

BEWARE OF THE MEANS

Beware of the Journey

Beware of the Shortcuts

Beware of the Human Limitations

Beware of the uncertain Future

Beware of the life and death

Beware of the inflated ego

Beware of the Extremes

Beware of the absolute power

Beware of the glittering imitations

BE AWARE OF THE END

Be aware of the Destination

Be aware of the Righteous Path

Be aware of the Divine dispensation

Be aware of the God and Nature

Be aware of the deathless life

Be aware of the cosmic self

Be aware of the Supreme

Be aware of the power of the absolute

Be aware of your own limitations

I JUST WANT
TO BE " ME "



DR. A.P.J. KALAM'S TEN COMMANDMENTS TO STUDENTS

1. I will pursue my education or the work with dedication and I will excel in it.
2. I will teach at least 10 illiterate persons to read and write.
3. I will plant at least 10 saplings and shall ensure their growth through constant care.
4. I will visit rural and urban areas, and permanently wean away at least five persons from addiction and gambling.
5. I will constantly endeavour to remove the pain of my suffering brethren.
6. I will not support any religious, caste or language differentiation.
7. I will be honest and endeavour to have a corruption free society.
8. I will work towards becoming an enlightened citizen.
9. I will always be a friend of the mentally and physically challenged and will work to make them feel like the rest of us.
10. I will proudly celebrate the success of my country and my people.

D I S C I P L I N E

$$**4 + 9 + 19 + 3 + 9 + 16 + 12 + 9 + 14 + 5 = 100**$$

EXAMINATION

TIPS FOR SUCCESS

This is not the final examination in your life. Examinations come and go.

- Avoid studying a new chapter or question on the examination day. What you have studied so far is more than sufficient.
- A minimum of five hours of sleep is required. Too much of burning the midnight oil may put you in an uncomfortable situation at the examination hall.
- Do not read anything on the examination day; just scan through.
- Get the blessings of your loving mom and dad and your respectable teacher.
- Talk to your self: "If not me, then who?" "I am born to win." "No body can stop my progress."
- At any cost do not review and discuss attempted questions and your performance after the examinations. Look forward to the forthcoming paper.
- Since you are all good citizens of India avoid all kinds of malpractices.
- If you do not understand a question do not panic. Take a deep breath and go the next question. You may find a treasure.
- Do not compare your performance with your pals. After all a rose is a rose.
- It is normal to experience some level of anxiety or stress before and during the examinations. This is appropriate and helps to spur you.
- Examinations are designed to test what you know; they are not designed to fail you.
- Most people end up passing most of the time.
- Try focusing on positive thoughts and stay relaxed.
- Believe in your inner strength.

You can do it for you have decided to do it. Face the examinations with a healthy mind, body and spirit.

THUS SPOKE MAHATMA GANDHI :

" What can be a greater pleasure than that of a Student, who is marching from knowledge to more and greater knowledge ?"



**விக்ன விநாயகனே ! இன்று நான் செய்யப்
போகின்ற செயல்கள் விக்ன மில்லாமல்
நீறவேற அருள் புரிவாயாக!**

**ஒரு வேளை அச்செயல்களினால் எனக்கோ
அல்லது மற்றவர்களுக்கோ இடையூறு
ஏற்படும் என நீ கருதினால், விக்கினங்களை
ஏற்படுத்தி அவைகளை நடைபெறாவண்ணம்
தடை செய்வாயாக!**

உன்னை நான் முழுதும் நம்புகின்றேன்.

I LOVE MY TEACHER

**When I Pray God, I don't see
But I know He Listens.**

RELIGION UNITES, NOT DIVIDES

- ***KALAM***

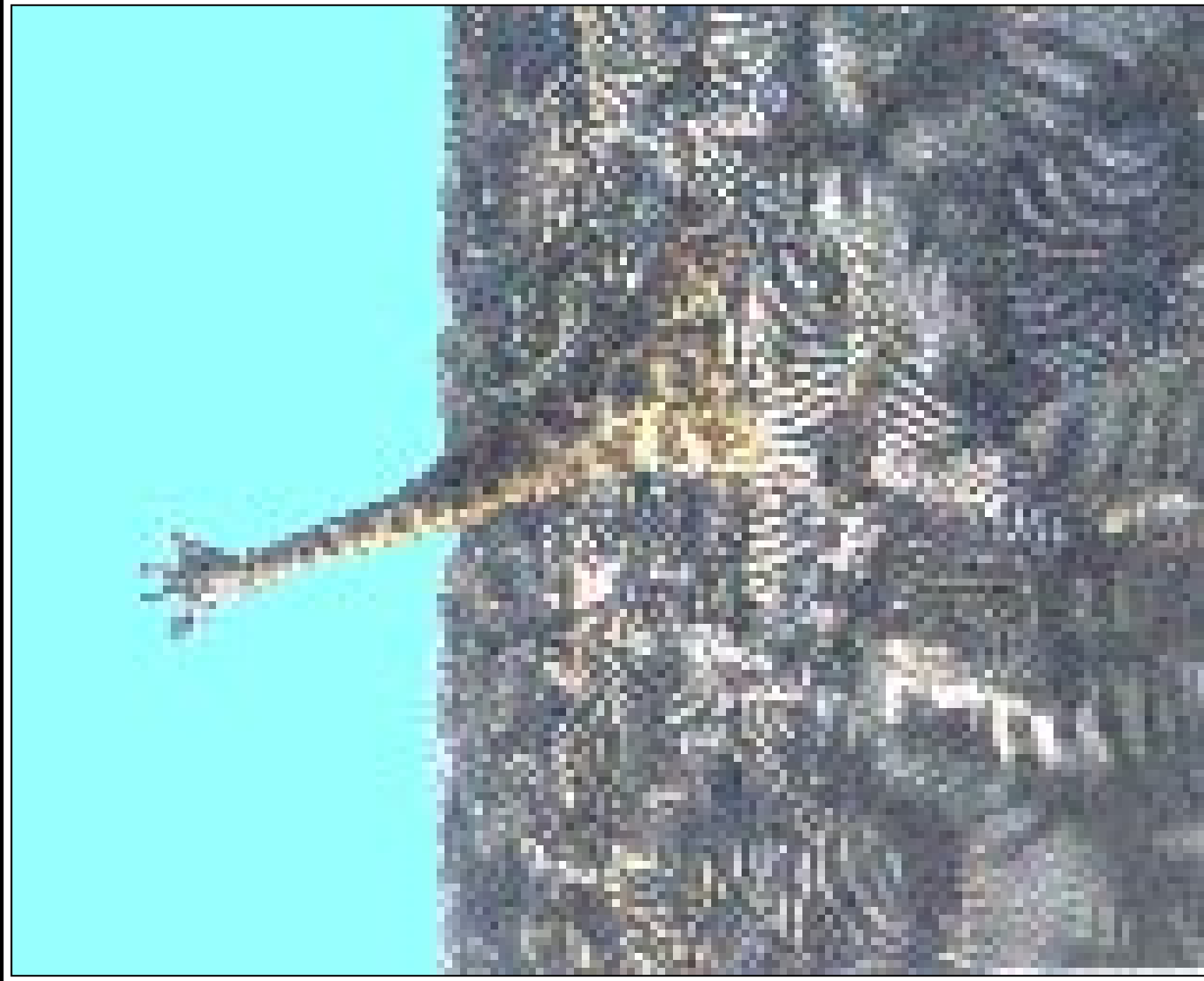
IT'S MY HABIT TO BE THE FIRST
IN GOING AFTER THE BEST.



**A few steps
can take you
a long way.**

STUDENTS

கடின ஁ழைப்பு இரூந்தால்
நீங்களும் நிறைய சாதிக் KALAM



WHY BLEND IN WHEN
YOU CAN STAND OUT.

EDUCATION IS IMPORTANT BUT
CHILDREN ARE MORE IMPORTANT



**CELL PHONES ARE THE
CIGARETTES OF THIS
DECADE. DON'T BE AN
ADDICT.**

" THINK ... FOR A MOMENT "

Ma...Mamma...Mom...Mother...Amma
The only God you can see, believe me!

She was there every time you cried, when a baby.
YOU started growing !

She jumped with joy, when you first stood up on your tender feet,
YOU grew confident !

She celebrated with happiness on your first birthday.
YOU ate the cake!

She gave you sweets, on your first day to School.
YOU enjoyed the whole !

She bought YOU new clothes, instead of sari for herself.
YOU showed off to your friends !

She took you to the doctor, when you were sick.
YOU recovered your health !

She quarrelled with her friend, when you fought with her friend's kid;
to prove you innocent & gave up her friend.
YOU cared less for her loss !

She gave you her savings, to buy your bicycle.
YOU rode with pride !

She cooked your favourite breakfast, on your first day to Office.
YOU became independent !

She waited at the door on your first Salary day,
only to seek God's blessings.
YOU already celebrated with your friends !

She's now old and lonely, still thinking of YOU.
Remember! All that she had, she gave it to YOU.
Show your love before you feel it is too late!

THINK, for a moment! How much she sacrificed for YOU.
The agony & pain she went through all the years.
It was for YOU, only for YOU.

Give her your time, a bit of your love for that is all she desires.
Tell her that you love her and care too.
She's with YOU, no matter where you are !

LIMITATIONS ARE NOT MISTAKES

EVERY FLOWER HAS ITS OWN BEAUTY.
YOU CANNOT COMPARE TWO FLOWERS.
NATURE IS THE GREATEST DESIGNER.
SIMILARLY EVERY HUMAN BEING IS DIFFERENT.
EACH ONE HAS HIS / HER LIMITATIONS.
ONE CAN PUT IN MAXIMUM EFFORT BUT NOT
EVERYONE CAN REACH THE HIMALAYAS.

PLEASE UNDERSTAND THAT
LIMITATIONS ARE NOT MISTAKES.

**ஆசிரியர் தினமான 5.9.2005 அன்று நமது
குடியரசு தலைவர் அப்துல் கலாம் அவர்கள்
ஆசிரியர்களுக்கு வழங்கிய
10 கட்டளைகள் !**

1. ஆசிரியராக இருக்கும் நான், ஆசிரியர் பணியை நேசிப்பேன்.
2. ஆசிரியர் பணியே என் ஆன்மாவாக இருக்கும்.
3. ஆசிரியர் பணியில் முழு அர்ப்பணிப்பு உணர்வுடன் சேவை செய்வேன்.
4. சராசரி திறமை கொண்ட மாணவரை மிகச்சிறந்த மாணவராக முன்னேற்றினால்தான் என்னை ஒரு சிறந்த ஆசிரியராக நான் கருதுவேன்.
5. என் வாழ்க்கையே என் மாணவர்களுக்கு அறிவுரையாக இருக்கும் வகையில், என் தனிப்பட்ட வாழ்க்கையில் ஒழுக்க விதிமுறைகளை முழுமையாகப் பின்பற்றுவேன்.
6. சந்தேகங்களுக்கு விளக்கம் கேட்கும் ஆர்வத்தை குழந்தைகள் மற்றும் மாணவர்களிடம் வளர்ப்பேன். இதன் மூலம் அவர்களை சுயசிந்தனை கொண்ட, அறிவுபலம் நிறைந்த நல்ல குடிமக்களாக உருவாக்குவேன்.
7. எல்லா மாணவர்களையும் சமமாக நடத்துவேன். மதம், இனம், மொழி அடிப்படையிலான எந்த பாகுபாட்டையும் ஆதரிக்க மாட்டேன்.
8. மாணவருக்கு தரமான கல்வியை வழங்கும் வகையில் என் திறமைகளை வளர்த்துக் கொள்வேன்.
9. சிறந்த சிந்தனைகள் என் மனதில் எப்போதும் நிறைந்திருக்க வேண்டும் என்பதில் கவனமாக இருப்பேன்.
10. என் மாணவர்களின் வெற்றியை எப்போதும் உற்சாகத்துடன் பாராட்டி கொண்டாடுவேன்.

Life is like a game of chess and you play this game with Him (by whatever name). After every move of yours, He makes the next move. Your moves are called '**Choices**' and his moves are called '**Consequences**'. You will be tested... you will be challenged... you will be pushed to the brink. However, when you are found to play your game well, He wins by allowing you to win the game.

How to memorise effectively

Here are ways in which you can make the best use of your memory in the learning process.

Any learning process involves application of memory. Skills in memorisation help you recall at will the information you had once mastered and perform well in tests and examinations. There is a school of thought that relying on memory is not a healthy way of learning, and that you should apply logic on each occasion for deriving information. This may be a

good platitude; students in schools and colleges aiming at good scores in examinations have to remember a lot, irrespective of the test style.

Take for example a formula in mathematics or physics. Of course, there are ways to derive them. But it will be a sheer waste of time if you go in for *ab initio* derivation on every occasion you have to apply them.

1	2	3	4	5
Jiekg	Ability	Cow	The	Morrow
Kasjv	Pencil	Horse	Bud	And
Fwnv	Cart	Pig	May	Borrow
Jeomf	Wolf	Sheep	Have	Rhyme
Ezind	Pet	Rabbit	A	Well
Mqilx	Rule	Camel	Bitter	With
Nhrl	Lips	Donkey	Taste	Sorrow

We easily remember matter that has some meaning. Let us illustrate it with an example. See the words arranged in different columns.

The first column is the toughest to remember, as it contains nothing but nonsensical syllables. The second column is relatively easier, since it has words with some meaning. The third one is still easier, as the words belong to a family. The fourth one is a meaningful sentence; we can commit it to memory in one reading. The last one is the easiest, as it is a meaningful sentence with a rhyme. It maybe remembered that the ease come only in just remembering but also in meaningful learning as well.

If the words carry some sense, we learn the idea easily. As part of learning, if an effort is made to translate tough matter we wish to remember into something that can be taken in with ease and delight, we make memorisation and learning more effective.

Memory is often classified as short and long-term. When you recite a passage, the idea may be in your memory only for a couple of seconds. This cannot last long. If you want to commit the idea to long-term memory, you have to think about it for a few minutes. This is, ofcourse, part of any learning process. Trying to recall an idea frequently will entrench it in your memory.

P.T.O.

While learning a piece for the first time, you may benefit by reciting it a few more times after you have learnt it. This is called over-learning, which “engraves the mental trace deeper and deeper, thus establishing a base for long-term retention.”

Aspects of memory

There are various aspects of memory one should be aware of. Good memory cannot be developed, but its full potential can be used by developing the right habits. Here are some right steps:

Total concentration:

Concentrating on the lesson content while learning is one of the important steps. We should focus on names and numbers. Even difficult material has to be converted into easily digestible logical matter. There should be a deliberate will to remember; the approach should not be casual. In other words, you should attempt active learning.

Reviewing should not be after a long time, since the

material would have faded from your memory in the meantime.

Logical organisation:

Material that is logically organised clings to our memory far better than random or disjointed floating bits of information. Infuse meaning into whatever you learn. Nothing you learn should be like nonsensical syllables.

From the woods to the trees: First try to get an overall idea of the lesson before going to specific details. Sometimes this style is called the funnel method.

From the general to the particular.

Awareness of the general concepts makes the details more meaningful and easier to remember.

Associating with known facts: With each additional bit of knowledge committed to our memory, the brain goes to a new configuration and this is a continuous process. It is wise to take new bits

as additions to existing knowledge. At the recall stage, such association will help easy retrieval.

Mock teaching : If you find a particular portion of the lesson difficult to digest, imagine that you are teaching it to a student sitting before you.

Speak it out in the form of an explanation so that the idea gets hammered into your mind. This method is more effective than just reciting it aloud, since teaching involves the explanation of the same idea in different phrases, bringing illustrations, raising questions for clarification, and so on.

Visual encoding : Those who have a special aptitude for remembering pictures or charts or graph may translate information into visual formats.

Do not get dispirited if you find that occasionally your learning becomes slow or is at a standstill.

This is normal, if you try to study difficult lessons for more than four or five hours a day, or if you have anxiety, fatigue, or boredom. Rest assured that you will recover from such negative spells.

Also, it is not advisable to go in for invidious comparisons with regard to learning speeds. Some of us may be faster than others in learning. Learning a bit slowly need not alarm any student, since he can learn as much as a bright student is able to do, provided he devotes a little more of time for learning with appropriate breaks.

You cannot denigrate the use of mnemonics or memory crutches such as the popular VIBGYOR, which helps one list the seven rainbow colours in the right sequence.

We should make an intelligent use of aids to memory, without sacrificing the effort to grasp the ideas contained in lessons.

SOMETHING SPECIAL
SEPARATES
A CHAMPION

**ஆசைப்படுவது கிடைத்துவிட்டால்
ஆசைப்படுவதை விட்டுவிடு.**

**ஆசைப்படுவது கிடைக்காவிட்டால்
ஆசையையே விட்டுவிடு.**



YOUR ATTITUDE DETERMINES
YOUR ALTITUDE IN LIFE