

## Traditional Medicine

### PIRANDAI

Tamil Name: Pirandai.

Botanical Name: cissus quadrangularis

Hindi Name: Hadjod - Sanskrit Name: Asthisinkala.

#### Health benefits:

- Dissolves fat, and does not allow blood to become thin.
- To strengthen bones, cures blood leakage.
- Cures ulcers in intestine, gastric trouble and severe pain in hands and legs.

#### a) Method of usage :-

- To Strengthen bones:-** soak some pieces of pirandai in diluted clear lime water for 5 to 6 hours. Then dry these pieces powder it. Mix little powder along with palm sugar candy in a tumbler of water and boil it. Later on filter it and add with milk and drink it.
- To get relief from gastric trouble:** Soak some pieces of pirandai in tamarind water. Take little urad dhal, dried red chilly, 2 to 3 garlic pods, little ginger and fry them in gingelly oil till it turns to light brown. Add little tamarind, needed salt and grind it to a paste. (thuvaiyal ) This paste can be eaten with rice.

### பிரண்டை

பிரண்டை யின் மருத்துவ குணங்கள்

- தமிழ் பெயர் : பிரண்டை
- தாவரவியல் பெயர் : சிசுண்டை குவாட்ரங்குலரிசு
- வடமொழி பெயர் : அஸ்தி சங்கலா
- ஹிந்தி பெயர் : ஹட்ஜாடு

#### பயன்கள் :

- கொழுப்புக்கள் கரைக்கவும், இரத்தம் நீர்மப்பாடாமல் இருக்கவும்,
- எலும்பு படிபடுத்தவும் இரத்தம் கசிதகவைக் குணப்படுத்தவும்,
- குடம்பு, வாய்பிடிப்பு, கை, கால் குடைச்சல் இவற்றைக் குணப்படுத்தவும் பயன்படுகிறது.

#### பயன்படுத்தும் முறைகள்:-

தெளிந்த கண்ணாடி நீரில் 5 அல்லது 6 மணி நேரம் ஊறவைத்து பிரண்டைத் துண்டுகளை நன்கு காயவைத்து பொடிச் செய்துகொள்ளவும். ஒரு டம்ளர் நீரில் சிறிதளவு பிரண்டைப் பொடி, பனங்கற்கண்டுச் சேர்த்து கொறிக்க வைத்து, வடிவட்டி பால் கலந்து பருக, எலும்புகள் படிப்படும் புளித்தண்ணீரில் ஊறவைத்துப் பிரண்டைத் துண்டுகளுடன் உளுத்தம்பருட்டி காய்ந்த மிளகாய், பூண்டு, புளி, இஞ்சி, உப்பு இவற்றை தேவையான அளவு சேர்த்து நல்லெண்ணெயில் வதக்கி துவவையம் அரைத்து உண்ண வாழிபிடிப்பு குணமாகும்.



## PRESS COVERAGE

### Annual day at ICF School



**TALK TEAM**  
ICF Silver Jubilee Nursery and Primary School celebrated its annual day at Kambur Alampai.

Hyderabad's Vard, was the chief guest. Chairmen of ICF Schools, D.P. Dash, and other dignitaries took part in the celebration.

Headmistress of the school, V. Vidhyullatha, presented the annual report of 2015-16.

Cultural and sports programmes like musical skits and team dance were performed by the students. Prizes for meritorious students were distributed.



சீமந்தி மெழுகு கட்டி மீட்டி நடைபெற்ற 130 ஆவது ஆண்டு கொண்டாட்டம் கிளப்பில் மாணியுடன் கலந்துகொண்ட சிறுவர்கள். இவர்களின் கலாச்சார நிகழ்ச்சிகள் மிகவும் சிறப்பாக நடைபெற்றன. பரிசளிப்பு விழாவுகளும் நடைபெற்றன.

### School Students showcase skills



**TALK TEAM**  
The exhibition on library, science and technology, sports during pre and post independence India at ICF Silver Jubilee Nursery and Primary School was all-round praise.

### Children observe Yoga Day



**TALK TEAM**  
Yoga Day was observed in a grand manner by the children of ICF Silver Jubilee Nursery and Primary School.

### பிரை, ஐண்டிஸ் அசாஸ்ட் சதாமி கமலம்



பிரை, ஐண்டிஸ் அசாஸ்ட் சதாமி கமலம். இவர்களின் கலாச்சார நிகழ்ச்சிகள் மிகவும் சிறப்பாக நடைபெற்றன. பரிசளிப்பு விழாவுகளும் நடைபெற்றன.

# NEWS WAVES

## I.C.F.S.J. NURSERY & PRIMARY SCHOOL

www.icfsjnps.in

### SCHOOL COMMITTEE MEMBERS

<b>Chairman</b> Shri D.P.DASH, CEE/ QC & C	<b>Secretary</b> Shri R.AAIVU Dy.CPO/ICF	<b>Manager &amp; Correspondent</b> Shri V.SELVARAJ XEN/ ICF	<b>Headmistress</b> Ms. V.VIDYULLATHA
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### MESSAGE FROM HEADMISTRESS

**Dear children,**

Warm greetings! In this issue I Would like to give you all some tips on let us be green. "Green" is more than just a colour. It also means taking special steps to protect the environment- the water, the land, and the air we breathe. Plants are green, and without them the Earth would not be such a lovely home for us. There are three Key factors while thinking about going green- The 3Rs – Reduce, Reuse and Recycle.



#### Step 1: Reduce It!

When you use less amount of something, you do a good thing for the Earth.

- Buy only what you need.
- Turn off the water after use.
- When you can, walk instead of using a vehicle!
- Put off your Electrical & Electronic items instead of leaving it on when not used.

#### Step 2: Reuse It!

Many of the items that you would normally consider as rubbish could be used for other purposes. So instead of throwing items away, reduce waste by using them for other roles.

- Choose reusable travel cups instead of disposable plastic cups.
- Take your own reusable bags when you go to the grocery store.
- Reuse one side printed papers.

#### Step 3: Recycle It!

A large percentage of our households still do not recycle enough and throw everything that we consider 'rubbish' into their ordinary bin. Much of this waste can be recycled and should be disposed of separately.

- By separating plastic bottles, cans, bottles and more, you are reducing the amount of trash that goes to the land fill.
- Recycle by collecting and separating recyclable items.
- Take your recyclable articles to a recycling centre where they are processed to create the same, different or new products.

#### Enjoy It!

You can start locally by visiting the naturally beautiful spots in your city and state. Experience the outdoors in all sorts of weather but before that, take a look at your own back yard. Is there a spot where you could plant a tree or put in a little fruit or Vegetable garden? If so, get out there and get your hands dirty. Then you can watch with pride as your tree takes root and your garden plants grow from twig to big plants full of ripe, red tomatoes or yummy mangoes.





## Highlights of Our Special Occasions to Remember

### World Environment Day

"All things bright and beautiful"

According to this beautiful poem, We at ICF silver jubilee nursery and primary school celebrated the world Environment day on the 6<sup>th</sup> of June. Our H.M. students and the staff enthusiastically planted new saplings to see the greenery around. The purpose of the "go green" movement is actually to install a strong sense of responsibility to protect nature and to strike a healthy ecological balance.

### Yoga Day

Small beginnings can make a big difference to our well being. Yoga definitely enhances our physical and mental fitness. Our students from 4<sup>th</sup> and 5<sup>th</sup> standards performed several yogasanas that motivated other children to learn yoga. This yoga day was celebrated on the 21<sup>st</sup> of June and the positivity of yoga was realized by the students.

### Independence day

We at ICF silver jubilee Nursery and Primary school celebrated August 15<sup>th</sup> in a rather constructive and productive manner. We had an array of events that included flag hoisting a special exhibition and a grand new library inauguration.

Our chief guests for the day were Mr. D.P.Dash our chairman and Ms. Avanjali Dash. Our special guests were our secretary Mr. Aaivu and our correspondent Mr. Selvaraj who encourage us in all our endeavours. We were greatly supported by our chairman Mr. D.P. Dash who hoisted the flag and Mrs. Avanjali Dash who declared the exhibition open. She also inaugurated the library that is furnished with new tables and chairs sponsored by our school alumni (batch 1971) We take this opportunity to express our heartfelt thanks to all the sponsors of our library named. "Books on wheels" Our library is named appropriately as the entire room is painted like a compartment in the train with doors, windows, handles and seats.

### Annual day

Our school celebrated the Annual day on the 9<sup>th</sup> of September with great joy and cheer. Shri.Sudhanshu manithe General Manager of ICF was the chief guest. He watched the kinder garden buddies in glittering costumes as they performed the rhymes and came dressed as different fruits. The other colourful dances included pinnal kolatam that took us back to our traditional dances.

### Mass birthday celebration

A fascinating idea of mass birthday celebration was implemented in our school. All the children including the staff and substaff who celebrate their birthday in a month will plant saplings in our premises. This act urges the promotion of a good deed on such special days.

### Swachh Bharat

Cleanliness is next to godliness yes- we all were in full force to clean our campus and our school street on the 19<sup>th</sup> of September 2016. We made the campus spic and span and swept it spotlessly clean. Our headmistress, staff and students cleared the garbage with brooms, dustbins, brushes and dusters. Our children were amazed to see the place so tidy and neat.

### Solar panel inauguration

As per the governments' request our school proudly installed the solar panel on 29.06.16. Our honourable Ex.G.M. of ICF Mr. Ashok K. Agarwal was kind enough to spare his time and be present for the inauguration. The electricity consumption has now been reduced heavily which has now brought down the E.B. charges considerably. Thanks to the solar panel installation...

## KNOW INDIA – ANDHRAPRADESH

### ANDHRA PRADESH

Andhra Pradesh is one of the 29 states of India. It is situated on the country's south coast. The state is the eighth largest state in India.

Hyderabad will remain the de jure capital of both Andhra Pradesh and Telangana states for a period of time not exceeding 10 years. The new capital city of Andhra Pradesh is proposed in Guntur District.

Andhra Pradesh borders Telangana in the northwest, Chattisgarh in the North, Odisha in the northeast, Karnataka in the west, Tamil Nadu in the south and the water body of Bay of Bengal in the east.

There are two regions in the state namely coastal Andhra and Rayalaseema and hence, the two regions are more often referred as Seemandhra by the media.

There are 13 districts with 9 in coastal Andhra and 4 in Rayalaseema. Visakhapatnam is the largest city and the commercial hub of the state. Guntur, Nellore, Kurnool, kadapa, Tirupati, Rajahmundry, Kakinada, Ongole and Eluru are other important cities.



State Animal	State Bird	State Tree	State Flower	State Festival	State Dance
					
Blackbuck	Indian Roller	Neem	Nymphaeaceae	Bathukamma	Kuchipudi

## DO YOU KNOW?

### Introduction

India, is a land of excellence. Our countrymen have been exceptional achievers in various fields of activity, which range from sports and gallantry to arts and science.

The country gives away a number of awards to honour great citizens, both men and women, whose actions and deeds have made the country proud and happy. These awards play an important role in our national life, as they prove not only to be a source of encouragement for the extraordinary, but also an inspiration for the ordinary.



**Bharat Ratna & Padma Awards :** The President of India gives away the BHARAT RATNA AWARDS, the highest civilian honour for exceptional service towards advancement of art, literature and science, and in recognition of public service of the highest order.

**PADMA AWARDS** namely, Padma Vibhushan, Padma Bhushan and Padma Shree are given for exceptional and distinguished service of high order in any field. The Padma Awards are announced on the eve of Republic day.



**Bravery & Gallantry Awards :** National Bravery Award was started in 1957 by the Indian Council for Child Welfare. The award recognizes and honours children who perform outstanding deeds of bravery and selfless sacrifice.

**Gallantry Awards :** The Ashok Chakra series of awards are open to civilians. These awards are biannual and are given on Republic Day and Independence Day.

To be Continued ...



## STUDENT'S CORNER

### THE SUN AND THE WIND

One day the sun and the wind happened to have a quarrel. Both of them claimed to be stronger. At last they agreed to have a trial of strength. "Here comes a traveller. Let us see who can strip him of his cloak?" said the sun. The wind agreed and did choose to have the first turn. He blew in the hardest possible way. As a result, the traveller wrapped his cloak even more tightly around him. Then it was the turn of the sun. At first he shone very gently. The sun went on shining brighter and brighter. The traveller felt hot. Before long he took off his cloak and put it in his bag. The wind accepted his defeat. Moral: Fury or force cuts no ice where gentleness does the job.



R. Eyarkal Selvi  
"B-C"



Koorthivasan, S  
II A

This is a story about a little boy. Who stays with his mother and live happily. He used to wake up early morning, brush his teeth and go to school regularly. He shares all things to his mother. That boy is none other than me.



Our Kids Best Drawing



Our Kids Best Drawing

## PARENT'S CORNER



B. Pinar  
III, D  
10/10/2018



J. SANKARAN

## CHANAKYA THE ETERNAL WISDOM

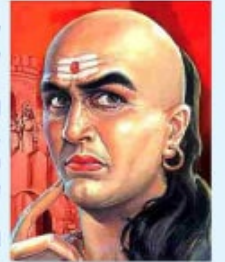
"Chanakya Needhi" is very famous & efficient state craft in India and around the world. It is the political efficiency of establishing Indian ancient heritage. Indian history is incomplete without a reference to Chanakya's ways of political theory and practice.

Chanakya was an amazing scholar with distinct focused aim. His philosophy engages a person to think, act and achieve what he dreams. His wisdom overthrew a mighty empire and put in the throne to a humble man like Chandragupta Maurya.

Educated at Taxila Chanakya had excellent knowledge of both theory and practise of administration and politics. By raising army through the art of war, Chanakya defeated Nanda king Dhana Nanda and replaced him with Chandra Gupta. By doing this he gave India its first Emperor and proved that a man must be judged by his capability and not by birth.

Chanakyas mental capabilities were of high order. The modern global diplomacy lies on his principles of "SAAM, DAAM, DAND, BHED" that is persuade, purchase, punish, exploit the weakness. His ARTHASAHSTHRA elevates the states to a high position.

Our Prime minister Mr.Narendra Modi, in one of his speeches compared Sardar Patel to Chanakya and credited both of them with uniting India. Chanakya is relevant to Post British reconstruction of India and also the present day rulers who are indifferent to civic welfare. He is still remembered as a vastly scheming and clever Political adviser.



Ms.Sudha  
Asst. Headmistress

### Pearls of Wisdom from Bruce lee

1. Knowledge will give you power, but character – respect.
2. If you practice something every day you would become perfect.
- 3 Adapt what is useful, reject what is useless and add what is specifically your own.
4. Life is a puzzle .....with a solution.

### A health tip.

Eat to live, run to live more and meditate to live the longest and to live fully.

TEACHERS' CORNER

### Inspiring thought.

1. God does not work for you He works with you.
2. God helps only those who help themselves.
3. Bigger the goals, greater the motivation
4. Perseverance is the unfailing mantra for success.
5. Nobler the ideal, greater the inspiration.

- Mrs. V. Sujatha

- Mrs. J. Suba.



World Environment Day



Inauguration of Books on Wheels



Solar Panel Inauguration



Swachh Bharat

GOLDEN MEMORIES



## Visitors Lounge

I congratulate Teachers, Students and parents on the 70th Independence day. I also congratulate the school for organising a colourful festival on this occasion. The exhibition has been excellent. The library 'Books on wheels' is a great example of team effort by the school and old students. I am fortunate to be part of such a great effort. Thank you for this.

Blaise  
15/8/16

15/8/16

The library has variety of books and has done up nicely. I appreciate the efforts taken by the school.

Secretary

15/08/16

It is a real pleasure to be here and see the amazing work done by the students and teachers and because the co-operative parents. I'm sure, every child who comes in here will be blessed with the best of exposure to grow well.

Congratulations to the Headmistress, Asst. Headmistress and all the staff for their GREAT WORK. Keep it up!

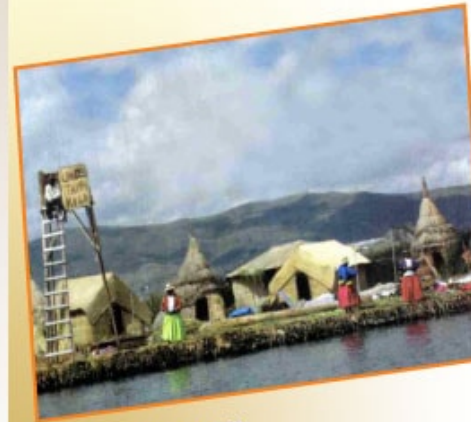
GOD BLESS

Kona Paulose  
15/08/16  
PRINCIPAL (CORRECTION)

Maneuvers & fabulous architecture. Children have displayed everything in an organised manner and have exhibited their skills. Hats off to the teachers and especially to the HM who have motivated the children to bring their talents to domain.

A. Sivaiah  
9860219399

## 5 AMAZING THINGS IN NATURE



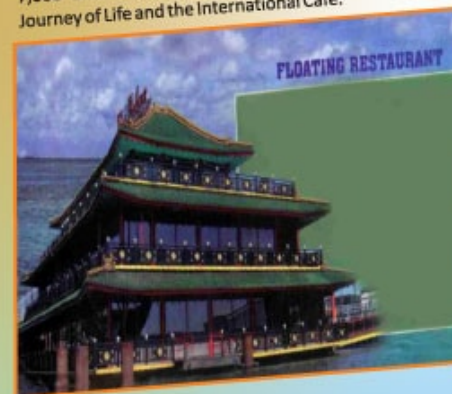
### Floating village

Uros are the primitive people of Peru. The community of Uros resides in the Titicaca Lake of Peru. The residence of the community is made with a special kind of reed-Totora that is available only in this water part. They are wholly dedicated to fishing.



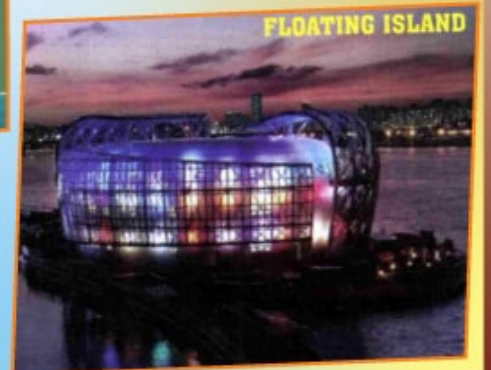
### FLOATING LIBRARY

MV Logos Hope is the world's largest floating library which belongs to Germany. It travels throughout the world. It holds up to 800 visitors at any time with a capacity to host an additional 700 in the Hope Theatre and Logos Lounge. It organizes a book fair featuring around 7,000 different titles, a visual presentation called the Journey of Life and the International Café.



### FLOATING RESTAURANT

Restaurant sea palace is located in Amsterdam. The tourists visiting this restaurant enjoy the specialties of Chinese cuisine. Founded in 1984, it is the first floating restaurant in Europe. This cookery palace is built with the typical Chinese imperial design and has three floors. At the waterside, the tourists have an excellent view overlooking the city of Amsterdam.



### Floating Island

The Seoul floating island is the world's first solar powered floating island. It is located in the Hun River, Seoul, South Korea. It has three islands: Vista, Visa, and Terra. The entire complex can accommodate as many as 6,200 people. It serves purposes as an exhibition venue, as a centre for culture and aquatic-leisure.