

RPS

BYTES



This month in
Rathinam International public school

International Coffee Day

1 - October

ODE TO COFFEE LOVERS

OH, COFFEE LOVERS, AWAKE WITH DELIGHT,
YOUR MORNING BREW IN SOFT MORNING LIGHT.
A SIP OF WARMTH, SO RICH, SO DEEP,
A FRAGRANT PROMISE TO LIFT FROM SLEEP.

DARK OR LIGHT, BOLD OR MILD,
WITH EACH POUR, SPIRITS BEGUILLED.
THE SWIRLING STEAM, THE BITTER-SWEET SONG,
IN THAT FIRST TASTE, WE FEEL WE BELONG.

FOR EVERY BREW, A STORY TOLD—
OF SLEEPY DAWNS, OF HANDS GROWN COLD.
FROM QUIET CAFES TO BUSTLING STREETS,
IT'S COFFEE THAT MAKES OUR DAY COMPLETE.

ESPRESSO SHOT OR LATTE FOAM,
IN COFFEE'S WORLD, WE'RE ALL AT HOME.
WITH HEARTS THAT BEAT A CAFFEINATED TUNE,
OUR CUPS REFILL, MORNING, NIGHT, AND NOON.

TO COFFEE LOVERS, HERE'S TO EACH POUR—
MAY YOUR MUGS BE FULL, FOREVERMORE.

- PRADHEEKSHA SIVARAM (GRADE 11B)





ART BY,
RAGHU VARMA, G12

Gandhi Jayanti

2 - October

Gandhi Jayanti, celebrated on October 2nd, marks the birth anniversary of Mahatma Gandhi, one of the most influential figures in India's freedom movement. Known as the "Father of the Nation," Gandhi inspired millions around the world with his philosophy of non-violence (ahimsa) and truth (satya). Here are some fascinating facts about Gandhi Jayanti and Gandhi himself:

International Influence

Gandhi's non-violence inspired leaders like Martin Luther King Jr., Nelson Mandela, and the Dalai Lama, shaping civil rights and liberation movements worldwide.

A Day for Peace

Since 2007, October 2nd has been globally observed as the International Day of Non-Violence, honoring Gandhi's belief in peaceful change.

The Salt March

Gandhi's 1930 Salt March, a 240-mile protest against the British salt monopoly, became a pivotal moment in India's independence struggle and highlighted his non-violent methods globally.

Simple Living, High Thinking

Gandhi's simple lifestyle included wearing hand-spun khadi, symbolizing self-reliance and boycotting British goods to support local industries.

Experiments with Truth

Gandhi's autobiography, *The Story of My Experiments with Truth,* highlights his journey of self-improvement, inspiring others to seek their own truth.

Gandhi's Global Legacy

Gandhi's statues worldwide, from London to San Francisco, symbolize his message of peace, with institutions marking Gandhi Jayanti through events on non-violence.

Spinning Wheel Symbolism

Gandhi's statues worldwide symbolize peace, with institutions celebrating Gandhi Jayanti through events on non-violence.

By, Jai Arthika, PGT



Navratri

3 - October

Navaratri, which means "nine nights" in Sanskrit, is one of India's most vibrant and spiritually significant festivals, celebrating the divine feminine energy. Each of the nine days is dedicated to a different form of Goddess Durga, representing aspects like power, prosperity, wisdom, courage, and compassion. This diversity of forms teaches us about the different virtues essential for a harmonious life.

One interesting fact about Navaratri is that it varies in celebrations across different regions of India. In Gujarat, people celebrate with Garba and Dandiya Raas, traditional dances performed in circular formations that represent the cyclical nature of life. The dances are performed with immense enthusiasm, and each step is said to symbolize a prayer to the goddess. Meanwhile, in West Bengal, Navaratri is marked by the grand Durga Puja, where beautifully crafted idols of Goddess Durga are worshipped in elaborate "pandals" (temporary temples), each more ornate and artistic than the last. This celebration culminates in the immersion of the idols, symbolizing the cycle of creation and dissolution in nature.

In South India, households create "Golu" displays – an arrangement of dolls on steps, featuring gods, goddesses, historical figures, animals, and scenes from epics. These doll displays encourage artistic expression and storytelling, as well as exchange between families who visit each other's Golu setups.

Navaratri is also associated with wearing specific colors each day, with each color symbolizing qualities like joy, purity, and power. This tradition adds a beautiful visual unity to the festival, as people dress in these colors with a sense of shared celebration. Another fascinating aspect is the emphasis on fasting and spiritual discipline during Navaratri, which people believe helps purify the mind and body. These practices are rooted in the idea of cleansing oneself to invoke divine blessings, making Navaratri a time for spiritual renewal and inner strength.

Ultimately, Navaratri is a celebration of the triumph of good over evil and serves as a reminder of the power within each person to overcome challenges. It brings people together in joy, devotion, and reverence for life, making it one of India's most beloved festivals.

By, Jai Arthika, PGT



Breast Cancer Awareness Day

13 - October

Indian actress Manisha Koirala, known for films like *Dil Se* and *Bombay*, faced a life-changing ovarian cancer diagnosis in 2012. Despite personal struggles, her journey became a story of resilience, hope, and transformation.

Manisha Koirala initially dismissed symptoms like fatigue and bloating, but her Stage IV ovarian cancer diagnosis devastated her. Facing fears of death, she resolved to fight with courage.

Manisha Koirala underwent surgery and intense chemotherapy in the U.S., enduring hair loss, weakness, and despair. Despite the struggles, she focused on positivity, treating each day of survival as a victory.

During her cancer journey, Manisha Koirala discovered inner strength through meditation, spirituality, and the support of loved ones. Reflecting on her life, she learned to cherish health, family, and inner peace. After emerging cancer-free, she became an inspiration, raising awareness about ovarian cancer and the importance of mental strength. Today, Manisha is a proud survivor and a resilient icon, using her platform to inspire others and reminding them that even in darkness, there is hope.

Manisha Koirala's story not only inspires but also reminds us of the importance of early detection in the fight against cancer. Here are some key symptoms and tips to identify ovarian cancer, as well as motivation for those currently facing this battle:

Symptoms to Watch Out For

Ovarian cancer is often called the "silent killer" because its symptoms can be subtle and easy to overlook. Being aware of these signs can make a huge difference:



PERSISTENT ABDOMINAL BLOATING

If you experience frequent bloating that doesn't go away, it's worth investigating further.



FREQUENT URINATION

If you suddenly have to urinate more often than usual, and it's not due to any other cause, consider seeing a doctor.



LOSS OF APPETITE OR FEELING FULL QUICKLY

If you find yourself losing interest in food or feeling full after a few bites, it could be a symptom.



UNEXPLAINED FATIGUE

Persistent, extreme tiredness without a clear cause can be a sign of many types of cancer, including ovarian cancer.



PELVIC OR LOWER ABDOMINAL PAIN

Persistent or unusual pain in the pelvic area is another symptom that should not be ignored.

Early detection and self-awareness are crucial. Persistent or unusual symptoms should be evaluated by a doctor, even if they may be caused by less serious conditions.

Motivation and Words of Encouragement for Cancer Patients

“You Are Stronger Than You Know”

Remember that cancer doesn't define you. It is a part of your journey, but your spirit, resilience, and strength are far more powerful. Like Manisha Koirala, who found strength she never imagined, trust that there is a reservoir of courage within you too.

“Focus on One Day at a Time”

The journey can feel overwhelming, but taking it one day at a time can make it manageable. Celebrate each small victory, whether it's finishing a treatment, feeling better, or even just finding a moment of peace. Every step forward is a victory.

“Stay Connected to Loved Ones”

Don't hesitate to lean on your support system. Family, friends, and even fellow cancer warriors can provide the emotional strength and comfort you need. Having people to talk to and share your thoughts with can lighten your heart and renew your resolve.

“Find Comfort in Self-Care”

Incorporate activities that bring you peace, whether it's listening to music, meditating, or enjoying nature. Little acts of self-care help boost positivity and can bring comfort on tough days.

“Believe in Your Journey”

Many survivors, including Manisha, have shared how their journey taught them invaluable lessons about life, health, and happiness. This experience can help you see life in a new, more meaningful light. Keep faith in your journey, knowing that brighter days are ahead.

Resources and Support

Joining support groups, connecting with cancer organizations, and learning from survivor stories can help. Remember, you are not alone in this fight, and there are communities ready to support you at every step. Ultimately, your courage and determination make a difference, and no matter what challenges arise, hope and resilience will be your guiding lights.

–Narmadha V (PGT)



Compassion for Animals, Protection for All

4 - October

Every year, **October 4th** is celebrated as **World Animal Welfare Day**, a global observance dedicated to raising awareness about the importance of animal protection, welfare, and rights. This day encourages individuals and organizations worldwide to reflect on how we treat animals and what we can do to improve their lives.

The day was chosen to honour **St. Francis of Assisi**, the patron saint of animals, whose love and compassion for all creatures great and small has inspired generations to think more deeply about the lives of animals and their rightful place in our world.

Why Does Animal Welfare Matter?

Animals, whether they are pets, wildlife, or farm animals, play an essential role in our ecosystems and communities. From providing companionship to offering critical services like therapy or guiding individuals with disabilities, animals enrich our lives in countless ways. However, in many parts of the world, animals suffer from neglect, abuse, habitat destruction, and exploitation.



Over 100 million animals are used in research worldwide, many of them subjected to painful and inhumane conditions.

An estimated 3 million animals are abandoned every year in the United States alone.

Deforestation and climate change are causing many animal species to lose their natural habitats, putting them at risk of extinction.

A Thoughtful Quote to Remember:

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

- Mahatma Gandhi



Art By : Sai Keerthan, G11A

World Teachers' Day

5 - October

A Tribute to Teachers

ON OCTOBER 5TH, WE PAUSE TO SAY,
THANK YOU, TEACHERS, IN EVERY WAY.
FOR EVERY LESSON, EVERY WORD,
FOR GUIDING US WHEN WE'RE UNSURE, UNHEARD.

YOU LIGHT THE PATH THAT WE MUST TREAD,
PLANTING DREAMS INSIDE OUR HEADS.
WITH PATIENCE VAST AND HEARTS SO KIND,
YOU TEACH US MORE THAN BOOKS CAN FIND.

FROM MATH EQUATIONS TO STORIES TOLD,
YOU SHARE YOUR WISDOM, YOUNG AND OLD.
WITH EVERY QUESTION THAT WE ASK,
YOU RISE TO MEET THE ENDLESS TASK.

THROUGH EVERY CHALLENGE, DAY OR NIGHT,
YOU HELP US SEE THE WORLD IN LIGHT.
AND THOUGH WE STUMBLE, FALL, OR STRAY,
YOU SHOW US HOW TO FIND OUR WAY.

YOU SHAPE THE FUTURE WITH YOUR HANDS,
MOLDING HEARTS, IGNITING PLANS.
THE GIFT YOU GIVE IS BEYOND MEASURE,
A WORLD OF KNOWLEDGE, JOY, AND TREASURE.

SO HERE'S TO YOU, THE HEART, THE SPARK,
THAT LIGHTS THE WAY THROUGH EVERY DARK.
WE CELEBRATE YOU, TODAY AND ALWAYS,
THANK YOU, TEACHERS, FOR ALL YOUR WAYS

- DEBORAH DAFFODILS



World Students' Day

15 - October

Instructions : Match the items in **Column A** with the correct answers in **Column B**.

Column A

1. Dr. A.P.J. Abdul Kalam's vision
2. The purpose of education
3. World Students' Day is celebrated on
4. Education is a key to overcoming barriers
5. A student's journey
6. "The future belongs to those who believe in the beauty of their dreams."

Column B

- A. "Education is the most powerful weapon which you can use to change the world."
- B. A day to celebrate students and their potential.
- C. 15th October
- D. To unlock the future and create positive change.
- E. The development of knowledge, skills, and critical thinking.
- F. C.S. Lewis

Answers:

1. Dr. A.P.J. Abdul Kalam's vision - D. To unlock the future and create positive change.
2. The purpose of education - E. The development of knowledge, skills, and critical thinking.
3. World Students' Day is celebrated on - C. 15th October.
4. Education is a key to overcoming barriers - A. "Education is the most powerful weapon which you can use to change the world."
5. A student's journey - B. A day to celebrate students and their potential.
6. "The future belongs to those who believe in the beauty of their dreams." - F. C.S. Lewis.

By, Kiruba Shankar, G11A



Celebrating the Legacy of Dr. A.P.J. Abdul Kalam

On October 15, 2024, our school had the honor of celebrating the 93rd birth anniversary of Dr. A.P.J. Abdul Kalam, an inspirational figure whose life continues to motivate millions across the globe. Under the guidance of our teachers, students came together with enthusiasm, preparing an event that brought Kalam's remarkable journey to life.

The celebration began with a beautifully choreographed dance performance, symbolizing the spirit of dedication and resilience that defined Dr. Kalam's life. Following this, students performed a touching skit that depicted some of the most meaningful incidents from his life—from his humble beginnings in Rameswaram to his work as a scientist and his tenure as the beloved "People's President." This skit not only honored Dr. Kalam's achievements but also highlighted the values he embodied: hard work, humility, and a passion for learning.

A special highlight of the day was the interactive session where one student took on the role of Dr. Kalam himself, engaging with other students in a lively Q&A format. "Dr. Kalam" shared advice on overcoming obstacles, dreaming big, and finding purpose in life, while the students asked questions about his visions for India, his love for science, and his unwavering faith in the younger generation. The interactive dialogue captivated everyone, allowing students to gain a deeper, more personal understanding of Dr. Kalam's messages.

The celebration left a lasting impact, reminding attendees that Dr. Kalam's life is a guide to building our future. His words inspired students to dream, work hard, and strive for excellence, echoing his belief that "Dreams are not what you see in your sleep; they are the things which don't let you sleep."



A Glimpse into Our School's Grand Event! Annual Day at RPS , A Fun-Filled Celebration!

The Annual Day celebration at RPS on 26.10.2024 was a resounding success, uniting students, teachers, parents, and guests in a vibrant showcase of talent, creativity, and school spirit.

The evening began with excitement as the school hall, adorned with colorful decorations reflecting the theme *The Navarasa*, set the stage for an eagerly anticipated program, with students dressed in their finest attire.

The event kicked off with an inspiring welcome speech by our Principal, Ms.Ashmi, who emphasized the importance of unity, perseverance, and excellence. Their words set the tone for the evening, reminding everyone of the values that make RPS a nurturing and dynamic place for all-round development.

The students captivated the audience with vibrant cultural dances, harmonious songs, and thought-provoking drama performances, showcasing their talent and teamwork. A special segment highlighted their skills in poetry, painting, sports, and more.

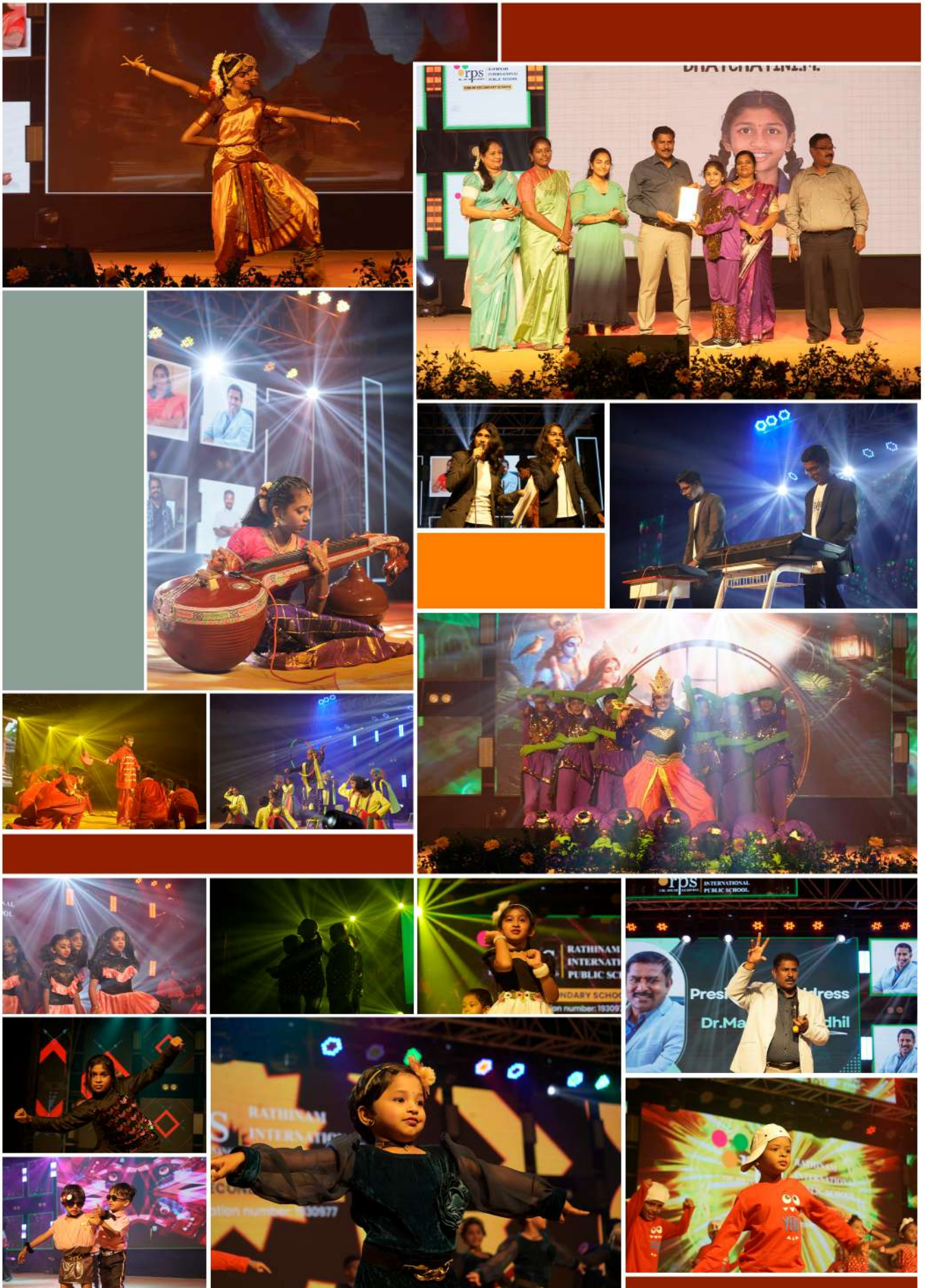
A highlight of the Annual Day was the award distribution, recognizing students for excellence in academics, sports, and extracurricular activities. The proud winners were applauded by peers and teachers, inspiring continued excellence.

The event was honored by Chairman Mr. Madhan A Senthil, Correspondent Ms. Seema Senthil, and Chief Guest Mr. Sri Sasi Kumar, who praised the school's commitment to holistic student development and highlighted the importance of education in shaping the future.

The night ended with a heartfelt vote of thanks by Head of Operations, Ms. Shankari, who expressed gratitude to teachers, students, parents, and guests for their support in making the event a success.

The Annual Day celebration was not just a showcase of talent but also a reflection of the spirit of togetherness that defines RPS. It was an evening filled with joy, laughter, and pride, and a beautiful reminder of the incredible potential of our students.





Looking ahead, we eagerly await the next year's celebrations, ready to continue our journey of growth, learning, and achievement!

Green Diwali at RPS

Environmental Benefits

- Reduced Pollution :** Minimize fireworks, crackers, and loud noises that harm air, water, & noise quality.
- Less Waste :** Opt for biodegradable decorations, minimize plastic usage & recycle materials.
- Conservation :** Encourage energy-efficient lighting, reduce electricity consumption.

Social Benefits

- Healthier Environment :** Protect vulnerable groups, like asthma patients, from pollution.
- Community Engagement :** Organize eco-friendly initiatives, fostering community involvement.
- Educational Opportunity :** Raise awareness about environmental issues.

Cultural Significance

- Return to Roots :** Revive traditional, eco-friendly practices.
- Spiritual Significance :** Emphasize Diwali's spiritual essence over materialism.
- Cultural Heritage :** Preserve traditional crafts, music, and art.

We ensured the following Slogans

"Celebrate Diwali, not Pollution."

"Go Green, Glow Bright."

"Eco-Friendly Diwali for a Brighter Future."



Green Diwali
Green Diwali
Green Diwali



COMPETITION GLIMPSE



COMPETITION
GLIMPSE



*Art By:
Theertha.P.B, G11*



Art By:
Sai Keertan.V.R

8/11/24

शिक्षा का महत्व पर लेख ।

शिक्षा जीवन का आधार है। जो व्यक्ति को ज्ञान, नैतिकता और समझ प्रदान करती है। यह केवल पुस्तकीय ज्ञान तक सीमित नहीं है, बल्कि सोचने समझने और निर्णय लेने की क्षमता को विकसित करती है। शिक्षा से व्यक्ति आत्मनिर्भर बनता है। और समाज में अपना स्थान बनाता है। शिक्षा ही ऐसा माध्यम है जिसके द्वारा आदमी को जीवन जीने का सही तरीका सीखता है। शिक्षा मानव जीवन के लिए बहुत महत्वपूर्ण है।

वाशिका. ज.
कक्षा - 7

बाल दुर्व्यवहार

बाल दुर्व्यवहार और उपेक्षा आघात का कारण बनती है जो मस्तिष्क के विकास को बाधित कर सकती है और बाद में जीवन में शारीरिक, भावनात्मक और व्यवहार संबंधी मुद्दों से जुड़ी होती है। बच्चों को सुरक्षित रखने के लिए परिवारों की ताकत और प्राकृतिक समर्थन की पहचान करना और उनका निर्माण करने में मदद मिल सकती है। बाल उपेक्षा बाल दुर्व्यवहार का सबसे आम रूप है और तब होता है जब माता-पिता या देखभाल करने वाला बच्चे की देखभाल नहीं करता है गरीब उपेक्षा के बराबर नहीं है। जब परिवारों में कई तनाव कारक बनते हैं, तो बच्चों के साथ दुर्व्यवहार होने की संभावना अधिक होती है। परिवारों में अन्य स्थितियों या विशेषताओं जिन्हें सुरक्षात्मक कारक कहा जाता है, बच्चों के साथ दुर्व्यवहार की संभावना को कम कर सकती है। सकारात्मक बचपन के अनुभव आघात के दीर्घकालिक प्रभावों को कम कर सकते हैं, बच्चों में लचीलापन पैदा कर सकते हैं और परिवारों को ठीक होने में मदद कर सकते हैं।

x - धन्यवाद - x

S. Anandhya Nair, G-7

Short trick of $(50)^2$ to $(60)^2$

$$(50)^2 = (5^2 + 0) + 0^2 = 2500$$

$$(51)^2 = (5^2 + 1) + 1^2 = 2601$$

$$(52)^2 = (5^2 + 2) + 2^2 = 2704$$

$$(53)^2 = (5^2 + 3) + 3^2 = 2809$$

$$(54)^2 = (5^2 + 4) + 4^2 = 2916$$

$$(55)^2 = (5^2 + 5) + 5^2 = 3025$$

$$(56)^2 = (5^2 + 6) + 6^2 = 3136$$

$$(57)^2 = (5^2 + 7) + 7^2 = 3249$$

$$(58)^2 = (5^2 + 8) + 8^2 = 3364$$

$$(59)^2 = (5^2 + 9) + 9^2 = 3481$$

$$(60)^2 = (6^2 + 10) + 10^2 = 3600$$

FRIENDSHIP

DO YOU GUYS HAVE A BEST FRIEND OR IN FIGHT WITH YOUR FRIEND? THEN READ THE FOLLOWING TO DISCOVER ABOUT FRIENDSHIP

Friendship is one of the most valuable treasure in our lives. True friends stand by our side in joyful and challenging moments. A friend understands and accepts us for who we are, celebrating our achievements and offering solace during tough times.

"A TRUE FRIEND ACCEPTS WHO YOU ARE, BUT ALSO HELPS YOU BECOME WHO SHOULD YOU BE"

The beauty of friendships are crucial for our confidence and self-esteem. With a friend at our side we are ready to take risks. They challenge us to step outside our comfort zones, whether it's performing on stage or voicing our opinions in class. Friends inspire our growth, teaching us lessons that we will never forget and help us tackle life's obstacles.

Maintaining friendship demands commitment and effort. It requires being a good listener, being empathetic and being present when it matters most. Like simple gestures, such as sending a thoughtful text, significantly strengthen our connections.

In conclusion, friendship is essential to our lives. It enriches our experiences and adds joy to our journey. We must cherish our friends and always strive to be the kind of friend we wish to have in return!

By: Jenita Tina V

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