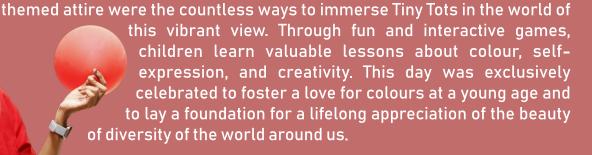


Exploring the vibrancy of Red - A Festive Red Day celebration.

It's a delightful occasion aimed at introducing children to the vibrant world of colours, with a special focus on the bold and energetic hue of red. The children embarked on a colourful journey and discovered the significance of this passionate and dynamic colour through various activities. The celebration began with a prayer song followed by a Zumba dance. Students were reciting rhymes about the fiery colour red. Teacher narrated the story of the red hen and puppet and students spoke about the objects in red that they brought from home to get familiarised with the colour red. They were taught to make rooster masks and students had a lot of fun during their clay moulding session making cherries and ladybugs. From



painting red masterpieces to sorting red objects and coming dressed in red-



Healthier Options for Zirthday Celebrations.



In response to growing concerns about health and wellness, students at Muthamil Public School has taken the initiative to promote healthier options for birthday celebrations. Instead of traditional sugary treats like chocolates and pastries, students have begun bringing in healthier alternatives to share with their classmates. Initiative Details:

- 1. Healthy Alternatives: Students are encouraged to bring in snacks such as fruits, dry fruits, nuts bars, vegetable salads or homemade muffins made with whole grains and natural sweeteners.
- 2. Education and Awareness: Teachers and staff are collaborating with students to raise awareness about the importance of making healthy food choices and the impact of nutrition on overall well-being.

#### Impact:

Parents and guardians have expressed support for the initiative, with many contributing ideas and recipes for nutritious birthday treats.

#### Conclusion:

The transition from sugary treats to healthy alternatives for birthday celebrations reflects Muthamil Public School's commitment to promoting the well-being of its students. By fostering a culture of health and mindfulness, the initiative not only benefits the current student body but also lays the foundation for lifelong habits of nutritious eating and self-care.



A critical thinking workshop by Next Education was organized for students of Grades VI-VIII. The Resource person, Ms. Panimalar provided the participants with practical strategies to enhance their Critical Thinking Skills. Through interactive activities and discussions, attendees learned how to analyze information effectively, identify biases and make informed discussions. The workshop emphasized the importance of questioning assumptions and exploring alternative perspectives. Participants were empowered to deal with complex problems with clarity and logic and navigate challenges with confidence in various aspects of their personal and academic lives.



# Achievements of today are the stepping stones for the FUTURE



Grade XII



ARRAN A



HABEEB UR RAHMAN



KARTHIK RAJA E P



MOHAMMED IMAAD V S



SANJAY M N



SEETHA LAKSHMI M



**GAUTHAM S** 



SHRIN SALIHA M H



SRIDHAR N



VISHAL ADITH R



BREEZA SHARAN J



RUTHRA P S



REENA GABRIELLA RAJA J



SAFA BEGUM B



MADHESH P

AIR 65 SRIRAM A



#### **MUTHAMIL PUBLIC SCHOOL**

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# Achievements of today are the stepping stones for the FUTURE



## Congratulations



**DEEPAK V** 



SAMEERA FATHIMA B



YASH VARTHAN R K



SELVA DHARSHINI N



MUGILAN POONGUNDRAN V A



SHAYMA ROSHAN G



ESAKKI PRAVIN L R



SUJAY SANKAR A



SIVA HARISH P



ANEES UR RAHMAN



JAMAL MOHIDEEN T



JANANI A



GOMATHI R



MUJAAHID M M



JERISH ALAN DURAI T

Mps congratulates The Mavins of our kingdom. Let winning be our Habit. We have miles to go......

## **GBSECORNER**



The CBSE Budding Authors Program aims to ignite the creative spark within students by encouraging them to explore the art of storytelling. By writing and submitting short stories, students have the exciting opportunity to express their imagination and ideas, with a chance to see their work published, hand holded and an opportunity to

meet renowned story-writers for children. The enriching experience not only hones their writing abilities but also nurtures their confidence and self-expression. CBSE's initiative of Budding Authors programs is a tremendous success and a rare opportunity for students to materialize their imagination, creativity and hidden talents. Our students participated and were enrolled on a webinar on how to script a story. Students were given inputs to carry out the same in their writing. Awaiting for their fabulous work by the end of the June





### **MUTHAMIL PUBLIC SCHOOL**