporting honour, she received from the Government of India for the year 2022 has fetched her the fame she deserves. Jerlin is special unlike other popular players. A girl with special needs, she plays badminton to the level that she has brought home three gold medals from the Deaflympics held in Brazil last year. Deaflympics are multi-sports events sanctioned by the International Olympic Committee for athletes hard of hearing and have the same status as the Olympics for the Hearing and the Paralympics for the Disabled. As Jerlin is not trained to speak due to 100 percent hearing loss from childhood, her father Jeyaratchagan, with wife Leema Roselin and daughter by his side, speaks her mind in a freewheeling chat with Grade 9 students **Susan Evangeline** and **Rituraj Pandiyan**.

01 Susan: Congratulations Ms. Jerlin for winning the Arjuna award. We would like to know about her background, how she took to badminton and what made her stick to the game through her teens.

We come from a modest background, struggling to make ends meet. She took an interest in badminton after seeing her friends play. I took her to the court when she was 8. She wanted to play like the other kids and I encouraged her. Saravanan, the coach, trained her along with non-disabled children. From then, there was no looking back.

02 Rituraj: Please share with us her entry into the international badminton arena and Deaflympics and your journey thereafter.

One among the 4 girls to be sent by India, Jerlin played at the Deaflympics in Turkey in 2017 when she was 13 and was the youngest player ever to participate. She was quite nervous then, but finished fifth in the open category. In 2018, she played at the Asia Pacific Badminton Championship in Malaysia, clinching two silver medals and one bronze. When she was in Grade 10, she took a break from

Connoisseur's Exhortation

school for a year and focused her energy on the game. That yielded desired results – Jerlin won the singles title and silver in doubles and mixed badminton in the World Deaf Badminton Championship in China in 2019. She made the utmost use of the pandemic period when no international tournaments were held. In May 2022, she set a world record in badminton winning singles, mixed doubles and team events in the Deaflympics for which she received Rs 75 lakh each from the Central and State Governments. It transformed her life for the better.

03 Susan: To win the Arjuna award is a dream-come-true moment for any sportsperson. It is no small achievement. Can you tell us how she made it at a young age?

It was not in her mind at all. Neither Jerlin nor we even dreamt of it. All that she was aiming for was to emerge victorious in the Asia Pacific Deaf Badminton Championship in Thailand and she did win 3 gold medals each in Under-21 category and open categories. But the award announcement came as a bolt out of the blue. Till now, it hasn't sunk in Jerlin how important the Arjuna award is. She lives her life as usual. In fact, Jerlin feels embarrassed whenever she is felicitated for her achievement. We convince her to attend felicitation functions so that she can inspire children and youth.

04 Rituraj: Many stars like Sachin Tendulkar have received the Arjuna award. Jerlin has joined the elite club now. How did she feel when received the award from the President of India?

She was very happy, but never beamed out of pride. She is simple and humble as ever. And, I would say that is the reason for her growth and achievement. We feel proud of our daughter. (Jerlin chips in uttering 'santhosham')

05 Susan: What are the challenges she faces as a girl and as a person with disabilities in the sports arena?

Jerlin was not aware of the points scored in the matches she played until she was 13. Hence, she lost many matches. But then, the coach used boards to keep track of the score. She understood and learnt to do calculations in her mind about her score and the opponent's. Her disability has rendered her dependent. She suffers menstrual issues, but her determination to win any match gets her going during that time.



Connoisseur's Exhortation

06 Rituraj: How is she in academics? How does she balance studies and sports?

Frankly speaking, she is a slow learner, but the teachers of the Avvai Corporation School where she studied from Grade 10 to 12 coached her to pass the board examinations. The Lady Doak College where she now studies B.A. Economics has also been of tremendous support.

07 Susan: Does playing badminton distract her from her studies or help?

Academics is as important as sports. She wants to complete her degree that would help her land a government job in the rank of an officer.

08 Susan: Nutrition and fitness are paramount for players. As a youngster, how does she resist her temptation for junk food? Tell us about her diet and fitness regimen?

Jerlin spends about 10 hours on the ground and 2 hours for fitness daily. She takes non-vegetarian items 6 days a week and sleeps for 6-7 hours a day with a 2-hour break in the afternoon. Once in a while, she eats junk food, but never during matches.



09 Rituraj: Does she have any plan to compete with players in the regular category and does she nurture an ambition to play for India in the Olympics?

Currently, she is vigorously training to play in the regular matches and her target is the 2029 Olympics.

10 Susan: Who is her role model, source of inspiration and driving force behind your success?

Jerlin answers softly and smilingly in one word: Sindhu (the Indian badminton player for role model), Appa (source of inspiration), Coach (Saravanan - driving force).

Global Citizenship Committee

Genesis: A brisk biz done for charity

With a triple objective - to inculcate compassion, develop entrepreneurial skills and provide learning opportunities to our students, our school's Global Citizenship Committee (GCC) organised an open sales day named 'Genesis' on November 9, 2022.

The day being the birthday of Managing Director Mr. Abinath Chandran and celebrated as School Day, it was befitting to host 'Genesis'.

Under the guidance of their class mentors, children from Grade 6 to 9 and 11 set up shops and spread their wares ranging from food items, groceries, books, jewels and accessories to pet birds. There were even gaming kiosks for entertainment. Pre-booking for all the 42 stalls was made by the students and staff who too showed equal interest in the trade.

The campus looked like a busy open market. With parents and visitors thronging the venue, Genesis turned out to be a 'sale-full' day for the students who were happy to have made decent profit. They were even more happy to part with the proceedings of the sale to charity.

The best student stalls adjudged in terms of high profit, sales strategies, team spirit and contribution for charity were rewarded.



Anita Rajesh
CIS Coordinator

Digital Citizenship Committee

Kids get a taste of apps

Our school's Digital Citizenship Committee conducted a session on 'Digital Access' for Grade 1 and 2 children. They were educated on the factors that contribute to limited access - lack of means to use computers and smart phones and no or slow internet connectivity. Two useful apps were introduced to the children - 'Google Lens', an image recognition app that detects an object in front of camera lens and offers actions such as scanning, translation etc., and 'Read Along' app that guides children in reading in an encouragingly fun-filled way. The session ended with the demonstrations of these apps.

Avoid turning misinformation spreader

Growing in a world of technology, children need to be digitally literate. A programme on 'Digital Literacy' conducted grades 3 to 5 threw light on the credible sources to be factually informed, and unauthorised sources that misinform and disinform. The children were sensitised about the ethics associated with gaining knowledge online and responsible consumption and sharing of online information. The session created awareness on the eight components of digital literacy - cultural, cognitive, communicative, constructive, confident, creative, critical and civic, through discussions and videos. It ended with a creative activity of poster making.

For being digitally responsible

A workshop on 'Digital Rights and Responsibilities' was held for Grades 9 and 11 to be successful digital citizens. The students learnt about how lack of digital access and digital literacy derail the progress in third world countries and how privileged they are to be provided with age-appropriate adequate training on various digital tools and technologies to live a better digital life and be future ready. They were told to be tech savvy and social on the Internet, that can help bridge digital divide and emerge as global leaders, but at the same time give importance to digital safety.



Sathya Priya KG
Faculty,
Department of Computer Science

Mission Accomplished



01

Science Club

Think lab sessions were held on soilless garden for Gr 3; Digestive system and teeth model for Gr 4; Volcano and soil erosion for Gr 5; Maglev and blind bug for Gr 6; Convection and soil properties for Gr 7; Electrostatic fun and phases of moon for Gr 8; and Greenhouse effect for Gr 9.



02

Pop Corn Club

To help children unfurl the colourful ribbon of cinema, our Popcorn Club conducted a workshop on theatrical skills on Dec 17. Mr. Madhavan, a filmmaker screened 3 short films - 'If' (Mandarin), '2+2=4' (Persian) and 'Chellakutti' (Tamil) - and interacted with the students.



03

Heritage Club

Famous puppeteer Muthu Lakshmana Rao, a recipient of the Kalaimamani award, conducted a puppet show with the epic characters of Ramayana to create awareness on heritage conservation. Rao also shared the various technicalities involved in making a traditional puppet and preserving them.



04

Erudite Club

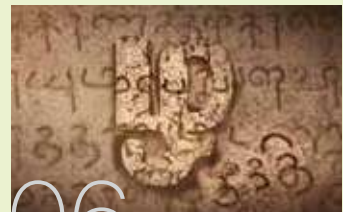
Lower graders were exposed to authors such as Ruskin Bond and R.K.Narayan, while higher graders were introduced to Jean Rhys, Mahasweta Devi, Arundathi Roy and J.K. Rowling in order to encourage the students to read their literary works and develop critical thinking. Students were able to appreciate their literary works.



05

Adventure Club

This quarterly's club activity would remain etched in the memory of the 120 students and the staff who camped at the NPR Group of Institutions in Natham, Dindigul district, for three days from Sep 9 to play cricket at their international stadium. Of the 10 teams, Pandiyas 11 and Kalakeyas qualified for the finals and the former lifted the trophy.



06

Agaram Club

The club organised activities to kindle the students' interest in Tamil literature and develop a taste for various genres such as prose, poetry, drama and novel. The children trained their mind and tried their hand at writing verses and poems. They were taught to build on stories and dramatize the given scenes by writing dialogues.

Quasar Kids

Pretend Market

Have you ever been to a market run by tiny tots? QMIS had one such where kids turned vendors selling fruits, vegetables and groceries and their classrooms were converted into market place. The kindergarten wing of our school organised 'Pretend Market' on October 14 for the children to imbibe the real-life skills of selling, bargaining and buying. The market setup had a dummy Automated Teller Machine (ATM) too for the visitors who walked in to draw cash using the fake card given to them. The bargaining went hard between the buyers and sellers, but the little vendors were not only unyielding but also made profit. The 'Pretend Market' gave the children an opportunity to learn about the small retail trade techniques and the value of money.

Jainool Fatima Alameen
Coordinator, Gr 1 & 2

Family Funathon

The Department of Kindergarten celebrated family fun day called 'Family Funathon' on December 17, 2022. Organised on the eve of Christmas, the place and the day turned vibrant, thanks to the children, their parents and grandparents. Joy and cheer filled the air as expected. Parents were given the agenda cards upon their arrival at the front plaza. The event began with an invocation to the Almighty. Videos of the kindergarteners played on the occasion were more than enough to make the parents engrossed in the event. They had real fun participating in the games such as 'Family Frame', 'Blow and Wind', 'Diamond Hunt' and 'Fun with Touch'. The carols, dance and exchange of gifts got them into the Christmas spirit. They signed off in style, taking pictures in the selfie stand. In their reflections, many parents said they relived their childhood along with their children.



Tasks

- Family Frame
- Blow and Wind
- Diamond Hunt
- Fun with Touch



Sixth Sense

THE SECRET OF OUR STUDENTS' ENERGY

Physical fitness is the first requisite of happiness - Joseph Pilates

B-Fit is what strikes you first when you say QMIS. It is a unique programme offered by our school to all the stakeholders. The philosophy of the school being "the wellbeing of the body, mind and soul", no wonder it has introduced the fitness module to ensure the wellbeing of the mind and soul through the body.

The term has become the mantra now, especially for the students who run to the ground without wasting a second just as their subject period gets over. What is unique about B-Fit is, the children get a daily dose of it for a span of 40 minutes. In other words, one period is allotted for B-Fit every working day for all the classes, which you hardly see in many other schools where the routine physical education class finds place in the weekly timetable once or twice.

Age-appropriate activities are offered under the programme. From exercise, open games, aerobics to yoga, each day's agenda involves an effective fitness regimen that helps children boost their energy levels to stay fresh for the rest of the day. It is evident in the Grade 10 and 12 students who overstay for the coaching classes. They are not curtailed from the B-Fit session. Instead, it is mandatory for them.

When the entire country was under lockdown during the Covid-19 pandemic and educational institutions had a hard



time conducting classes online, QMIS offered online B-Fit classes for the students. The programme ensures children's mental and emotional stability and prevents them from becoming couch potatoes. As an After-School Activity, students are coached in the games of their choice, enabling them to participate in tournaments.

In all, B-Fit makes all stakeholders realise that health is their asset for which ground is the greatest mentor, next to PE teachers, that teach them the values of punctuality, positivity and acceptance.

Good things come to those who sweat. Let our children sweat more to relish the taste of success.

Pandiselvi Murugan

Faculty, Department of Mathematics

Harappan Scripts



Isha V
7B



Sajani S V
7A



Prakul Raghav M
1B



Dhiya Dharshini
7B



Yuvan Siddarth
7C



Johanna Amesh
6C



Jesiha Belareena A
8A



Shri Yazhini P
2A



Farha Sadath K
6C



Trailblazer

MEMORY-LADEN SLUMBER BASH

The greatest gifts you can give your children are the roots of responsibility and the wings of independence - Denis Waitley

Slumber bash at QMIS is a carnival wherein kids enjoy the winter evenings on the school campus. This year, the bash themed 'Christmas' was thrown to graders 1 and 2 of QMIS on December 17, 2022. On that lovely evening, the children along with their baggage entered the school premises with much joy and enthusiasm. Teaching and Physical Education Department (PED) staff disguising themselves as Santa Claus greeted them with a welcome drink. After a warm-up, they played parachute games in the football ground. The courtyard had chairs arranged in rows and was illuminated to give the kids the feel of a movie hall. With lights turned off, they enjoyed watching a movie munching crunchy popcorns following which Ms. Kavitha of PED entertained them with a Christmas dance. They were then served delicious dinner. After having a cup of milk and banana slices dipped in Hesheys syrup, the children enjoyed a campfire. The day ended with them brushing their teeth and listening to bedtime stories before having a good night's sleep. Early to rise, they assembled at Veeravanam for the morning prayer and aerobics. With milk and cereals for breakfast, they returned home, carrying loads of sweet memories.

WELCOMING DEEPAVALI WITH DIYAS

As part of Deepavali celebrations, 'No Bag Day' was celebrated under the head 'Festive Merriment' for Graders 1 and 2 on October 21, 2022. The children turned up in appealing ethnic wear and exchanged festival greetings with beautiful greeting cards. They also distributed sweets and savouries to support staff. To light up the festive mood, the entire campus was illuminated with earthen lamps called 'diyas' that symbolise enlightenment, prosperity, knowledge and wisdom, and string lights. Kids themselves made the tiny clay lamps with the help of teachers. The teachers for their share created colourful rangoli on which the children placed the diyas. The celebrations drove home the value of caring and sharing among children.

Jainool Fatima Alameen
Coordinator, Gr 1 & 2

S Jenifer Ruth
Teacher, Gr 2

NO BAGS, GAMES GALORE

'No Bag Day' is fun day for tiny tots. For, there is no classroom activity for kids. Our children from Grade 1 and 2 celebrated 'No Bag Day' on December 20, 2022. The day started with a session on creating awareness against playing online games on the mobile phone overtime. They were told not to use gadgets for play for a long time. They were also convincingly told that offline games offered more thrill and excitement than the online games. Called 'OdiVilayaaduPaappa', the children were introduced to traditional games such as 'pallanguzhi' and 'thaayam', hide and seek and hopscotch by playing which they learnt about cooperation, teamwork and cultural values. Children both listened and played, realising the importance of indoor and outdoor games.



The Trailblazers of QMIS are lifelong learners; and movers and shakers who build a better world for others.

International Dimension

Spurring students to explore 21st century skills

QMIS provides opportunities to develop internationalism and to learn intercultural learning through the activities under International Dimension in Schools (IDS) programme offered by the British Council.

To motivate the students on space exploration and to drive space-related innovations, we conducted activities for Grades 3 to 5 on the topic 'Space Science'. Students participated in a STEM challenge where they displayed their interest towards space by creating different prototypes like space lander, bottle rocket and space shuttle among others.

To relate space science and technology with the country's progress, we conducted a Model United Nations - MUN conference with students taking up the roles of delegates representing countries like India, US, Russia, China and Japan. Students got a chance to exhibit their debating and problem-solving skills by taking part in the conference. Students of Grades 6 and 7 debated on the topic 'Economic crisis in Sri Lanka'. The debate enabled the children to analyse a global issue from all perspectives and look out for a solution.

Under MUN, a debate on 'Integration through Sports' was conducted for Grades 8 and 9 wherein students explored the popular sports played in countries like India, the US, South Korea and Netherlands.

A STEAM session was held for the Grade 8 and 9 students in which they explored the concept by involving themselves in 'Spin the Wheel' activity and a group of them conducted a similar session for their classmates.

The IDS activities facilitated the children to gather unknown information and explore the globe. These tasks helped hone their 21st century skills - communication and creative and critical thinking.



P Parasakthi
IDS Coordinator

Gaieties & Celebrities

Justice Ramesh releases QMIS souvenir on CIS accreditation journey

In appreciation of its hard-earned accreditation from the Netherlands-based Council of International Schools (CIS), Justice M.S. Ramesh, a judge in the Madras High Court, released a souvenir titled 'A History to Remember', brought out by the Queen Mira International School, on Sept 24 in the presence of Justice Nisha Banu and Chairman Dr. C.Chandran.

Well-known psychiatrist Dr. C.Ramasubramanian, founder of M.S. Chellamuthu Trust and Research Foundation, received the first copy. He congratulated Team QMIS for receiving international accreditation and becoming the first and only CBSE school in the world to achieve the feat.

Managing Director Mr. Abinath Chandran said that the souvenir is a memoir that has recorded every detail behind earning the prestigious CIS accreditation. Academic Director Ms. Sujatha Gupta traced the challenging path travelled to receive the accreditation.

Justices Ramesh and Nisha Banu gave away certificates to student achievers of the CBSE Board examinations 2021-2022 and their teachers. Justice Ramesh also administered the oath of office to the newly-elected school Parliament body.

'Moon Man of India' inspires children with his success story

Popular Indian Space Scientist Padma Shri Dr. Mylswamy Annadurai visited the school on the occasion of Children's Day and inspired the students with his success story.

He recalled his travel from being a student of a government school in his native village Kothavady near Pollachi to becoming the Project Director of Chandraayan, one of the major missions of ISRO that earned him the sobriquet 'Moon Man of India'.

Dr. Annadurai said he has found place in the Class 10 textbook only because he, like former President late Dr. Abdul Kalam, made right use of the little opportunity available to him in his student days.

He answered students' wide range of questions on ISRO, space missions, solar flare, reusable rockets and so on. Dr. Annadurai gave away young entrepreneur awards to the winning teams of 'Genesis', a fundraising event organised by students for charity.

Chairman Dr. C. Chandran recalled Dr. Annadurai's contributions during his career in ISRO spanning 36 years.



Gaieties & Celebrities

Veeravanam Inaugurated



Veeravanam, a Centre for Performing and Martial Arts, was dedicated to students by Deputy Inspector General (Madurai range) R. Ponni on Nov 25.

Christened by lyricist Madhan Karky, Veeravanam is a premium facility created by the school on its campus in a distinctively elegant style of architecture for its students to learn and hone their skills in classical dance, martial arts and rifle shooting.

It comprises an exclusive indoor rifle range, a Silambam stadium with mud flooring and tensile roofing, an arched open-air Kungfu centre, a kudil-like pillared dance house with the Natarajar idol installed on a brick-cladding pedestal and a multi-purpose hall that can be used for performing Yoga and martial arts such as Karate and Taekwondo among others.

Veeravanam's landscaped spaces and breezy structures open to sunlight cultivate a spirit of enthusiasm for learning performing and martial arts. The aesthetic elements and architectural details that have gone into it would induce any child to develop interest in acquiring and mastering arts.

Making waves with TLE - Season 8

QMIS hosted the eighth edition of its signature event, 'The Little Emperors' (TLE) to an overwhelming response from schools in and around Madurai.

The week-long inter-school sports events and cultural competitions themed 'Space Exploration' held in November saw the participation of about 6,000 students from over 200 schools, including government and corporation schools, in seven southern districts.

About 40 events including 'Kural Koorum Kadhaigal', doodle art, arcimbolito, junior journalist and mime were held for various sections from pre-primary to secondary graders. The overall championship for the middle schoolers under the public category was bagged by St. Mary's HSS followed by Sundararajapuram Corporation HSS and Naavalar Somasundara Bharathiyar High School. S.R. School of Excellence, Surandai in Tenkasi district, lifted the overall championship under the public-school category.

Dr. R. Thiruchendhuran, Founder of Dr. A.P.J. Abdul Kalam's Vision 2020, and Dr. M. Kannan, Director (Research) of M.S. Chellamuthu Trust and Research Foundation, graced the valedictory function and gave away medals to the winners in the presence of Chairman Dr. C. Chandran.

QMIS has planned to reward the winning students with a visit to Indian Space Research Organisation (ISRO) in Sriharikota to motivate and inspire them to become space scientists in future.



Fresh Thoughts

Chase Until Calories Burn

Why do people have to be concerned less,
when they can attain success?
When people promote fitness
They can prevent sickness.

Life is a race with a lot of turns
But you have to chase until your calories burn
The world is dying. What a misery!
I know it is shivering, but it is witchery.

We become couch potatoes day by day
But we must pull ourselves away.
Let's make this world a better place
With our fellow mates around.

B-Fit! B-Healthy!

Jesiha Belareena A

8A

Wellbeing To All

Body, mind and soul,
The keys to human wellbeing,
The beginning of happiness!

Wellbeing begins
only when we unite all three -
Body, Mind and Soul

Body, mind and soul,
The meaning is the same,
Wellbeing to all!

Yuvan Siddarth S.M

7C

Kudos To The Physical Education Department

There is no universal answer to the question of how to be balanced and healthy because every person is different. However, in my school, the answer is simple - BFit. BFit is a unique program that unites the wellbeing of the body, mind, and soul. It is a fun, productive and effective way for us to get fit and improve our health. I love the activities given by them every day. It is a 40 minutes session for 5 days incorporating exercises, games and yoga. There are BFit competitions and not only students but also teachers and parents are more than welcome to participate. I am often amazed by the activities given by to us by the Physical Education Department (PED) every day, as they help in strengthening each part of our body. Apart from helping us to stay healthy, BFit helps to strengthen bonds, improve cooperation, and build teamwork among our friends. This program also sharpens and shapes our way of thinking. These are just a few reasons why I think BFit is a way of living.

Rasika T.H

8B

Fresh Thoughts

A Teen's Wish

I am twelve years old,
At the start of my teen life
Wish to be healthy!

Yoga is that light,
Keeps future bright and healthy
Leading to great wealth!

Take care of yourself,
Run, eat, love, laugh, draw, worship
Most important - Sleep!

Nandeesh D
7A

Our Holistic Kit

QMIS is known for B-fit,
And that is the target we have lit.
Soundness through holistic education is the tool,
And wholesomeness is our goal,
Yoga, Meditation and Moral education
- our Holistic Kit.

Dheeksha Devi Karthik
7A

Break it open with B-FIT

Experience Self,
With B-FIT break open body -
mind cage. Be Healthy.

Dharshini Rathna
7A

The feel-good factor

The World Health Organisation defines mental health as "A state of wellbeing in which an individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." Now that tells us the importance of wellbeing. It is not simply the absence of disease; it is the physical health, satisfaction, happiness and a sense of fulfilment in one's life. Wellbeing therefore means the physical and mental health of a person, their financial position, their social status, the opportunities available for growth and ability to achieve goals and above all a sense of satisfaction. It is therefore, as on date the widely preferred term, by health organisations and policy makers. The mind, body and soul are interconnected and interdependent. When one of these components gets affected, the other two automatically get disturbed. Several researches and our own observation from our social circles clearly point out that whether it is lifestyle disease like diabetes, hypertension and cardiovascular problems or psychological disturbances like stress, depression and anxiety, the wellbeing of all the three - body, mind and soul, is affected. So, one has to be fit, if one is really interested in one's own wellbeing of body, mind and soul. When we work out to Bfit, our brain's feel-good neurotransmitters like endorphins, serotonin and dopamine levels increase just like medicines increase their secretions. If that be so, the best way to achieve our own wellbeing is to Bfit. After all, prevention is better than cure!

B V Skandhaporva
6A

Fresh Thoughts

Health is Gold

A healthy body keeps you well and active. A healthy mind keeps you focussed and engaged. A healthy soul keeps you fulfilled and content. Swami Sivanandha, a yoga guru, who lived for 126 years because of his practice of doing yoga and having himself fit and healthy. Fitness helps people in a lot of ways. COVID-19 pandemic made almost all the people realise that fitness is a very important part of life. Being fit increases our self-confidence, improves our health and ability to do day-to-day activities and reduces the risk of diseases. "It is health that is real wealth and not pieces of gold and silver," says Mahatma Gandhi. True to his words, QMIS gives wealth to its students by providing B-Fit session everyday.

C.R.K. Hasini Priya
8A

Eye the Prize, Win Your Tourney

Wellbeing of body, mind and soul!
Could it be fix or nix?
There lies the goal,
But beware of risks.

Have your eyes on the prize
And claim credit.
For nothing else could suffice
Except your very own benefit.

Walk on fire if you have to,
Or dive six feet under water,
And if you pass through
You have crossed the border!

Your wellbeing is
nothing but your happiness.
And, you see
the grandeur of your success.

Your path has now come to an end,
But remember your journey,
For, the path to life has just dawned
And you are yet to win your tourney!

Infantina Phonsa A
9B

Our way of life @ QMIS

The wellbeing of our body, mind and soul is very important in our day-to-day life. Being in this technological era, we all need to catch up really quick in an environment where "the world is attracted to gadgets". The adults' work is not simple as it takes 6-9 continuous hours in office, rest of the time doing all the chores in homes and taking care of kids. Lots of pressure from all sides make them mentally disturbed. And kids too, especially teens, easily get into depression since they do not have acceptance to things happening around them. So, wellness of body, mind and soul is really important for day-to-day life. To ensure wellbeing, at QMIS, we are imparted physical education called 'B-Fit', which has become the way of life not only for students but also for teachers and parents. We have B-fit session everyday and students can't wait to run to the field to exercise and play games. The agenda for B-fit keeps changing every day. General fitness, Aerobics, Functional training, Open games and Yoga are all part of the agenda done on a regular cycle to keep them away from getting tired. Thus, engaging students, staff and parents in B-Fit amidst their busy stressful schedule takes care of their wellness in toto.

P.S.Akshadha
8B

Teacher-in-charge: **Paulin Sharmila**



Learner's Column

S-J CONNECT

Talent wins games, but teamwork and intelligence win championships -Michael Jordan

QMIS always stands as an example of teamwork. To up the level of compatibility and bonding between the senior and the junior staff, the People and Leadership Team introduced a new initiative called 'S-J (Senior-Junior) Connect'. Under this initiative, a senior faculty in each department shares his\her journey at QMIS with the juniors in the department. It has been planned as a monthly activity to enrich the junior teachers with the academic experience of their seniors. The first S-J Connect happened on the 17th of December. And, it elicited a positive response from the faculty. The teachers had a casual conversation and even brainstormed on new pedagogical methods that can be used in classroom teaching. It served as a platform to get useful inputs on planning and preparing for a class and clarify doubts pertaining to their own subject that can help a great deal in enhancing their subject competency and pave way for their career growth. Seniors who take up the mentoring role too have something to learn from their juniors. It creates a relaxed space for them to appreciate each other's positive attributes, identify blind spots and take up corrective measures. The staff of all the departments including the Physical Education Department actively participated in the meet that has mutual benefits such as building good relationship, thrashing out conflicts and disputes, understanding each other better and working as a team for their betterment and the institution's good. S-J Connect, another feather added to QMIS' cap, proved to be an informal learning platform to spend more time with colleagues irrespective of age to bring out not the stress but the best in them.

“

IT CREATES A RELAXED SPACE FOR THE TEACHERS TO APPRECIATE EACH OTHER'S POSITIVE ATTRIBUTES, IDENTIFY BLIND SPOTS AND TAKE UP CORRECTIVE MEASURES.

”

Pandiselvi Murugan
Faculty, Dept of Mathematics

Travelogue



G. Mohanraj,
Parent of Prakul Raghav, Gr 1A

FROM ONE CULTURAL CAPITAL TO ANOTHER

Our most unforgettable trip happened in December this year. We hit the road in our car on December 12 and I drove myself to Mysore. We reached the Cultural Capital of Karnataka on that evening. Since it was a long drive from one heritage city from one state to another, we relaxed ourselves in the hotel we had booked in advance.

We were excited to visit the places of tourist attraction the next day. All ready by 8 am, we started out with prayers at the Chamundeeswari Temple perched on the Chamundi Hills. Post the worship, we visited the Mysore Zoo. My son Prakul Raghav enjoyed seeing many wild animals in one place. The next day, we visited the Mysore palace, the second famous tourist spot in India after the Taj Mahal. We showed our son the monuments, ornaments worn by the royals and

the weapons used by the kings in the war. In the evening, we went to the Brindavan Gardens. Raghav was so thrilled to watch the fountains dance to the colourful lights and foot-tapping music that he kept whistling until the sound and light show was over.

Then, we reached Coorg where we went for a backwater river rafting. It was a new and adventurous experience for us. After lunch, we visited the Buddha Golden Temple where we spent time until dawn relaxing our body, mind and soul to the cool breeze. On our way back to Madurai, we stopped at the Bandipura National Park located in the Chamarajanagar district of Karnataka. We got into a bus that took us around the forest for wildlife spotting and had the most thrilling experience.

Travelogue



R. Anbuselvan

Parent of Vishveshram, Gr 5B

A Rosy Trip up the Hill

In May last, we travelled to Ooty from Madurai in our car. There cannot be a better wonderful experience than going on a road trip to the Queen of Hills. The travel through the hairpin bends on the Ghat road gives that enjoyment. Our stay at the Club Mahindra Resorts was so pleasant. Surrounded by landscaped gardens, it made for a wonderful family vacation.

A trip to Ooty will not be complete without a visit to the Botanical Garden. We went around the Botanical Garden beautifully maintained by the Tamil Nadu government. The Rose Garden which we visited thereafter was spectacular. Our boating experience at the Ooty lake is also worth mentioning.

Ooty has a different museum - the one dedicated for cameras, both vintage and modern. My son Vishveshram was curious to see the wide range of cameras from 1900 to the present day. To return to Madurai, we took a ride in the heritage train until Coonoor to capture the breath-taking view of the Ghats. From Coonoor, we drove down to Madurai. The three-day trip was pure bliss.



Akshaya Muralidhar

Parent of Adhiti, KG 1

Unwinding at Kodai

It was my first trip to Kodaikanal, the Princess of Hill Resorts, with my hubby post marriage. Naturally, I was excited. For my little daughter Aditi of KG1 too, it was a maiden journey to a hill station. It was Deepavali time and hence the tourist town wore a festive look with milling crowd hopping from one sightseeing spot to another, braving the cold climate.

Since we wanted to keep away from the crowds, we decided not to venture out to see the tourist places, which I have been to before marriage. We stayed indoors mostly during the three days of our trip at Hotel Heritage, enjoying the misty mornings and evenings and the pouring rains.

For any visitor to Kodai, the man-made lake at the centre of the town, is the best place to unwind. It served as a good getaway for us too to chill out. We took to boat riding, horse riding and strolling and cycling around the lake on all the three days. Introduced to the cold climate, Aditi had a lovely time. Every activity was a new experience for her. She had a whale of a time. We too!

Connexions



Parent-Teacher Conference



Parent-Teacher Conference



Parents' Talent Night



Navarathiri



Baby shower for teacher's wife



Parents' Talent Night



Navarathiri

Amazing Facts

Workout to gain brain power

Exercising improves brain performance. Cardiovascular exercise helps create new brain cells. This enhances brain power and brain activity.



Sweat out for a shining skin

Sweat releases dirt through your pores, which reduces acne and breakouts. Workouts improve the overall look of your skin.



Hold your breath under water

The only exercise you should hold your breath for is underwater swimming. People with proper training can hang on for at least two minutes.



Heart, the hardest working muscle

Your heart is the hardest working muscle in your body. It beats approximately 100,000 times per day, pumping almost 2,000 gallons of blood.



Default link between music, exercise

Listening to music can actually help you move faster and improve the quality of your workout. It can improve workout performance by 15 percent.



Agaram



தமிழ்

பயன்படுத்து செயல்படுத்து

மனதை ஒருநிலைப்படுத்த
உடலை உறுதிப்படுத்து

உடலை உறுதிப்படுத்த
மைதானத்தைப் பயன்படுத்து

மைதானத்தைப் பயன்படுத்த
உன்னைத் தயார்படுத்து

உன்னைத் தயார்படுத்த
நேரத்தைப் பயன்படுத்து

நேரத்தைப் பயன்படுத்த
திட்டங்களைச் செயல்படுத்து

திட்டங்களைச் செயல்படுத்த
வியூகங்களைத் தயார்படுத்து

வியூகங்களைத் தயார்படுத்த
கடிகாரத்தை செயல்படுத்து

கடிகாரத்தை செயல்படுத்த
உடலினைத் தயார்படுத்து

உடலினைத் தயார்படுத்த
உடற்பயிற்சியை பயன்படுத்து

உடற்பயிற்சியை செயல்படுத்த
QMIS - ஐ பயன்படுத்து

அறிவுரை கூறவில்லை
அறிநூலில் கூறியுள்ளேன்.



French

Pour être en forme

Nous pratiquons l'activité physique notamment pour être en forme, mais qu'est-ce que cela signifie « être en forme »? Pour vivre en bonne santé longtemps, il faut pratiquer des activités physiques qui améliorent la tolérance au stress et protègent notre santé. Les bienfaits de l'activité physique sont nombreux et voici quelques-uns des plus importants :

- Augmentation du niveau d'énergie et de la capacité physique
- Prévention de maladie cardio-vasculaire, métabolique et certains cancers.

Quoi faire :

Un adulte devrait, en théorie, être actif un minimum de 150 minutes d'activité physique modérée par semaine. Ainsi, une personne pourrait s'entraîner trois fois par semaine à raison d'une heure et combiner l'entraînement cardio-vasculaire et musculaire.

Comment y parvenir:

Voici quelques petits conseils à mettre en application pour vous aider dans la planification de votre activité physique et faire en sorte que celle-ci soit durable dans le temps.

1. Placer les entraînements à votre horaire
2. Consulter un professionnel de l'activité physique afin d'avoir un entraînement adapté
3. Ajouter un peu de volonté et de motivation!

N'hésitez pas à vous lancer, une simple marche à l'extérieur convient, soyez actif.

Bonne pratique d'activité physique

மு.ஜோதி ரத்தினம்

தமிழாசிரியர்

Pradeep Christopher J

Teacher - French



Japanese

にほんにたいそう

日本人にとって運動とは何かを詳しく見てみると、運動=運動であることがわかります。しかし、おそらくエクササイズは、必ずしもジムに行ってウエイトリフティングをしたり、10kmのランニングをしたりすることではありません。つまり、私たちに必要な運動は、おそらく私たちの生活に組み込まれている種類の運動、つまりウォーキングです。上記の結果が示しているのは、健康であるために運動が重要ではないということではありませんが、日本の移動に対するアプローチでは、おそらくほとんどの人がそれを運動とは見なししていないということです。特に沖縄の人々は歩く文化で有名で、日常生活に動きを取り入れることに特に気を配っています。「私たちが最初に望んだのは、人々を歩かせることでした。誰もがそれを行うことができます。歩いたり、話したり、運動したりすることで、共同体意識を育むことができます。」

Seethalakshmi Sitaraman
Teacher - Japanese



Hindi

स्वस्थ्य तन और स्वस्थ्य मन

हो स्वस्थ्य तन और स्वस्थ्य मन,
रहें जागरूक जन-जन,
स्वास्थ्य है सबका अधिकार,
मिले सभी को यह उपहार।
दूध, दही अब खाये हम,
व्याधि दूर भगाएँ हम,
मिलकर गीत ये गाएँ हम,
स्वस्थ्य तन और स्वस्थ्य मन,
रहें जागरूक जन-जन।
ना कोई कस्बा ना टोला छूटे,
स्वास्थ्य, चिकित्सा घर-घर पहुँचे,
लोगों तक अब बात ये पहुँचे,
हो स्वस्थ्य तन और स्वस्थ्य मन,
रहें जागरूक जन-जन।
योग-ध्यान अपनाएँ हम,
प्रकृति का साथ निभाएँ हम,
हो स्वस्थ्य तन और स्वस्थ्य मन,
रहें जागरूक जन-जन।

Ms. Ramalakshmi
Teacher - Hindi

Teacher-in-charge: **Indira Vijayalakshmi**
Agaram Coordinator

Career Choices



S. Kalpana Karthik

Principal - Junior School
Global Career Counsellor, QMIS

JOBS THAT UPLIFT BODY, MIND AND SOUL

Looking at the sports industry, only a few professions like athletics attract our attention. But there is a broad spectrum of sports-related interdependent jobs expanding faster than ever, throwing new opportunities every single day.

Since 2014, the industry has been on an uptrend with a compound annual growth rate (CAGR) of 4.3 percent, creating a global market worth \$488.5 billion in 2018. Its CAGR is likely to touch 5.9 percent in the near future with \$614.1 billion worth market. With the growth rate spiralling, now is the time to think of a career in sports.

As per our School philosophy, wellbeing of body, mind and soul is paramount for longevity. People around you might think that a career in sports is not a brilliant idea and may mislead you with statements such as sports can only be a hobby and not a career. This myth has to be busted. Believe me, there are some high paying career opportunities available in the sports industry. Let's dive deep and explore the plethora of career options available for you to pick and choose.

Wide Range of Opportunities

According to a recent survey, 3 out of every 5 children wish to land a sports-related career but due to lack of proper guidance and appropriate knowledge and training, they are forced to opt out.



Sportsperson

If you are exclusively involving yourself in sports activities, then you can participate in the sport of your liking with sportsmanship spirit for which you need to have the following qualities: discipline, hard work, focus, interpersonal skills, decision-making and physical stamina.

Career Choices



Umpire/Referee officiates sporting events to ensure players follow rules and regulations.

Skillset: Quick judgement and decision making, critical thinking

Athletic Director hires coaches, does budgeting, promotions etc;
Eligibility: Bachelor's in Physical Education; Master's in Sports Management

Sports and Fitness Nutritionist advises athletes on diet regimes and needs to be aware of client's medical history.

Athletic trainer treats injuries sustained by the athletes in their muscles, bones.

Eligibility: Bachelor's in this field;
Skillset: Communication and interpersonal skills

Physical Therapist helps clients overcome injuries and disabilities with massage and exercise.

Eligibility: Degree in physical therapy or related field

Medical Assistant attends patients under the supervision of an orthopaedist and educate them about procedures, repercussions and preventions.

Career Choices

Sports Coach trains sports enthusiasts to participate in matches.
Eligibility: Degree in Sports Coaching, Sports Management and Sports Science
Skillset: Social skills, team building ability

Marketing and Promotion Coordinator analyses the market, and implements marketing strategies.
Eligibility: Degree in Marketing
Skillset: Planning, Research skills

Sports Photographer takes pictures of sporting events. You can work fulltime or freelance for magazines and newspapers.
Eligibility: Degree in journalism

Sports Lawyer represents client's legal concerns and often doubles up as agents to put forth financial interests during contract negotiation.
Eligibility: Degree in Law

Sports announcer gives commentary on radio, TV and digital media outlets.
Eligibility: Degree in Mass Media
Skillset: Knowledge of the game.

Sports Journalist gathers information and reports new developments in sports industry.
Eligibility: Sports background gives an upper hand during recruitments.

You can divert your career from monotony and realise your aspiration by choosing the following courses offered by the Sports Authority of India:

Under Graduate Courses

- BA Sports Management
- BSc Nutrition
- BSc Physical Education
- BBA Sports Management

PG Diploma Courses

- Sports Medicine
- Sports Management
- Sports Business

Post Graduate Courses

- M.Sc Sports Coaching
- MBA Sports Management
- Master of Sports Management
- MSc Sports Science

High-paying Sports jobs	Annual salary range
Sports Statistician	\$41,500 - \$100,000
Head Tennis Professional	\$47,500 - \$98,000
Sports Information Director	\$37,000 - \$87,500

Balanced mental and physical exertion strengthens the immunity system of the body and energizes. Lifelong practice in sports will definitely empower you with leadership and team building qualities.

PRACTISE TO PREACH

ACADEMIC DIRECTOR SHARES HER FITNESS JOURNEY

Renowned in the sphere of academics, QMIS is a place for several mind-boggling activities too. The B-Fit programme conceptualised by QMIS is one such. The seed sown by the school has sprouted and branched out to benefit all students now in terms of health and fitness. We, **Pranavaram** and **Bala Subbulakshmi**, interview our Academic Director **Ms Sujatha Gupta**, one of the strong advocates of B-Fit, who has also immensely benefitted from it personally. Join us in listening to her on the story behind introducing the fitness module, its huge success and her refreshing personal experience.

01 **Pranavaram: Our school focusses on the wellbeing of body, mind and soul. Was this philosophy that stimulated the idea of B-Fit?**

B-Fit is a one-of-its-kind programme derived out of our school's philosophy. We started off with our vision statement and motto of 'more and beyond'. It evolved into 'happy schooling', the basis for all activities. Children are all for fun activities, while parents look for academic excellence. Satisfying both sections, we develop the students in a holistic way to produce the leaders of tomorrow. The concept of happy schooling led to the philosophy which in turn led to many initiatives and one of them was B-Fit.

02 **Subbulakshmi: What was the prime reason behind introducing B-Fit even when yoga and other extra-curricular activities were in place?**

It is common for every school to offer extra-curricular activities apart from academics. But these activities should be carried out regularly and not once a week. Making it an

everyday routine enhances your skill. We wanted to implement a programme that is put to practice every day so that the students develop a skill and hone it. For them to explore various other domains, we also included general fitness, aerobics and open games among others along with yoga and other extracurricular and curriculum-based activities.

03 **Pranavaram: You being one of the live examples of the effectiveness of the B-Fit programme, we would like to hear from you on what motivated you to embark on the fitness journey?**

Growing up being a very fit kid, I started gaining weight due to unavoidable personal reasons and certain complications. It gradually built up and I was not able to climb the hills that I was used to earlier and even walk for quite a distance for that matter. This was a turning point when I realised I have to find time for fitness. And to preach it to children, I must first practise. These two reasons really took me forward in my fitness journey.

6

We knew B-Fit class can be so refreshing for the board exam students. So, we did not hesitate to offer it to them.

04 Subbulakshmi: Adding to the previous question, how do you manage to squeeze in your fitness session with your instructor Mr. Aravind?

It wasn't that easy. But a great push by Mr. Abinath really helped. When people were confined to their homes during the Covid 19 pandemic lockdown, we used that golden period to hit the school ground and work out with Mr. Aravind. I would say that that period was a blessing in disguise for me. Nobody will find time for you. You will have to push yourself.

05 Pranavaram: Seeing our Managing Director Mr. Abinath's huge transformation, we are all awe-struck. He has given his 100% by involving his own family too in the programme. What is your opinion in this regard?

In spite of his busy schedule, Mr. Abinath always makes room for workout and his wife Dharani also exercises regularly, thus motivating their children to get involved in B-Fit. Their two sons joined them soon and have become fitness enthusiasts.

06 Subbulakshmi: Interacting with the student community, we found that B-Fit is their stress reliever amidst repetitive assessments, assignments and all. They say it helps them manage time. One of our classmates commented, "More the B-fit, more the marks." This idea of introducing B-Fit to board students is a great idea. How did it emerge?

Yes, it is an excellent stress buster. It organises your life. One hour of fitness activities is enough to rejuvenate yourself and wash out all negative thoughts. It applies for the children too. We knew it can be so refreshing for the board exam students who are glued to their books. So, we did not hesitate to offer B-Fit classes for them. Their academic performance last year is proof that B-Fit works well on them especially. Board exam results are testimony for us to convince parents that it is not an obstructive factor but a booster that would increase their score.

07 Subbulakshmi: How do you feel about the success of the B-Fit programme as it, like our school's tagline "more and beyond" has reached not only students but also parents and grandparents?

Generally, we focus on taking any event we organise to the next level and open up avenues for the public. We initiated a B-Fit rally to create awareness about fitness in the society. As per our motto, we have reached more and beyond with B-Fit. We received appreciation from the parent community, many of whom have enthusiastically participated in the sessions.

08 Pranavaram: According to available statistics, one in seven children in India is obese. There may be several reasons, but overeating and lack of exercise are main contributors. Now that our school children and their families are well aware about fitness, do we have plans to reach out to the larger community?

The school has taken a conscious move in this regard. A healthy lifestyle is easy to follow if all that is insisted at school is reiterated at home. After all, only both hands put together can make noise. I can assure that QMIS kids will not fall into the obesity statistics. But generally speaking, children are restricted from playing outdoor games due to safety issues. So, school becomes the only resource for the parents to depend upon. Change in dietary habits such as eating seasonal food in required portions and avoiding fast food can help prevent obesity.

09 Subbulakshmi: For a sapling to grow into a tree, water and sunlight are essential. Senior Leadership Team and B-Fit brand ambassador and senior police officer Mr. Mylvaganan have been the nutrients for the school's fitness module to grow. He has been interacting with and persuading the students into the wellness programme. Can you share those valuable words of his that were motivating?

Mr. Mylvaganan is a person we admire much. Through Mr. Abinath, we know about his passion for fitness. Despite being in a profession that demands round-the-clock availability, he finds time to follow a fitness routine. It is a motivating factor. An avid reader in him is evident in his interaction with the students. He used to say that everything that comes out of our body such as sweat and saliva stinks; at least let the words we utter be meaningful. Profound words, indeed!



Teacher-in-charge: **Paulin Sharmila R**

Students-in-charge: **Pranavaram 11A1**

Bala Subbulakshmi 11A2



B-FIT, THE APPLE OF TLE'S EYE

The Physical Education Department had something to cherish in 2022. The Little Emperors (TLE) – Season 8, the inter-school cultural extravaganza hosted by QMIS widened its horizons to include B-Fit. In addition to a host of cultural programmes, games such as Volley ball and football, athletic events such as 100m dash and shotput, yoga demonstration and Relay circuit challenge, the popular B-Fit activity, were thrown open to the students of participating schools.



CLIMBING THE LADDER WITH TAEKWONDO

Martial artists do not need a weapon; they are the one, it is famously said. We train our students in martial arts such as Taekwondo, Kungfu, Silambam and Karate. As many as 10 Taekwondo students had an opportunity to participate in the CBSE South Zone Taekwondo Championship – 2022 held at Kurinji Senior Secondary School in Namakkal for three days from December 8. The happy news is that K. Manasa Devi of Grade 6 got selected for the CBSE National-level Taekwondo Championship in the Under-14, Below-29 kg category.

Sports

WINNERS ALL THE WAY IN SAHODAYA MEET

The Madurai Sahodaya School Complex (MSSC) hosted a plethora of sports events with the objective of promoting sports in schools and nurturing a healthy competition among students. It rained medals and trophies for the QMIS student teams in table tennis, basketball and throwball. Our students romped home in the individual events too.

Table Tennis - Girls Singles




S. Ananya 6C	Under-12	
R. Harshini 8B	Under-14	
Jaya Madhuri 12A	Under-19	

Table Tennis - Girls Doubles

S Ananya 6C R Shivani 6A	Under-12	
R Harshini 8B B Deshna Shree 8B	Under-14	
Sakthi Kavya 9B E Renny Karen 11A2	Under-17	
Jaya Madhuri 12A P Hasini 8A	Under-19	

Table Tennis - Boys Singles





R Rithesh 2A	Under-12	
I. Sharan 11A2	Under-17	
Naveen Soorya 10A	Under-19	




Table Tennis - Boys Doubles

R Rithesh 2A S Aadesh 6C	Under-12	
I Sharan 11A2 G Akash Priyan 11A1	Under-17	




Chess

N. Arul Prakash 8A	Under-19	
C.K. Yazhini 11A	Under-19	




Swimming - Boys (Under-10)

R Sri Vishnu 5C	25m Freestyle	
	25m Backstroke	
	25m Butterfly stroke	



Swimming - Girls (Under-10)

S Miruthula 5C	25m Freestyle	
	25m Backstroke	
	25m Butterfly stroke	






Badminton Singles

Name	Category	Position
P Joshna 6C	Under-12 Girls	
P Varna 9A	Under-17 Girls	
M Nithil 6C	Under-12 Boys	

Throwball

Category	Position
Under-14 Boys	
Under-17 Girls	

Basketball

Category	Position
Under-12 Boys	
Under-17 Boys	
Under-12 Girls	
Under-14 Girls	
Under-17 Girls	



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