



SAJONI

Newsletter

March 27 to April 3, 2024



**SATCHIDANANDA
JOTHI NIKETHAN
INTERNATIONAL SCHOOL**

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(Affiliated to CBSE - New Delhi)
KALLAR,
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'Everything begins in the mind. If you want to see clearly, you need clear vision.'

-Swami Satchidananda Maharaj

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GO WITH FULL CONFIDENCE

As we are happy to step into the 28th Academic year 2024-25 of the inception of our school from April 4, 2024, we humbly reproduce a page from our Gurudev's Golden Present on the same title.



Don't worry about anything. Worry never brings any benefit to anyone. On the other hand, it spoils even the little that you might do. There is a beautiful saying I read on a daily calendar page many years ago. It said, "Sorrow is nothing but what you borrow". Nobody is going to give you that. You go and borrow it. If you don't care to borrow it, there's no sorrow for you. That's all. You are the cause of your worry. Nobody can bring worry to you. If you care, decide not to worry. Remember, worry is not going to bring anything to us. On the other hand, it will sap away even the little energy, the little capacity, that we may have. A worried doctor cannot operate, you all know that. A worried student cannot write an exam. Go with full confidence. Just say, "I'm doing all that I can. That's it."

The above lines have been inspiring us to go with confidence year after year in all that we do at Satchidananda. When we look back on the 27 years that we have travelled in man-making, a sense of fulfilment reigns in all of us in taking young minds in the right direction in Nation building activities.

As we collectively welcome the New Academic year 2024-25, all we pray to our Gurudev is to continue blessing the entire members of Satchidananda so that the huge task assigned to us to make our students grow as responsible global citizens, becomes a reality.

Towards that commitment our efforts are unwavering and single minded! Om Shanthi!

We Educate the Mind; Illuminate the Soul

Catch Them Young - Summer Camp -2024

Satchidananda Jothi Nikethan International School, Kallar has been conducting summer camps for over quarter of a century for its students immediately after their annual examinations get over every year.

This sports camp in the fields of Cricket, Hockey, Tennis, Badminton, Swimming, Basketball has been conducted to train students to know the basics of the above games and instill discipline in them as well teaching them the nuances.

The ten-day long camp started on March 17 and ended on March 26, 2024. Coaches of National and International repute in the above disciplines were specially invited to coach the students. They taught students from the basics and made them graduate to a higher level of participating in competitions. The rigorous routine both in the mornings as well in the evenings, made the students realise how important physical fitness is in sports.

The valediction of the camp was held on March 26, 2024 in the school auditorium. Coaches and campers were felicitated by the Academic Advisor, Dr.V. Ganesan, Dr.R. Uma Maheswari, the Vice- Principal, Dr. S. Sakthivel. Dr. P. Senthil Raj Kumar, the Sports Advisor of the school also spoke on occasion.

Department of Physical Education headed by Mrs. T.P. Anitha, the Assistant Physical Education Director and its members organised the entire camp to perfection.

Catch Them Young - Camp Glimpses

Hockey



Cricket



Basketball



Badminton



Tennis



Student of the week - S. Cavinvarun - XI A

"The very thought of wearing our school jersey and padding up for the matches, brings a ton of adrenalin in my system", says S. Cavinvarun, the Goalie of our school's U-19 boys hockey team.

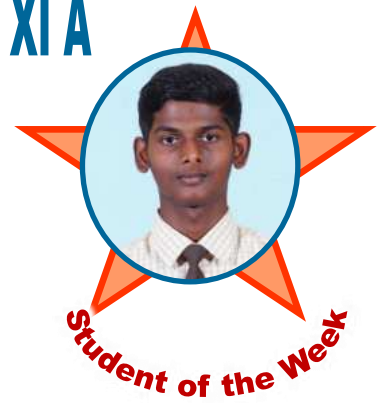
Cavinvarun, studying in class XI has come a long way. Growing up under the watchful eyes of his coaches and seniors, Cavin knew the art of guarding the goal to his the very

best. Mr. Yoganand, his Hockey coach says, "Cavin is the backbone of our team. He is a quick learner and his strength is his ability to read the mind of his opponent". In the recently concluded 'Catch them Young camp', held in school, Cavin was adjudged the Best Player of the camp, showing his unending desire to excel in hockey.

Cavin joined Satchidananda in 2018 in Std VI and thanks to his parent's support he continues to excel in Hockey. His dream came true when wearing the school jersey where he guarded the goal of our school Hockey team in a CBSE -U-19, National tournament held in Bhopal in 2023.

Taking Mr. Sreejesh, the current Indian Hockey Goal Keeper as his role model, Cavin knows where his destination is! With his unwavering enthusiasm and the will to work long hours in the field, the days are not far off, like Mr. P.R.Sreejesh, Cavin will proudly wear the Indian Jersey one day with pride.

The editorial board wishes him good luck!



SOCIAL CAMP -2024



Aptly named, "SOCIAL CAMP - 2024" the newly admitted students of our school underwent a seven-day camp in the school premises from March 26 to April 3, 2024, to familiarise themselves in advance, about the school and its routine they would undergo as boarders along with other children joining from 4, April 2024 for the new academic year 2024-25.



The idea behind conducting such a camp is that all new joiners will have an opportunity to interact and socialise among themselves first to get to know each other before joining with other fellow boarders. This camp made the children understand the atmosphere and the activities that would follow as school routine once school starts for the new academic year. It would be easy for these children to join with other boarders when they too arrive.



The success of the camp lies in training the newly admitted children in the same way as boarders are trained. Children are trained in school routines such as bed making in the hostel, organising their cupboards, participating in Yoga, participating in games such as Cricket, basketball, Badminton Tennis, Hockey, Swimming, Karate, Rifle-shooting, Spiritual classes, Art, Music, and book reading sessions, etc., thus making them fit to be life-long learners.

Under the watchful eyes of the teachers, coaches, and trainers newly admitted children are given training to strictly follow school routine. A well-structured timetable from dawn to dusk has made this task easier.



Children in the camp were taken to a nearby Theme-park BLACK THUNDER to experience various rides, ear-marked for children and young adults.

Dr. Kavidasan, Secretary of the school interacted with the children and encouraged them. We, at Satchidananda believe strongly that a camp of this kind will help children to be self-reliant and self-dependent so that as they grow, they will appreciate the people who support their lives to be healthier, wealthier, and wise. We are all heard, "Well begun is half-done". We followed it in the mind and sprit.

A Day Long Workshop to Incoming Parents

Satchidananda Jothi Nikethan International school, Kallar conducted a day long workshop to the parents who admitted their children in the year 2024-25 in the school auditorium on Sunday, March 31, 2024.

The day long session focussed on effective parenting; guidelines to parents; knowing the school history and the importance of vegetarianism.

Experts from various fields were invited to share their views. Dr.D.Srinivasan, the Clinical Psychiatrist from KMCH, Coimbatore while addressing the parent community urged them to provide an atmosphere of freedom at home and set themselves an example to them. Dr.V.Ganesan, the Academic Advisor briefed them the rules and regulations of the school. Dr.Kavidasan, Secretary of the school, asked the parents to obey school rules and extend their support for the well-being of their children.

Dr.S.Vijayakanth, from R.K.Nature Cure, Ganapathy, Coimbatore advocated the importance of Vegetarian diet in their life and how it would lead to an easeful body and peaceful mind.

Dr.R.Murugesan, the school Medical Officer detailed the procedure that the school follows in case, a child falls sick or face any medical urgency or the precautionary procedures. Mrs.P.Sangeetha, the school Counsellor informed the parents, the steps taken by school in providing the much needed emotional support.

Later on, parents went through the drawings and craft work of their children and witnessed a video - show of the camp proceedings here in a boarding school.

Earlier, Dr.R.Uma Maheswari, Principal welcomed the gathering and Dr.S.Sakthivel, Vice-Principal proposed the vote of thanks.



Nature is Future

Celebrating the First of April every year as April Cool Day instead of April Fool's Day, the students and the faculty of Satchidananda Jothi Niketan International School, planted saplings in their campus to remind the public that without a green cover on this earth, we invite catastrophe to our planet endangering our own lives on the only planet that human lives.



Dr. Kavidasan, the Secretary of the school in his April Cool Day message urged the importance of protecting our environment and the need for planting more saplings. Underlining that nature alone can save our future he reiterated the importance of adding more greenery to this earth that we all share for our co-existence.

Along with students who celebrate their Birthdays in April, he also planted a sapling reminding everyone that everyone must plant a sapling and protect it, till it becomes a huge tree benefitting the society.

Students N. Sudharshana, S.N. Hemendra, J. Oviya, P.P. Bharani Vendhan and K. Rithvik of the school spoke on the occasion about how adding more trees could benefit our lives. Members and faculty of The Eco-Club of the school organised this programme.

This new initiative is a stark reminder to humanity how global warming can be saved only by adding more green cover on this earth thus making the saying, 'Nature is beautiful and what is beautiful is natural ', truly a more meaningful indeed.





SATCHIDANANDA JOTHI NIKETHAN INTERNATIONAL SCHOOL

Kallar, Mettupalayam, Coimbatore
Affiliated to CBSE New Delhi. Affiliation No:1930365



Residential Summer Camp

April 22 to May 1, 2024

Students of Age
Group 9 - 14

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- * Handwriting
- * Art & Craft
- * Music & Instruments
- * Spiritual Orientation
- * Leadership
- * Rifle Shooting



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THE
Excellence

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- * Badminton
- * Cricket
- * Tennis
- * Swimming

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WE EDUCATE THE MIND ; ILLUMINATE THE SOUL.

அதிகாரம் 40 கல்வி குறள்: 396

குறளோகை

**தொட்டனைத் தூறும் மணற்கேணி மாந்தர்க்குக்
கற்றனைத் தூறும் அறிவு.**

விளக்கம் : தோண்டத் தோண்ட உற்றுநீர் கிடைப்பது போலத் தொடர்ந்து
படிக்கப் படிக்க அறிவு பெருகிக் கொண்டே இருக்கும்.

Learning

Dig deeper the sand-well, more water flows
Read deeper, more wisdom grows.

Explanation: The deeper we dig the well, the more water we get. The more
we learn, the more wisdom we acquire.



- Private Circulation Only -

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