



LADIES LEAF

J/JAFFNA HINDU LADIES' COLLEGE



LEAF : 2024/07

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J/ JAFFNA HINDU LADIES' COLLEGE

LADIES LEAP

2024

Message from the Zonal Director of Education



It is with great admiration and appreciation that I extend my heartfelt congratulations to the team behind Ladies Leap, the annual English Day magazine of Jaffna Hindu Ladies' College. The magazine not only reflects the creativity and talent of the students but also showcases the institution's unwavering commitment to academic and literary excellence.

Each page of Ladies Leap is a testament to the hard work, dedication, and collaborative spirit of the students, teachers, and editorial team. I would like to commend everyone involved for their relentless effort in putting together such a remarkable publication. The magazine stands as a beacon of the quality and standards upheld by this prestigious institution.

Mrs. Jamuna Rajaseelan
Zonal Director of Education,
Zonal Education Office,
Jaffna.

Message from the Assistant Director of Education



It gives me great pleasure as J/ Jaffna Hindu Ladies' College is releasing its seventh issue of LADIES LEAP. It aims to orient each individual towards a fuller life in the word as a mature adult, capable of assuming her responsibilities in the society. This magazine is a noticeable index of the factor.

I wish and bless the students to emerge as individuals, complete in character, with confidence in self and respect for others. Leap is a transparent media to visualize and witness the commitment of the English Unit in this school. I convey my sincere felicitation to the school for its efforts in shaping young minds and developing them to leap to a longer distance as a responsible citizen.

**Mr. Anton Jeyaraj,
Assistant Director of Education (English),
Zonal Education Office,
Jaffna.**

Greeting Message from Principal Launch of "Ladies Leap" - Issue - 7



Dear students, teachers and esteemed readers,

I am delighted to announce the release of the 7th edition of our English magazine, "Ladies Leap." This publication serves as a testament to the exceptional talent and creativity of our students.

I would like to extend my heartfelt congratulations to all the students and teachers who have contributed to this edition. Your dedication and hard work are evident in the quality of the submissions. It is inspiring to witness the development of your writing, imagination, poetry, and reading skills.

A special word of thanks goes to the teacher in-charge of English Union and all the English teachers for their unwavering support and guidance. Your efforts in nurturing our students' English Language abilities are commendable.

I encourage all our students to continue exploring their creative potential and using "Ladies Leap" as a platform for self-expression and growth. Congratulations to everyone involved in this remarkable achievement.

Warm regards,

Miss. Sumathy Kandasamy,
Principal,
Jaffna Hindu Ladies' College.

Message from the Teacher- in- charge



It gives me great pleasure to pen for having brought out the 7th edition of 'Ladies Leap'. It is not just a book, but also it is a platform for the students to reflect their dynamic talents in a creative way. I congratulate all the members and the students for their sincere effort in bringing out this Ladies Leap. I thank our dear principal, teachers of English and students for their immense contribution.

I wish the edition of this magazine continue to appear forever.

**Mrs.B. Balasajini,
Teacher-in-charge,
English Union,
Jaffna Hindu Ladies College.**

Message from the President



It's my pleasure to be the part of launching the 7th petal of our Ladies Leap. My sincere thanks to our principal, teachers of English Union members for their valuable suggestions and support.

Every Ladies Leap is a soul blossom in nature. I hope this magazine provide opportunities to bring out the hidden talents of our students.

**Miss. Aruna Sathiyan,
President,
English Union 2024,
Jaffna Hindu Ladies College.**

MESSAGE FROM THE EDITOR



Welcome to the 'Ladies Leap', as the editor of English Union of our school, I consider this my greatest privilege. It's the 07th leaf of the tree of creativity. This magazine purely contains the creations of our students.

It covers a wide range of poetry, energetic essays and humorous topics. It is definitely a way of manifesting the talents that are hidden within us. It's a combined work of students as well as dedicated teachers of English.

My sincere thanks goes to our principal and teachers of English for the immense support in releasing our magazine. If there are any flaws, please bear with them and read this magazine and benefit from it.

**Diltresa Johnst Mat Sueker,
Editor,
English Union 2024,
Jaffna Hindu Ladies' College.**

ENGLISH UNION - 2024



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Wake Up Girl

Overcome insults and forget
Wounds
Wakeup fiercely, girl-yours
May fame spread and knowledge
Grow
Create a new era girl....

I was born as a girl
Waiting to waste me
All those who have evil hearts-you
Daring to make everyone
Disappear, girl....

Don't be fooled by fakes-
Yours
Don't dwell on buried dreams
Melt yourself for yourself girl
The world admires you....

If you don't have the freedom
To fly
Never spread your wings-That
I was born to touch the peaks
Be brave girl after saying furiously....

Sajith Fathima Rasma.
Grade 13 Tech(2024)

Women success

History tells us of many famous women who contributed to change the roles of female in both past and modern society and who emphasized the path for future accomplishments.

Everywoman does lots of work every day in order to support her family. Women play variety of roles in our society from their birth till the end of her life. The role of woman in society has been changing rapidly in recent years. In many countries women have been granted equal rights to men and they have been able to participate in all aspects of society.

Marie Currie once said "We must believe that we are gifted for something and that thing at whatever cost must be attained. So, all of us have to believe that we are born for something great purpose. So, women have to achieve our goals successfully.

In our life, there are so many people who have inspired us. These inspiring people could be world famous, successful women too. Such as freedom fighters, political leaders, writers and etc. We can get more motivation and confident from their stories. There are so many successful women including our mothers and teachers. Let's get to know about some inspiring women I like.

[1] Muniba Mazari

She is an artist, speaker, humanitarian, television anchor and goodwill ambassador to UN women Pakistan. At her age of 21 Muniba got paralyzed from the hip down after a massive accident. She sustained multiple fractures so doctors fixed many titanium plates to fix her bones. She is known as Iron Woman of Pakistan for this reason. Doctor told her that she would be unable to do her day to day works. This left devastated and questioning her existence in the world.

After this accident she overcame from her each and every problem bravely. May be this is the real reason why she is known as 'Iron Lady'. As Pakistan's first wheelchair artist, she has known for Pakistan's Goodwill ambassador to UN women, Forbes under 30 for 2016 in media, BBC top 100 most influencing women in 2015 and the most inspiring global thought leader.

**"Don't be sad for your disabilities,
Success accepts disabilities too"**

-Muniba Mazari-

[2] Malala Yousafzai

Malala demonstrated extra ordinary courage and re silence in the face of adversity. Despite threats and the risk of her life she stood up for what she believed in and continued her fight for education against Taliban.

**"One child, one teacher,
one book can change the world"**

-Malala-

[3] Greta Thunberg

She is an inspiring young girl who fight against climate change. Even she was in the face of harsh criticism she still continues to advocate for climate. She is an effective influencer of our society.

More over lots of women are standing in big position in politics. For example; Kamala Harris {Vise president of US}, Sanna Marrin {Former Prime President of New Zealand}

Nevertheless, Women are achieving lots of inventions in science stream too. Marrie Currie was a chemist who discovered Radium and Polonium. Her discovery made a huge contribution for finding treatment for cancer. She is the first female who won the Noble prize for Chemistry.

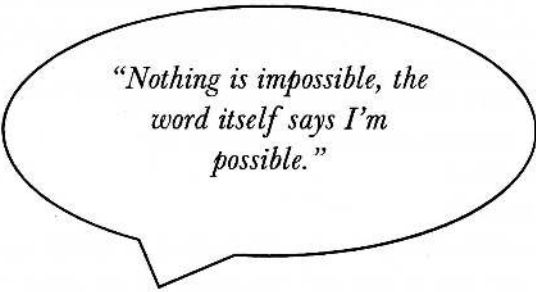
We can see about lots of women who overcame from their problems and reached their goals. Their stories will truly help us to succeed in our life. There is no reason why women need to stay somewhere there isn't encouragement to seek and achieve leadership goals. To be successful women in any aspects of life, we need to have strong dedication and hard work. Opportunities will come and go, but we must decide the path to success.

The world has changed us well as the role of women in it. Each woman needs to believe in that she can achieve anything. There are no barriers or limits for her.

"Such a contribution can't be overcome because the women's impact is significant"

"Let's change the world with our success"

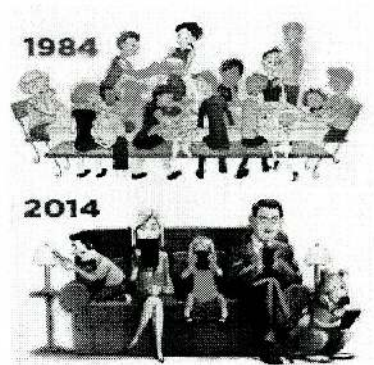
**B.Mathushana
Grade 13^B (2024)**



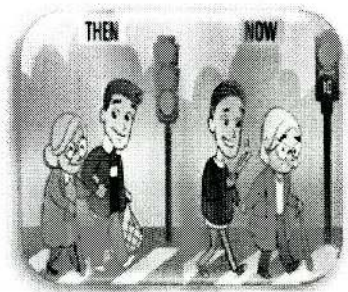
"Nothing is impossible, the word itself says I'm possible."

Current social changes

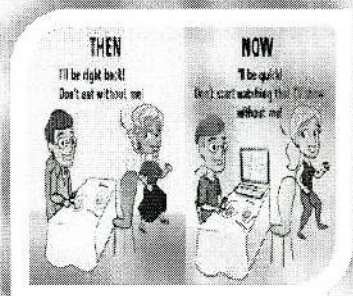
We can see many various changes that have occurred between the past and the present. Those changes can be positive as well as negative. Many beneficial changes are likely true. For an example scientific development, communication development, DNA testing etc. But there are also some worrying changes. One of the most important of these is the loss of communication between family members.



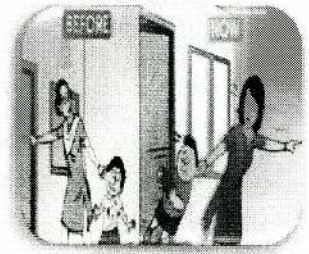
Our parents are the best people in this world who take more care of us. Those who have been protecting us day and night from a young age. But we keep running without spending our time with them.



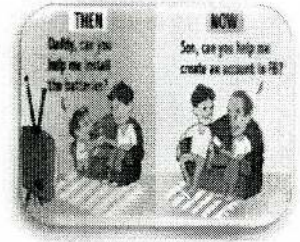
On reaching the age of teenage, this is because we give more importance to other people over them. They can be friends or other people. This can happen because we spend most of our time on our phones.



In this modern time, everyone does not eat together as a family. Today's parents are also working for the welfare of their children. Due to this they also do not spend time with their children.



Therefore, we must fulfill our duties properly. We spend our time to our parents, they should also spend time with their children no matter how busy they are.



J.M.S.Diltresa
Grade 13^c Bio

*"You define your own life.
Don't let other people write
your script."*

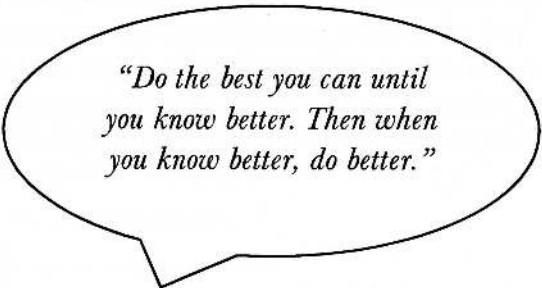
THE GOLDEN EAGLE AETOS!

Aetos ! Aetos!
It stands as a king
With feathered wings
Which is gifted with
Golden light that sings

Aetos! Aetos!
The sun is around his
Throat like gems
An amber crown
Or diadem

Aetos! Aetos!
That wraps above
His noble head
Is halo for the
Sun's bright bed

N.Sagana
Grade 9^A



*"Do the best you can until
you know better. Then when
you know better, do better."*

Advantages and disadvantages of smart phone

We live in a mechanical or modern era. In this modern era, all the people have smartphones. This smart phone is a small gadget which includes the whole world in it. Here we can see the advantages and disadvantages of smart phones.

First, we can see the advantages of smart phones. In many fields like medical field, business field and educational field, smartphones are used for many purposes. In medical field we don't want to go to doctor or hospital to check our blood pressure level and sugar level. We can see these and test it with our phones in our home. And we can get tablets or first aid objects in any time in anywhere. There are so many apps to help us medically. Second one is business field. In business field, there are many job opportunities for men and women without or with age limit. We can work at our home through the smart phones and earn money. And also, we can do online shopping through smartphones via apps like Amazon, Daraz etc. In educational field, the smart phones are used mostly by children nowadays. Here, some children use the smart phones meaningfully. Many children see past papers, read e-books and search various educational related activities. Smart phone makes the children more innovative and gives knowledge to them. We can contact our relations who are in foreign countries through smart phones. And also, smart phone is an entertaining platform. Because we can play games, listen to songs and watch dance etc. We can watch so many videos through smart phones. We can get to know what is happening in the world in a second. These are some advantages of the smart phones.

Next, we can see the disadvantages of smart phones. The children may be addicted to the smart phones while using it. It may cause distraction for their studies. There are many dark webs in smart phones. The dark webs may hack the phone. While children are using phones many inappropriate photos and videos or links may be visible. When they click it, they may be addicted to it. While online shopping, we sometimes pay for costly but they sell local

object as the product we ordered. Due to smart phone's video chats we forget to talk to face to face. Some illegal relationships may be conducted throughout the phones. Our life may be spoiled by it. And many health problems may arise due to using smart phones. Example our eyes and ears may be spoiled and obesity is also caused.

In conclusion, all the objects have advantages and disadvantages. We must be very careful when using smart phones. "Smart phones are sometimes injurious to our life".

M. Thujana
Grade 11 ^A

Shades of life

Rush mornings with hustle and rustle
Each bite with hurry and tension
Gallop up and down the stairs
Have no time to pace but just to race
Massive walls of loneliness-and
Long built boundaries of separation
Fake faces and fancy smiles,
Love for money and pretensive life

Calling things as too difficult-and
Stress for this and stress for that
Reckless youths with drugs in hand
Pity mothers with lifelong tears

Day by day and time to time
Real mean of life fades away
Just stop your clock and take sometime
To sense the shades that life say

Don't stress when its pain-go
With the flow and let it heal
Don't hold, when it hurts
Let it go and live your life

don't rush, time decides
There's a time for everyone
Be true, to you and all
Feel the pure shades of life

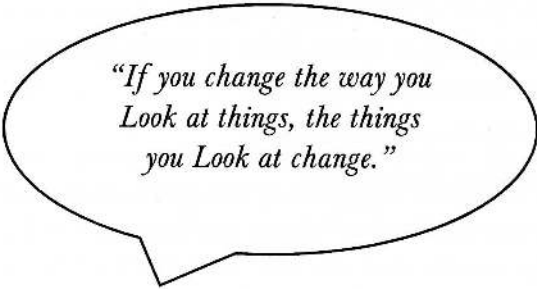
Aruna Saththiyan
12C BIO (2024)

My class room

My class room is a vibrant and welcoming space where students feel comfortable and motivated to learn. The walls are adorned with colorful posters and students work creating a visually stimulating environment. A large white board at the front of the room is used for interactive lessons and group activities. My class room is always clean, organized and brightly lit.

The students in my class room are friendly and engaging and they make learning enjoyable. The teachers are kind and patient. They always have time for us. My teacher's desk is made out of wood. Class room is a free education platform. Overall, my class room is a dynamic and engaging space that fosters a love of learning and creativity among students.

Kajaani Kajeelan
Grade 10c

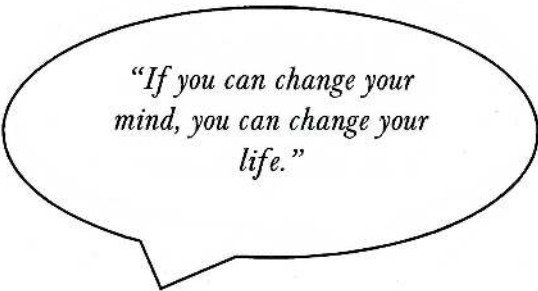


*"If you change the way you
Look at things, the things
you Look at change."*

The Born Day as Mom

The first warm hug is,
The beginning of our huge relationship
When holds her softest hands
I shorten my whole life
My every day sun shines glows
when she glitters her eyes
I make her princess by
Wearing rainbows as clothes
Smoothness of her body
The feel of touching the clouds
Unconditional love I shower that
Limitless wide sea flows on her
Richly blessed is how I feel
Having a girl deity just like you

Parmini Ratnasri
Grade 12^c Arts (2025)



*"If you can change your
mind, you can change your
life."*

Hard work pays off

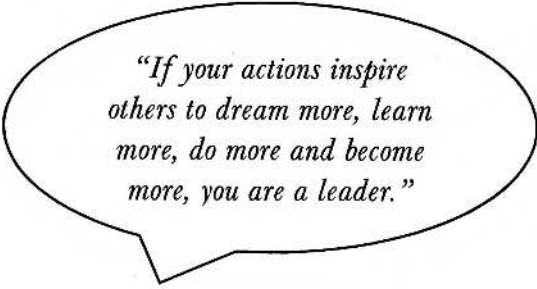
'A dream doesn't become reality through magic; it takes sweat, determination and hard work.' stated by Colin Powell.

When someone wants something big in their life, they do their best to go and get it. It is not by sitting down and fantasizing about the dream but actually going out into the world and putting it into action. Because success is not an accident. It requires hard work, perseverance, learning, studying, sacrifice and most importantly a love for what you are doing or learning to do. Unless your experience is unique, hard work and perseverance most often lead to success. If we're scared of hard work, we likely will have a harder time reaching success.

Dreams can only become reality if there is hard work and determination. Because it is hard to beat a person who never gives up and works hard.

So, work hard in silence, let success be your noise.

J. Shruthi
Grade 12^B com



*"If your actions inspire
others to dream more, learn
more, do more and become
more, you are a leader."*

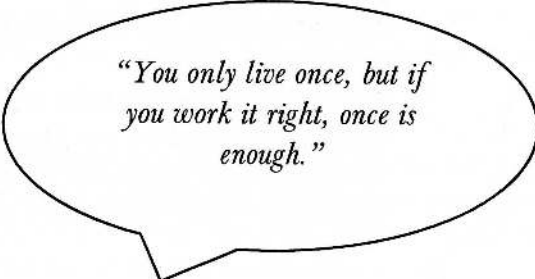
The great cost of my Education

I am grateful for my Education
But it's really painful to account
The fruits of my instructions
Critical thinking plus debt that haunts

I owe my knowledge, skills,
Capabilities and competencies
The cost is really high and hard
Working scales towards balances

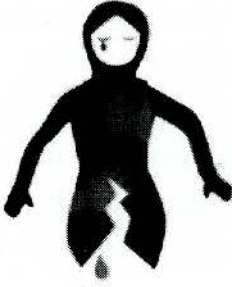
For my commitments and capitals
There is no regret at all
I overcome the debts
By contemplating exchange.

Varshanaa Vignaraj
Grade 12^BCom



*"You only live once, but if
you work it right, once is
enough."*

Her Silent Battle



In the quiet hush of night, she walks alone,
A warrior in a world where her strength is unknown
Her power is vast, like the oceans untamed,
Yet the shadows whisper threats,
Leaving her unnamed.

In the moon's soft glow, her steps are slow,
Not from the choices, but the fears she knows
For in the dark, dangers lurk unseen,
The weight of violence where peace should have
been.

A victim of a world where justice fades,
Her cries for help met with endless shades.
Yet she rises, with scares that tell,
Of battles she fought in a living hell.

Gender lines drawn in the sand so dear,
Where inequality reigns and dreams fall asleep.
Her voice is loud, though often unheard,
In a world where her worth is blurred.

Harassment stains her daily life, her daily life.
A constant battle, a never- ending strife.
But still, she stands with a heart of steel,
Defying the forces that would see her kneel

For she is more than the fears she fights,
More than the shadows that haunt her nights,
She is power, she is light, she is the dawn,
Breaking through a world where she belongs.

J. Akshara
Grade 11^A

Maintaining a healthy diet

“Health is wealth” is a famous proverb among us which implies that need for good health. In this modern era, most of us think that money is more important than the other things. But health is more precious than money. Once money is lost, it can be earned again but if health is lost, we will never gain. The person with good health is the happiest person in the world. To be healthy it is important to have a healthy diet.

What do you mean by healthy diet? Yes, a healthy diet is having all the nutrients in a correct proportion. It is obvious that maintaining a proper diet is quite harder in this rapidly changing world. But if there is a will there is a way. This proverb illustrates that no one can stop us if we are willing to do something.

In our daily meal we have two types of nutrients as macro nutrients and micro nutrients. Macro nutrients include carbohydrate, protein and lipid while micro nutrients are vitamins and minerals. Our food plate must include fresh vegetables and fruits. They help us to maintain a healthy life style.

Moreover, drinking plenty of water plays a vital role in healthy diet. We can also drink fresh juices and porridges. On the other hand, it is important to reduce the amount of taking junk food or instant food like pizza, noodles, burger and chips etc. These types of food increase the risk of heart attack, diabetes, cancer, obesity etc. The research conducted in Sri Lanka last year, 2023 explores that most of the children become the victims for noncontiguous diseases. This is not good for our future society because these children are the backbones of our country.

Therefore, it is important to have a healthy diet. It keeps us energetic throughout the day. Doing exercise also belongs to the part of healthy diet. Because most of the people engage in works seated for many hours in front of the computers and smart phones in this fast-changing world. So, it becomes essential to do exercise to keep us healthy in some way.

“An apple a day keeps the doctor away” is an important saying to point out the importance of maintaining a healthy diet. It will help us to evolute our self-confidence and we can be very active and strong. Therefore, let’s take an oath to avoid the junk food and maintain a healthy diet to be happy and healthy forever.

N. Bairavy
Grade 11^A

Noble Nation

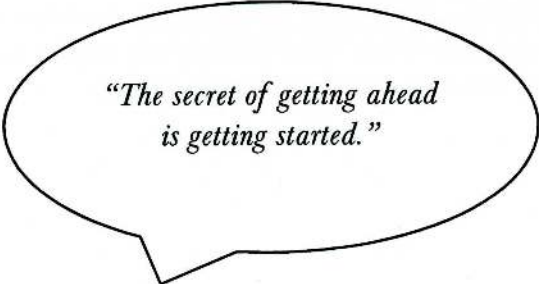
Within the depths of my heart,
Arises an extra ordinary thought.
Which an important part,
That became an inspiring art.

The art relies on freedom,
It was the birth of wisdom.
Free mind creates a powerful kingdom
Which could change the whole system

Bloom in this world as Pansy,
Your thoughts are deeper than the Japan sea
With courage and spirituality,
Show everyone your personality.

Fly away from your cage
Control the youth's rage
Make way for the new generation
Who can rebuild a noble nation.

J. Hishalni.
Grade 12(2025)



*"The secret of getting ahead
is getting started."*

Uniqueness of English Literature

Literature is the foundation of life. It places an emphasis on many topics from human tragedies to tales of the ever-popular search for love. Learning English Literature opens the gateway to a whole new world of creativity and inspiration.

There are so many advantages in learning it. For example, it

- teaches about the past.
- improves communication skills.
- encourages critical thinking.
- expands vocabulary.
- improves concentration and focus.

English Literature has a different role in education, it gives a lot of knowledge about the society. It also gives a chance for student to improve their writing skills, speaking skills, critical thinking skills, etc. English Language and Literature subjects are usually separated to give student the best chance at developing their skills within both fields.

However, as a subject, English Literature is harder than English Language. A key difference between Literature and English majors is that English focuses on the effectiveness of communication. But Literature focuses more on the study of stories, novels, and other forms of writing. The followings are the best tips for improving the knowledge in Literature,

1. Express yourself clearly, and need a good active vocabulary.
2. Know how to spell those words correctly.
3. Read regularly.
4. Improve the grammar.

Consequently, learning of Literature can promote better judgement of situations, so the readers don't find themselves in the same circumstances as perhaps those in the fiction world. It can also be used as a guide for reader to follow and practice good judgement and better life style.

N.Sibitha
Grade13^A (2024)

The Transformative Role of Artificial Intelligence in Enhancing Human lifestyle



Artificial Intelligence (AI) has emerged as a revolutionary force reshaping various aspects of human existence. From healthcare to education, transportation, finance and personal assistance, AI is driving significant improvements in human lifestyle. In this document, we explore the myriad ways AI is enhancing human life, the challenges it presents, and the promising future it holds.

One of the most profound impacts of AI is witnessed in healthcare. AI- powered technologies are revolutionizing diagnostics, treatment, and patient care. Machine learning algorithms analyze vast amounts of medical data to identify patterns and predict diseases with remarkable accuracy. Additionally, AI assists in personalized medicine, recommending tailored treatment plans based on individual patient data. The integration of AI in healthcare has led to reduce medical errors, improve patient outcomes, and enhance efficiency in medical procedures.

In the realm of education, AI is transforming traditional teaching methods and learning experiences. Intelligence tutoring systems use algorithms to adapt lessons according to students' learning pace preferences, fostering personalized learning journeys. AI powered educational platforms offer interactive simulations, virtual classrooms, and adaptive assessments, making education more engaging and accessible. Moreover, AI enables data- driven insights into student performance, helping educators identify areas for improvement and optimize teaching strategies.

Transportation systems worldwide are undergoing a significant transformation with the integration of AI technologies. Autonomous vehicles equipped with AI algorithms navigate road safely, reducing accidents and congestion. AI powered traffic management systems optimize traffic flow, minimizing travel time and environmental impact. Furthermore, AI enhances public transportation systems through predictive maintenance and real-time passenger information, improving overall efficiency and user experience. In the financial sector, AI is revolutionizing decision-making processes, risk management, and customer service. AI algorithms analyze market trends and data to make informed investment

decisions and predict financial risks. Moreover, AI-powered chatbots and virtual assistants provide personalized financial advice and support, enhancing customer engagement and satisfaction. Additionally, AI based fraud detection systems identify suspicious activities in real-time, safeguarding financial institutions and their clients from fraudulent transactions.

AI driven personal assistants have become ubiquitous in modern lifestyles, simplifying daily tasks and enhancing productivity. Virtual assistants like Siri, Alexa, and Google assistant use natural language processing and machine learning algorithms to perform various tasks, such as scheduling appointments, setting reminders, and answering queries. These AI assistants learn from user interactions, continuously improving their functionality and adaptability to individual preferences.

Despite the numerous benefits, the widespread adoption of AI also raises ethical, societal, and economic concerns. Issues related to data privacy, algorithmic bias, job displacement, and technological dependency need to be addressed to ensure responsible AI deployment. Moreover, equitable access to AI technologies is essential to prevent widening socioeconomic disparities and ensure that everyone benefits from AI advancements.

Looking ahead, the potential of AI to further enhance human lifestyle is immense. Continued research and innovation will drive the development of more advanced AI systems capable of tackling complex challenges and improving quality of life across diverse domains.

However, it is imperative to approach AI development and deployment with careful consideration of ethical, legal, and social implications to harness its full potential for the benefit of humanity.

In conclusion, AI is revolutionizing human life style across various sectors, offering unprecedented opportunities for innovation and improvement. From healthcare to education, transportation, finance, and personal assistance, AI-driven technologies are transforming how we live, work, and interact with the world around us. While challenges exist, the potential of AI to enhance human well-being and quality of life is undeniable, signaling a promising future shaped by intelligent technologies.

K.Rubika
13 Maths(2024)

Importance of keeping our Environment clean

Nature is the amazing creation of God. We depend on nature directly or indirectly. Likewise, Environment is considered as the part of nature and we are also living within it.

Environment can be defined as the surroundings which covered us as well as the other organisms. We depended on the environment. For example, we get water from river, get food from land. Therefore, it is our duty and responsible to keep our environment clean.

In this digital era, there are so many inventions and creations coming but they are causing harmful effects to the environment. The major way of polluting environment is e- waste rather than this, putting garbage, burning polythene, disposing the inorganic matters, excessive release of gases from the factories and use of fertilizers in the field of agriculture etc. which has the capable to pollute our environment and these are the ways of polluting environment.

As for every action there is an equal and opposite reaction many effects are created due to the pollution of environment such as damage in the ozone layer release of CFC gas, respiratory disorders, cancers and diseases etc.

Why it is necessary to keep our environment clean? As I told before we based on environment if we harm that environment we will about to suffer and if we destroy the nature, nature will destroy us. If we keep the environment clean, we can prevent many illnesses and destructions. Increasing the temperature of earth is the major problem that current society is facing. What is the reason for it? Of course, the pollution of environment. Therefore, as a citizen in the earth we must keep our environment clean.

What can we do to keep the environment clean? We have to fulfill the loss which was caused by us. As a profit we should keep the environment clean avoiding the improper dumping of

the garbage, avoid using in organic matters, reforestation, making the proper dumping system, don't throw plastic items in public places, making the policies and enforcing the law to keep the surrounding clean, participating and conducting in shramadhana activities at least once a week. These are some precautions which can be done to keep the environment clean.

In a nut shell, I conclude that, we have to save, sacrifice, do our utmost, do our endure and have to burn the mid night oil to keep our environment clean and lead to a healthy life.



S.Kristhika
Grade 10^A

Role of Artificial Intelligence in Education

Introduction

Artificial intelligence (AI) is the science of making machines that can think like humans. It can do things that are considered "smart". AI technology can process large amounts of data in ways, unlike humans. The goal for AI is to be able to do things such as recognize patterns, make decisions, and judge like humans.

The term Artificial Intelligence refers to the ability of a digital computer-controlled robot to perform tasks commonly associated with intelligent beings. Since the mid-20th century, scientists have attempted to develop a system capable of carrying out tasks perceived as requiring human intelligence. Among the tasks that have been studied from this point of view are game playing, natural- language understanding, fault diagnosis, robotics, and supplying expert advice. Although computers can be programmed to perform these and other very complex tasks, there are as yet no programmes that can match human flexibility over wider domains or in tasks requiring much everyday knowledge.

The earliest substantial work in the field of AI was done by British mathematician and computer pioneer Alan Turing. In 1950, Alan Turing declared that one day there would be a machine that could duplicate human intelligence.

How can AI help Students and Educators?

While many schools and teachers worldwide wonder about AI's impact on education, the world needs to embrace technology just like we embraced electricity, computers, and telecommunication to improve our personal and work life. AI will help students and educators in many ways. Some of the benefits of AI in education are,

- **Personalization:** AI can adapt to each student's level of knowledge, speed of learning, and desired goals, providing a personalized approach to learning programmes.
- **Tutoring:** AI can provide one-on-one learning experiences for students who need extra help outside the classroom. AI tutors and chatbots can answer student's question and sharpen their skills.

- **Quick responses:** AI can help students find answers to their most commonly asked questions in seconds through support automation and conversational intelligence. This can save time for both students and teachers.
- **Universal 24/7 access to learning:** AI can make education accessible for all students anytime and anywhere. AI can also overcome language barriers and provide translations for learners from different backgrounds.
- **Better engagement:** AI can use modern technologies like VR and gamification to make learning more interactive and fun for students. AI can also motivate students by providing rewards and recognition for their achievements.
- **Opportunity to find a good teacher:** AI can help students connect with qualified and experienced teachers from different locations and disciplines.

AI will help students and educators by streamlining the education process, optimizing learning outcomes, and enhancing teachers' practices. However, AI also poses some challenges and risks, such as ethical, social, legal, and technical issues, which need to be addressed by policymakers, researchers, educators, and learners.

Through automated grading systems and AI-driven assessment tools, students receive immediate feedback on their assignments, quizzes, and exams. AI algorithms can evaluate response, identify areas of improvement, and offer tailored suggestions for further learning.

Is AI good or bad for students?

The introduction of AI in the classroom might inadvertently minimize human interaction, which is a crucial part of the learning process. This reduction in face-to-face communication can negatively affect the development of social skills in students.

How will AI affect the future of education?

AI can analyze vast amounts of educational data to identify trends and patterns. This is especially useful for school administrators and decision-makers in education. AI

can predict student performance and help design strategies to improve outcomes. It can also identify areas where additional support is needed.

Will AI affect teachers?

Still, AI technology has shown great potential to change teacher's role in the classroom for the better by reducing their workload and making their instruction more efficient. One of the main benefits of Artificial Intelligence in the classroom is its ability to offer more personalized instruction.

What is the negative impact of AI?

Increased reliance on AI-driven solutions for tasks like customer service, companion robots, and virtual assistants could lead to reduce face-to-face interactions. Eroding social bonds and negatively impacting mental well-being.

Conclusion

AI has the potential to revolutionize learning, but challenges need to be addressed. Bias in AI models, lack of personalization, the potential for errors, and fear of job loss for teachers are among the challenges. AI models can perpetuate biases if trained on biased data, and they may struggle with individualized learning needs. Errors in AI recommendations or

feedback can impact learning outcomes. Additionally, there are concerns about the replacement of human teachers by AI. It is crucial to address these challenges to ensure that by in learning enhances outcomes. Careful consideration and ethical use of AI are necessary to mitigate biases, improve personalization, minimize errors and ensure that AI complements human teachers rather than replacing them.

R.Archchitha
Grade 13A (2024)

Obscured Luminance: Verses on the Enigmatic Abyss of Student Depression

In the depths of academia's hallowed halls,
Where knowledge reigns and ambition calls,
Lies a shadowed realm, unseen and deep,
Where sorrow's whispers silently creep.

Within the minds of scholars bright,
Reside the demons of the darkest night,
Where doubts and fears take root and grow,
In the fertile soil of minds laid low.

Amidst the pages of textbooks dense,
Lies the burden of academic pretense,
Where expectations loom with daunting force,
And failures echo, remorseless, remorse.

In the quiet corners of lecture halls,
Echoes the silence of lonely calls,
Where isolation's grip holds firm and tight,
And solitude dims the flickering light.

In the corridors of bustling schools,
Lies the weight of judgment, harsh and cruel,
Where comparisons breed insecurity,
And inadequacy blooms with tenacity.

Yet amidst the darkness, a glimmer of hope,
A beacon of light in the darkness's scope,
For in the depths of despair's despair,
Lie the seeds of resilience, steadfast and rare.

So let us reach out with empathy's hand,
To those who struggle in this barren land,
For in our kindness, lies the power to heal,
And in our compassion, hope's dawn we reveal.

K. Rubika
Grade 13(2024)

E- Commerce makes life better

E-Commerce refers to a company's ability to conduct an online business rather than through more conventional channels. In order to purchase the goods, we need, we must visit a store or mall. However, E-business allows any two or more parties to business relationship to communicate electronically. Usually, it aids business in gaining access to international markets, cost reductions and commercial opportunities. E-Commerce is a significant element in how successfully people's lives are becoming.

Generally, people choose purchasing products via e-commerce. They stated that it is comfortable and time saving as the reason. Here, delivery occurs quickly. For an instance, if you make a purchase, you will receive your order from an online store in two weeks. In addition to that, the cost is somewhat lower than that of the items at the market place.

E-Commerce has particularly provided new possibilities to alter business practices or develop modern business models over the past ten years. There is no doubt about the significance of e-commerce in this modern-day business. Many firms have adopted e-commerce and it even become a competitive advantage. It will be tough to compete in the near future without e-commerce adoption.

In a nutshell, e-commerce tends to make our lives so much easier as it saves time and allows us to receive our goods quickly. Moreover, it links us to business around the world and we can purchase items that are unavailable in our local market. As a final option, I'm aware of that using e-commerce to conduct online shopping is the best choice due to its convenience.

K.Abinayah
Grade 10^A

Brain VS Heart

All emotions such as fear, happiness, anger, resilience and compassion are born in the brain. We call only intellectual activities as brain activity. We code the heart for emotional activity. The word heart is used as another word for mind.

If your mind and heart start to talking to each other, how would they speak, and what would they say?



- Oh God, How many thoughts these people think and how many things they store? I'm so tired. This Lord has given such a noble profession.



- Enough stop your whining. Don't brag too much, You have never done bigger job than me. You are little smaller than me.



- What did you say ? Who is small? You are 300g to 400g, but the average adult human brain weighs about 3 pounds and has a texture like firm jelly.



- I don't mean appearance and weight but I am talking about excellence and funtion. No matter how big you are in weight, you are surviving because of my grace. If I don't give you blood, you will die.



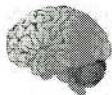
- What are you talking like a crazy person. The nervous system controls all the organs in the human body. Even where you have to take the blood, I have give the idea.



- Whatever you control other organs, you can not control my movement; I beat according to my will. Everytime I beat, my arteries carry 20% - 25% of blood to the brain. Even humans use me as a symbol for an emotional activities. Also the heart is the most used emoji around the world.



- Ha ha ha...Don't be proud. Don't you know that human heart is not as beautiful as that heart emoji symbol? Your true shape is conical. You have to understand that.It is not the heart that actually creates feelings, It's the brain that perceives it. For an example, all feelings and thoughts like fear, joy, anger, resilience and compassion are born in me.



:- Human only act based on knowledge. But I am the main organ that manifests the emotions of in the mind and is most affected by them. Don't you know this? No matter how much I try to give a feeling of fear. I am the one who beats faster and shows a response because of that fear.



:- Whatever you say, I am the central organ of human nervous system and everytime human recalls a memory or have a new thought, human creates a connection in the brain. I am larger and globular. I am protected by the bones of the skull and by a covering of three thin membranes called "Meninges".



:- I am nothingless. I am also the central organ of human circulatory system. I am located in the middle of the chest usually pointing slightly left and I am well protected by rib cage.



:- Shut up! your mouth, Strolce, Alzheimer's, Parkinson's Multiple sclerosis, Migraine and Amyotrophic Lateral sclerosis are just a few examples of brain disorder that have no cure.



:- Ok I agreed. May be the brain will paralyzed in the accident and the man will still be alive. This is called "Coma". But if the heart beat stops, he is considered as dead . So I am superior.



:- Stop enough, I myself will give wisdom and significance to a man during his life time. So I am the best.



:- Well I don't have time to talk nonsense like you! So I will do my work.

:- Hmm..I will also do my own work.

Dear Readers, decide for yourself who is the best through this conversation!!

**J.Diltresa & C.Ramya
Grade 13^CBio(2024)**

The role of Technology in Education today

Technology has become an unavoidable part of our daily life and its influence towards education is transformative. In today's dynamic world, technology takes part as a powerful catalysis for educational innovation. The role of technology in education encloses the use of digital tools, devices and resources to enhance teaching and learning. It ranges from interactive white boards and e-pads to online learning platforms, virtual reality and artificial intelligence.

Technology in education has the remarkable ability to make learning more engaging and motivational. Technology allows for tailored, personalized learning experiences. It breaks down barriers to education. It provides access to learning resources for individuals from diverse back rounds ensuring inclusivity.

The abundance of multimedia contents enriches the curriculum and leads the students towards immense learning experiences. Technology in education enables students to communicate and collaborate with the world of information. Use of technology prepares the students for the real world. It acquires digital literacy, critical thinking, problem solving and research skills that are increasingly valuable in today's work face.

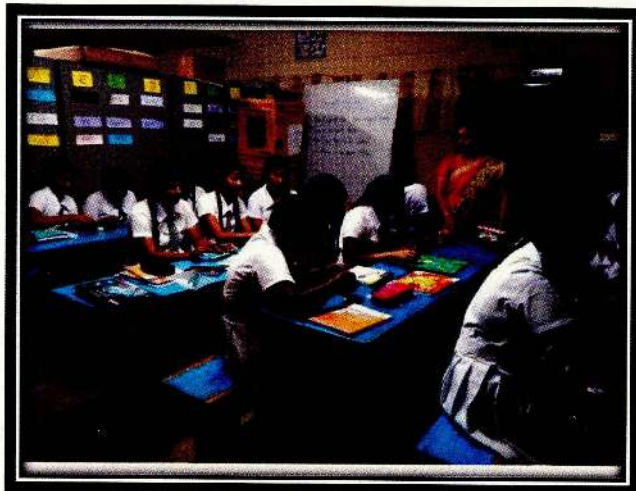
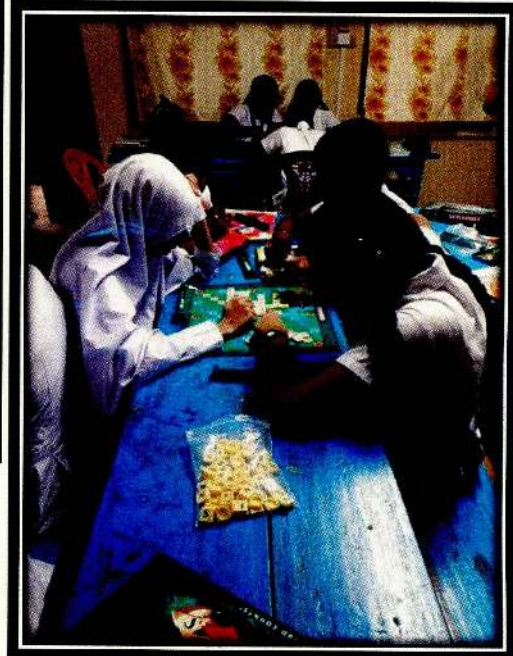
Technology streamlines administrative tasks for education, freeing up more time for teaching and personalized interactions with students. Implementing technology in education requires a careful planning, investment in infrastructure and integration of digital content in the curriculum. In addition, educators need more training and professional development to effectively use technology in the classrooms.

Adaption of technology in education is an investment in the future, uplifting the students with knowledge and skills that they need to thrive in increasingly digital and interconnected world.

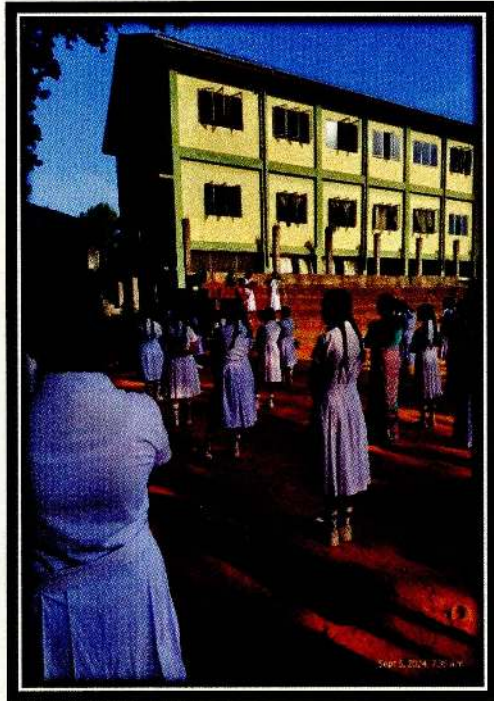
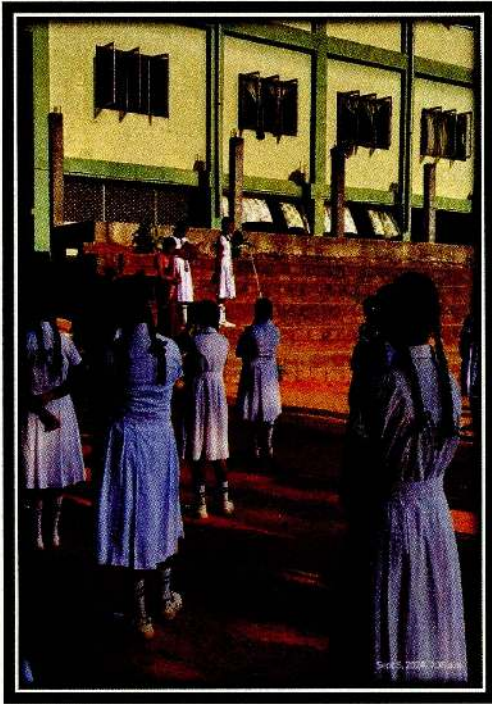
V.Akshaya
Grade 9^A

Activities conducted by the English Union

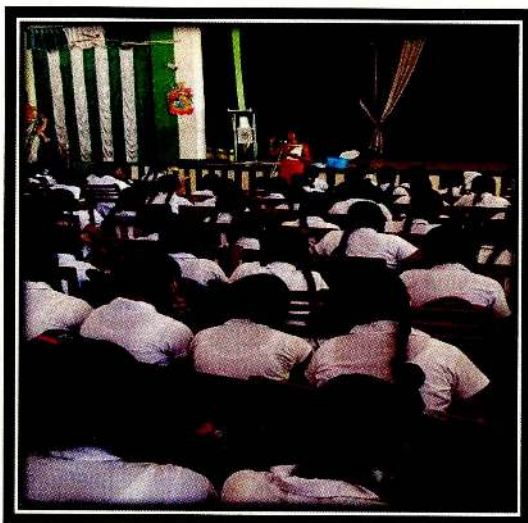
Scrabble Competition



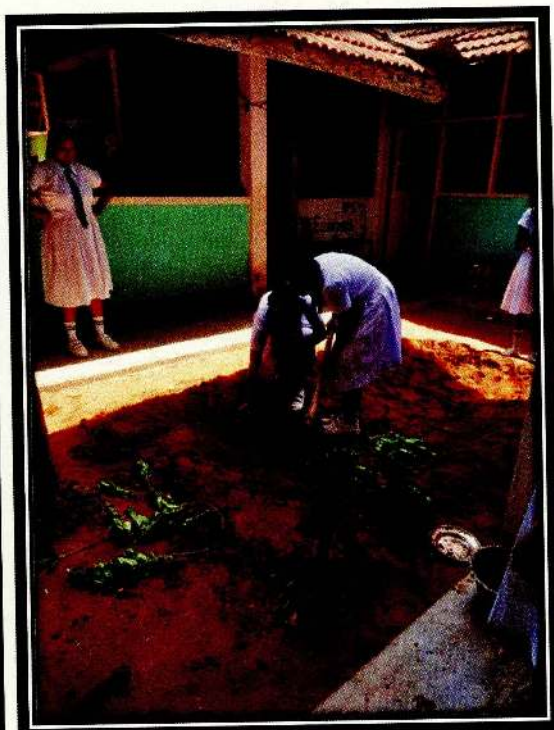
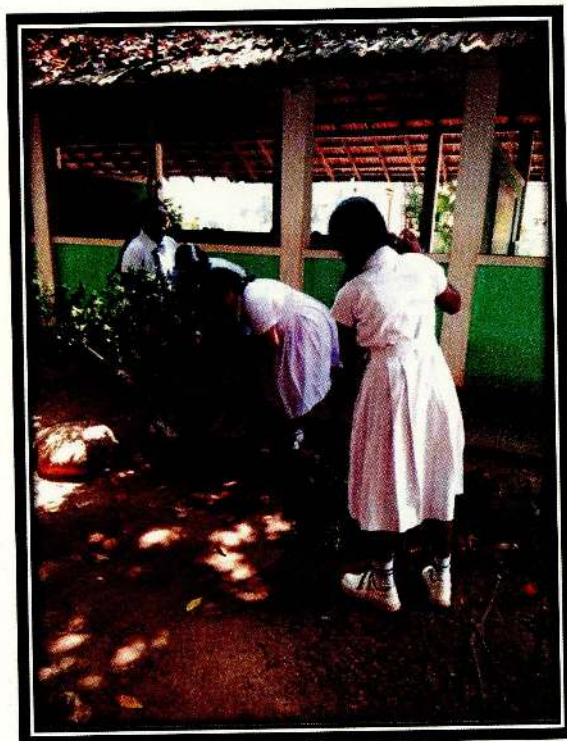
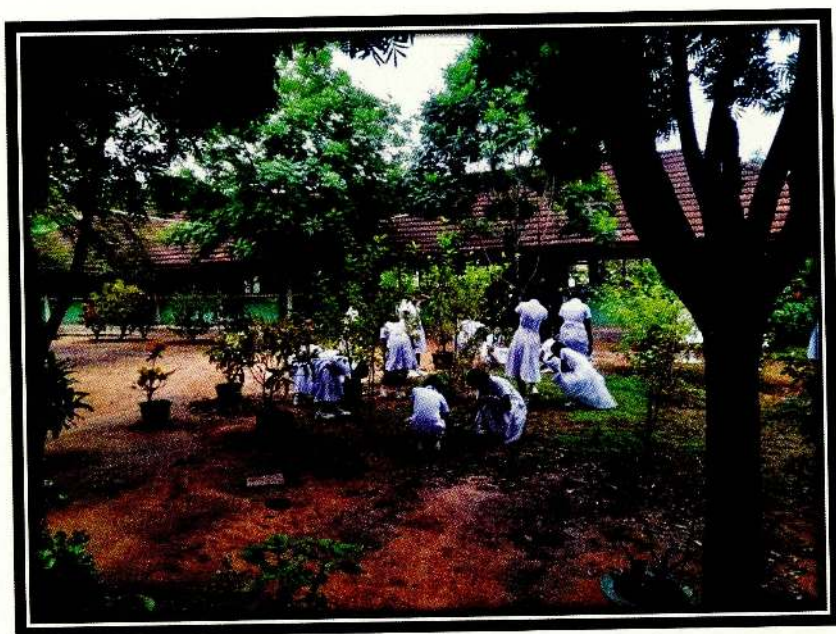
English Only Day



Enrichment Workshop for Grade 10 and 11 students



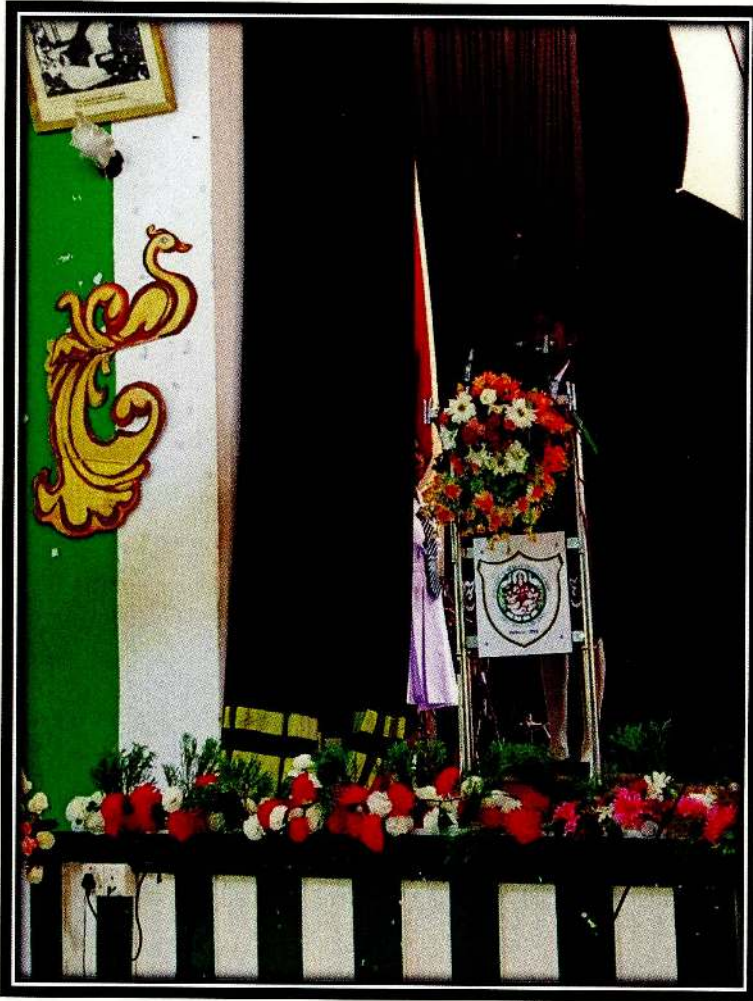
Shramadhana Campaign



Preparing for English Day Competition and got places in the competition



Gold Medal Speech Competition



English Day Celebration

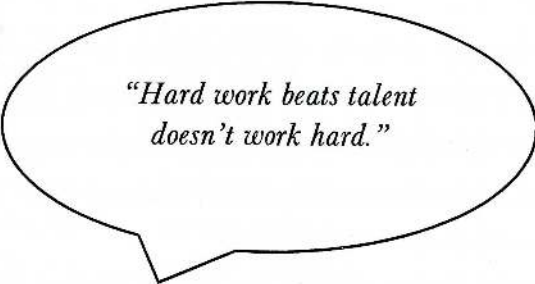




The animal I like most

The animal I like most is lion. The lion is the strongest animal in the world. It is the king of the forest. The lion never eats vegetables. If it is hungry, it can attack other animals like zebra, horse, deer etc....as a meal. The person who lives near the forest sometimes would like to take baby lion as a pet animal. And they will teach the baby lion a good lesson, after lion grow, they will put it into lion cage. We can see the lion at the zoo. It was inside the mirror cage. Inside the cage there was some trees and small swimming pool for lion to bathe and it has small house. Small tourist like to see the lion near them. In the forest if any other animal sees the lion they will hide. Because if lion sees them, it will attack them and lion is the king of the forest. I like to live as lion but not in a cage, but in the forest.

Y. Suhina
Grade 8^A



*"Hard work beats talent
doesn't work hard."*

The Benefits of studying English Literature

A everybody knows, English Literature is a written art. It has its own way of amazing facts.

Each and every language has its own literary works and great writers who wrote them. But the most famous and the most studied works of Literature belong to the universal language of English.

English Literature is famous for its wide range of genres and styles from great writers like Shakespeare, John Donne, Wordsworth and Emily Dickinson to modern writers like Maya Angelou and Kamala Das. English Literature is admired highly by many countries in the world and allowed to be studied in school because of its great works such as dramas, poems and prose. Sri Lanka is one of the countries which introduced this subject in 1992 to improve the English education of the country.

English Literature is famous for its vast elements and concepts such as themes, characters, plot, setting, style and point of view etc. It mostly explains human nature, social, political, religious, love and chauvinistic themes. In view of these qualitative tools, Sri Lankan government introduced English Literature to raise the quality of literacy value.

In Sri Lanka, approximately 10000 to 15000 students have been studying English Literature in G.C.E O/L and nearly 1000 students studying A/L English Literature consistently. This is one of the subjects with a high Z score for entering Universities. Not only Sri Lanka but also other countries like India, America and the United Kingdom give a great importance for the study of this subject.

By learning this subject, we can develop our critical thinking and analytical skills, improve language proficiency, cultural awareness and understanding of personal enrichment and creativity. This is the subject that opens the door for children who have a wide knowledge of imagination and creativity. It also helps the one who studies the subject to understand what personality, true love, nature and society is. Not only English Literature but also other literatures have the same flaws with different paths.

Literature is not only a subject.

It is door for your imaginative world

M.Elakkiya
12 Arts (2025)


**J/JAFFNA HINDU LADIES' COLLEGE ENGLISH DAY
COMPETITION- 2024**

ID	Grade	Name	Types of competition	Level				
				School	Divisional	Zonal	Provincial	National
1	6	K.Asvitha	Copy writing	1	1	1		
2		K. Suwasthiga	Copy writing	2	2	2		
3		M.Jilopsi	Copy writing	3				
4		P. Aaruthi	Recitation	1				
5		S.Maathumai	Recitation	2	1	3		
6		S.Amirtha	Recitation	3				
7		S.Nivethikka	Creative Writing	1				
8		S.Amirtha	Creative Writing	2	3			
9		S. Jasmika	Creative Writing	3				
10		P.Aaranika	Dictation	1				
11		J.Akshaya	Dictation	2	3			
12		E. Yogitha	Dictation	3				
13	7	S.Narmitha	Copy writing	1	1	1		
14		J.Kajerthini	Copy writing	2	3			
15		S.Thishalini	Copy writing	3				
16		B.Aathana	Recitation	1	2	2		
17		J. Aathina	Recitation	2	1	1		
18		M.Tharika	Recitation	3				
19		N. Kirishali	Creative Writing	1				
20		M. Harshika	Creative Writing	2				
21		K. Girishanginy	Creative Writing	3				
22		N. Kirishali	Dictation	1	2			
23		S.Lakshmehaa	Dictation	2				
24		G. Adchaya	Dictation	3				
25	8	G.Pirthiga	Copy writing	1	3			
26		S. Kefiya	Copy writing	2				
27		S.Sangavi	Copy writing	3				
28		S.Raagavi	Recitation	1				
29		S. Hanshaya	Recitation	2	2	3		
30		J. Subhiksha	Recitation	3				
31		J.Sathviya	Creative Writing	1				
32		S.Akshara	Creative Writing	2	2			

33		S.Sejaksha	Creative Writing	3				
34		P.Barnika	Dictation	1				
35		N.Saranki	Dictation	2				
36		P.Maathuri	Dictation	3				
37	9	E.Kavippriya	Copy writing	1	1	1		
38		S.Akkshithy	Copy writing	2				
39		S.Najika	Copy writing	3				
40		M.Samyuktha	Recitation	1				
41		V.Akshaya	Recitation	2				
42		N.Sahana	Recitation	3				
43		H.Ponfillya	Creative Writing	1				
44		V.Akshaya	Creative Writing	2				
45		N.Sahana	Creative Writing	3				
46		R.Nishankavi	Dictation	1	1	3		
47		S.Thamilini	Dictation	2	2	1		
48		S.Najika	Dictation	3				
49	10	S.Kishana	Copy writing (script)	1	3			
50		J. Saranja	Copy writing (script)	2	2			
51		S.Pavishana	Copy writing (script)	3				
52		B.Brithyba	Copy writing(cursive)	1				
53		D.Varunaja	Copy writing(cursive)	2	1			
54		T. Lishany	Copy writing(cursive)	3				
55		J.Sathursana	Recitation	1	3			
56		J.Akaliny	Recitation	2				
57		S.Varnika	Recitation	3				
58		T. Shagani	Creative Writing	1	1	3		
59		S.Varnika	Creative Writing	2	3			
60		S.Krithika	Creative Writing	3				
61		T.Shagani	Dictation	1	1			
62		S.Krithika	Dictation	2	3			
63		S.Jasmitha	Dictation	3				
64		S.Krithika	Oratory (prepared)	1	2			
65		T.Shagani	Oratory (prepared)	2				
66		E.Sathurja	Oratory (prepared)	3				
67		S.Varnika	Oratory (imprompt)	1				
68		S.Jasmitha	Oratory (imprompt)	2	2			
69		K.Mahathy	Oratory (imprompt)	3				
70	11	A.Akisana	Copy writing (script)	1	2			
71		J.Asnavi	Copy writing (script)	2	3			
72		J.Aswini	Copy writing (script)	3				

73		C.Thushara	Copy writing(cursive)	1	3			
74		K.Kajathiri	Copy writing(cursive)	2				
75		S.Anoska	Copy writing(cursive)	3				
76		A.Tharanika	Recitation	1	1	1		
77		N.Bairavy	Recitation	2	1			
78		S.Sainika	Creative Writing	1				
79		J.Akshara	Creative Writing	2				
80		S.Januka	Creative Writing	3				
81		N.Jananeey	Dictation	1				
82		K.Narthaki	Dictation	2				
83		C.Rammiya	Dictation	3				
84		R.Ragavi	Oratory(prepared)	1		1		
85		N.Bairavy	Oratory(prepared)	2	2			
86		N.Janani	Oratory(prepared)	3				
87		J.Akshara	oratory(imprompt)	1	1	3		
88		M.Akshaya	oratory(imprompt)	2				
89	12	K.Sharmija	Copywriting(script)	1	2	2		
90		R.Parmini	Copywriting(script)	2	3			
91		S.Kowsika	Copywriting(script)	3				
92		J.Ajajini	Copy writing(cursive)	1	1	2		
93		R.Aswini	Copy writing(cursive)	2	3			
94		K.Milrukshi	Copy writing(cursive)	3				
95		E.Ubhashagee	Creative Writing	1	1	1		
96		C.Kajanika	Creative Writing	2	3			
97		M.Elakkiya	Creative Writing	3				
98		E.Ubhashagee	Dictation	1	2	3		
99		A.Abinaya	Dictation	2				
100		K.Boojitha	Dictation	3				
101		E.Ubhashagee	Oratory(prepared)	1				
102		P.Pooja	Oratory(prepared)	2	2			
103		M.Elakkiya	Oratory(prepared)	3				
104		P.Pooja	Oratory(imprompt)	1	3			
105		E.Ubhashagee	Oratory(imprompt)	2				
106		K.Nishani	Oratory(imprompt)	3				
107	13	K.Rasmika	Copywriting(script)	1	1	2		
108		S.Gajanika	Copywriting(script)	2	3			
109		V.Kiruththika	Copywriting(script)	3				
110		N.Sampavi	Copy writing(cursive)	1	3			
111		M.Sangavi	Copy writing(cursive)	2	2			
112		R.Sharugi	Copy writing(cursive)	3				

113	S.Thushara	Creative Writing	1				
114	N.Yanani	Creative Writing	2				
115	B.Mathusana	Creative Writing	3	3			
116	N.Yanani	Dictation	1	1	3		
117	S.Thushara	Dictation	2				
118	G.Jayanthini	Dictation	3				
119	S.Thushara	Oratory(prepared)	1	1			
120	L.Jathavi	Oratory(prepared)	2				
121	S.Thushara	oratory(imprompt)	1				
122	S.Aruna	oratory(imprompt)	2	1	1		
123	S.Vaishnavi	oratory(imprompt)	3				



In the dance of dreams,
she takes her stand,
With courage as her guiding hand
With every leap,

she breaks the chain,
Defiant spirit,
she will reign.

Through trials faced,
and battles won,
Her journey's tale,
forever spun.

In lady's leap ,
we all behold,

The power of women

and their

