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பார்வை கோளாறு

ஒரு கணவனும் மனைவியும் புதிய ஒரு நகரத்துக்கு குடியேறினார்கள். அடுத்த நாள் காலை யில் அடுத்த இருவரும் ஹாலில் அமர்ந்து காபி குடிக்கும் போது, பக்கத்து வீட்டுப் பெண் துணிகளை துவைத்து காயப் போட்டுக் கொண்டிருப்பது ஜன்னல் வழியாக தெரிந்தது.



அதைப் பார்த்த மனைவி கணவனிடம் "அங்க பாருங்க, அந்த பொண்ணுக்கு துவைக்கவே தெரியல. துணியெல்லாம் கருப்பு புள்ளிகளா இருக்கு" அப்படி என்று சொன்னா. ஜன்னல் வழியே பார்த்த கணவன் ஒண்ணுமே சொல்லல. பக்கத்து வீட்டுப் பொண்ணு துவைக்க காய போடறதும், அத ஜன்னல் வழியா பாத்து மனைவி 'துவைக்க தெரியல' என்று சொல்றதும், கணவன் அதுக்கு ஒண்ணுமே சொல்லாம இருக்குறதும் ரொம்ப நாளை நடந்துச்சு. திடீர்னு ஒரு நாள் மனைவி ரொம்ப ஆச்சரியமா சொன்னா: "இங்க பாருங்க! கடைசியில் நம்ம பக்கத்து

வீட்டுப் பொண்ணு துணிகளைக் கழுவிட்டா. இன்னொரு துணிகளை சுத்தமா துவைச்சுக்கா?" அதுக்கு அந்த கணவன் "அது வேற ஒன்னும் இல்லை... இன்னொரு காலை யில் சிக்கிரமா எழுந்து நம்ம வீட்டு ஜன்னல் கண்ணாடிகளை எல்லாம் நான்தான் துடைச்சேன்" அப்படி என்று சொல்லிட்டு காபி குடிக்க ஆரம்பிச்சான். அடுத்தவனோட குறைகளை நாம் தெனைக்கிறது, சில நேரங்களில் நம்மனோட பார்வை பிரச்சினையா கூட இருக்கலாம்.

SV High School Students Embrace Wellness !



In a vibrant celebration of International Yoga Day, students from SV High School demonstrated their commitment to health and wellness through an impressive display of various yoga postures. Held on June 21st June, the event underscored the school's dedication to fostering physical and mental well-being among its students. The event began early in the morning with a warm-up session led by a seasoned yoga instructor, who guided the students through basic stretches and breathing exercises. SV High School continues to lead by example, nurturing the physical, mental, and emotional growth of its students through such enriching activities.

United In Harmony Celebrating International Yoga Day



In a stunning display of balance and coordination, Velammal vidyalaya, Mel Ayanambakkam students on account of International Yoga day formed a striking yoga pyramid on the school grounds. Middle school students were further impressed with a synchronized Surya Namaskar showcasing their dedication to fitness and well-being. The event highlighted the importance of physical education and the school's commitment to promoting a healthy lifestyle, a dedication echoed by alumna Jayasree S, who has practiced yoga for 15 years.



NEW INSPIRING LEADERS ELECTED
 Velammal Vidyalaya in Mel Ayanambakkam recently held elections for its Prefectorial Board. Students enthusiastically voted to elect their new Senior Prefect Leader (SPL), Assistant Senior Prefect Leader (ASPL), Sports Secretary, Head Girl, and Head Boy. The election process was marked by active participation, reflecting the students' commitment to leadership and school spirit. The newly elected leaders are set to play a pivotal role in enhancing student engagement and school activities. This activity is conducted at the school level to help students gain exposure and prepare for future leadership roles.



CAPTIVATED STUDENTS WITH DYNAMIC YOGA
 Velammal Academy, Nolambur, marked International Yoga Day with an inspiring and rejuvenating event. The celebration featured the esteemed Yoga exponent Kalaimamani Gomathi Andiappan, Head of Yoga and Health Care at Gomathi Andiappan Yoga & Naturopathy Education Trust. Gomathi Andiappan captivated students with dynamic yoga sessions, highlighting the profound benefits of regular practice for both body and mind.



WORLD MUSIC DAY CELEBRATIONS
 Velammal Vidyalaya Paruthipattu celebrated World Music Day with the enthusiastic participation of our ECAYLP students. The event was graced by the presence of the chief guest, Master Hrithik Jayakrish, a playback singer and a reality show title winner, whose performance captivated the audience. The celebration featured a variety of musical performances by students, highlighting their talent and passion for music.

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MASS YOGA SESSION



Students of Velammal Matriculation Higher Secondary School celebrated International Yoga Day on June 21st with a mass yoga session. Held on the school grounds, the event saw students from all grades participating enthusiastically. Led by experienced instructors, the students performed various yoga poses and ended the session with meditation. This session highlights the benefits of yoga for physical and mental health. The event was a great success, promoting the importance of yoga in daily life.

CAREER GUIDANCE PROGRAM

Velammal Vidyalaya Anneru successfully conducted a Career Guidance program for its Class X and XII students. The event featured Sathiyaseelan, Vice-President of Designs at Ashok Leyland, as the esteemed guest speaker. Sathiyaseelan provided an insightful and inspiring session, sharing his professional journey and offering valuable advice on career planning, industry trends, and the importance of aligning passion with career choices.

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