



Idhayam Speaks....

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Vision

To develop and nurture confident and expressive English Language speakers who can express their ideas and thoughts confidently in the public.

Mission

To develop the interest and love for the English Language through the Art of Public Speaking, Listening, Newspaper Reading, Report writing and Performing.

Objectives

- ✳ To develop the English communicative skill among the students.
- ✳ To increase the English Vocabulary among the students.
- ✳ Working as a team and act as a News reporter of the school.

A few words from the editor....

“Our vision, our mission and the values we stand for”

Dear Readers,

You have in your hand “Idhayam Speaks”; Idhayam Rajendran School's pioneer official journal. It captures the momentous moments of Idhayamites journey from the month of June to July. We have tried to make sure this memoir of IRS helps you in recapitulating your eventful journey in Idhayam. This journal is not the outcome of the effort put in by an individual, but the immense effort put forward by the Editorial Board and dear Idhayamites. This is just a small tribute to our Alma Mater.

- The Editorial Board

EPOCH OF JUNE TO JULY

- 03 June** - World Bicycle Day
- 05 June** - World Environment Day
- 07 June** - World Food Safety Day
- 07 June** - World Oceans Day
- 12 June** - World Day Against Child Labour
- 14 June** - World Blood Donor Day
- 15 June** - Global Wind Day,
World Elder Abuse Awareness Day
- 16 June** - International Day of Family Remittances
- 17 June** - World Day to Combat Desertification
and Drought
- 18 June** - International Picnic Day
- 19 June** - World Sickle Cell Awareness Day
- 20 June** - World Refugee Day
- 21 June** - World Music Day,
International Yoga Day
- 22 June** - World Rainforest Day
- 23 June** - United Nations Public Service Day,
International Olympic Day,
International Widow's Day
- 26 June** - International Day against Drug Abuse
and Illicit Trafficking, International Day
in support of Victims of Torture
- 27 June** - Helen Keller Day
- 29 June** - Sense Vibes Day
- 30 June** - World Social Media Day
- 01 July** - National Doctor's Day
- 02 July** - World UFO Day
- 04 July** - Independence Day of USA
- 07 July** - World Chocolate Day
- 11 July** - Population Day
- 12 July** - Malala Day
- 14 July** - French National Day
- 15 July** - World Youth Skills Day
- 17 July** - World Day for International Justice,
World Emoji Day

Meritorious Moments

CISCE Zonal Level Athletics Meet

Our students displayed exceptional skill, focus, and sportsmanship, earning prize-winning achievements across various categories.

Under-19 Boys Category

- S. Anbuselvam secured 3rd place in the 5 km Walk.
- K. S. Mahapandieswaran secured 3rd place in the High Jump.
- N. S. Nikilesh Kumar secured 3rd place in both the Discus Throw and Javelin Throw.

Under-14 Boys Category

- S. Mukesh secured 3rd place in the Shot Put.
- M. Balasakthivel secured 1st place in the Long Jump.
- R. Mahath Krishna secured 3rd place in the 400 m Race.

Under-14 Boys 4 × 100 m Relay

The school relay team comprising M. Balasakthivel, K. S. Nirav Akash, S. Madhesh and R. Mahath Krishna secured 3rd place, displaying excellent teamwork and coordination.

Under-17 Category

- S. Sanidevina secured Third Place in the High Jump.
- S. Harini secured Third Place in the 5 km Walk.
- S. Yaamini Devi secured Third Place in the 400 m Race.

Under-17 Girls 4 × 100 m Relay

- The relay team comprising G. Venbapandi, S. Sani Devina, S. Harini, and S. Yaamini Devi secured Second Place, demonstrating excellent teamwork and coordination.

Under-19 Category

- A. Tanishkaa secured First Place in the 5 km Walk and Second Place in the 800 m Race.
- V. Ovia Shree delivered an outstanding performance by securing First Place in the 800 m Race, 1500 m Race, and High Jump.
- T.S. Vanshika secured Second Place in the 400 m Race and Third Place in the Long Jump.
- M.K. Hansheka secured Second Place in the 100 m Race.
- J. Jesse Keerthi secured First Place in the Javelin Throw.
- V. Poornika Shree secured Third Place in the Shot Put.

Under-19 Girls 4 × 100 m Relay

- T. Yukthasri, T.S. Vanshika, M.K. Hansheka, and V. Poornika Shree secured Second Place

CISCE Zonal Level Yoga Competition

- S.K. Jajeeth Karupaiah secured First Place in both Under-17 Artistic Single and Traditional Single events.
- M. Sundharavalli secured First Place in both Under-14 Artistic Single and Traditional Single events.
- M. Swarnavalli secured Second Place in Under-17 Traditional Single and Third Place in Under-17 Artistic Single.

CISCE Zonal Level Skating Tournament

- V. Sai Vikram of Std III C won Second Place in Rink III – 500 m and Third Place in Rink IV –1000 m.

CISCE Zonal Level Chess Tournament

- Meeraja of Std VII secured Third Place in the Under-14 category.

CISCE Zonal Level Volleyball Tournament

The Under-17 Boys Volleyball Team displayed outstanding teamwork and determination to secure Second Place at the CISCE Zonal Level Tournament.

The team members are: S. Rohith, V. Kapilnath, V. Sai Surya, S. Durai Anand, D. Ram Kishore, M. Girish, M. Kritick Narine, V. Agil, M. Yaswanth, S. Vishwesh, S. Logith Ram, T. Hassan

CISCE Zonal Level Cricket Tournament

Under-17 Girls

The Under-17 Girls Cricket Team emerged as Champions, securing First Place through outstanding teamwork and sportsmanship. Team members include: B. Thansiya, R. Srinithi, V. Akshaya, V. Yogitha, V. Aishwarya, S. Yuvani, P. Shivani, C. Riya, S. Tharunika Sri, S. Yugasree and S. Yukisha

Under-17 Boys

The Under-17 Boys Cricket Team secured Third Place at the CISCE Zonal Tournament. The team members are: D. Ram Kishore, G. Himesh, M.T. Hari Sankar, S. Shathrujith, S. Rohith, V. Agil, R. Pranav, S.S. Aashish, P. Sakthivel, T.S. Adithya, R.V. Kavin Arun, P.R. Arunesh, K. Harshan and A. Sarvesh.

CISCE Zonal Level Swimming Championship

- R. Sirapdish (Under-14) won First Place in 200 m Freestyle, 400 m Freestyle, and 4×100 m Freestyle Relay, besides securing Second Place in 200 m Breaststroke.
- R. Jeswanth (Under-14) secured First Place in 100 m Breaststroke, Second Place in 400 m Freestyle, and Third Place in 200 m Freestyle.
- Herthik Srinivasan (Under-14) won Second Place in 200 m Freestyle and Third Place in 50 m Backstroke.
- N. Mithun Kishore (Under-14) won First Place in the 4×100 m Freestyle Relay and Freestyle, Second Place in 50 m Freestyle, and Third Place in 100 m Freestyle and 200 m Breaststroke.
- G. Heroshan Srinivasan (Under-14) secured First Place in the 4×100 m Freestyle Relay and Third Place in 100 m Backstroke.
- Sarvesh (Under-17), Vishagan (Under-17) and D. Navneeth (Under-17) were part of the Gold Medal-winning 4×100 m Freestyle Relay Team, while Navneeth D. also secured Second Place in 100 m Breaststroke and Third Place in 50 m Breaststroke.

CISCE Zonal Level Football Tournament

The Under-14 Boys Football Team displayed exceptional teamwork and determination to secure Third Place at the CISCE Zonal Level Football Tournament. The team comprised B. Vimal Kumar, A. Varshith Raj, R. Sharvesh, R. Mahath Krishna, M. Balasakthivel, S. Sri Hari, N. Mohamed Jasim, T. Sivabalan, S. Nikhilesh, K.S. Nirav Akash, B. Pradeesh Yugan, V. Sabarish Yugan, S. Ashwin, S. Thashwanth, A. Sarvesh and S. Sajin.

- D. S. Sharvesh won 1st Prize in the 6–8 Years category at the 3rd National Yoga Championship, held at Kamaraj College of Engineering and Technology, Virudhunagar.
- V.S. Sruthi secured 1st Place in Piano at "Vayasu Vendam, Vaathiyam Pothum," organized by Sri Krishna Nagai Maligai Pvt. Ltd., Melur.
- D. S. Hrishikesh secured 2nd Place in the National Yoga Championship under the 10–12 Years (Syllabus Yoga) category.
- A. Samyuktha was awarded the Blue-I Belt in the Taekwondo Colour Belt Grading Examination, conducted by the Amateur Madurai District Sports Taekwondo Association (AMDSTA), Madurai.

Our students participated in the Young Indians Parliament (YIP) held at Mahatma Global Gateway School. U. Uma and P. Angelin Jessica were selected as Committee Leaders, while P. Iniya was nominated as Speaker. P. Iniya also received the Best Member of the Opposition Bench award. The event enhanced students' leadership, confidence, and public speaking skills.

Thank you, Sir Nelson Mandela

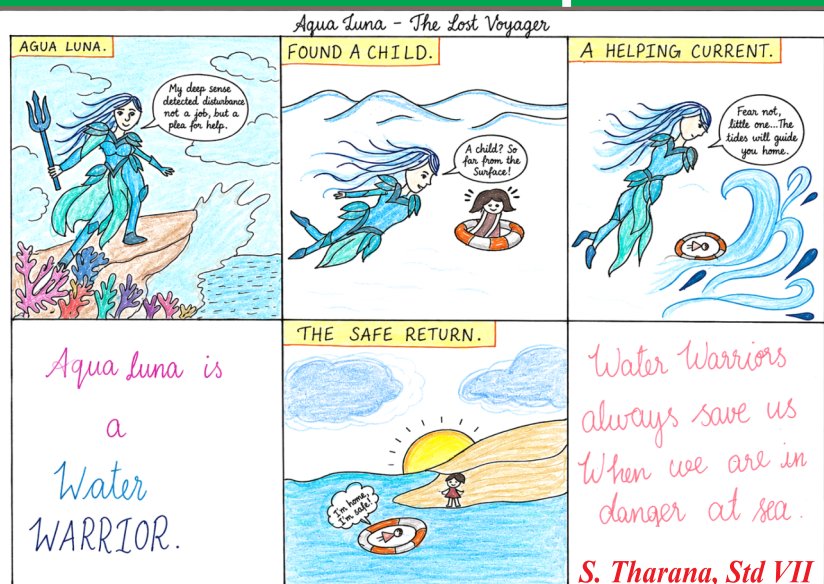
Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

A. Anitha, Std VIII

Comic Strip



Grandma's Corner

Grandma's Corner

A Loving Advice to My Dear Children

The Importance of Yoga Asanas

My dear children,

Warm greetings from Grandma!

Every morning, when I see children running, playing, and studying with enthusiasm, my heart fills with joy. But do you know what can help you stay healthy, energetic, and cheerful every day? It is the practice of Yoga Asanas.



Yoga is a precious gift from our ancient culture. It keeps our body strong, flexible, and active. Simple asanas help improve posture, strengthen muscles, and increase concentration. They also calm our minds and help us face challenges with confidence.

Children, in today's busy world, we spend many hours studying and using electronic devices. Yoga gives our body the movement it needs and provides our mind with peace and balance. Even a few minutes of yoga each day can make a great difference.

Remember, yoga is not only about physical exercise. It teaches discipline, patience, and self-control. When you practise yoga regularly, you learn to focus better, manage stress, and develop a positive attitude towards life.

Start your day with simple asanas and deep breathing. Practise with sincerity and consistency. Soon, you will feel healthier, happier, and more confident in everything you do.

May every stretch make you stronger, every breath make you calmer, and every yoga session bring you closer to a healthy and successful life.

With love and blessings,
Grandma.

"Yoga is the journey of the self, through the self, to the self." – Bhagavad Gita

In and around Idhayam

- ★ **On 1st June 2026**, the school conducted an Orientation Programme for newly admitted students and their parents to welcome them and acquaint them with the academic curriculum, school procedures, and co-curricular activities planned for the new academic year.
- ★ **On 3rd June 2026**, the school reopened with great enthusiasm as students returned to campus to begin the new academic year.
- ★ **On 5th June 2026**, World Environment Day was observed with great zeal. Std I conducted a special assembly, creating awareness. Students of Std III, IV, and VII participated in a **Plant-a-Seed Activity**, while Std V and VI watched an informative video presentation and took part in a waste segregation activity based on the theme **"Inspired by Nature, for Climate, for Our Future."** Std II students also took an environmental pledge during the morning assembly.
- ★ **On 8th June 2026**, the Pre-KG classes reopened, marking the beginning of an exciting new academic year for the young learners. World Ocean Day was celebrated by students of Std II, V, and VI, while students of Std III to VIII participated in **Genesis 2.0 – Readers' Renaissance**, an initiative aimed at fostering reading habits and language enrichment. **Mr. S. Narayanan** inspired the students to develop a lifelong love for reading and learning.
- ★ **On 10th June 2026**, LKG students celebrated **Sparkle Day**, enjoying engaging classroom activities.
- ★ **On 12th June 2026**, an Open House was conducted for Pre-KG to Std II. On the same day, students of Std V and VI observed **World Blood Donor Day** and learnt about the importance of voluntary blood donation.
- ★ **On 13th June 2026**, **Dr. S. Dharani** guided students of Classes X and XII on effective study techniques and time-management strategies for academic success.
- ★ **On 17th June 2026**, UKG students celebrated **Veggie Fiesta (Vegetables Day)**, learning about healthy food habits through enjoyable and interactive activities.
- ★ **On 18th June 2026**, students enthusiastically participated in the **Student Senate Election – 2026**, casting their votes to elect their student leaders.
- ★ **On 19th June 2026**, Father's Day was celebrated with great joy. Pre-KG to Std I students honoured their fathers through special activities, while students of Std III and IV prepared greeting cards. A **Fraternal Meeting** was also conducted for students of Std III, IV, and V. In addition, students celebrated **International Yoga Day** by participating in yoga and meditation sessions that promoted physical and mental well-being.
- ★ **On 22nd June 2026**, the **Investiture Ceremony** was conducted for students of Std III to IX and XI, encouraging leadership, responsibility, and service.
- ★ **On 23rd and 24th June 2026**, Idhayam Rajendran School, Madurai, successfully hosted the **CISCE Zone C Athletics Meet 2026–2027** for Under-14, Under-17, and Under-19 Boys and Girls at **Dr. M.G.R. Race Course Stadium, Madurai**. The event witnessed enthusiastic participation from CISCE schools across the zone, and our students delivered an outstanding performance, reflecting dedication, discipline, and exemplary sportsmanship. On the same day, Std II celebrated **Olympic Day** through activities that promoted the values of sportsmanship, teamwork, and healthy living.
- ★ **On 25th June 2026**, Pre-KG and LKG celebrated **Red Day**, and an Open House was conducted for students of Std VI to VIII.
- ★ **On 29th June 2026**, **Sense Exploration Day** was celebrated by the Pre-KG students through interactive, sensory-based activities that promoted observation and experiential learning.
- ★ **On 30th June 2026**, students of UKG, Std I, III, and IV observed **World Social Media Day**, while students of Std II and V to VIII celebrated **Asteroid Day**, creating awareness about responsible digital citizenship and the wonders of space science.
- ★ **On 1st July 2026**, **Doctor's Day** was observed with great enthusiasm across the school. Pre-KG and LKG students visited **RIO Hospital** to learn about the noble profession of doctors. UKG celebrated **Frutopia (Fruits Day)**, while students of Grades II to VI attended an informative session on **Health and Hygiene**, promoting healthy living and personal well-being.
- ★ **On 4th July 2026**, the Academic Coordinator, along with three coordinators and two teachers, visited **Vallaba Vidyalaya CBSE School** for an academic exchange programme. On the same day, a friendly football match was held between Idhayam Rajendran School and VMJ School, fostering sportsmanship and team spirit.
- ★ **On 5th July 2026**, a **Teachers' Felicitation Ceremony** was organised to honour the dedication and invaluable service of the teaching fraternity. The Management and members of the **Uravin Murai** appreciated the teachers for their unwavering commitment to nurturing young minds.
- ★ **On 6th July 2026**, a **Plantation Drive** was organised by **FM Rainbow** in association with the **Green Club**, encouraging environmental awareness and inspiring students to contribute towards a greener future.
- ★ **On 7th July 2026**, the **26th Kalimark K.P. Rajendran–Jayalakshmi State Level Basketball Tournament** was inaugurated at Idhayam Rajendran School. The inaugural match between Idhayam Rajendran School and BPM School marked the commencement of the prestigious tournament.
- ★ **On 8th July 2026**, the **19th Madurai Ponvelan Cycle Mart State Level Volleyball Tournament** was inaugurated at the **Ponvelan Volleyball Court**, promoting teamwork, discipline, and sportsmanship among the participating teams.
- ★ **On 13th July 2026**, Idhayam Rajendran School proudly hosted the **Albert Barrow Memorial All India Inter-School Creative Writing Competition 2026 (Category II)**, providing a prestigious platform for young writers from various schools to showcase their creativity, imagination, and language proficiency.
- ★ **On 15th July 2026**, **Educational Development Day** was celebrated in honour of Perunthalaivar **K. Kamarajar's Birth Anniversary**, paying tribute to his remarkable contributions to education and social development. On the same day, **GENESIS 5.0 – Breaking into Media** featured **Mr. Ty Lawson**, who enlightened students on career opportunities in journalism, broadcasting, filmmaking, digital media, and content creation through an inspiring interactive session.

Captain Cool – M.S. Dhoni



“The greatest leaders are not those who shout the loudest, but those who stay the calmest when everyone else is under pressure.” This quote perfectly describes Mahendra Singh Dhoni, fondly known as “Captain Cool.” His remarkable composure, wise decision-making and humble nature have made him one of the finest captains in the history of cricket.

Born on 7 July 1981 in Ranchi, Jharkhand, M.S. Dhoni began his journey with determination and hard work. From being a ticket collector in the Indian Railways to becoming the captain of the Indian cricket team, his life is a true example of perseverance and dedication. His success proves that no dream is too big for those who are willing to work tirelessly.

Dhoni is celebrated for his exceptional leadership skills and ability to remain calm during the most challenging situations. His confidence and clear thinking helped India win the **ICC T20 World Cup (2007)**, the **ICC Cricket World Cup (2011)** and the **ICC Champions Trophy (2013)**. He is the only captain to have won all three major ICC white-ball tournaments, a remarkable achievement in world cricket.

Apart from his success on the field, Dhoni is admired for his humility, discipline, and sportsmanship. He always encouraged teamwork, accepted responsibility during difficult times, and gave credit to his teammates for every victory. These qualities have earned him the respect of fans, players, and cricket experts around the world.

M.S. Dhoni's journey teaches us that true greatness lies not only in winning but also in remaining humble, determined and composed in every situation. His life continues to inspire millions of young people to dream big, work hard, and face every challenge with courage and confidence.

S. Sriharan, Std IX

Book Review

Wings of Fire – Dr. A.P.J. Abdul Kalam

Wings of Fire is an inspiring autobiography of Dr. A.P.J. Abdul Kalam, written with Arun Tiwari. The book narrates Kalam's journey from a humble childhood in Rameswaram to becoming one of India's most respected scientists and later the President of India. It highlights the importance of hard work, determination, and self-belief in achieving success.

One of the most impressive aspects of the book is the way Kalam describes his struggles, failures, and achievements with honesty and simplicity. The reader learns about his contributions to India's space and missile programmes, as well as the influence of teachers, family members, and colleagues on his life. The book also promotes values such as teamwork, discipline, and dedication.

Overall, Wings of Fire is a motivational and thought-provoking book that inspires readers to dream big and work hard to achieve their goals. Its simple language and powerful life lessons make it an excellent read for students and young people. It is a book that leaves a lasting impression and encourages readers to contribute positively to society.

T.M. Darsheel Krishen, Std XII

PICTORIAL MEMORY



Creative Corner

Artisan Avenue



Hello Rain...
Welcome Back...
Happy Monsoon...
V. Chakshita, Std IV



Does Consistency Matter More than Talent?



Consistency matters more than talent because regular effort leads to continuous improvement and long-term success. While talent provides a natural advantage, it cannot guarantee achievement without dedication and hard work.

A talented person who practices only occasionally may fall behind someone with average ability who works consistently every day. For example, many successful athletes, musicians, and entrepreneurs reached their goals through discipline and perseverance rather than natural talent alone.

Consistency also helps people develop new skills, overcome challenges, and build confidence over time. In contrast, relying only on talent can lead to laziness and missed opportunities.

Although talent may help people learn faster or perform better at the beginning, consistent effort allows anyone to improve and reach their full potential. Therefore, consistency is more valuable than talent because it creates lasting success and proves determination.

Talent determines your starting point; Consistency determines how far you go.
B.K. Adhvik, Std VI

Friendship in the Digital World



In today's technology-driven era, friendship has taken on a new dimension. With smartphones, social media platforms and instant messaging applications, people can connect with friends across the globe within seconds. Distance is no longer a barrier, and maintaining relationships has become easier than ever before. However, while digital communication offers many advantages, it also reminds us that genuine friendship is built on trust, respect and understanding rather than technology alone.

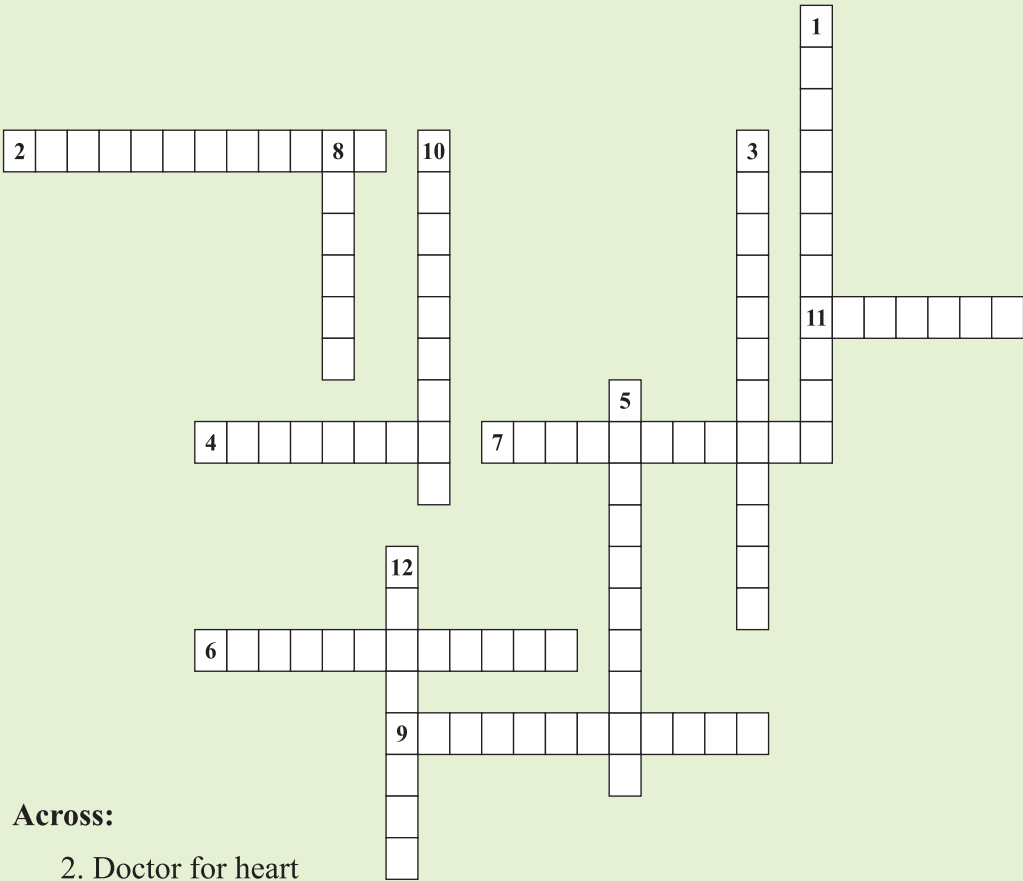
The digital world provides countless opportunities to form and strengthen friendships. Students can stay connected with classmates, collaborate on projects, share ideas and celebrate achievements through online platforms. Video calls, voice messages and group chats help friends remain close even when they live in different cities or countries. During difficult times, a simple message or video call can provide comfort and encouragement.

Despite these benefits, the digital world also presents several challenges. Many people judge friendships by the number of followers, likes, or online interactions rather than by genuine care and loyalty. Excessive use of social media can lead to misunderstandings, cyberbullying, and reduced face-to-face communication. Sharing personal information with strangers online can also pose serious risks to privacy and safety.

Therefore, it is important to use technology wisely. We should treat others with kindness and respect, think before posting or commenting, protect our personal information, and avoid spending excessive time online. Most importantly, we should remember that no digital conversation can completely replace the warmth of meeting a friend in person, sharing experiences and creating lasting memories together.

In conclusion, the digital world has transformed the way we build and maintain friendships, making communication faster and more convenient. However, true friendship continues to be based on honesty, empathy, trust, and mutual support. Technology is a valuable tool for connecting people, but it is our values and actions that make a friendship meaningful and everlasting.
C. Hashini, Std X

Cross Word Puzzle



Across:

- 2. Doctor for heart
- 4. Traditional Indian system of medicine
- 6. Doctor for women
- 7. Doctor for brain
- 9. Doctor for mental health
- 11. Doctor for teeth

Down:

- 1. Doctor for bones
- 3. Doctor for children
- 5. Doctor using Homoeopathy
- 8. Tamil system of natural medicine
- 10. Doctor for general illness
- 12. Doctor using modern medicine

Answers:
Across: 2. Cardiologist, 4. Ayurveda, 6. Gynecologist, 7. Neurologist, 9. Psychiatrist, 11. Dentist
Down: 1. Orthopedist, 3. Pediatrician, 5. Homoeopath, 8. Siddha, 10. Physician, 12. Allopath

T. HARSHA VARTHINI
• XI-A

IMPACT OF SOCIAL MEDIA ON YOUTH

What is Social Media?
Social media refers to online platforms that allow people to create, share and interact with content and connect with others worldwide.

POPULAR PLATFORMS

Instagram Whatsapp Youtube Facebook

POSITIVE EFFECTS

- ⇒ Enhances communication
Helps youth to stay in touch with friends and family.
- ⇒ Access to education
Provides easy access to learning materials and online courses.
- ⇒ Builds Global Awareness
Keeps youth informed about current events and different cultures.

NEGATIVE EFFECTS

- ⇒ Addiction
Can lead to faulty poor habits.
- ⇒ Cyberbullying & Online Harassment
Negative comments and trolling can harm mental health.
- ⇒ Anxiety, Stress & Low self Esteem
Comparing with others can lead to insecurities.

QUICK FACTS

- ⇒ Most teenagers use social media daily.
- ⇒ Educational content is one of the fastest growing category.
- ⇒ Excessive use can affect sleep patterns and concentration.

TIPS FOR HEALTHY USE

- ⇒ Use scheduling tools and take regular breaks.
- ⇒ Focus on your goals and personal growth.
- ⇒ Do not share personal information with strangers.
- ⇒ Think before you post and treat others kindly.
- ⇒ Enjoy sports, reading, family time and hobbies.

CONCLUSION

Social media is a powerful tool. When used wisely, it can educate, inspire, and connect young people. However, excessive or irresponsible use can negatively affect mental, health, academics and relationships.