

## THE EDITOR'S WORDS

### EDITORIAL

Warm Greetings and welcome to a brand new edition of the newsletter - a great way to keep everyone abreast with the happenings in, and the progress of the school and the students.

The term gone by was packed with educational, informative and extra curricular activities. It was also a term which inculcated a lot of moral and social values in children. The activities were planned in a manner that no student would be left out, whether a winner or not, so that each could feel proud of his or her achievements. Enjoy your reading of this edition and take pride in your ward as a young achiever.

Signing off

**Ms.M.Yamuna.Menon.**



## MAHABALI RETURNS

### ONAM IN FULL SWING

**By Sharika & Anngelin - Class 12**

Onam is celebrated to commemorate a glorious past. It is a yearning for the days of yore - King Mahabali's reign - a period of prosperity, joy and love. It is also the annual harvest and cultural festival of Kerala.

This year too Mahabali was warmly and

enthusiastically welcomed by the students of Tattwa. The day was fun-filled with Onam celebrations in full form - from the Onapattu, Kaikottikali and



competitions to the lip-smacking payasam. The competitions involved a lot of teamwork. It was also a wonderful opportunity for us students to unleash our talents and overcome inhibitions and fears. The school looked very colourful with children dressed in traditional attire enjoying themselves to the hilt. For us the day was truly memorable and the competitions were a great learning experience. We students had a fantastic time. There was a tinge of sadness because for the 12th graders it would be our last Onam celebrations as school students!

## ***TRIBUTE TO TEACHERS***

### **TEACHER'S DAY**



What is school without its mainstay - the teachers?! The students paid a warm hearted tribute to teachers and helped them to relax with a few games, entertainment and even taking over their classes for a while. The students did their best in their role as teachers. They now understand that being a teacher is not an easy task!

## ***FRAGILE - HANDLE WITH CARE***

### **PARENTING - A CHALLENGE**

Dr Seema Girija Lal - a PhD holder and a Mental Health Consultant with many years of experience in various capacities, enlightened the parents on how to handle the present generation during the various phases of their lives. session was indeed an eye opener to parents. Dr. Seema gave tips on how to ensure the healthy development of



The also

children into adulthood. Now the parents will be more equipped to understand their children's behaviour much better.

## *YOU REAP WHAT YOU SOW* REGENERATIVE AGRICULTURE

By Sapthami - Class 10



We students were indeed lucky to attend a very informative session by REAP (Regenerative Education on Agricultural Practices). The team taught us the need for active rebuilding or regeneration of existing systems for a better, greener tomorrow. A few of us have now taken the initiative to grow our own organic garden in Tattwa and help in conserving our planet as best as we can.

## *DON'T WORRY, BE HAPPY* MENTAL HEALTH AWARENESS

By Anaswara- Class 11



Mental health is a much talked about topic these days and for us students it is all the more important that we learn to master our emotions and maintain a calm mind as much as possible. To help us with this challenging task, we had the good fortune to interact with Mrs Vidya.N. a clinical psychologist. The session helped us with tips on how to handle different phases of our transition and also how to overcome our emotional fluctuations. A new insight and a very informative session indeed!

### **THE WORLD OF AI AND ROBOTICS**

**By Krisander - Class 7**



A hands-on experience with robots was indeed both exciting and informative. Our exposure to a few different types of robots was made possible by Mr Sunil Paul - Director of Christ Centre for Innovation and Open Learning at Christ College of Engineering, Irijnalakuda. With working models of robots - Omni wheel bot, mpu 6050 car etc, he transported us students to a different world altogether. Many of us are now keen on working in this field.



## *BACK TO OUR ROOTS*

### MATS FROM LEAVES

By Ruth - Class 9



Club activities are always exciting. As students of the eco club we learn how best to reuse, recycle and renew with the materials at hand. This term we learnt how to weave mats and different items from coconut palm leaves and the newspaper. This learning is a part of our experiment in sustainable living.

## *CELEBRATING VICTORY*

### GODDESS DURGA VENERATED

By Rosanne - Class 9



The much awaited Durga Puja was celebrated with fervour. The significance of Navaratri was explained and the most famous Garba and Dandiya dances were performed excellently by us students. Such celebrations instil cultural values and bind students together and leaves us with memories for a lifetime.



## ***A TRIP WITH A DIFFERENCE***

### **A BLEND OF THE PAST AND PRESENT**

by Meenakshi - Class 10



A day devoid of books and classrooms! A happy and excited group of students boarded two different buses with the teachers on an educational, informative and fun trip. Our 1st halt was the Chendamangalam Weaving Centre - a place for preserving and promoting the age - old art of handloom weaving. The centre ensures continuity of this traditional craft and empowers local communities. I for one was truly fascinated with the ease at which the women of all age groups

worked intricately on their looms, in uniformity. weaving reams and reams of different hues of cloth with lovely motifs and borders, for various purposes. We students and even teachers got to try our hand at the wheel. We were stunned to hear that the whole place had been ruined in the floods. The revival is truly remarkable !



A glimpse of history - a visit to the Paliyam Nalukettu Museum at Chendamangalam left us speechless. The well laid out and well planned features of the palace filled us with admiration for the rulers and architects of those early times. As the guide took us on a tour of the whole palace, we could only marvel at all the well preserved artefacts and heirlooms we saw there. The Dutch influence could very well be seen. The museum boasts of a lot of documents since the time of its rulers, coins, weapons, a punishment chamber and even a huge

locker! We would have loved to explore more but had to leave with heavy hearts back to school and home. The trip also made us respect and also take pride in our heritage and culture.

**READ.....INSPIRE.....GROW.....**

**BOOK FEST - 2023**







The Book Fest held this year from November 15<sup>th</sup> to 18<sup>th</sup> was conducted to inculcate the reading habits in students and to open up a whole new world of imagination and creativity in them. They were exposed to various genres of books and it was a treat to see them picking up new books and excitedly reading them in various nooks and corners of the campus.

The Fest was inaugurated by Ms. Sandhya of The Hindu. She stressed upon the need to read and to use the opportunities provided by the school to enhance the 3 R's. The house-wise competitions among Ashoka, Bodhi and Bilwa were held to test language skills, to get students to speak on a given topic - for and against within a span of 3 minutes, to present a Radio Play, to write out scripts and to design a picture book. The competition was stiff especially during the Quiz and the Grammar Games rounds.

The Musical Book competitions saw students pick up a book and give its synopsis having read it for a minute. The last day of the Fest ended with a Challenge Round - unscrambling a jumbled recipe and then displaying their culinary skills with ingredients provided. It was fun watching both boys and girls whipping up something





delicious and unique. The judge Ms. Nina had a tough time indeed!

## ***EXPLORING THE WORLD OF SCIENCE***

### **THE SCIENCE EXHIBITION**

**By Bhadhra - Class 10**



The 1st of its kind - a Science Exhibition in the Tattwa campus. As a science student I thoroughly enjoyed myself looking at the various exhibits made by my own schoolmates. The young scientists displayed their innovative skills - a smoke waterfall, handmade speakers and a whole lot of exhibits which amazed everyone. The superb confidence with which they explained the working of the models was indeed praise worthy. Such exhibitions provide a lot of information and give students a chance to showcase their talents besides inculcating a keen interest in science.

## ***CHRISTMAS CHRONICLES***

### **A SYMPHONY OF JOY AND CHEER**



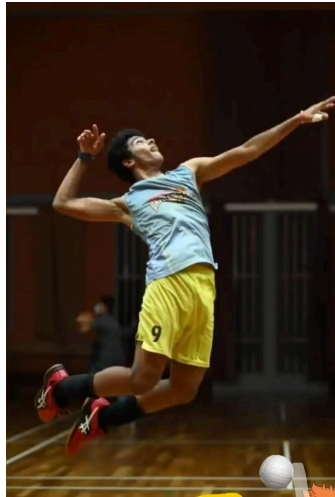
Tattwa is always on the go with both academic pursuits and celebrations of all joyous traditions. Christmas this term was sheer bliss and an entertaining day. The whole campus was decorated with hues of red, green and white. Not to be left behind were the students and teachers who looked gorgeous in these same resplendent colours. The festive spirit filled the air with carols being sung, a nativity scene enacted ,with students experiencing the joy in exchanging gifts. The icing on the cake was a bake sale being organised, the proceeds of which went towards charity. Students and teachers alike feasted on the sumptuous, delicious goodies spread out before them. A great way to end the year - the values of generosity and selflessness being instilled in the students firmly.



## *THE SPORTS WORLD*

### FOLLOWING A PASSION

By Indradath - Class 12



My life's passion is becoming an international volleyball player. Following in my father's footsteps I avidly watched every aspect of the game played by my dad Mr. Kishore Kumar, himself an international volleyball player.

In pursuit of my passion, at a young age I enrolled in a school in Thrissur district and earned a spot in the district and subsequently in the state team. Though only a 6 month stint, it helped me in my journey to join the Ernakulam district team and later represent the Kerala team in the Sub Junior Volleyball Championship in Delhi.



The going is tough - a gym training session at 4:45 a.m. Attending classes till 1:30 p.m. followed by practice sessions till 9 p.m. The most rewarding experience after all this was as captain, leading the Ernakulam District Team to victory in the State championship 2023. I do know that my journey doesn't end here. I aspire to earn international

recognition and represent my country whenever possible.

### **DEFTNESS ACROSS A TABLE**

**By Rithika - Class 12**



From Karate to Table Tennis - the switch was made possible by my mother who introduced me to her own coach of the game. The coaching and guidance provided had me playing in the District Championship team for under 11, under 13 and under 15. The sport also gave me a chance to play for my first ever State championship and a win under different categories.

With intense coaching and motivation at the young age of 12, I got a chance to play at the National level and also started representing Kerala. A two year break only rekindled my passion for the game and I have gone on to play in many more tournaments.

Not only do I see an improvement in my game, but an improvement in my confidence level, my leadership qualities and a whole set of new skills. With these in hand, I am now aiming to play at the Olympics. I know I can and will, for I have a very supportive parent - my mother who will help me reach great heights in this game.



## ***PROUD ACHIEVERS***

### **AN UPCOMING MARTIAL ARTS STAR**



**Arjun** of grade 11, bagged the 1st prize in the Muay Thai Kerala State Championship hosted by Muay Thai, Calicut.

### **A KICK BOXING CHAMP**



Who said it's only for boys!?! **Nanditha** of grade 9 won a silver medal at the district level under 15 Kick boxing championship.

### A TABLE TENNIS MEDALIST



Bagging 2 prizes is no mean feat as proved by **Rithika** of grade 12. She secured the 3rd prize for the TT Ernakulam District Championship under 19 girls category. She also won a silver medal in the Inter Club Championship.

### CAPTAINING A WINNING TEAM



Academics and sports do go hand in hand. **Indradath** of grade 12, very confidently captained the Ernakulam Junior Volleyball Team to win the trophy and emerge as champions of the sport.

**Wishes for their dreams to come true !**

## *THE KALEIDOSCOPE*

### IN HOUSE AND EXPERIENTIAL LEARNING



**RYLA - A Leadership Workshop - teaching youth to be leaders of tomorrow.**



**Literary Fest - Rotary Bal Bhavan - participating in a few challenging competitions and thus gaining confidence to compete in more such competitions.**



**Maths and Cooking - an integral part of each other - Learning the nuances of cooking mouth watering, healthy dishes in correct proportions.**



**Handling a race bike - Learning the basics of how to manoeuvre a race bike. Lessons by ace rider Ms. Madhu Menon made students aware that bike riding is not just about style and adventure. It calls for immense training, focus and above all, a passion for the sport.**





**Tapping into the scientific minds - No more boring theory, only science classes ! Students as young as grade 5 are exposed to practicals and hands-on experiential learning.**



**School life is fun - Children's Day celebrations. Fun and games and a stress free day.**



**A Number Game - Tambola with a difference. A time for students and staff to show their prowess in addition, subtraction, division and multiplication and win prizes.**



**The joy of giving and sharing - A bake sale organised by Tattwa with students and staff showcasing their culinary expertise. The lavish spread was a testimony to everyone contributing and sharing for a noble cause.**

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