

Histry is written by The Winners

- Napoleon Bonaparte

Winners are constantly focused on moving forward, getting things done, taking action and improving. They are always on a constant run, striving to be the best they can be. They aren't afraid of hard work. As a matter of fact they love it, crave it, absorb it and become better from it. Over the passing time, Ayathan School has been the breeding grounds for many winners, who have turned out to be National and International Level Achievers. Another frontrunner in the making over the past decade who has set the standards sky high, with his oratory skills, academic accomplishments and attitude is none other than Sreeram CH. We dedicate this issue of Ayathan Times to one of the greatest achievers our school has ever seen.

Our editorial board had an opportunity to have a candid chat with this persona and here is what he had to say...

Naveen: Before we begin, Congratulations on your State Level victory. That too for English! We are pretty sure that our English Dept. Teachers were excited about this win. What were your thoughts being a State Level Achiever?

Sreeram: I did not anticipate being a State Level Champion. God's Grace! I am extremely in high spirits, because this is a recognition for my hard work and merit. In spite of this accomplishment I still do not see myself as high flier. I am studying more about this art by expanding my vocabulary, improving my knowledge and language by keeping myself updated. It definitely feels nice to be a State Level Champion, but I do not think that this is the end. I still believe that I need to improvise more to achieve what I intend to accomplish.

Sanjay: Inspiring Leader you are! Tell us about a time when you failed at something and how you got over it?

Sreeram: I am a speaker. Couple of years back, I had participated in Malayalam Elocution at the District Level Competition held in Vadakara District. I could understand that I had done a fairly nice job orating the topic as it was related to a comfortable syntax – about the language itself and the immensely awesome flattering remarks I had received from the audience. I also sat through the entire elocution segment of other students from various schools and continued to believe that I did a better job. Unfortunately neither did I get any prize nor did I get a good score. My grades were not even close to my set standards. I was greatly disappointed and depressed, however I made it a point to work on it. I broadened my vocabulary, made qualitative changes to my style of presentation and result was evident, this last year.

Yeshwanth: What experiences have been the most important to you? I must say that we have some big shoes to fill in

Sreeram: I don't think so. I was not always a great student. I was pretty much a low grader like anybody else during my KG and Lower Primary School days. Like any other student, I used to get scolded



*Listen as your day unfolds.
Challenge what the future holds.
Set your goals for the day &
Accomplish that challenge.*

~Singer Unknown

and even got wacked by Teachers for not doing my homework or for being lazy. I understand now that it was all for my betterment. All the scolding were mere act of concerns and good wishes from prominent Teachers and renowned people and were all life changing experiences that I treasure deep within me. My greatest learning experiences are from the criticisms I had received, as I could channel them to my good.

Sanjay: Handling criticisms are not all that fun. I have had my share of the same but I believe I came out of it for the better. What would be your most rewarding school experience and your most challenging.

Sreeram: It definitely has to be the winning of the State Level Championship. I am or should I say I was a Malayalam orator, but I won for the English category, which in itself was amazing. The rewarding experience would be receiving the plaque and the challenging part would be the prepping for the competition. Like I said, with God's grace and blessings of our Teachers, Manager and class mates, I won the contest.

Naveen: We all have flaws and boon peaks. What do you consider to be your greatest strength?

...continued on page 2

I have a friend named Monty Roberts who owns a horse ranch in San Ysidro. He has let me use his house to put on fund-raising events to raise money for youth at risk programs. The last time I was there he introduced me by saying:

I want to tell you why I let Jack use my horse. It all goes back to a story about a young man who was the son of an itinerant horse trainer who would go from stable to stable, race track to race track, farm to farm and ranch to ranch, training horses. As a result, the boy's high school career was continually interrupted. When he was a senior, he was asked to write a paper about what he wanted to be and do when he grew up. That night he wrote a seven-page paper describing his goal of someday owning a horse ranch. He wrote about his dream in great detail and he even drew a diagram of a 200-acre ranch, showing the location of all the buildings, the stables and the track. Then he drew a detailed floor plan for a 4,000-square-foot house that would sit on a 200-acre dream ranch. He put a great deal of his heart into the project and the

next day he handed it in to his teacher. Two days later he received his paper back. On the front page was a large red F with a note that read, 'See me after class.'

KEEP YOUR DREAM

The boy with the dream went to see the teacher after class and asked, 'Why did I receive an F?'

The teacher said, 'This is an unrealistic dream for a young boy like you. You have no money. You come from an itinerant family. You have no resources. Owning a horse ranch requires a lot of money. You have to buy the land. You have to pay for the original breeding stock and later you'll have to pay large stud fees. There's no way you could ever do it. Then the teacher added,

'If you will rewrite this paper with a more realistic goal, I will reconsider your grade.'

The boy went home and thought about it long and hard. He asked his father what he

should do. His father said, 'Look, son, you have to make up your own mind on this. However, I think it is a very important decision for you.' Finally, after sitting with it for a week, the boy turned in the same paper, making no changes at all. He stated, 'You can keep the F and I'll keep my dream.'

"Monty then turned to the assembled group and said, "I tell you this story because you are sitting in my 4,000-square-foot house in the middle of my 200-acre horse ranch. I still have that school paper framed over the fireplace.

"He added, "The best part of the story is that two summers ago that same schoolteacher brought 30 kids to camp out on my ranch for a week. When the teacher was leaving, the teacher said, 'Look, Monty, I can tell you this now. When I was your teacher, I was something of a dream stealer. During those years I stole a lot of kids' dreams. Fortunately you had enough gumption not to give up on yours.'

Don't let anyone steal your dreams. Follow your heart, no matter what.

Author Unknown

(...continued from page 1)

Sreeram: I believe that my sense of Humanity is the greatest strength I possess. Whatever endeavors we undertake, must be for the welfare of the society we live and for the upbringing of our fellow people. Many at times, people exploit others for their personal achievements, which I believe is inhuman. Whenever I intend to make a resolution, I keep in mind if it would in any form adversely affect others. I also look at things with a humanistic attitude and think about the pros and cons of my actions.

Naveen: The last academic year was yours. What would you say was your role within your high school community?

Sreeram: Thank you! I did what I was best at. As for your question, I must say that I was always involved in academic as well as socio cultural activities right from my childhood. I was always the leader for my class and of course last year was when I became the School Leader. I was

always regarded as a model for many students based on my academic and socio cultural activities. I believe this is how I exhibited my role within the school community.

Sanjay: Every one of us have role models who we follow religiously. We imitate their actions and base our daily activities on them. Who, or what, influenced you most with regards to your educational objectives?

Sreeram: I have been motivated by many great personalities; however my Hero or my Role Model has always been Mr. APJ Abdul Kalam. Hailing from a middle class family, mounting to be one of the greatest Indian visionaries is a true life saga that is remarkable. Every word in his book 'Wings of Fire' has inspired me to move forward and follow his footsteps. His mentioning of one of his mentor Iyadurai Solomon's word of advice "To succeed in life and achieve results, you must understand and master three mighty forces-desire, belief and expectation." APJ himself has quoted "Dream, Dream Dream, Dreams transform into thoughts, And thoughts result in action." I have never found a more inspiring quote than the above mentioned. As students, we should dream big and work hard to achieve our aim. Our aim should be for the welfare

of the society and in turn be beneficial to our fellow beings.

Yeshwanth: Let's face it...we all have grown in your shadow. The standards that you have set for us are sky high. Our Teachers always speak about you as the ideal student. You have been a role model for many of us. What three keywords do you presume that your teachers would use to describe you, and why?

Sreeram: It's my honor to be considered in such a manner. I believe our Teachers would associate in prominence the term 'Intelligent' to me, mostly



Sreeram CH awarded



because of my knowledge base in various subjects. 'Studious' could possibly be another term associated with me because of my grades in Academics. Finally I would like to believe that my Teachers would associate the word 'Nice Boy' to me for my behavior. I have been an upstanding student who has never involved in any sort of activities that my Teachers disliked. So yeah! I would like to believe so.

Yeshwanth: We bet you are! Still a question. Everybody has some form of drawbacks in them. If you could change one thing about yourself, what would it be?

Sreeram: I was expecting this question. I would like to see a change in two things about me that I wouldn't say I despise, but I am not very proud of it either. One has to be my anger. I tend to get over excited on the least of the things. These are the flaws I would like to change going forward.

Naveen: This has been one of the most interesting chats we have ever had with you. We do have one last question before we could let you go. What would be your word of advice as an ex Ayathanite, an achiever in academic/cultural activities and as a school leader to the upcoming Ayathanites?

Sreeram: Not at all a problem. I have studied here right from my KG to the X std. As we speak I sense a flash of many nostalgic memories rush in through. For an outsider, this school may not fall under the 'Big' category, but we have something very important that many other schools do not carry. Our school has a rich tradition. Our founders are great personalities who have immensely contributed to the society. As an ex Ayathanite, I could feel nothing less than being honored to be a part of this institution. As an achiever in academic and cultural activities, I would like to say that, as a student our primary duty is to excel in Academics. Excellence and Brilliance in academics vary from person to person. Every student must strive hard to attain reasonable Academic strength utilizing their abilities. Secondly as a former School Leader, all I have to say is take our school to greater levels. Do not confine to the activities within the school boundaries. Widen your horizon, participate and gain experience, develop a sense of pride to be an Ayathanite. Finally, I would

say that being a Renowned Doctor or Personality is easy to come, but it is important and equally difficult to be a Good Human. I believe that every Ayathanite must strive towards this, after all we need to stick to our motto "To Love and Serve".

Guys, we had an amazing time with Sreeram, who not only inspired us but also helped us set standards for ourselves. Winners are made and not born. Each one of us has winning qualities and the ability to win; we just have to put these things together in order to achieve greatness. Winners don't slouch around and wait for success to come to them; they take action to move towards it every day. You'll have setbacks, challenges, and failures along the way. That is part of the process and completely natural.

Remember that, no matter how bad things look or how long it's been since your last win. Don't lose hope. We take this opportunity to Congratulate Sreeram on his victory and also wish him 'Good Luck' for all his aspirations to come true. We also take this page of Ayathan Times to urge each one of you to set sail across the mighty waves and the thundering winds to strengthen yourself and believe that sky is just not the limit. Our School will always be there as the 'following guiding star' to pave directions.



Praveshana Ulsavam

The morning of 2nd June, 2014 was definitely filled with the strident whimpers of the little ones from the Kinder Garten. When it almost seemed impracticable to lower and pacify these cries of being separated from the parents, the presence of the famous Chota Bheem and Bumble Bee was a relief to the deafening ears. The giving out of sweets and the 'Big TV' comforted the situation further. The School Management along with the PTA ensured that all students had the easiest Day 1, after a long summer vacation. Once again, We Welcome All Aboard and Wish that they have very Successful Years with us!



Club Activities

Maths Club



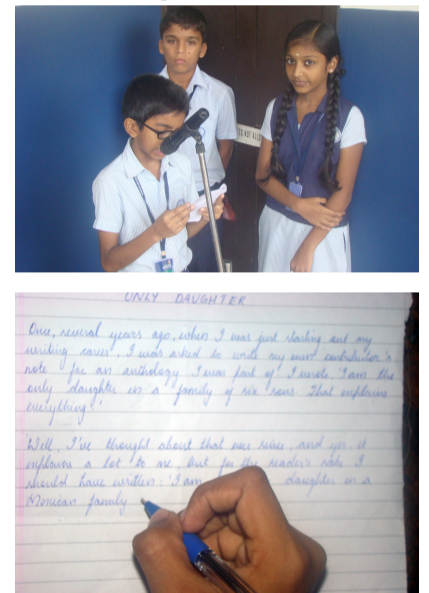
Malayalam Club



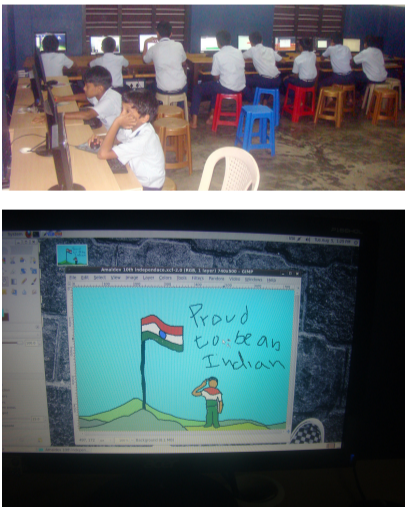
KG Club



English Club



IT Club



Vidhyarangam Club



Social Club



Science Club



5 reasons Girls should play sports

1 **Girls who play sports do better in school.** You might think that athletics will take up all your study time. But research shows that girls who play sports do better in school than those who don't. Exercise improves learning, memory, and concentration, which can give active girls an advantage in the classroom.

2 **Girls who play sports learn teamwork and goal-setting skills.** Sports teach valuable life skills. When you work with coaches, trainers, and teammates to win games and achieve goals, you're learning how to be successful.

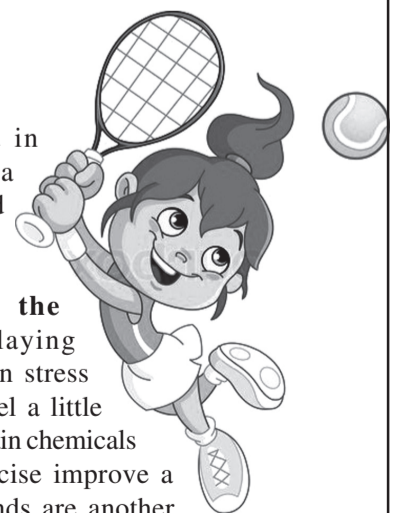
Those skills will serve you well at work and in family life.

3 **Sports are good for a girl's health.** In addition to being fit and maintaining a healthy weight, girls who play sports are also less likely to get breast cancer or osteoporosis.

4 **Playing sports boosts self-confidence.** Girls who play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because

they help girls get in shape, maintain a healthy weight, and make new friends.

5 **Exercise cuts the pressure.** Playing sports can lessen stress and help you feel a little happier. How? The brain chemicals released during exercise improve a person's mood. Friends are another mood-lifter. And being on a team creates tight bonds between friends. It's good to know your teammates will support you — both on and off the field!





Iftar Party

For the second consecutive time, the STD X students hosted the Iftar party observed during the month of Ramadan, which saw the Students sharing their tables with the Teachers. Hats off! To the students who initiated the event, collected the money and arranged for the iftari snacks and later the dinner. Apart from the host, the Teachers, PTA President and the School Authorities, the School Management also graced the event with their presence.

Chemmannur FIFA

Fédération Internationale de Football Association [FIFA] fever ruled the entire world this season. While the world was anxious about the outcome and the winners, Ayathan School was in for a mind blowing surprise. Chemmannur, one of the leading jewelers in the state, had organized a flash event within the school grounds. The strategy was to score a goal within the shots made available to the Students and the Teachers. The Assistant Headmistress Mrs. Divya Emil, did the honors and scored the goal.



Colors' Day

Another event that was observed for the second successive time was the Ayathan School Colors' Day. Students were asked to arrive in colored outfits of their choice on the day of observance. The event was truly a colorful sight for the 'sore eyes'. The Ayathan School Colors' Day was observed 'colorfully' on the 30th of July, 2014.

Students' Protection Group

SPG has been on the constant run to protect and uphold the welfare of every student within the community. The Ayathan School SPG was formed on the 23rd of June, 2014. ASI Premanandan and Beat Officer Jayaraj from the neighboring Kasaba Police Station made it a point that every student gathered were aware of their existence. An awareness class on Drug abuse and the role of SPG was given by ASI Premanandan that concluded the formation of the same. From time to time, the involvement of SPG has been industrious and the necessity to have one in every walks of a student's life has become unavoidable.



Oath Taking Ceremony

The departing School Captain Sreeram CH, in the presence of the School Authorities and the Ayathanites congratulated and ceremoniously handed over the School Flag to Sreelaya M, who sworn in as the School Captain. With Aswathi S, by her side as the Assistant Captain, the entire school celebrated and congratulated the duo in their victory.

Meet The Teachers Program

Meet The Teachers Program has been one of the most successful events, organized by the Management in an attempt to ensure that Parents have a clear picture of their children's growth academically. Parents are given the opportunity to have a 'face to face' interaction with the Teachers on the study habits and come to a cooperative initiative to inspire the students for their betterment. The program was spread over a time period of 8 days starting from the 1st of August, 2014 to the 13th of the same month. Report cards were given to the parents, who would assess the grading and acknowledge with their signatures.





School Elections

On the 20th of June, 2014 Ayathanites elected their leaders, not just to pilot them, but to guide and stand for the wellness and betterment

of them. They chose their leaders to take Ayathan School to greater



heights and ensure a peaceful and disciplined atmosphere. Sreelaya M of X Std was elected as the School Leader and Aswathi S will adorn the position of being the Assistant School Leader. On this victory, we wish them Good Luck!

Squad Formation

Under the leadership of the Assistant Headmistress, the four mighty squads of Ayathan School was formed on the 12th of June 2014. We congratulate the Squad Leaders and the House Teachers through our pages of Ayathan Times.

■ Alpha House

Teacher – Mrs. Sheeba CV
Captain - Anugraha N of Std X
Vice-captain- Yeshwanth KT of Std IX



■ Beta House

Teacher - Deepa
Captain - Megha B.V of Std X
Vice-captain - Vaishnav P of Std IX



■ Gamma House

Teacher – Kavitha Rejish
Captain - Shahana P P of Std X
Vice-captain - Sanjay K of Std IX



■ Delta House

Teacher - Ranjana
Captain- Aiswarya P of Std X
Vice-captain – Sonu Surendran of Std IX



PTA Meeting



The first PTA General Body Meeting for the academic year 2014 – 2015 was held on the 27th of June, 2014. The event was chaired by the Headmistress Mrs. Nisa Febeesh, who also takes the role of the PTA Secretary. The Executive members were chosen from amongst the Teachers and Parents during the meeting. A felicitation of the students who achieved greater grades in the 2013 – 2014 SSLC Examination was done by the PTA President. The winners were

Sreeram C.H and Nimin Kumar who got A+ in all the subjects. Bebetto Babulazar was awarded for acquiring 9 A+ and 1A grade. Maniraj R, who has been everybody's favorite acquired 8A+ and 2A grades in his subjects. Kudos! to our winners.

We must say that our senior students have set great standards for the upcoming batches, and it definitely goes without saying that these standards gauge our success and prove our existence.



Sreeram C.H, Nimin Kumar, Bebetto Babulazar, Maniraj R

Club Formation

On the 30th of June, 2014 with the Assistant Headmistress Mrs. Divya Emil on the forefront, the nine clubs of Ayathan School were formed. The leaders are

Vidhyaragam: Teacher in charge: Saritha .P
Students Convener: Sreelakshmi. K.V of Std IX
English Club: Teacher in charge: Kavitha Rejish
Students Convener: Shahana P.P of Std X
Hindi Club: Teacher in charge: Deepa
Students Convener: Anugraha N of Std X
Maths Club: Teacher in charge: Shimi
Students Convener: Anjali. V of Std X
Science Club: Teacher in charge: Latha P
Students Convener: Anupama T of Std X
Social Club: Teacher in charge: Ranjana
Students Convener: Amal Prasad of Std X
IT Club: Teacher in charge: Shilpa CM



Students Convener: Sanjay K of Std IX
Sports Club: Teacher in charge: Bhavani.P
Students Convener: Akhil V of Std X
Eco Club: Teacher in charge: Anu K V
Students Convener: Aiswarya P of Std X



Rajya Puraskar Recipients

The 15th of August was definitely immersed with the feeling and ambience of Patriotism and Freedom. The day was also filled with HIP HIP Hurray cheers for the six Scouts Cadets who attempted the prestigious

Rajya Puraskar, and came out in victorious flying colors. The cadets are Sanjay K, Naveen M, Avinash Shankar PT, Abhishek Kumar K, Yeshwanth KT and Amal P of STD IX.

JUMBLE

THAT SCRAMBLED WORD GAME.
by Henri Arnold and Mike Argirion

Unscramble these six Jumbles, one letter to each square, to form six ordinary words.

GYRINT
○ ○ ○ ○ ○ ○ ○ ○

DRIVET
○ ○ ○ ○ ○ ○ ○ ○

SNAMEA
○ ○ ○ ○ ○ ○ ○ ○

CEEDIT
○ ○ ○ ○ ○ ○ ○ ○

SOWDAH
○ ○ ○ ○ ○ ○ ○ ○

ELCHEK
○ ○ ○ ○ ○ ○ ○ ○

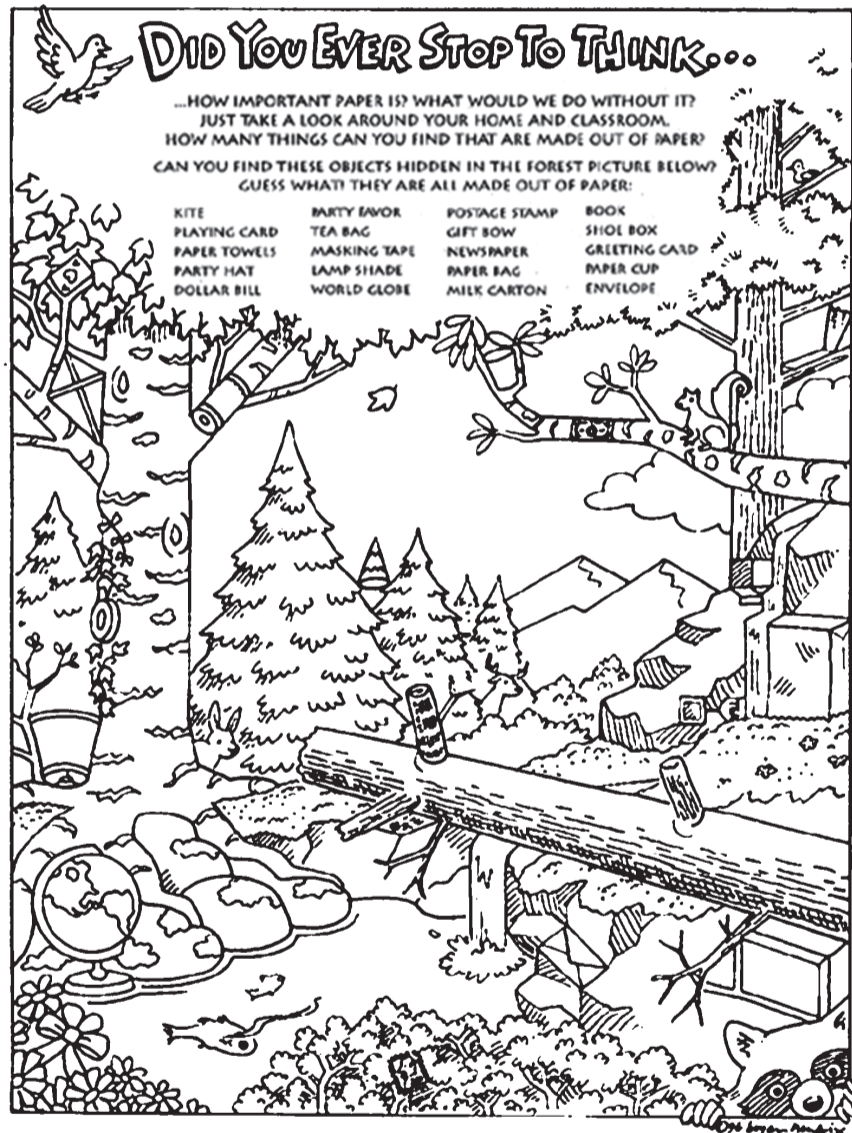
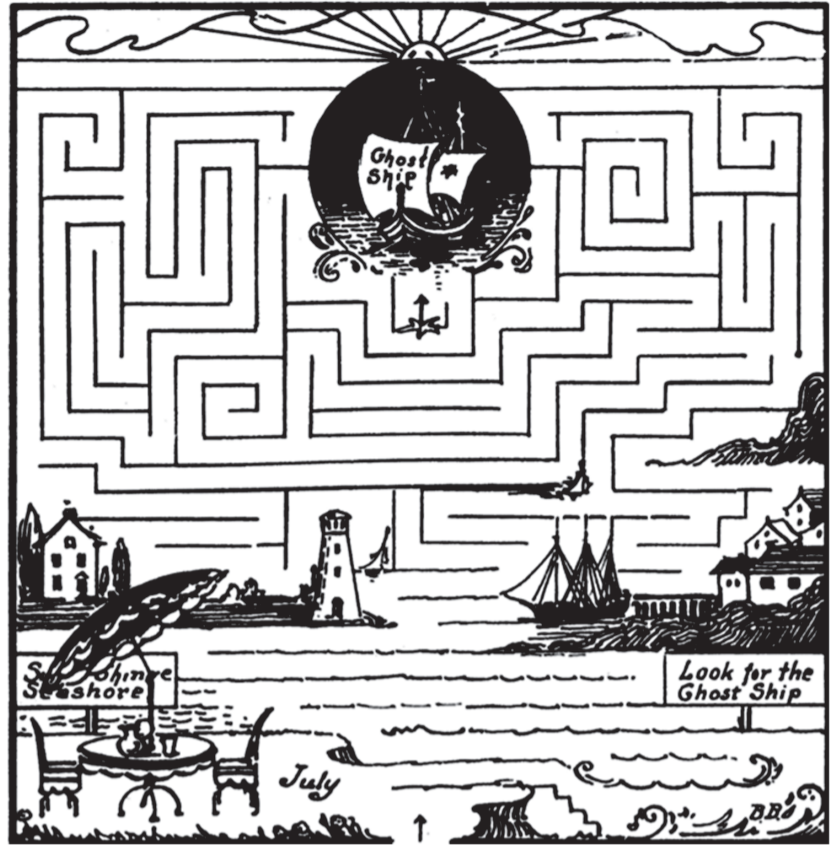
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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

PRINT YOUR ANSWER IN THE CIRCLES BELOW

“ ○ ○ ○ ○ ○ ○ ○ ○ ” ○ ○ ○ ○ ○ ○ ○ ○



Find the Differences!



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Road Safety Word Search

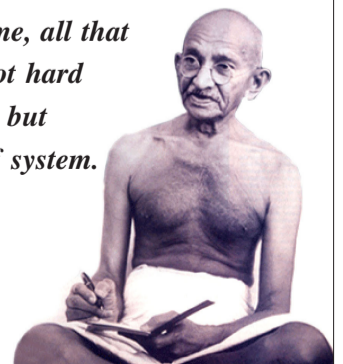
N M P J R X A Y J N E T S I L B R C W S
I S O O B G T L E B T A E S R A C P V U
I N Q T C I N I C T O G Y W L O O K A Z
Z P P R O R K A M B E R M P C C N H N L
I F O A X R Y E W E S O B V C R C F J T
B S K T V Y C T R A F F I C X O S T W Z
S M K W S E I Y E R O V X O I S T U A O
P F A S U B M V C F D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

Words To Find

SAFETY MOTORCYCLE
LOOK RED
LISTEN AMBER
STOP GREEN
ROAD PAVEMENT
CROSS CROSSING
CAR WALKING
HELMET CYCLING
SEATBELT
TRAFFIC
BUS
TAXI
BIKE
LORRY
VAN

A man who works regularly in a systematic fashion never feels overworked or tired. He knows his limits and is able to do in fair time, all that he undertakes. It is not hard work that kills a man, but irregularity or lack of system.

M.K. Gandhi
CWMG, Vol.91, p.135



Basic Hygiene

Body odor

The body has nearly two million sweat glands. In tropical countries, naturally, more sweat is produced. An offensive smell is caused when bacteria that are present on the skin get to work on the sweat and decompose it. This is especially so in the groin, underarms, and feet or in clothing that has absorbed sweat. Diet influences the odor too.

Two baths a day, with liberal lathering and change of clothes in close contact with the body should take care of the problem. Talcum powders, of the non medicated kind, can be used under the armpits. Deodorants or antiperspirants can be used. The addition of perfumes masks the odor. Deodorant soaps do not interfere with sweat secretion, but contain hexachlorophene which destroys the bacteria that causes body odor.

Teeth and Bad Breath

You cannot give brushing a miss. Brush teeth twice a day and rinse well after every meal. Brushing before going to bed is important. (Especially recommended for people with a sweet tooth). For normal teeth this is adequate.



While brushing, pay attention to the fact that you are getting rid of the food particles stuck in between the teeth and in the crevices of the flatter teeth at the back, the molars and pre molars. Brush down on the upper teeth and brush up on the lower teeth. Use a circular motion. Pay attention to the tongue and the inner surface of teeth as well. The brush should have resilient bristles. It should be rinsed well and left to dry after use.

Poor oral hygiene and infection of gums often results in a bad odor emanating from the mouth. Smoking can make this worse. Proper brushing of the teeth and oral care can get rid of bad breath. There can be other reasons for bad breath. Colds, sinuses, throat infections or tonsils can cause bad breath. Diseases of the stomach, liver, intestines or uncontrolled diabetes are also possible causes. Therefore, if bad breath persists despite good dental care, you need to see a doctor.

Head Lice

Lice are tiny insects that live on the human scalp and suck blood to nourish themselves. Lice thrive on unclean hair. Lice spread from one head to another when there is close contact as in school environments. Lice eggs are wrapped in a shiny white sheath and these show up on the upper layers of hair as the infestation increases. They make the scalp itchy and are a cause of annoyance and embarrassment. Anti lice lotions are available in the market. Nit picking is painstaking and requires patience. A fine toothed comb and regular monitoring can get rid of the problem.

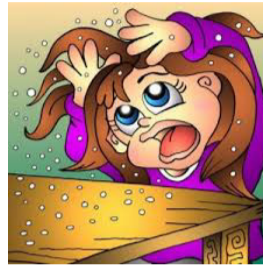


Hair and Dandruff

It is your crowning glory. Keep it at a length and style at which you can maintain it.

Dead skin on the scalp comes off in tiny flakes. When there is too little oil the skin becomes flaky and dry. When there is too much oil also dandruff is possible. It may have a slight yellow color.

Wash your hair at least 3 or 4 times a week using soap or mild shampoo. Avoid shampoos with borax or alkalis. Rinse well. This is more important than working up a head load of lather. Dry your hair after a wash. Oil the scalp, once a week, preferably an hour before hair wash. Combs and brushes must be washed as well. Hair should be brushed regularly. A wholesome diet and overall cleanliness will help.



Ear wax

Cerumen or ear wax accumulates in the ear canal that leads from the outer ear to the ear drum. As the secretion comes out of the ear it collects dust particles which might have got in from outside. Daily wash with soap and water is enough to keep the outer ear clean. Do not reach farther than you can with your little finger into your ear. Nature has not provided for it. Putting in hairpins, safety pins or blunt edged things for cleaning purposes might harm the ear. If you feel wax has accumulated and is plugging your ears and interfering with hearing, consult your doctor.

Urinary infection

Women are especially prone to this infection. This happens when bacteria travel up the urethra and start breeding there. This infection causes pain or a burning sensation during urination. Sometimes the urine is discolored. Itching, frequent urination, fever and chills can also result from urinary infection. It is easy to catch this infection when toilets are not clean or when too many people share toilet facilities.

To avoid this infection improve overall standards of hygiene: both, regarding toilets and personal parts. Wash or wipe front to back after urinating or defecating. Do not wear tight fitting synthetic underwear. Drink plenty of water. Do not hold back when you have the tendency to urinate. If the condition persists consult a doctor.



Skin

A good bath once or twice a day is recommended, especially in tropical countries like India. Those who are involved in active sports or work out to a sweat would do well to take a bath after the activity. A mild soap will do the job adequately. The genitals and the anus need to be cleaned well because of the natural secretions of these areas, in unhygienic conditions, can cause irritation and infection.

Wash off well after soaping. Drying with a clean towel is important. Avoid sharing soaps and towels. Change into clean underwear after bath.

Around middle age the skin tends to go dry a bit. A moisturizing oil or cream can be used. It is better to use this at night, because if you go out in the sun or commute on dusty roads when the skin is wet, dust sticks to it and oils may also give you a tan.

Hands and Nails

In countries where food is eaten and prepared with bare hands extra attention has to be paid to the cleanliness of hands. Wash hands thoroughly with soap and water before and after every meal and after visiting the toilet. Soaping and rinsing should cover the areas between fingers, nails and back of the hand. Hands should be dried with a clean towel after wash. The towel at the wash stand has to be washed and changed every day.



While handling food avoid scratching, or touching the ears, nose, mouth or other body orifices. If you need to use a handkerchief or tissue, wash your hands after that.

Grow nails only if you can keep them clean. Clip nails short, along their shape. Don't cut them so close that it pinches the skin. Ensure that you scrub your nails while you have your shower.

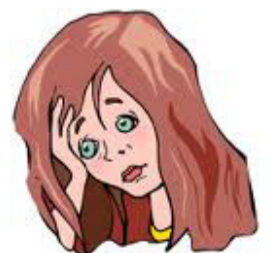
Feet and Foul Feet

There are more sweat glands in our feet than anywhere else in the body. Feet become smelly if sweat soaks into shoes and they don't dry before you wear them again. A cheesy odor is released as the sweat decomposes. Wear cotton socks. Wear a clean pair every day. Powder your feet before wearing socks. Many people have sweaty feet, and socks and shoes can get quite smelly. Give importance to wearing comfort in the choice of footwear. For those who go barefoot indoors, door mats must be cleaned or changed frequently.



Menstrual Hygiene

No woman feels completely comfortable when she has her period. If it is not pre menstrual tension or stomach cramps it is the problem of dealing with the menstrual flow. Washing is important. There need be no taboo about bath on these days. Some people have the problem of odor during menstruation. Cleanliness and change of pad/tampon as often as is necessary reduces this problem. It is not advisable to use perfumed pads or tampons. In fact, using powder in the genital area is not recommended.





KG Convocation Day

For the second time in a row, Ayathan School set stage for honoring the little graduates for the academic year, who will walk out of the Kinder Garten doorsteps and join the actual school tenure. The tiny tots and tiaras, dressed in the customary Ayathan school blue gowns with their ceremonial caps, organized the events, right from prayer to the very last Vote of Thanks. The high scorers for the academic year 2013 – 2014 from the KG Section, who are to set higher scores at the school levels are Hannah Fathima, Finsa Fathima and Karthik P.T. We wish all of the baby Ayathanites 'Good Luck' for their future endeavors.

Independence Day Celebrations



The 15th of August, 2014 saw a vibrant tri color event, observing the Independence Day. The Chief Guest SI Mohanan who was accompanied by Beat Officer Jayarajan hoisted the flag and offered their salutes. The ambience was overwhelming with the salute of the Ayathanites and the Scouts followed by the Guides. A minuscule array of events brightened up the event and the dance on the well known Jai Ho song filled the atmosphere with patriotic thoughts. We take this opportunity to thank our freedom fighters and remember their altruistic sacrifices in attaining the nation's freedom. As customary, sweets were distributed and the assembly was dispersed in an orderly fashion.



Jai Ho...



School Van Routes

- Route-1** Medical College/Mayanad, Chevayur, Thodayad-Substation Road, Thodayad-Vishnu Kshethram
- Route-2** Janatha Stop, Guest House, Regal Theatre, Karaparamba, Civil Station, Kattukulagara, Methottuthazham, Palazhi Bypass, Ollur
- Route-3** Puthurmadam, Olavanna/Nallalam, Kacherikunnu, Kozhikkodan Bakery, Manari Jn, Meenchanda, Payyanakkal colony stop, Payyanakkal Kavu, West Kallai - AWH college, Chalappuram
- Route-4** Kotooli - Malabar Builders, Kootoli, Patteri, Patteri-Express Grdn, Govindapuram, Valayanadu Temple
- Route-5** Kalluthankadavu, Parayacheri, Arayadathupalam

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AYATHAN SCHOOL
LKG-UKG, 1st - 10th STD