

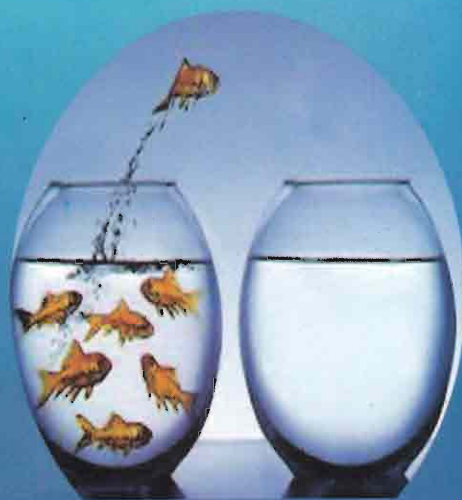


# *Ladies Leap*

*J/Jaffna Hindu Ladies' College*



*Leaf 2*









# LADIES LEAP

## Leaf – 02



**English Union  
J/Jaffna Hindu Ladies' College  
2015**

## **LADIES LEAP**

**Leading**

**Accurate**

**Delicate**

**Informative**

**Educative**

**Successful**

**Luxuriant**

**Elegant**

**Admirable**

**Productive**

## **Committee Members of English Union**

**2015**

### **Patron**

**Mrs.M.Vimalanathan**

### **Teacher – In – Charge**

**Mrs.S.Thayalan**

**President :- Miss.Praveena Sathiyamoorthy**

**Secretary :- Miss. Kirusika Seevarathnam**

**Vice President :- Miss.P.S.J.Princeshica**

**Vice Secretary :- Thuvaraka**

**Saravanapavananthamoorthy**

**Treasurer :- Miss. Shanmukajini Ketharanathan**

**Editors :- Miss. Gayathri Kulasingam**

**Miss. Ginocha Jeyakanthan**

## English Union – 2015



### Sitting L – R

Mrs.S.Sivanathan (Deputy Principal), Mrs.S.Thayalan (Teacher -in - charge), Mrs.M.Vimalanathan (Principal), Miss.S.Praveena (President), Mrs.L.Lingeswaran(Vice Principal)

### Standing L- R (First Row)

Miss.G.Anojika, Miss.J.Ginsha, Miss.T.Priyanka,  
Miss.K.Shanmukagini, Miss.J.Thadsika, Miss.S.Dilani, Miss.K.Gayathiri,  
Miss.S.Siyana, Miss.H.S.F.Rishmiya

### Standing L- R (Second Row)

Miss.S.Kirusika, Miss.S.Thuvaraga, Miss.S.Janaranjani,  
Miss.P.S.J.Princeshica, Miss.N.Roothniyomi, Miss.P.Vithusha,  
Miss.K.Subahari, Miss.K.Rajani



## English Teachers - 2015



### Sitting L – R

Mrs.S.Thayalan, Mrs.S.Sivanathan, Mrs.M.Vimalanathan,  
Mrs.L.Lingeswaran, Mrs.K.Tharmakunasingam

### Standing L – R

Mrs.S.Krishnaa, Mrs.S.Roshan Thevabalan, Mrs.M.Uthayakumar,  
Mr.C.L.W. Patric, Mrs.R.V.Lucas, Mrs.S.Arivarasan,  
Mrs.S.Brihadiswaran

## **International Schools Award**

### **Teachers Committee**



### **Students Committee**



## Message from the Assistant Director of Education – English



I am very happy today to hear the news that the second issue of **Ladies Leap** has been released. I am writing this message to you to congratulate you on this achievement. I am very glad to hear that your magazine has reached to this position. I still know the day when you cherished first time to set up a magazine in front of me. I also remember that day when you actually started the magazine. Everything materialized because of your firm determination and commitment.

English Day function along with the second issue of **Ladies' Leap** is a time of celebration and triumph and marks the end of one phase and beginning of the next phase. It is a very proud moment for the students, parents and teachers who have all contributed their part in the end result. The students have worked hard with focus, determination and discipline. Teachers have done their utmost help by encouraging and motivating the students to perform at optimum and achieve the end result.

This could only be achieved by your hard work and talent. The credit goes to every one of the working staff who sometimes worked beyond the expectation of money for the magazine. I am really proud of you as you have the ability to make impossible to possible. I hope your magazine performs even well in future.

Congratulations to you once again for **Ladies' Leap** second issue.

**K. Subramaniam**

**Assistant Director of Education – English**

**Zonal Education Office**

**Jaffna**

### Message from the Principal



It is with pleasure that I pen few lines to “Ladies Leap” Magazine of the English Union containing purely the creations of our students. It has varieties of genres that are very useful to the students.

In the modern era, there has been much focus on competency based learning especially in English language and Information Communication Technology. Thus releasing an English magazine has given ample of opportunities for the students to upgrade their standard of English language, reach the related competencies, and develop their critical thinking, organizing skills and creativity.

This forum is a good stage for the students to showcase their skills and talents. I hope that students must make use of the chances given to them and improve their language skills.

I congratulate the teachers and students for their collaborative efforts in making this “Ladies Leap - Leaf-2” a reality.

I wish the English Union to continue their activities more efficiently and enthusiastically in future and release the magazine annually. May god bless and guide them in all the ventures they undertake.

Mrs. Mimalathevi Vimalanathan

Principal of Jaffna Hindu Ladies' College

## Message from the president of English Union



Internationally people consider , English is the important language for our career. We won't be able to survive without the knowledge of English in future. In this regard schools have major role in preparing the young generation to meet this challenges that awaits for them .For the purpose of promoting English knowledge, we are celebrating the English day annually and have been releasing the magazine "Ladies Leap"- Leaf 2

"Ladies Leap" is a magazine which has been released to bring out creative ideas, abilities, skills, talents and new innovations of our students. The creation of "Ladies Leap" is not the idea of one person, it is the creation of many.

In the developing globalized fast moving world students haven't time to read and find new things. Releasing of magazine will induce them to read. As you all know "Reading maketh a fullman". we must develop the habit of reading At present , as all of us sunk in the social networking sites, the sustainability of reading habits become doubtful. In this effect, releasing magazine will motivate this habit among students.

My special appreciation goes to all who had been the backbone to 'Ladies Leap' and to those who encouraged us. In future this magazine will place a big foot. I wish the magazine a long life and I am pretty sure that our college history will be decorated by this creation.

## Message from the Teacher-in-Charge



I have great pleasure in conveying a message to Ladies Leap – Leaf 2 at this special occasion of our English Day.

In this fast moving technological world English plays an important role. I'm sure this magazine gives an opportunity to the students to display their talents. At the same time it helps the students to develop their reading habit. In order to develop students' creativity 'Ladies Leap', the second leaf flourishes among us.

Our English Union has given many chances to the students to show their hidden talents. The forum has given the students an opportunity to improve their creativity and writing skills.

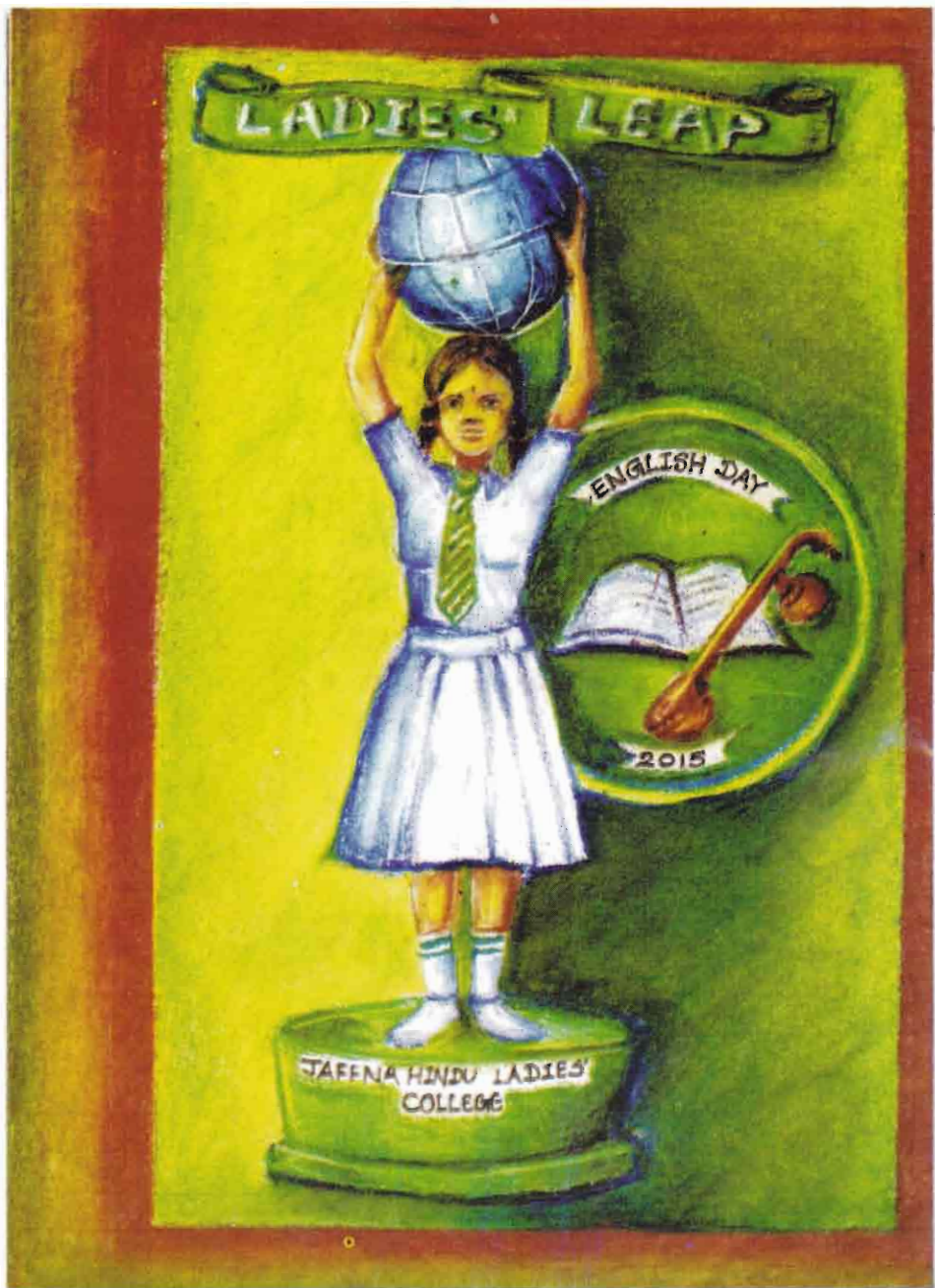
Our sincere thanks goes to those who took immense trouble in releasing this magazine and helped us in many ways to bring this occasion a success.

Mrs.S.Thayalan

Teacher-in-Charge

English forum





J.Thad'sika  
Gr13<sup>A</sup> com



# Welcome to J/Jaffna Hindu Ladies' College



Nice and  
fresh location



Good education



Promoting  
good values  
and ethics



Great  
achievements



S.Kirusika  
Gr13<sup>B</sup> Maths



## **Content**

1. My Ambition
2. Who is he?
3. Nessi and Luxi
4. Friendship
5. The Pinnawala Elephant orphanage
6. Sri Lankan Tea
7. Animals our friends
8. Good Health Habits
9. Benefits of Doing Cross Word Puzzles
10. Cross Word Puzzles
11. Coconut Tree
12. The Career I Like Best
13. Solar System
14. English Idioms
15. Inventions that Change the World
16. Football the World Famous Outdoor Game
17. Advantages and Disadvantages of Telephone
18. International Day of Yoga
19. The Role of English in Sri Lanka
20. Dialogue on preparing class magazine
21. Information Technology
22. Where is our Society going?
23. Anti Bullying
24. Famous worship places in Sri Lanka
25. Health is wealth
26. Poster
27. Benefits of Palmyrah Palmtree
28. Knowledge is Power
29. English as a link language in Sri Lanka
30. Biomes
31. The English Day Celebration
32. Water & Electricity
33. Importance of English
34. Holidays
35. Robots
36. Welcome to Thaipongal

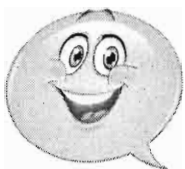
### ***37. My Ambition***

Different people have different ambitions, some want to be rich, some wish to become leaders of the country to gain honour, some desire to be great scientists. There are others who are mainly led by a spirit of adventure. The latest craze among young boys and girls is to go to foreign countries. Their aim in life is to earn a lot of money within a short period. I am a human being. I too have my own ambition.

The ambition in life is not wealth, power or high social status. My ambition is simple enough. It is to offer my service to the poor and down-trodden. I will do my best to help those who need my help. This being the cause I have decided once and for all to spend the rest of my life in the service of suffering people.

My ambition is to become a doctor. As a doctor it will be my objective to charge only reasonable money for medicines supplied to my patients. I do not want to collect any wealth for my bare necessities. I will work hard. I shall earn the reputation of being a good doctor. I shall always help the poor and needy. May god help me to achieve it.

## Who is he?



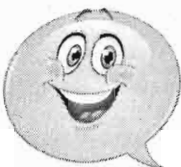
He works in a hospital. He examines the patients and identifies diseases. Then he gives medicine and cures the diseases .

WHO IS HE?



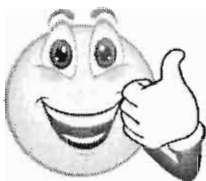
He works in gardens and fields. He grows crops. He sells vegetables and fruits at the market.

WHO IS HE?



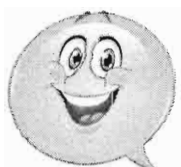
He is a person who teaches students .He works in schools. He teaches different subjects.

WHO IS HE?



He uses rotating disk. He makes pots, cooking vessels, water jugs etc.

WHO IS HE?



He is a person who makes clothes. He stretches the clothes and he makes new designs and modern clothes.

WHO IS HE?

**Doctor      Farmer      Potter**

**Tailor      Teacher**

## **Nessi and Luxi**

One day a school decided to go on a trip. They decided to go to Kandy Lake in Sri Lanka. After one week they went to the Kandy Lake. Monsters mostly lived in this place .All the children played in the side of the Lake .And some of them put the stones and garbage into the lake .When they put them in the water, the water splashed .They did it several times. Then some body shouted “stop it”. They looked around .But there was no body .Then they put the stones again and again suddenly a sound was heard “mmmmm.....” from behind. They looked around and saw a monster came laughing.”Ah ah ah ah.... “All were afraid and ran away. A girl name Luxi, she was in that place .The monster said “Don’t be afraid, I’m not a harmful animal. I am the relation of dinosaurs. My name is Nessi. Don’t put any garbage and stones .It pollutes the lake and it will affect the bio diversity”. Then Luxi said “Oh I’m sorry, I never do it again. Thank you for your advice”. Nessi said, Do you want to come a ride with me to see the Kandy Lake?”. Then Luxi said “Yā I want to come with you for a ride” and they looked around the Kandy Lake. Then Nessi took her to site carefully .Then Nessi said” if you come again and want to go for a ride, you can call me”. The girl said, “Ok friend thanks again for your advice and good bye”

**“You will be blessed if you listen good advice given by the elders.”**

**B.Karani**

**Gr 10<sup>A</sup>**

## Friendship

Friendship is  
Not just a word  
It's a bond  
That evolves through time  
Never withers in storm  
Never fades in distance  
Friendship is  
What we love to  
Share every day!

A.Menuja  
9<sup>D</sup>

## Friendship

Oh! What happiness it is  
    To have a friend like you.  
For giving me pleasure  
    The way you behave  
For encouraging me  
    When I'm feeling down  
And making a smile on my face  
    When I'm in trouble.  
Thank you for becoming a friend,  
    There are no words  
To explain our friendship  
    Though, I tell you.....  
Friendship is the best  
    More than any relationship  
This is true  
    Like ours.

T.Tharsiga  
7<sup>B</sup>

## **The Pinnawala - Elephant orphanage**

The Pinnawala elephant orphanage is situated in Kegalle district. The aim of the orphanage is to save guard and care for the abandoned and orphaned wild elephants. There are more than fifty elephants. The elephants are taken to the river twice daily for a bath and all the babies under three year of age are still bottle fed by the Mahouts and volunteers.

The orphanage is very popular and visited daily by many Sri Lankan people and foreigners. The main attraction is to observe the bathing elephants from the river bank. The orphanage also allows visitors to observe the herd interacting socially and playing.

B. Abinaja

9A

## **SriLankan Tea**

Ceylon tea is one of the most popular and tasty tea among many consumers around the world .The most preferred varieties are instant tea, black tea and green tea.

In 1867 an Englishman named James Taylor started the first tea estate in Lulkandura and Hewahete in Kandy. Tea grows well in Nuwara Eliya, Kandy, Badulla, Ratnapura, Kegalle and Matale districts.

Green tea is mostly exported to Pakistan, Japan and Morocco. Middle East countries prefer black tea. There are different flavours in instant tea such as strawberry , pineapple, lemon and apple.

In the beginning, SriLankan could export only a small quantity to other countries. But after 1997 the tea production increased and it has been added to the country's economy by exporting good quality tea. The Sri Lankan provides the best tea to the World.

## **Animals are our friends**

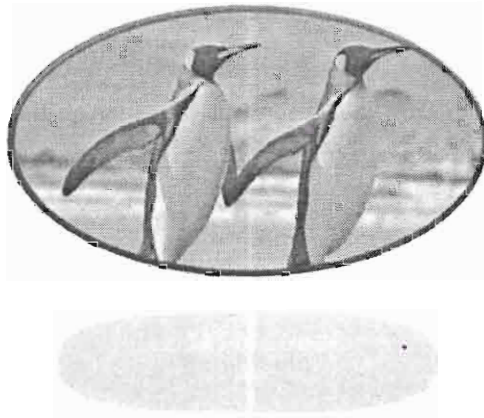
### **Polar bear**



Polar bear is the largest meat eating animal on earth. It is a powerful swimmer, in the layer of blubber to prevent from freezing. It has hairy soles on feet. It can run at a speed of 38km/hr.

### **Penguin**

Penguin is a bird .It lives by the sea and eats fish .This black and white bird can't fly. It can swim very well. It has very small wings. It has short legs and large feet.



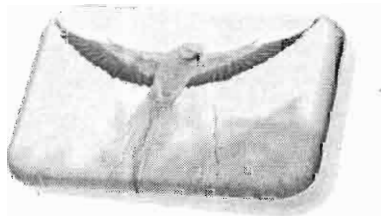
### **Cow**



Cow is a domestic animal. People worship it. It eats grass. It can give milk. It has four legs. It has a long tail.

### **Parrot**

Parrot is a green bird. It has a red sharp beak. It can speak. It eats fruits. It has a red ring around neck. It has a long tail.





## **Good Health Habits**

In our everyday life, we see people who live in many different ways. Some are clean, some are dirty and some who got both the qualities.

Good health habits are very essential to stay away from diseases and to lead a good and happy life. To maintain this life, we need healthy environment at school and home, good healthy food and daily exercises.

Creating a healthy environment at school and home is a necessary factor for the school going children.

We can face this polluted world successfully by growing plants around our homes and discarding things like plastic wrappers, old tyres and other waste materials. These things not only pollute our homes, but the whole environment. We can grow flower plants, fruits, trees that can be useful. These kinds of trees and plants make our garden beautiful, produce fruits, and also they suck up unhealthy gases such as Carbon Dioxide. Creating a healthy environment in schools is very easy since Shramadhana Campaign could be organized and make the children to clean the compound, grow trees and to maintain a proper garbage system. If the children are advised in a regular basis to maintain the compound clean and not to throw garbage everywhere and make them use the garbage system, we can easily create a healthy environment in our schools.

If the schools and homes are maintained properly, it is easy to create healthy environment. Teachers, parents and students should concentrate more in this field.

Taking healthy food is another essential thing in fact it is very important in our lives.

We should always eat the best of food. We have to wash fruits before we eat and wash vegetables before we cook because they may contain chemicals which will cause dangerous diseases. We must eat food which has Carbohydrates, Proteins and Minerals which are needed to provide energy.

These steps if done properly, will not only keep us fit, but also help us to have a healthy and happy nation.

Exercising is another important thing. If we have to stay healthy and fit. It helps our body parts function properly.

Exercising means not only running and weight lifting but taking part in sports also necessary. Because sports keep the body in a good shape and it helps us to stay healthy by burning fat and reducing the fatty tissues inside our body.

Fat causes most of the diseases and it makes a man very unpleasant to look at exercise prevents this and makes us healthy pleasant and active.

Hence keeping our home and school clean and beautiful, taking good food and doing exercises are good health habits.

These good health habits will give us healthy body, good and happy life and help us to achieve our goals.

Utharsika.S

2016 A/L

## **Benefits of doing crossword puzzles**

Crossword puzzles have a great deal of benefits. Many think of them as just insignificant word games or simply games for brain. Anyone can benefit through doing crossword puzzles. But they don't realize how it helps us to become a better personality.

### **Enhance sharper thinking skills**

Doing crossword puzzles daily helps sharpen your mental skills. By reading the clues and looking at the corresponding slots, you already know how many letters the answer has. For each letter filled in, you have an additional clue as to what the answer may be. This will make you brainstorm for possible words, that are synonymous with the given clue. Now you face a challenge as you try to come up with just the perfect word with enough practice and creativity, soon or later you're bound to come up with it.

### **Improve your vocabulary**

Solving a puzzle helps improve your vocabulary. All puzzles contain one-word clues that call for another word meaning the same thing. Your mission is to find it. This is where a dictionary or thesaurus comes in handy. Once you've found the word and it fits you're related with your success. You just learned the meaning of the word. After doing numerous puzzles you will become familiar with words, you never know about before. You may even find yourself using them in daily conversations with peers, using them in job interviews, on the job, writing assignments or when doing business.

### **Improve your trivia knowledge**

Crossword can and will increase your trivia knowledge. Surely there have been times when you had conversations with others about subjects relating to TV shows, movies, music, books, sports, etc. If you have a great interest in trivia subjects, you'll find that doing many of them will teach you interesting title tidbits. If trivia knowledge is important to you, you may seek out subjects-related crosswords as movies, music, sports etc, found in magazines.

### **Provide spare time entertainment**

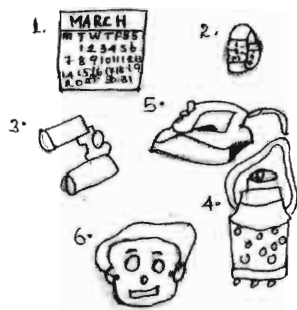
Finally, crosswords are a great source of entertainment. Once you've done a few, you may become addicted to them. Each clue you solve will give you a feeling of satisfaction. Even searching for answers can be fun. On your way to finding a particular answer, you may stumble upon other interesting information you weren't even seeking out. As you search the net, you may discover a fascinating site you never knew about. As you look up a word in the dictionary, you may spot another word that catches your eyes. Simply take a few seconds to read its definition and viola. You've just learned a new word. Many enjoy games as Trivial Pursuit and Scrabble. These games make us aware of how smart we really are..... Crossword puzzles can achieve that same effect. You can strike up conversations with a crossword. You can challenge others around you. Even those who never do them may be tempted to try to solve some of the clues.

A.Mitnursha

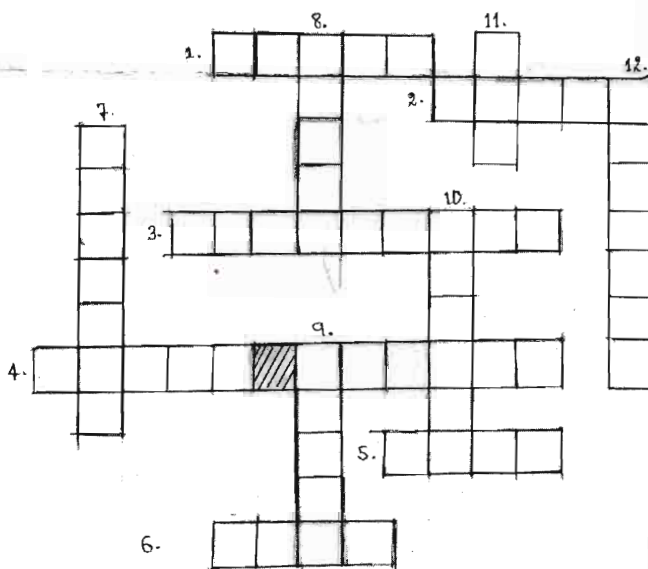
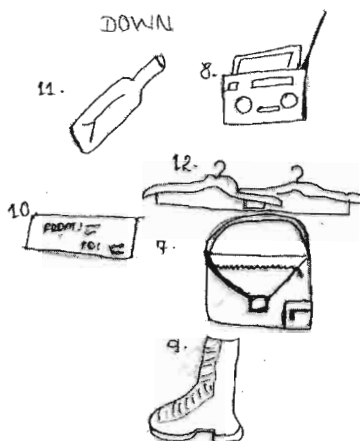
12<sup>A</sup> Com

# Cross Word Puzzles

ACROSS

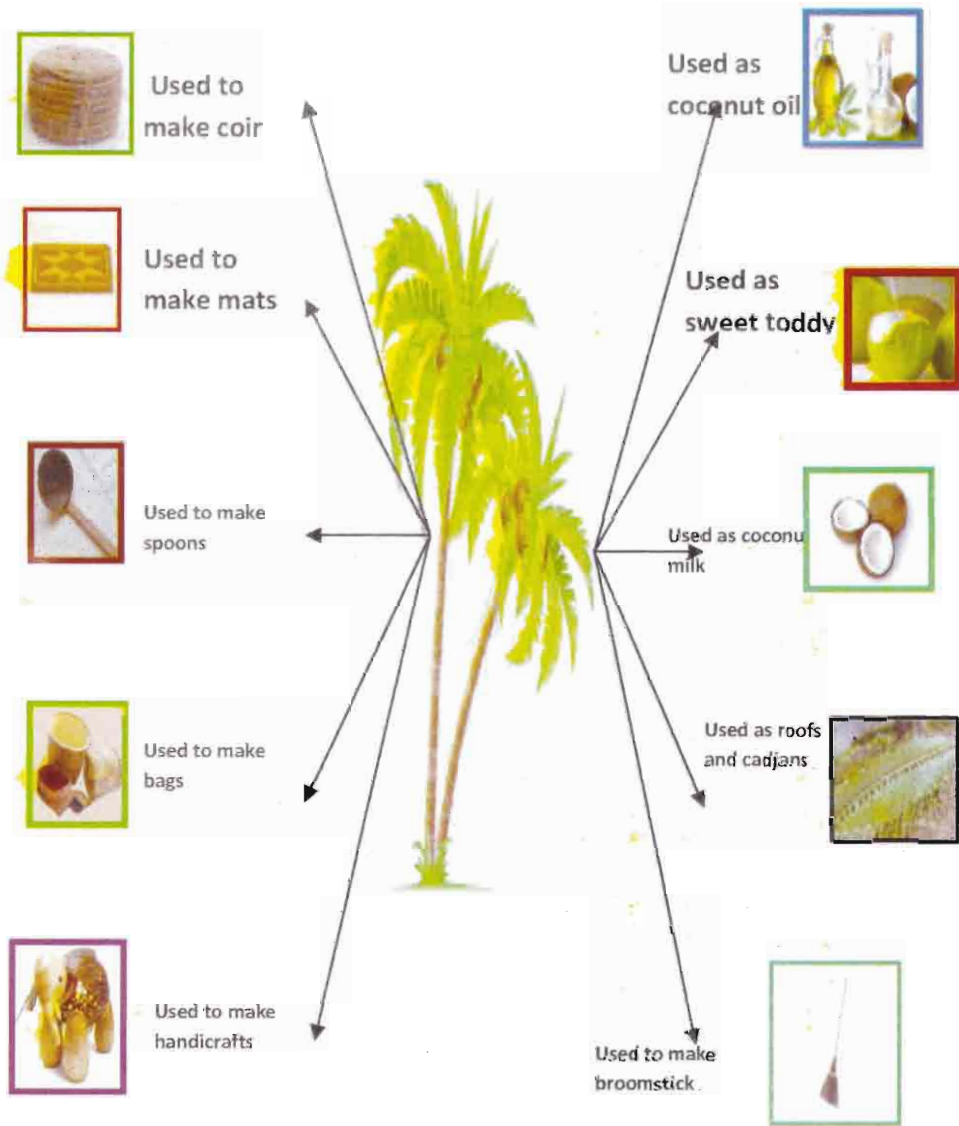


DOWN



A.Mithursha  
2017Com<sup>B</sup>

# COCONUT TREE



P.Arabi

Gr - 7<sup>B</sup>

## THE CAREER I LIKE BEST

Most people live in this world without a target. They lead their lives as it comes. That type of life is dull and often ends in mystery. It is true that we can't accomplish everything we want to do. But it is also natural that we have to plan before we do. We must have a clear idea about our future. We should fix a target in our life and work hard towards it.

Science and technology has completely changed our life style .Occupations have multiplied. Some new occupations bring quick money. Some carry power and authority. Some are monotonous. But teaching is an old profession that still seeks to serve society I like teaching than other jobs.

In the olden days a teacher was meant of be a well learnt and highly disciplined person. He was given a noble place in the society .In the modern times he is well regarded .He holds the responsibility of guiding a child from the kindergarten. He not only imparts knowledge, but also makes the child disciplined and cultured. Progress and prosperity of a country depends directly on the teacher. I believe teaching is indeed rendering spiritual service to a man.

It is true children are simple innocent and charming. It is a great joy to be in their midst. A teacher enjoys every moment of his time with the children in the classroom. It gives him happiness and satisfaction in his life. When a child becomes a man, he still pays thanks to his teacher. There are thousands of hearts to think of a good teacher with gratitude. He is remembered and thanked even after his death. What career can be there to match teaching.

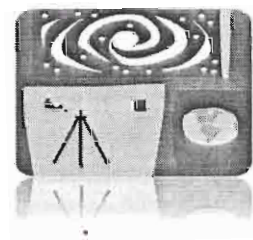
In my conclusion If I become a teacher and teach a child that becomes a man and pays thanks to me, I would feel that I had done a good deed in my life.

Hamsha Selvasenakurukkal.

Gr-11<sup>A</sup>

## Solar system

1. Our solar system is located in the galaxy of milky way.
2. Our solar system was the result of proto star get broken in to several parts.
3. Sun is one of the stars in our galaxy.
4. Eight planets including earth and their satellites, dwarf planets , millions of asteroids and some comets revolve around the sun.
5. Main energy source of our solar system is the sun.
6. Energy produced here is converted as light, heat and radiation for survival of organisms.
7. The diameter of the sun is approximately 1.39 million kilometer.
8. Outer border of our solar system is Kepler's belt.
9. Inner planet are solid but outer are gaseous.
10. Ganymede and titan are larger than planet Mercury.



N.Mirunalini



## English Idioms

Apple of the eye	Something greatly cherished
To have no backbone	Have no strength of character
Bag and baggage	With all one's belongings
A bed of roses	An agreeable situation
To bell the cat	To do a bold act
A black sheep	An ill-conducted person in a company
In black and white	In writing
Once in a blue moon	Very rarely
To build castles in the air	Indulge in impossible schemes
A cock and bull story	An absurd story
A cat and dog life	Continuous quarrel
A dog in the manger	A selfish person
Take French leave	To go without permission
Heart and soul	Enthusiastically
In a nutshell	In a few words
Thick skinned	Not sensitive
Spick and span	Very neat and tidy
To beat about the bush	To give an evasive answer
Good wine need no bushes	Good things need no advertisement
To come off with flying colours	To come off successful
A give and take policy	compromise

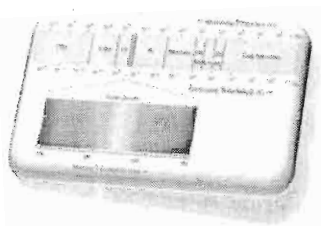
P.S.J.Princeshica  
Grade 13<sup>C</sup> Arts

## Inventions that change the world

### Electromagnetic radiation



Electromagnetic radiation of wavelengths other than those of visible light was discovered in the early 19<sup>th</sup> century. The discovery of

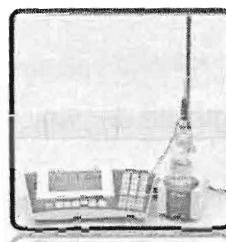


infrared radiation was described to astronomer William Harchel, who published his results in 1800.

### Electric pH meter



Arnold Orvillie Beckman was an American chemist, inventor, investor and philanthropist, and professor at Caltech. pH meter is used for measuring acidity.



○

### Electric light

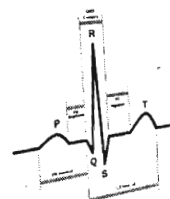
Philip H.Diehl was a German -American mechanical engineer and inventor who invented inflorescent lamp, electric motors for sewing machines and ceiling fans.



### Electrocardiography



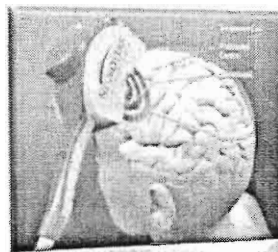
William Einthoven was a Dutuch Doctor and physiologist .He invented the 1<sup>st</sup> practical electrocardiogram –ECG in 1903 and he received the noble prize in medicine.



## Electroconvulsive Therapy



Lucio Bini was an Italian psychiatrist and professor at the University of Rome. He researched and discovered method of electroconvulsive therapy, a type of shock therapy for mental diseases.



## Electroencephalography



Hans Berger was a German neurologist best known as the inventor of electroencephalography in 1924, coining the name and discoverer of the alpha wave rhythm known as 'Berger's Wave'.



## **Football the World Famous Outdoor Game**

A game is an activity involving one or more players. Games are played primarily for entertainment or enjoyment. But many games serve as exercise to our body.

Football is a team sports played between two teams of eleven players each. It is a ball game played on a rectangular grass field with a goal at each end. This objective of the game is to score by maneuvering the ball into the opposing team's goal. The winner is the team which has scored the most goals at the end of the match.

Football is played at a professional level all over the world and millions of people regularly go to football stadiums to follow their favourite team- whilst millions more avidly watch the game on television. A very large number of people also play football at an amateur –level. In many parts of the world football evokes great passions and plays an important role in the life of individual fans, local communities and even nations. It is therefore often claimed to be the most popular sports in the world.

There are many world wide international football competitions. One of the major international competition in football is the world cup organized by Federation International Football Associations. Over 190 national teams compete in qualifying tournament within the scope of continental confederations for place in the finals.

The final tournament, which is held every four years, now involves 32 national competing teams . The last world cup took place in Germany in 2006. The football star I admired most in football is Edson

Arantes do Nascimento, nick named Pele. Pele is a former Brazilian football player and thought by many to be the finest player of all time. Often considered the perfect attacking player, he was completely two-footed, a prolific finisher, exceptional at dribbling and passing and was a remarkably good tackler for a forward. He was also famed for his speed and strength on the ball. Since his full retirement he has served as an ambassador of the sport.

Avanthika.A

Grade 9

## **Advantages and Disadvantages of Telephone**

Telephone was invented by Graham Bell in 1876. It is a media which is highly used to convey the message to each other. There are many advantages and disadvantages in using telephone. First let's consider the advantages. It helps to get hold of someone in an emergency situation. It is helpful to communicate with anyone in the world. Nowadays the world has shrunk and become like a palm of a hand. We use telephone to fulfill our urgent needs.

There are many kinds of facilities in telephone such as alarm clock, radio, calculator, games, internet, calendar, torchlight, camera, video, map, and dictionary. It also helps us to convey the message with less cost. It gives us entertainment in the time of weariness. It allows us to keep in contact with others and know who they are. It will be helpful to the officers to have contact with their staff.

Although there are many advantages, we can see the disadvantages too. When we use the telephone in an improper way, it will give us only bad effects. Some students are addicted to playing games, because of that they had to lose their education. There are people who chat over the telephone unnecessarily. They face a lot of unwanted problems.

Although there are advantages and disadvantages in telephone, it is our duty to avoid disadvantages and use it in a proper way

Rujany Kunasekaram

2017 A/L

## **International Day of Yoga**

What is Yoga? It means a physical, mental and spiritual practice or discipline that originated firstly in India. The word 'Yoga' derives from Sanskrit and means to join or to unite, symbolizing the union and consciousness. Today, it is practiced in various forms around the world and continues to grow in popularity. Yoga is one of the most used methods in the mind-body connection. It refers to a type of exercise based on controlled breathing, diet, exercise and a series of physical posture. This exercise is common to meditation and relaxation. It is very useful because it helps us to control ourselves, contributes to health and works as a stress reducing agent.

Concentration, meditation and contemplation are the basic three steps of Yoga. It is mainly recommended to the people who are very active and demanding life. Concentration helps to focus on some ideas or things, that means, totally removing one's other thoughts of the environment than one's visualization. Yoga is not only for teenagers it is also useful to the old people who are feeling the stress. It is a very good source of stress reducing.

Yoga helps us in many ways as how the daily exercise helps to keep our body fit. Yoga is the best way of reducing stress. It is very useful to teenagers because, they are the one's who faces many problems in their day to day lives and cannot find any solutions for their problems. Their mind is like a wave in the sea. So, Yoga helps them to concentrate on a certain matter and motivate them to be relieved from their problems.

Yoga was a culture to India, where it originated. But now, it is declared as an International Day by the United Nations to respect the honourable Prime Minister of India, Narendra Modi who suggested the idea of declaring a day for yoga from this year(2015).

The United Nations announced June 21<sup>st</sup> is the day for Yoga. At the United Nations General Assembly, Hon. Narendra Modi stated;

“Yoga is an invaluable gift of India’s ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day”

-Narendra Modi- UN General Assembly.

Yoga is also known as “A Science for World Peace.” Practising Yoga is a good activity that must be followed by all the people living around the world. Yoga helps us to discover who we are. And also Yoga studies our minds and solves or gives suggestions to solve the problems.

“Yoga integrates mind, body and soul”

Archchana Kanagalingam  
Grade 12 Bio(2017)



## **The Role of English in Sri Lanka**

When English was the medium of instruction in government schools 60 years ago, students were forbidden to use the native languages even in talking among themselves during school hours. A genuine English speaking community was thus created in government schools for all purposes pertaining to education. But with the Sinhala Only Act of 1956 and the National Education Policy ‘Swabasha’ got enthroned everywhere and English became a Second Language.

At the start, there was jubilation from all sections of society- teachers, parents, professionals, politicians and others who upheld the policy that a child should be taught in his/her mother- tongue. But no one thought at any stage whether a mother-tongue education could qualitatively replace the English Language. The doors of higher learning and avenues of higher employment were thrown open to the ‘swabasha’- educated. The cry for more and more pronounced in the 1960’s and 70’s. Subsequently, a new class of graduates were turned out of our universities with little or no knowledge of English. It was this situation that was ably characterized by the then principal of Wesley College, Colombo, Mr.Lanerolle as

“Fathering a generation of  
Students who are culturally barren,  
Linguistically diluted, and aesthetically  
Stunned”

Because they were denied the knowledge of the English language which has the three- fold qualities of utility, mental training and culture. These aspects of the English language has been recognized even by the

Russians, the Chinese and the Japanese who saw to it that English was also taught to their children besides their own languages.

English began to be taught in Sri Lanka for only about 40 minutes on a school day. Since a language cannot be taught in a vacuum, students, especially from the rural areas do not have a language environment. Today our students seem to have a little scope outside to apply the skills they learn at school. But the situation could be remedied by the combined effort of the universities, the National Colleges of Education, the Advanced Technological Institutes, the British Council, the American Centre etc. Students who do extremely well in English at 'O' Levels and 'A' Levels could be specially recruited to be teachers of English of the future. Moreover, there are many youths who have successfully completed the H.N.D in English Course and their services could be made available to us after considerable pre-service training.

What is needed today is a plan, well-worked out and earnestly implemented to teach English efficiently. English should also be made a compulsory subject. In addition, higher grading in the 'O' Level English and the 'A' Level General English should be made a requirement for university admissions. Here we can take a leaf from the system in vogue in the universities in India where every university student is required to offer English compulsorily up to the degree level.

S. Thuvaraga

13<sup>A</sup> Bio.

## Dialogue on Preparing Class Magazine

Bairavee, Kajani, Theepika, and Kavitha are students of J/Jaffna Hindu Ladies' College in grade 9. One day they are discussing about magazine in the classroom.

- Bairavee** : Hi! Good morning friends. How are you?
- Kajani** : Good morning Bairavee. I am fine.
- Theepika** : Good morning. We are fine too.
- Kavitha** : Ok! What about your plan about the magazine?
- Theepika** : Oh! I have forgotten that.
- Kajani** : I am also the same.
- Kavitha** : I have collected some articles.
- Bairavee** : Which type of articles are those?
- Kavitha** : Mmmm.... Education, environment, sports like that.
- Kajani** : My father has some paper cuttings about politics.
- Theepika** : My elder brother also has some articles about cinema.
- Bairavee** : Ok ok. What shall we do next?
- Kavitha** : I have a plan to prepare a magazine.
- Theepika** : Well. Have you got any model magazine?
- Kavitha** : Yes, of course. Junior star, Funday times.
- Bairavee** : Are they magazines? No, they are only supplements of newspapers.
- Theepika** : Sure. Magazine means that which are published by the organizations or institutions and so on.
- Kavitha** : You are correct. Magazines contain several types of items. Such as: Articles, poems, drawings. Review on cinema, drama and other literary works.

**Kajani** : Those items are written by scholars.

**Kavitha** : Not only scholars. But also youngsters.

**Bairavee** : Young or junior writers also have written on them.

**Theepika** : Shall we go to the library and search to gather more facts?

**Bairavee** : That's a good idea! Let's move.

**Kajani** : The librarian is not there. So, we can't search today.

**Kavitha** : It's ok. We will try tomorrow. Now we should select a suitable name for our magazine.

**Theepika** : That's good.

**Kajani** : Oh! Shall we put your name? Baira.

**Bairavee** : My name? Are you teasing me?

**Kajani** : I am just joking. Don't worry about that.

**Kavitha** : Can I suggest the name? Hindus Light

**Theepika** : I am sorry some may think that this is a religious magazine?

**Kavitha** : Oh! Sorry. I really mean that. I think hindu means, Hindu Ladies' College.

**Kajani** : That's all right. We can select the name later. First we have to select the contents. So, we must divide the subject matters.

**Bairavee** : Education in future. Advantages of information technology, water management m...m..m...

**Kavitha** : Why should we add some poems, short stories and drawings.

**Theepika** : Yes. We must add those items at the same time we can add some general information.

**Kajani** : Sure, That is the most important thing. We must select topics that are related with our studies.

**Kavitha** : Right. How many pages will we allocate?

**Bairavee** : Oh! Yes. We must plan this matter.

**Kajani** : First we must decide the contents then we can edit and allocate pages.

**Theepika** : That's good. Why should not we discuss with our teacher?

**Kavitha** : That's good.

**Bairavee** : Shall we go and meet our teacher?

**Theepika** : Ok! Let's go.

K. Theepika

9<sup>A</sup>

## **Information Technology**

What does the term “information technology” really mean? Information technology is that technology by which the information is processed, communicated, exhibited and retrieved in a fast, error free and proper way. Information technology is a technology in which both telecommunication computer technologies work together to provide information.

Today’s world is the world of information and telecommunication. Everyday new technology and inventions are being made in the area of information, processing and travelling. There is hardly any area which had not been affected by this. Due to all this, the world distance sound ironical in present day context.

The whole world has become a small place today. Any information can be exchanged by people in few seconds that , too, in proper and effective way without any loss of data while it is being processed. On the one hand all these different ways of telecommunication and information exchange has highlighted the necessity for multipurpose development and growth of information technology and on the other, the easy access and use of it has boosted the network of information exchange.

All this has been possible through information technology like telephone, fax, telex, computers, internet, e-mails, photocopier, printer, scanner, cellular phones, pagers, video phones, digital camera and multimedia etc. These technologies are becoming a part and parcel of our lives and are transforming lifestyles and habits of people all over the

world. The use of computers has increased by leaps and bounds worldwide. Internet and multimedia have now become playthings for children. The internet has revolutionized every field of the world. The government has allowed private companies to provide internet services to people in order to boost up information technology.

Digital technology is playing a vital role in our day today life. In supermarket it helps for faster processing of films. In the field of agriculture, a digital moisture meter record the moisture of the soil and tells when harvesting should start. For people who are suffering from hearing loss, digits technology is of great help. It processes sounds that reduce noise, improves clarity of speech and controls unwanted loudness.

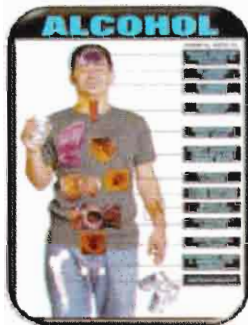
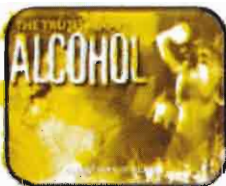
The government of India is very keen to achieve a great deal in the field of information technology. The Indian institutes of information technology are being set up at various places in the country. Now we can hope-that India will become an information technology superpower in near future.

Miss.P.Laanchhana

10A

# WHERE is ~~our~~ SOCIETY going?

## ALCOHOL



- LONG TERM EFFECTS OF ALCOHOL**
1. ALCOHOL POISONING
  2. LIVER DAMAGE
  3. NERVE DAMAGE
  4. BRAIN DAMAGE

## ABUSES



## SMOKING



## Heart diseases



## Unhealthy liver



## LOSS OF LIFE



S.Praveena  
Grade 13<sup>A</sup> Bio

## ANTI BULLYING

Why do people bully?



They try to get others' attention.

They are jealous of others.

They copy others who bully.

They don't like who they are.

They are unhappy.

How to respond to bullying?



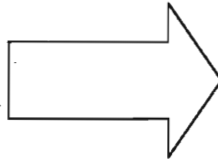
Calm

Strong

Helpful

Kind

Honest



*S.Tharabi*

9<sup>A</sup>

## Famous Worship Places in Sri Lanka

### Nallur Kovil



Nallur Kondiswamy Kovil is one of the most significant Hindu temples in the Jaffna district of northern province of Sri Lanka.

It was founded in 1948. This was developed in the 13th Century by the King Buvanabahu.

In 1724, the descendants of mappana mudiyar who were the temple trustees had taken the task of restoring the temple to its present splendour.

### Madhu Church



Madhu is a myotic jungle shrine dedicated to mother Mary lying on a remote area in Mannar.

The portuguese visited Sri Lanka in 1481 and missionaries started pouring into the country to convert the Buddhist and Hindus into Catholicism by various means.

The madhu festival, originally held on 2nd July is now has 10 festivals during the year.

### Dalada Maligawa



Sri daladha Maligawa Buddhist temple in the city of Kandy Sri Lanka.

The Sri Daladha Maligawa, the golden temple in Kandy houses the sacred tooth relic of the Buddha is possibly the most Sacred Buddhist shrine in the world.

The last Sinhalese King Noradinda Simha rebuilt the tooth relic shrine.

### Masjidul Abrar Tumma



Muslims in Sri Lanka believe that this is the first mosque and it is believed to date back to 920 A.D.

According to the book Sunnahar the name Beruwella may have evolved from Be-Ruwala which means the dropping or hiding of the sails by arab muslims who arrived by ship in the bay.

## **Health is wealth**

As we all live in super fast, crowded and busy era, we have to perform multiple tasks throughout the day in order to earn more money. However we forget that good health is necessary for our healthy life as air and water for the body. We forget to take proper food (in timely manner), regular exercises and proper rest just think of more wealth. We should never forget that our health is a real wealth gifted by god. It is true for all that Health is Wealth.

Good health reduces the stress and promotes healthy mind without any sufferings. We should always be aware of our health and go for regular health check ups whenever necessary. We should eat balanced food including fresh fruits, green leafy vegetables, milk, egg etc in timely manner in order to maintain good health. Good health also depends on cleanliness, healthy environment fresh air and water. In order to reduce our rush between hospital and home, maintaining good health is essential in one's life and it should be practiced from childhood with the help of parents.

In earlier days, life was not so hectic. It was quite simple and free of too many challenges with healthy environment in comparison to these days. People were healthy as they had to perform all the daily routine activities by their own hand and body. But now, life in the technological world has become easy and comfortable but hectic because of the competitions. Nowadays easy life is not possible as every one wants to earn more money to get better life others.

People have to work far atleast 9 to 10 hours in the offices by just sitting on the chair without any physical movement. They come home in the late evening or night and become too tired to perform any household work or exercise. Again in the morning they get up late from the bed and do some necessary routine work like bathing, brushing, having breakfast etc... and go their office. In this manner they live to earn money and not to enjoy their life. It is very necessary to earn money for fulfilling some basic needs. However it is also necessary to live a healthy and peaceful life.

N.Roothniyomi

13<sup>A</sup> com. (2016)

## Poster

# An Agricultural Exhibition. at J/Jaffna Hindu Ladies' College

Come and buy the best variety of plants  
Enjoy the benefits.

Date -: 9<sup>th</sup> November 2015

Time -: 9.00 am to 4.30 pm

Venue -: School playground

Chief guest -: Principal



- \* Different kinds of plants in the lowest prices
- \* Buy one and Get one.
- \* The best chance to save money

Available -:

Different kinds of plants and  
seeds, variety of Flowers, fresh  
Vegetables, Fruits etc.

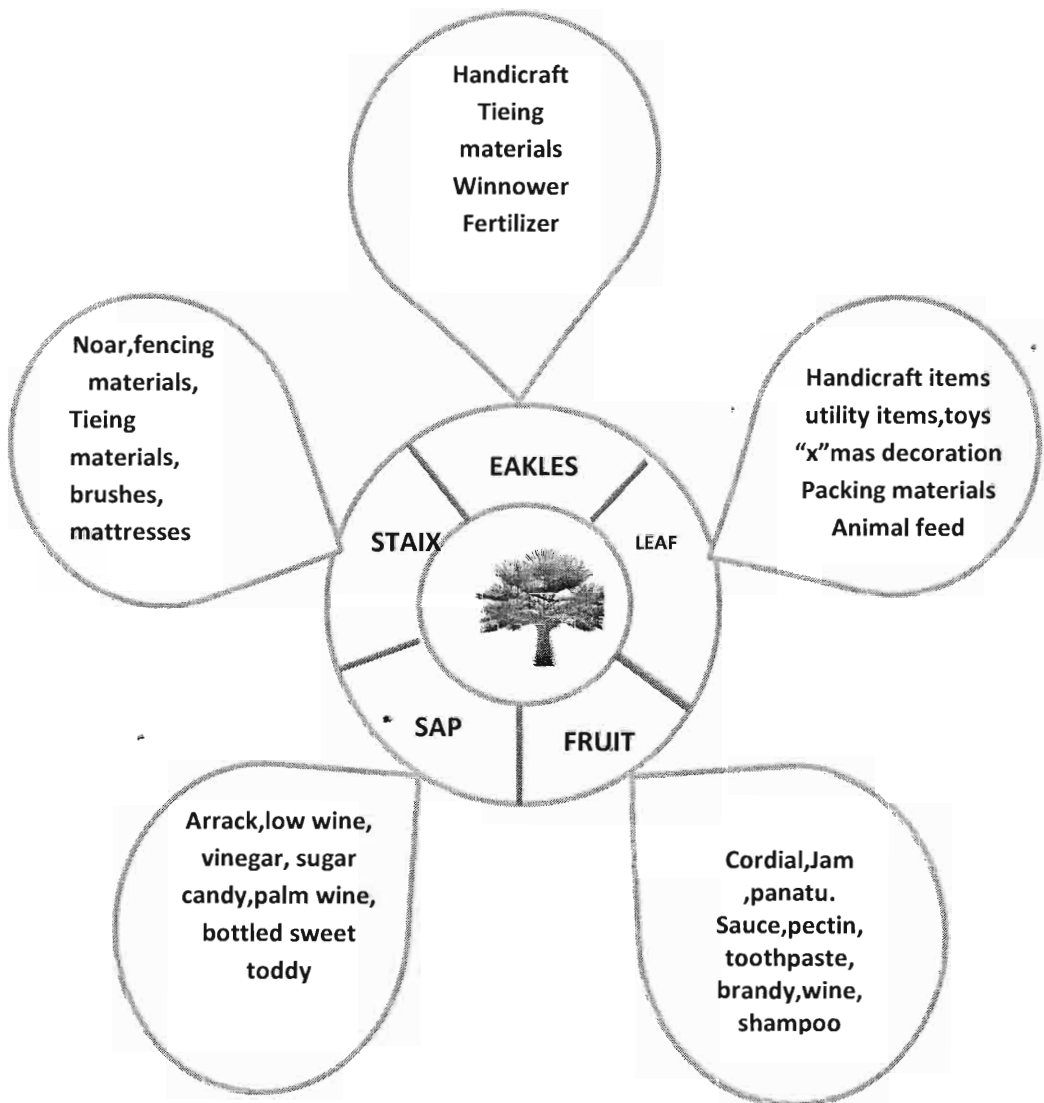


Let's make our  
home garden a  
Useful place

9<sup>th</sup> students  
Jaffna Hindu Ladies' College.

P.Thaksha  
Gr -9<sup>th</sup>

## BENEFITS OF PALMYRAH PALMTREE



K. Thenuka

Gr -9<sup>B</sup>

## **Knowledge is power**

‘Knowledge is power’ is a famous and meaningful proverb said by the famous personality named Francis Bacon. Knowledge helps to differentiate human beings and animals. Man has a mind and the ability to use the power of knowledge. Accordingly, that is why man is considered as the most powerful and intelligent creature on the earth. Knowledge helps to improve personality of man; it creates self confidence and brings lots of patience to do most difficult tasks in the life. We can say godmother to the knowledge because it gives ways to all the discoveries, inventions and explorations.

Gaining knowledge is not limited by anything; it can be gained all through the life. Gaining knowledge is a long process of dedication, patience and perseverance. It is like unlimited wealth which could never be reduced or destroyed.

N.Roothniyomi  
Gr 13<sup>A</sup> Com



## **English as a link language in Sri Lanka**

English language was introduced to Sri Lanka from the time the British captured the island. It was the language of administration from that time. In the schools English languages replaced the vernacular languages Sinhala and Tamil. These two languages were the media of instruction to the students in Sri Lanka. Then the government appointed people with English knowledge to work in the various government offices. As a result, all the communities living in Sri Lanka ignored their tongue and started to learn English. So the two types of schools were amalgamated and English medium schools were started. This position remained even after Sri Lanka became independent in 1948. English was given an important place in the field of education and administration. The successive government thought it was best to continue English as the sole official language for various reasons.

First of all English remained as a link language among the various races in Sri Lanka. Even though the children studied the vernacular languages, English continued to remain as the medium of instruction for higher education. Students irrespective of their mother tongue conveniently continue their higher education in any college of their choice in the island, because the medium of instruction was English the common language for all.

There were number of books and other educational publications available in English, which enabled them to study without difficulty. The students were able to go abroad and acquired advanced knowledge in the field of medicine, science and engineering in foreign Universities. This had been possible because they had the required knowledge of English to do so.

In the field of administration general correspondence was in English. The public sent and received replies from the government in English. The records in government offices were kept in English. The common government forms for the use of public were only in English. In

other word English language was the only official language in Sri Lanka until 1956..

In 1956 the U.N.P was defeated and M.E.P lead by late Mr.S.W.R.D.Bandaranayake came into power .As promised to the people he introduced the Sinhala only bill and got it passed in the parliament. As a result English was replaces by Sinhala in government administration. However, the government couldn't implement the language change over successfully due to various reasons.

On the education side the switch over to Sinhala and Tamil caused a lot of set backs teachers proficient in the vernacular languages were not available to teach the various subjects .then schools were divided into Sinhala and Tamil school .This paved the way for communal separation which resulted in communal hatred. One English the only official language in SriLanka but will this ever materialize?

S.Vanathy  
Gr 9<sup>A</sup>

# Biomes

## Tundra

Wolverines are tough, Solitary animals that travel as far as 24 Kilometres per day in search of food.



## Grass Land

The buzzing sound you hear when a “bumble bee” is not the beating of its wings but the sound its flight muscles make as they vibrate.



## Forest

On the rare occasion when its enemies are not frightened of its impressive frill and gaping mouth, the frilled lizard will run away balancing only on its back legs.



## Marine

Also known as “sea slugs”, beautifully coloured Nudibrachs lay. Their eggs in long ribbon-like clusters



## Desert

The sidewinder rattle snake has developed its unusual S-shaped motion to travel easily.



## Fresh Water

When a giant water bug needs to breathe, it pushes its stomach out of the water and inhales through special breathing tubes in its abdomen.



## **The English Day Celebration**

The English Day celebrations of my school was held recently. It was organized by the English Literary Association of the school. The Chief Guest was the Zonal Director of Education. The day's proceedings commenced at 11.30a.m with the lighting of the oil lamp by the Chief guest, Principal, Head prefect and one of the parents. The welcome address was delivered by the president of English Literary Association. Thereafter many interesting programmes were presented. The first event was the welcome dance by the students of grade six. There were two play let too.

They were the Bangle Seller and Snow Princesses. They were presented by the students of grades nine and ten respectively. It was well received by the audience. The Chief Guest stressed the importance of learning English Language in his speech. The prizes and certificates were distributed to the winners by the Chief Guest. The vote of thanks was proposed by the secretary of the English Union.

We will never forget this enjoyable day.

D.Sharunika  
6A

## **Water and Electricity**

Today the supply of electricity has become a major issue to Sri Lankans because many depend on it for their day-to day activities. It is also used to a large extent in the industrial sector. So, there is a great demand for electricity in the country.

In Sri Lanka electricity is produced mostly with the help of water. It is called hydro-electricity. This hydro-electricity is generated using water from rivers and reservoirs. However, there is a problem, that is, we do not have sufficient water to supply the necessary amount of electricity.

Water is crucial for all of us. It is only needed to drink, cook and wash ourselves and our clothes, but also for the various development activities introduced to reduce poverty and hunger. Water is scarce yet it is being polluted. Man is responsible for this.

He destroys valuable trees and this affects the water cycle. We should not waste a single drop of water. We must not pollute our water ways and protect them. It is our duty to keep the environment clean.

By:- K.Sharuga

## **Importance of English**

To live in this world as human beings, we will have to communicate with one another. To communicate with other people we need a language. We all have learnt our native language very well. So that, we can communicate with our native speakers.

But in this scientific world, people move to other continent where the people speak different languages. In that situation we are unable to communicate with people who speak different languages.

At that time our international language will only help to communicate with the foreign people if we know English language.

We won't able to fulfill our needs, if we don't know English. Especially in foreign countries.

We can't get our works done. We should be a dump person. So what I am going to say you is that English is the only language which supports us where ever we go.

Beyond this if we know English well we can lead a colourful life. We have the fame among all. We can get good jobs.

No inventions and alert news will reach us very soon because all these things will be firstly informed or announced in English.

So I tell you that we should learn English well

By:-P.Laksia

## Holidays

Holidays are coming again,  
It's the time to play games,  
It will be the days of rest,  
And those are days which I love the best.

We can go for the fair every Sunday,  
We can smell the flowers of May,  
It would be nice to hear the chirping of birds,  
And we could eat a bowl of honey and curd.

What a delightful day it would be ,  
If we could swim in the sea,  
We can also try a new dish,  
I would like to see the happy fish.

We also can learn or do activities ,  
And roam around the cities,  
We roam around the world,  
And then rest a bit in the park.

Miss.S.Vanathy  
9A

## ***Robots***

A robot is a machine. But it is not just any machine. It is a special kind of machine. It is a machine that moves. It follows instructions come from a computer. Because it is a machine, it does not make mistakes. And it does not get tired. And it never complains unless you tell it to!

Robots are all round us. Some robots are used to makes things. For example robots can help make cars. Some robots used to explore dangerous places. For example robots can help explore volcanos. Some robots are used to clean things. These robots can help vacuum your house. Some robots can even recognize words. They can be used to help answer telephone calls.

Some robots look like humans. But most robots do not. Most robots just look like machines. Long ago, people imagined robots. Over 2000 years ago, a famous poet imagined robot. The poet's name was Homer. His robot were made of gold. They cleaned things and they made things. But they were not real. They were imaginary. Nobody was able to make a real robot. The first real robot was made in 1961. It was called unimate. It was used to make cars. It looked like a giant arm.

In the future we will have even more robots. They will do things that we can't do. Or they will do things that we can't do. Or they will do things that are too dangerous for us. Robots will help us to fight in wars. They will help us fight sickness. They will help us discover things. They will help make life better.



## *Welcome to Thaipongal*

Thaipongal is here again  
Thaipongal is here again  
Boiling milk rice everywhere  
Shining oil lamps everywhere  
Lots of fireworks, Lots of noise  
Lots of sweets for girls and boys  
Sharing Pongal with everyone  
Cheering everyone with smiles  
Thaipongal is here again  
Thaipongal is here again  
Happy welcome to Thaipongal  
Happy welcome to Thaipongal

M.Pirinshiya

Grade 7<sup>B</sup>

# ENGLISH DAY COMPETITIONS RESULTS -2015

## Grade 6

### Recitation

1. Sarangany Pirakash
2. Defnica Ilangeswaran
3. Tishanthi Sivananthan

### Story Telling

1. Sarangany Pirakash
2. Kamsajini Varathabaskaran
3. Esther Kunarathinam

### Creative writing

1. Pranavi Ilanchelian
2. Thiviya Ganeshwaranathan
3. Lukshika Jeyakanthan

### Copy writing

1. Jalini Ganeshwaran
2. Vinojina Jeyamathan
3. Sharunikka Dinesh

### Dictation

1. Tharshana Navinthan
2. Pranavi Ilancelian
3. Lukshika Jeyakanthan

## Grade 7

### Recitation

1. Sathusayini Kanakarajah
2. Ragavi Sugumar
3. Dharshika Nakulentran
4. Karshana Thevanantham

### Story Telling

1. Ragavi Sugumar
2. Karshana Thevanantham
3. Nishany Srithevarajalingam

### Creative writing

1. Nishany Srithevarajalingam
2. Shampavi Kukathashan
3. Vithushana Annalingam

### Copy writing

1. Thushanika Maheswaran
2. Princika Thevarajah
3. Tharanika Santhakumar

### Dictation

1. Pavithra Rajkumar
2. Nishani Srithevarajalingam
3. Darshika Nakulentran

## Grade 8

### Recitation

1. Kanalogini Thayalan
2. Tharshika Mailvakanam
3. Kishalini Arulananthan

### Storytelling

1. Nithusha Vijayakumar
2. Yathurshani Suntharamoorthy

### Dictation

1. Akshaya Vaseekaran
2. Yathurshany Suntharamoorthy
3. Kishalini Arulananthan

### Copy writing

1. Theebika Sivaseelan
2. Kuhendren Shivasanmugi
3. Akshaya Vaseekaran

### Creative writing

1. Deborah Vinothini Jeyakumar
2. Nithusha Vijayakumar
3. Suwashianthi Satkunanthansarma

## Grade 9

### Recitation

1. Tharabi.Suthaharan
2. Abisha Nadanaruban
3. Angaline Albertpushparaja

### Story telling

1. Tharabi.Suthaharan
2. Abisha Nadanaruban
3. Theepika Kajanathanan

### Dictation

1. Vanathy Senkathirchelvan
2. Thenuka Kananathan
3. Jasveena Arulanantham

### Copy writing

1. Abinaya Balachandran
2. Gowthamy Sivanesan
3. Vabitha Sivanantham

### Creative writing

1. Vanathy Senkathirchelvan
2. Thenuka Kananathan
3. Jasveena Arulanantham

## Grade 10

### Recitation

1. Juvalaxshi Mohanathas
2. Thirishnavi Pusparajah
3. Sayanthini Sivabalasubramanijam

### Dictation

1. Sayanthini Sivabalasubramanijam
2. Sainuja Uthayakumar
3. Lanchana Parameswaran
3. Yosala Puveendran

### Copy writing (print)

1. Arunthathy Satkunananthasarma
2. Jelaska Thankarasha
3. Juvaluxcy Mohanathas

### Copy writing (cursive)

1. Shagana Thevanantham
2. Arunthathy Satkunananthasarma

### Creative writing

1. Yathushiya Sayanthakumar
2. Biranavi Natkunarajah
3. Yosala Puveendran

## Grade 11

### Recitation

1. Teranciya benadeen Mahendran
2. Kishanthini Kilaivasan
3. Hamsha.Selvasenakurukal

### Dictation

1. Sumithra Senthilnathan
2. Vithya Tharmalingam
3. Hamsha Selvasenakurukal

### Copy writing (print)

1. Thivyaa Prabakar
2. Shampavi Jeyathilaka
3. Sharmiya Prabakar

### Copy writing (cursive)

1. Teranciya benadeen Mahendran
2. Sumithra Senthilnathan
3. Nishana Pusparasha

### Creative writing

1. Sumithra Senthilnathan
2. Tharaga Bavaharan
3. Sampavi Jeyathilaka

## Grade 12

### Copy writing (print)

1. Yathushamini Santhiramoorthy
2. Nishara Nanthakumar

### Creative writing

1. Archchana Kanagalingam
2. Kajavani Gnanenthiran

### Dictation

1. Archchana Kanagalingam
2. Arthy Atputham

## Grade 13

### Oratory Impromptu

1. Princeshica Premkumar Stuvud Jeffery
2. Praveena Sathiyamoorthy
3. Kirushika Seevaratnam

### Oratory Prepared

1. Praveena Sathiyamoorthy
2. Princeshica Premkumar Stuvud Jeffery
3. Kirushika Seevaratnam
3. Bavatharani Mohan

### News Reading

1. Princeshica Premkumar Stuvud Jeffery
2. Sunmukajini Ketharanathan
3. Praveena Sathiyamoorthy

### Dictation

1. Praveena Sathiyamoorthy
2. Kirushika Seevaratnam
3. Nihla Bhanu Zarook

### Copy writing (print)

1. Janaranjani Shanmugaratnam
2. Ajitha Kulasingam
3. Shangavi Kalaithasan

### Copy writing (cursive)

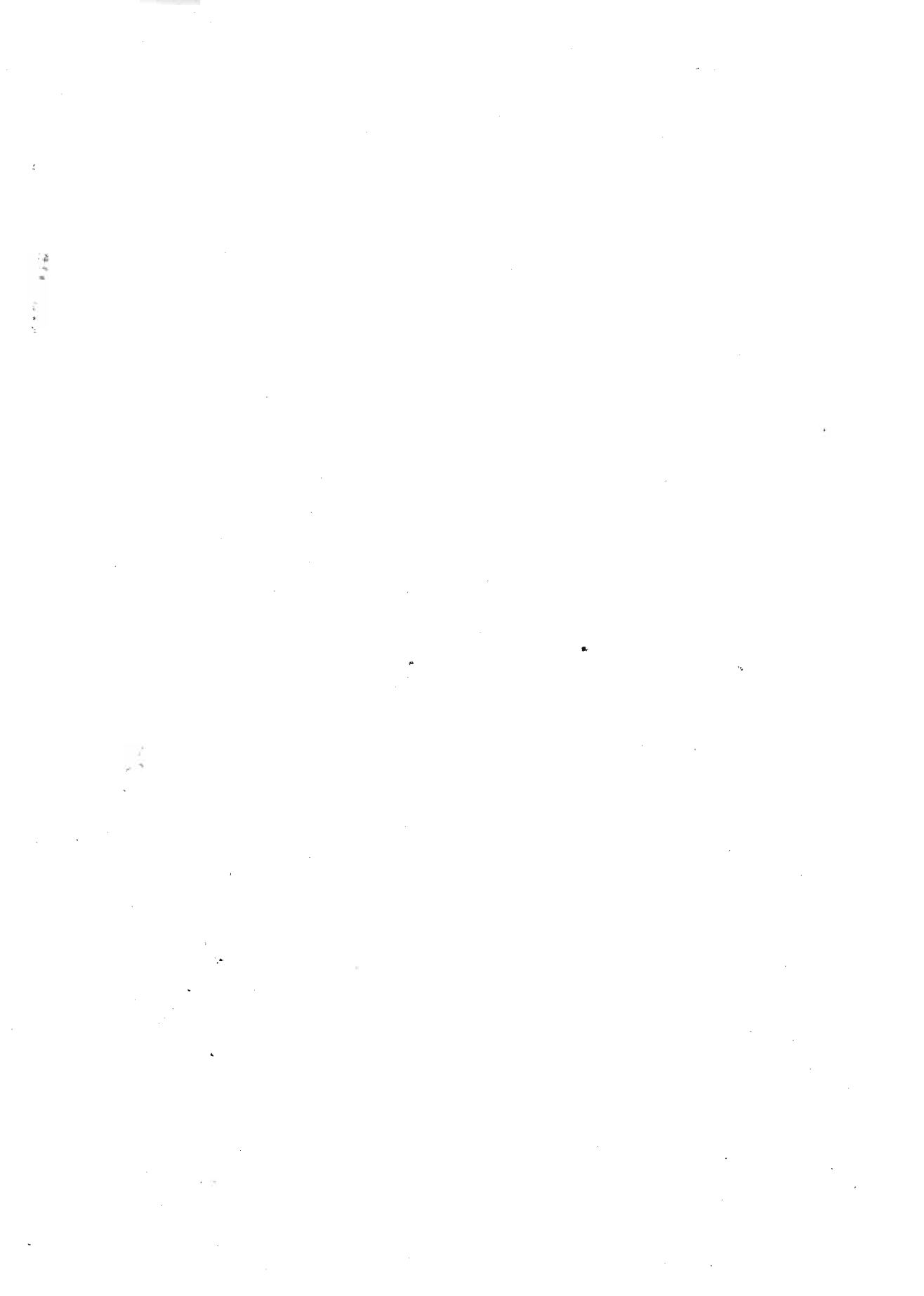
1. Nihla Bhanu Zarook
2. Praveena Sathiyamoorthy
3. Pirethika Sivananthan

### Creative writing

1. Nihla Bhanu Zarook
2. Bavatharani Mohan
3. Praveena Sathiyamoorthy

Coming together is a beginning,  
Keeping together is progress.  
Working together is success.









# Ladies Leap

Secret of Success

