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 September to October. 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 September

1 September to
7 September – National Nutrition Week (India)
2 September – World Coconut Day
5 September – Teachers' Day (India)
8 September – International Literacy Day
9 September – World EV Day
14 September – National Hindi Day
15 September – Engineers' Day (India)
International Day of Democracy
16 September – World Ozone Day
17 September – World Patient Safety Day
18 September – World Bamboo Day
19 September – World Cleanup Day
21 September – International Day of Peace
22 September – World Rhino Day
23 September – International Day of Sign Languages
27 September – World Tourism Day
29 September – World Heart Day

Lexi Glow- Make Your Words Shine

1. I forgot. → It slipped my mind.
2. I'm drinking water. → I'm hydrating.
3. Let's go outside. → Let's step out.
4. Move faster. → Pick up the pace.
5. Don't rush. → Take it slow.
6. I'm helping. → I'm assisting.
7. That's enough. → Stop right there.
8. I'm upset. → I'm off today.
9. Let's focus. → Let's lock in.
10. I'm practicing. → I'm brushing up.

In and Around Idhayam

- On 18th August 2026, LKG students celebrated Veggie Delight with great enthusiasm. The little ones explored a colourful variety of vegetables, learnt about their importance in a healthy diet, and enjoyed a fun-filled hands-on learning experience.
- On 19–20 August 2026, our school hosted the CISCE Zonal Professional Development Programme focusing on "Teaching Sustainability through Systems Thinking and Interdisciplinary Learning", led by Trainer Mr. Vedha S., 19 educators from various ICSE schools engaged in interactive activities and worksheets to gain practical strategies for integrating sustainability into their teaching.
- On 25th August 2026, our school students of Std XI and XII participated in a workshop led by Pranic Healing Trainer Mrs. Vinodha Rajam, focused on "Master Your Mind, Shape Your Future," empowering senior students with practical skills in self-discipline, thought control, positive habits, confidence, and decision-making.
- On 25th August 2026, Std IX students visited Madurai Medical College, for a practical learning experience in human anatomy and forensic science.
- On 26th August 2026, the vibrant spirit of Onam filled the school with joy and colours. Students enthusiastically created beautiful floral rangolis across the campus, showcasing their creativity and teamwork. The celebration highlighted the rich cultural heritage of Onam and spread the message of unity, harmony, and togetherness.
- On 28th August 2026, the students of Pre-KG and LKG celebrated Raksha Bandhan with great joy and enthusiasm. The little ones learned about the significance of the festival and participated in the rakhi-tying ceremony, spreading the message of love, care, and togetherness.
- On 29th August 2026, the students of LKG celebrated "Kids Avatar (Fantasy Parade)" with great joy and enthusiasm. Dressed as their favourite fantasy characters, the little ones brought their imaginations to life, spreading happiness and showcasing their creativity under the theme "Dress your imagination, Be the character, Live the story."
- On 31st August 2026, our Pre-KG kids celebrated Fruit Salad Day with enthusiasm, learning about healthy eating habits through a fun-filled fruit-tasting activity.
- On 2nd September 2026, our school students of Std 7 and 8 participated in a wellness initiative focused on personal health, hygiene, and confidence. The sessions were conducted by Chief Guests Dr. Mythily Pandian (for girls on "My Body, My Health, My Confidence") and Dr. B. Jayashree (for boys on "Growing Up Right: Health, Hygiene & Responsible Choices"), focused on personal health, hygiene, and confidence.
- On 2nd September 2026, thirty-one students from Pre-KG to Std I participated in the Akashvani Madurai FM 103.3 Programme, showcasing their talents through English rhymes, Tamil songs, stories, poems and Aathichudi recitation.
- On 3rd September 2026, the Std XII students of our school organised a special Teachers' Day celebration with great enthusiasm and gratitude. The students planned and conducted various programmes and activities to honour the teachers and express their heartfelt appreciation for the guidance, dedication, and constant support. The celebration created a joyful and memorable atmosphere, reflecting the students' love and respect for the teachers. On the same day, the school celebrated Krishna Jeyanthi with devotion, joy, and enthusiasm. The little ones from Pre-KG and LKG looked adorable as they dressed up as Lord Krishna and Radha. Students from Pre-KG to Std VIII participated enthusiastically in various cultural programmes and activities, adding colour and vibrancy to the celebration.
- On 8th September 2026, our little Pre-KG and LKG kids celebrated a vibrant Yellow Day, dressed in bright sunny attires. They enthusiastically held creative yellow cut-outs including a mango, sunflower, butterfly, kite, and capsicum to learn about color recognition through fun, hands-on activities.
- On 11th September 2026, our students from Pre-KG to Std I, Std X and Std XII participated in Vinayagar Chathurthi celebration enthusiastically. The Primary teachers rendered a devotional song, while Pre-KG and LKG students recited Vinayagar slogans. Some children came dressed as Lord Vinayagar, adding colour to the celebration.

If I were a Teacher for One Day



If I were a teacher for one day it would be an exciting experience. The classroom would be filled with smiles, laughter and cheerful faces. The day will begin with a warm greeting to all students. Everyone would feel comfortable, happy and ready to learn.

Instead of only using textbooks, lessons would include games, puzzles and other activities. Interesting stories and real-life examples would make learning enjoyable. Every student would get a chance to answer questions and share ideas. Difficult topics would be explained with patience until they understand.

"A good teacher can inspire hope, ignite the imagination and instill a love of learning" – Brad Henry

These inspiring words show the power of learning and knowledge. A teacher helps students discover their hidden talents and believe in themselves. With the right guidance, every child can dream big and achieve big things.

The lunch break would be a wonderful time to interact with the students. Funny stories could be shared and everyone could enjoy a cheerful conversation. Teamwork, kindness and respect would be encouraged throughout the day. No students would feel left out or ignored.

By the end of the day, being a teacher would feel truly meaningful and we also learn new things when we teach others.

A teacher guides, encourages, supports and inspires young minds.

A. Esha Sri, Std VII

How Friends Can Resolve Conflicts and Promote Peace in Everyday School Life



Many people believe that friendships can create stress and conflicts, but true friendship can promote peace. In school, friends listen without judging, understand each other and solve problems with patience. When disagreements arise, they choose calm words, listen to each other and try to understand one another. A peaceful conversation can prevent small disagreements from becoming bigger conflicts.

A friend who witnesses a conflict can encourage communication, respect, forgiveness and understanding. Instead of taking sides, a true friend helps both people understand each other. Even a small act of kindness can prevent a misunderstanding from turning into a fight.

By supporting one another and respecting each other's feelings, friends can create a positive environment at school. Friendship teaches us that winning an argument is less important than preserving a relationship. Therefore, students should learn to communicate openly, forgive each other and solve their problems peacefully.

Thus, friends can build a school culture where kindness is stronger than anger, respect is greater than disagreement, and peace becomes a choice every single day.

"Where friendship leads, conflict fades, peace begins."

B. K. Kaushik, Std IX

Meritorious Moments

- On 2nd August 2026, S. Krithiksha Sree of Std III secured 3rd place in Speed Inline Rink III at the State Level Open Speed Skating Championship held in Sivagangai District.
- On 9th August 2026, J. Meshvanth and S. Ananya of Std I secured First Place in the City-Level Drawing Competition conducted by AERO9 Technologies.
- On 15th August 2026, R. Sharvesh of Std VII secured 1st prize in the Drawing and Colouring Competition at the 50th Arts and Crafts competition 2026 at TVS school Madurai.
- On 16th August 2026, R. Akhil Vijayesh of Std II emerged as the Champion in the Under-8 Bare Bow category at the Open State Archery Championship 2026 held in Madurai.
- On 16th August 2026, S. Krithiksha Sree of Std III secured 3rd place in Rink III and 2nd place in Rink IV at the 3rd Open State Level Skating Championship organised by YMCA Madurai Sports & Wellness Centre.
- On 16th August 2026, D. Krishwanth of Std IV secured 1st place in Rink III and Rink IV at the II Open State Level Skating Championship 2026 organised by YMCA Madurai Sports & Wellness Centre.
- On 23rd August 2026, Advik Shrinivas of Std I secured First Place on the Merit List in the District Level Children's Chess Tournament, scoring 5.5/6 points. The event was organized by Kamalammal Arts and Sports Chess Academy, affiliated with the Madurai District Chess Circle.
- On 26–29 August 2026, M. Sundaravalli of std XI secured 5th position in Traditional Yoga at the CISCE National Level Yoga Competition in the Under-14 Girls category at Billabong High International School, Bhopal.
- On 27–29 August 2026, R.V. Kavin Arun of Std IX secured 2nd Place (Silver Medal) in the Under-14 Category at the CISCE National Level Rifle & Pistol Shooting Championship 2026 held at St. Jude's ICSE School, Gorakhpur.
- Adding to this achievement, he has also been selected for SGFI (School Games Federation of India).
- On 28 - 29 August 2026, P. Iniya of Std IX participated in the YIP Regional Meet held at the District Collector's Office, Erode. As part of the programme, she also earned the opportunity to visit the Tamil Nadu Legislative Assembly in Chennai.
- On 29th August K.S. Nirav Akash of Std VII secured 2nd place in District level football tournament at YMCA.
- On 30th August, S. Adith Shashank of Std VII secured II position in 1st District level Mega Chess Quiz competition and also, he had secured III position in 1st District level children chess tournament conducted by Vetri Chess Academy. He secured 2nd place in State level tournament at SEV school, Madurai. He has secured 16th position in Forking Knights International (FIDE) chess tournament at Jawaharlal Nehru Stadium from August 21-23 at Chennai.
- On 30th August 2026, S. Adhvik Shrinivas of Std I secured 5th Place in the Under-7 Category at the 1st District Level Children's Chess Tournament 2026, organized by Vetri Chess Academy, Madurai.
- On 31st August 2026, S. Adhvik Shrinivas of Std I secured 1st place on the merit list in the District Level Children's Chess Tournament organized by Kamalammal Arts and Sports Chess Academy.
- On 2nd September 2026, B. Dasvanth of Std I secured Rank I in the Under-6 category at the Madurai State Level Open Speed Skating Championship.
- Ms. S. Divya, Mathematics Teacher has been honored with the SOF Best Zonal Teacher Award for the SOF International Mathematics Olympiad (TN & Puducherry Zone) for the academic year 2025–26 in recognition of her contributions to education, the award includes a trophy, a certificate, and a cash prize of ₹5,000.
- On 9–12 September 2026, S. K. Jajeeth Karupaiah of Std IX achieved 4th position in Artistic Yoga at the CISCE National Level Yoga Competition in the Under-17 Boys category at Agrasain Boys' School, West Bengal.

10 Practical Zero-Waste Innovations to Reduce Plastic Waste in a City



1. Plastic Collection Centres

Set up collection centers where residents can deposit plastic waste for proper sorting and recycling.

2. Refill Stations

Install refill stations for drinking water and household products to reduce the use of single-use plastic bottles and containers.

3. Reusable Shopping Bags

Encourage people to carry reusable cloth or jute bags instead of using plastic carry bags.

4. Plastic-Free Markets

Encourage shops and markets to avoid plastic packaging and use reusable, paper or biodegradable alternatives wherever suitable.

5. Local Plastic Recycling Units

Establish local recycling units to process collected plastic waste and convert it into useful products such as benches, tiles or other durable materials.

6. Deposit-Return System

Introduce a system in which consumers pay a small deposit when purchasing plastic bottles or containers and receive a refund when they return them.

7. School Awareness Programmes

Conduct awareness campaigns, workshops and competitions in schools to teach students about reducing, reusing and recycling plastic.

8. Community Clean-Up Drives

Organise regular clean-up drives in streets, parks, lakes and other public spaces while ensuring that collected plastic is properly segregated and recycled.

9. Reduction of Single-Use Plastics

Strictly enforce regulations on single-use plastic items and encourage affordable, reusable alternatives.

10. Smart Waste Bins

Install clearly labelled or sensor-enabled bins for plastic, food waste and other materials to improve waste segregation and recycling.

Conclusion

These practical innovations can help cities reduce plastic waste, improve recycling, protect public spaces and create a cleaner, healthier and more sustainable environment.

K. Jai Amirtha Varshan, Std X

Recipe Card for Heart- Smack Snack



Dita Deepan, Std VIII

Common Medicine Categories with their General Uses

S. No.	Medicine Category	General Use
1	Analgesics	Relieve pain
2	Antipyretics	Reduce fever
3	Antibiotics	Treat bacterial infections
4	Antihistamines	Relieve allergy symptoms
5	Antacids	Reduce stomach acidity and heartburn
6	Cough Suppressants	Reduce coughing
7	Expectorants	Help remove mucus from the airways
8	Decongestants	Relieve nasal congestion
9	Antiseptics	Prevent infection in cuts and wounds
10	Antifungals	Treat fungal infections
11	Antidiarrheals	Control diarrhoea
12	Laxatives	Relieve constipation
13	Antiemetics	Prevent nausea and vomiting
14	Bronchodilators	Help open airways in asthma
15	Vaccines	Prevent infectious diseases

S.Zakiyya Sulthana, Std XII

Art Attack



V. Akshata, Std VI

PICTORIAL MEMORIES



Movie Review - Erin Brockovich



Erin Brockovich is an inspiring and powerful film based on a true story. Directed by Steven Soderbergh, the movie stars Julia Roberts as Erin Brockovich, a determined single mother who fights against a large company accused of contaminating the water supply of a small town.

The story begins with Erin, who is struggling to find a job and starts working at a law firm. While examining some property files, she discovers medical records that seem strangely connected to a company called Pacific Gas and Electric. Curious and determined, Erin investigates further and finds that the company may have caused serious health problems for the people living in Hinkley, California. Despite having no formal legal education, she works tirelessly to collect evidence and gain the trust of the affected residents.

The strongest aspect of the film is Julia Roberts' outstanding performance. She portrays Erin as confident, intelligent, emotional, and fearless. Her determination proves that education and social status do not always define a person's ability to bring about change. The movie also highlights important themes such as justice, courage, environmental responsibility, and women's empowerment.

Overall, Erin Brockovich is an inspiring, emotional, and thought-provoking movie. It teaches us that determination and courage can help us overcome even the most difficult obstacles. I would highly recommend this film to anyone who enjoys true stories and emotional dramas.

S. Ashwanth Paramesh, Std XI

My Green Act This Month



This month, I decided to do something special for our beautiful Earth. I planted a small sapling in my garden and named it my “Green Friend.” I water it every day and make sure it gets enough sunlight. I also avoid wasting water and put waste in the correct dustbin. I learned that even a small green act can make a big difference.

As my little plant grows, I hope it will give us fresh air, shade and a home for little birds and insects.

I feel proud because I am doing my small part to keep our Earth clean, green and happy!

V.U. Krishank, Std III

Jest

Teacher : ***Why are you standing on that chair?***
Student : ***I want to raise my standard.***

Teacher : ***Why are you staring at the orange juice packet?***
Student : ***Because it says “concentrate".***

Grandma's Corner

Where wisdom, encouragement, and good health come together.

Welcome to Grandma's Corner!

Loving Advice to My Dear Children, A Strong Heart for a Happy Life

My dear children,

Warm greetings from Grandma!

Taking care of your heart is not something to worry about, but a daily joy to keep you full of energy and life. Begin caring for your body early stay active every day instead of spending all your time sitting in one place. Make simple habits a part of your daily routine, follow them regularly, and take peaceful breaks to keep your mind free from stress.

One of the best ways to keep your heart strong is to feed it nourishing food. Eat plenty of fresh fruits, leafy vegetables, nuts, and whole grains, while avoiding too many sugary sweets and salty, oily snacks. Get moving every day playing outside, walking, cycling, or dancing all help make your heart muscle stronger. Get enough restful sleep each night, as a rested body keeps your blood flowing smoothly and your mind happy. Drink plenty of clean water, keep your surroundings cheerful, and avoid sitting idle for hours.



Most importantly, keep a joyful spirit, love deeply, and laugh often with your family and friends. Remember, good health does not come overnight, but from simple, loving efforts every single day.

"Grandma's Golden Advice: Eat fresh, play every day, sleep deep, and laugh often that is the secret recipe for a strong and happy heart!"

Word Puzzle- Heritage places of India

1. Mansion region in Tamil Nadu.
2. Prehistoric cave paintings in Madhya Pradesh.
3. Deep symmetrical stepwell in Rajasthan.
4. Buried historical city in Gujarat.
5. Largest fresh water river island in Assam.
6. Terracotta clay temples in West Bengal.
7. Meteorite impact crater lake in Maharashtra.
8. Leaning sunken temple in Varanasi.
9. Living root architecture in Meghalaya.
10. Massive hilltop monolith in Karnataka.

C	H	E	T	T	I	N	A	D	A	B	C	D	E	F
H	S	J	A	V	R	A	T	N	E	S	H	W	A	R
A	U	L	O	N	A	R	O	Y	D	T	A	C	D	E
N	I	K	Z	G	S	O	L	V	F	C	M	J	Q	P
D	B	C	Q	W	B	I	S	H	N	U	P	U	R	M
B	G	O	M	M	A	T	E	S	H	W	A	R	A	A
A	T	N	F	L	M	Q	U	W	G	X	N	C	I	J
O	Z	R	A	C	K	Y	S	N	O	J	E	H	A	U
R	O	O	T	B	R	I	D	G	E	S	R	Z	Y	L
I	C	E	A	B	H	I	M	B	E	T	K	A	H	I

Answers:
1.Chettinad 2.Bhimbetka 3.Chand Baori 4.Champaner
5.Majuli 6.Bishnupur 7.Lonar 8.Rateshwar
9.Root Bridges 10. Gomma teshwara

A. Krishan, Std IV

Quiz Corner on Nutrition

1. Which nutrient is the main source of energy for our body?
2. Which nutrient provides stored energy and helps keep our body warm?
3. What type of diet provides all the nutrients our body needs in the right amounts?
4. Which nutrient is essential for body building and muscle repair?
5. Which component of food helps in the easy removal of waste from our body?

Answers: 1. Carbohydrates 2. Fats 3. A balanced diet 4. Protein 5. Fibre

K.U.A. Ruthvikha, Std V