

'I have never allowed any person or situation to keep me down for too long'

Actress Andrea said this when she talked about the low phases in her life, and how she deals with them. Many other stars in the recent years have opened up about their meltdowns, normalising the conversation around them



Andrea Jeremiah

6 COMMON MENTAL TRIGGERS IN SHOWBIZ

1. Depression
2. Anxiety
3. Bipolar disorder
4. Body dysmorphia
5. PTSD
6. Postpartum depression

20 THINGS TO DISCUSS ABOUT MENTAL HEALTH

The immense pressure to perform, not be bashed online and still score at the box-office takes a toll on celebrities in the entire showbiz circuit. For every success story, there seems to be a counterpoint in the number of suicide attempts being reported. The recent deaths of Kushal Punjabi and Sejal Sharma put the much-needed spotlight on depression and mental health again. The conversation around these issues, however, are no longer muted as over the years, actresses like Deepika Padukone and Anushka Sharma have opened up about their own struggles. This has helped others to talk about their struggle with depression, anxiety and bipolar disorder. We spoke to some celebs in recent times, who shared their breakdown stories and how they overcame it. Read on... TNN

THIS CAREER IS LIKE A MIRAGE; NO BODY SEES MY LOW MOMENTS
— Andrea Jeremiah

Andrea Jeremiah, musician and actress is one of the Kollywood celebrities who came out openly about her depression. In an interview with us, she shared about battling depression. "When you are younger, you feel sad and allow yourself to get down about things. But with time, you learn how to bounce back. I have never allowed any person or situation to keep me down for too long. I always find a way to bounce back and live with hope. But this career is like a mirage. You look at my Instagram post and you might think I am leading the best life ever. But nobody sees my low moments. Everybody has that side and I just chose to show it. It also does not mean that I am a depressive personality. It is how you choose to deal with it that counts," she said.

CONTINUED ON PAGE 4

I do not think you necessarily have to get married: Gabriella



GABRIELLA DEMETRIADES

Onkar.Kulkarni@timesgroup.com

Gabriella Demetriades came to Mumbai from South Africa to fulfil her dream of starting a fashion line. Little did she know that the city would become her home, and she would comfortably settle down there with a partner and child. While she made a splash in the modelling world, she even did brief roles in a few Indian movies. In the midst of this, she happened to meet Arjun Rampal and their relationship blossomed over time. Around April 2019, they surprised everyone when Arjun posted a lovely picture of him with Gabriella showing her baby bump, with the message, "Blessed to have you and start all over again... thank you baby for this baby." Now, while Gabriella is busy expanding her clothing line, she is also a hands-on mommy to seven-month-old baby boy, Arik. In a chat with us, she talks about how she met Arjun, her thoughts on marriage and why she's made India her home. Excerpts: **What drew you to pack your bags and move to India?** I've always had this ambition to be a successful fashion designer, like my mother. I began as an assistant stylist in South Africa. Later, a photographer spotted me and told me that I should try modelling. I looked at

it as an opportunity to make money which I could use to fund my business. It was also a gateway to making contacts with people associated with the business, like models, photographers and other designers. During the process, I happened to meet someone from an Indian modelling agency in South Africa. He told me that I should come down to India as I would get great modelling opportunities here. **So, your prime motivation was to set**

JUST LIKE IN OTHER PARTS OF THE WORLD, PEOPLE HERE ARE OPENING UP AND ACCEPTING OTHERS' CHOICES. I HAVE ALWAYS BEEN ACCEPTING OF OTHERS AND THEIR CHOICES, SO HOPEFULLY, THE WORLD WILL ACCEPT MINE

up your fashion line, and not your way into Bollywood as an actress? In the past, women from other countries have come to India to pursue a career in the movies... Acting and Bollywood were never my aspiration, but fashion was. When I came to Mumbai, I didn't even know what Bollywood was.

CONTINUED ON PAGE 12

Depp takes UK tabloid to court



Johnny Depp

Johnny Depp appeared in a London court on Wednesday to hear his lawyer argue that Depp's ex-wife had lied when she accused him of beating her in comments quoted by a tabloid newspaper in the UK. Depp is suing the tabloid's publisher, and its executive editor Dan Wootton for libel over an article that called Depp a "wife beater". The trial proper is due to start on March 23. Both Depp and his ex-wife Amber Heard accused each other of physical abuse during their relationship. Heard first made allegations in 2016, which Depp denied. "One of them is lying and doing so on a grand scale," said a skeleton argument submitted by Depp's lawyers. "It is a very important function therefore of this libel trial that these allegations are tested, and either proved or disproved."

The onus in the case is on the publication to prove that it has not committed libel. It will argue simply that the article is not defamatory because it is true. Reuters

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Pics: Johan Sathyadas

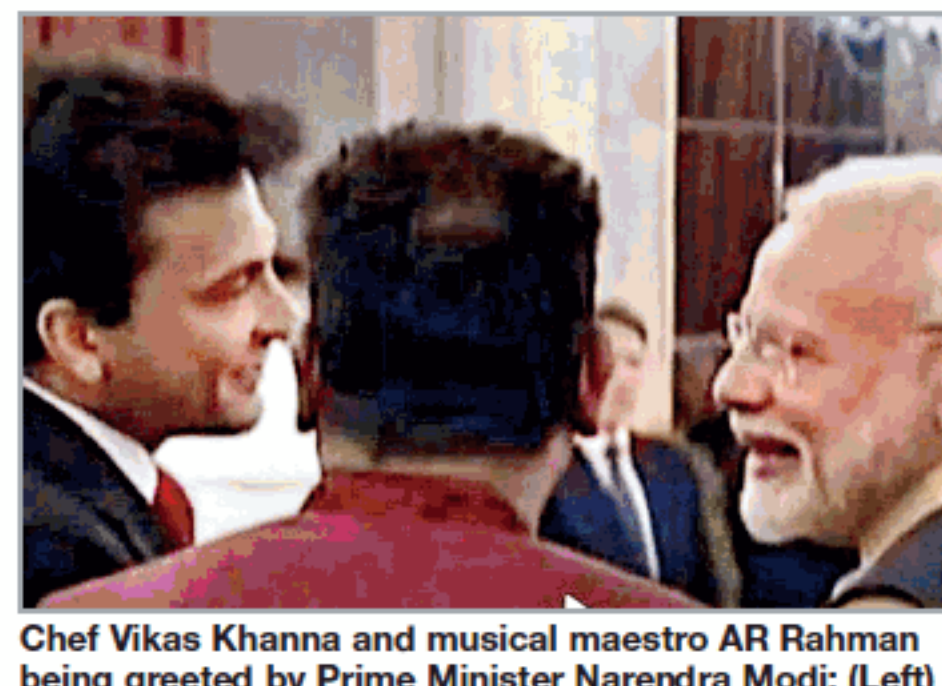
A date with POTUS: Celebs attend banquet at the Rashtrapati Bhavan



(L-R) First Lady of India Savita Kovind and President Ram Nath Kovind welcome US President Donald Trump and FLOTUS Melania Trump



Donald Trump meets fashion designer Madhu Jain



Chef Vikas Khanna and musical maestro AR Rahman being greeted by Prime Minister Narendra Modi; (Left) The duo take a selfie at the event



Ivanka Trump in a floral anarkali



The banquet hall at the Rashtrapati Bhavan

Before taking off for the United States on Tuesday, US President Donald Trump and First Lady Melania Trump attended a state banquet hosted by President Ram Nath Kovind at the Rashtrapati Bhavan in Delhi. The event was attended by over 100 guests including Prime Minister Narendra Modi and several Cabinet ministers. Among others present were musical maestro AR

Rahman, chef Vikas Khanna and fashion designer Madhu Jain. Madhu, who also got a chance to interact with Melania at the event, said, "It was one of the most special events I have attended in my life. It was an honour for me to be present among such dignitaries. It was a sit-down dinner and before taking their seats, the POTUS and FLOTUS met every guest. Melania looked beautiful in her fuchsia outfit, which interestingly had a pal-

lu-like drape over the shoulder. She also wore gold *jhunkis*. Melania was very humble and sweet to talk to, and really liked the *ikat kurta* that I was wearing for the banquet. I also met Ivanka." The menu for the dinner included dishes like cajun spiced salmon, *raan aalshani*, *dal raisina* and *dum gosht bityanti*. Desserts included hazelnut apple pie and *malpua* with *rabri*.
— Divya.Kaushik@timesgroup.com



Ashwin and Pavithra



Mahalakshmi and Kamalakannan

Comparing notes on beauty



RJ Balaji

When the women dress up to party, they're sure to make some noise! As they did at this do — they chatted with each other, laughed out loud and compared notes on what to wear and where to shop from! The evening also saw they talk about haute makeup trends world over and where to get them in Chennai. Looks like the city's pretty high when it comes to keeping pace with the trends as most women agreed they can buy all the up-market stuff right here, in the city!



Vishnu



Vinsu



Sameea



Ashwini



Priyanka



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Celebs open up about struggles with depression

WHEN BOLLYWOOD SHARED THEIR STORIES

'I DON'T THINK DEPRESSION EVER GOES AWAY'

— Shama Sikander

"It took me over a year to realise that I was in depression," says Shama Sikander, adding, "I'd cry for hours for no reason. I'd have no desire to go anywhere or do anything. All I wanted to do was sleep, but I couldn't. It was when a friend told me that I might be suffering from depression that I got myself checked. This was some seven years ago." Shama says that she also attempted suicide around that time. "I can't pinpoint what got me into that state. I thought the world was extremely selfish. It took me almost five years to come out of that state of mind. Having said that, I don't think it ever goes away. The only difference is that I'm not threatened by it anymore. It has become my friend," she says, adding, "The awareness towards depression and towards your own truth is the most important. I had to be friends with my darkness. I had to accept myself fully. I had to learn to love myself fully. It's the only way to fight it."

'I WAS WARNED AGAINST TALKING ABOUT DEPRESSION'

— Anjana Sukhani

Anjana Sukhani chose to take a two-year sabbatical from films when she found that she was clinically depressed. "I decided to open up about my depression, but I was warned against doing that. I was told that if I do that, I won't get work. But I thought *mere bolne se agar ek zindagi bach jaati hai ya ek zindagi badal jaati hai*, then my job is done," recalls the actress. She continues, "The cost of counselling and treatment is another aspect that gets ignored. Counsellors and therapists are expensive and beyond the reach of a certain strata of society; everyone should be able to afford treatment."

'I DIDN'T KNOW WHERE TO LOOK FOR HELP'

— Sharad Malhotra

For someone who saw immense popularity with TV, Sharad Malhotra admits to having been through a dark phase. "I had come to Mumbai and had no friends and family," says the actress who made her acting debut in a Tamil film, *Vaanam*. "Things were not in my favour initially. I was so low that I started finding flaws in my own body and even, stopped going for auditions for some days. I felt hopeless. Over time, I made a few friends, who cheered me up and motivated me. Having the right people and environment is necessary to maintain your mental health," she adds.

'STARTED FINDING FLAWS IN MY BODY AND STOPPED GOING FOR AUDITIONS'

— Jasmin Bhasin

She's all bubbly and vivacious in her television shows, but Jasmin Bhasin admits to having been through a dark phase. "I had come to Mumbai and had no friends and family," says the actress who made her acting debut in a Tamil film, *Vaanam*. "Things were not in my favour initially. I was so low that I started finding flaws in my own body and even, stopped going for auditions for some days. I felt hopeless. Over time, I made a few friends, who cheered me up and motivated me. Having the right people and environment is necessary to maintain your mental health," she adds.

'BE BUSY, GENERATE HAPPY HORMONES'

— Sahil Khattar

Sahil Khattar is known for his funny streak, but he's been through a meltdown, too. "I had everything going for me, but it all changed when my longtime girlfriend broke up with me," recalls the actor, host and radio jockey. "Within a week my father fell ill and was diagnosed with acute pancreatitis. I just took a flight to Chandigarh and left Mumbai without informing the radio station where I worked. I had crashed-out mentally." However, that was just a beginning. "It's when my dad returned home that my depression set in. I'd just sit on the couch at home, watch TV all day and eat only noodles and cereals. Finally, a friend, who was a psychologist, pulled me out of the house and took me to play snooker, which gave me the needed zest to come back to my life." Sahil also says, "When you know that things are not going good, you have to occupy yourself doing what you love the most. That is how the happy hormones are generated."

DEEPIKA PADUKONE is among the few from Bollywood who has openly spoken about her battle with depression, without mincing words. In an interview with Filmfare, she had shared, "My family and friends never let me feel as if something was wrong with me. They made me feel that what I was going through was okay. They supported my decision to take medication for depression."

ANUSHKA SHARMA has also been upfront about her issues with anxiety. In an interview with a magazine, she says, "I have anxiety. And I'm on medication for it. Why am I saying this? Because it's a completely normal thing. I want to make this my mission, to take any shame out of this, to educate people about this."

YO YO HONEY SINGH spoke about his bipolar disorder in an interview with us last year. "It went on for 18 months, during which I changed four doctors. I didn't care about losing my stardom, I was scared about losing myself." He also added, "I belong to my fans who have made me. They needed to know, and this was the best time to talk about it."

WHEN KOLLYWOOD SHARED THEIR STORIES

VISHNU VISHAL is the latest to talk about depression. In an interview with us last month, he opened up about battling depression. "Depression is a very difficult word. It does not mean locking yourself in the room and crying 24*7. I could be laughing and having fun on the outside, while actually crumbling inside. Once I realised that I was depressed, I sought therapy. I wanted to tell this to people because everybody is going through something."

HOLLYWOOD SHOWS THE WAY

CATHERINE ZETA JONES went public with her bipolar disorder to help fellow sufferers to know that it is completely controllable.

JUSTIN BIEBER has not only opened up on his struggles with depression on social media, but is also talking about it and drug abuse in a 10-part docu-series.

TAYLOR SWIFT has also spoken of her relationship with food and body image in a new documentary as she needed to feel healthy in life.

SELENA GOMEZ has Lupus, which she says results in side-effects like anxiety, panic attacks and depression.

RYAN REYNOLDS admitted to having intense anxiety issues, especially during the filming of *Deadpool*.

ARCHIE

JUST ABOUT DONE?
DO YOU LIKE WHAT YOU SEE?
I SURE DO!
HI, MY NAME'S ARCHIE ANDREW!
NOW, HERE'S A LIST OF ALL THE PEOPLE WHO ARE TO RECEIVE INVITATIONS TO CHARLIE BROWN'S TESTIMONIAL DINNER AT THE BOTTOM OF EACH ONE WE PUT R.S.V.P.

PEANUTS

By Charles M. Schulz

OH, ARCHIE, YOU AND I ARE THE INVITATION COMMITTEE.
WHAT DOES R.S.V.P. MEAN, SIR?
"REVISED STANDARD VERSION, PLEASE."
I NEVER UNDERSTAND YOUR JOKES, SIR...
STOP CALLING ME SIR!

GARFIELD

I AM SO SLEEPY...
Z
NOW BACK TO BEING SLEEPY

NANCY

By Guy and Brad Gilchrist

IT TOOK A LOT OF PAPER AND TINFOIL, BUT MY SIGN IS ALMOST DONE.
DO YOU THINK IT'S BIG ENOUGH THAT EVERYBODY IN THE GYM CAN SEE ITS MESSAGE ABOUT SPORTSMANSHIP?
SURE, BUT I'M WONDERING ABOUT THE FOIL.
YEAH, IS IT GOING TO BE SHINY ENOUGH TO REFLECT MUCH LIGHT INTO THE OTHER TEAMS' EYES?

THE DAILY CROSSWORD

By David Poole 28/02/2020

ACROSS

- Chinese sauce additive
- Olympic swimming star
- L.L.Bean competitor
- Listening organ
- Stereotypical Pi Day celebrants
- "Drab" color
- Handel's "Messiah" et al.
- Creepy film motel
- "Fruity adult beverage"
- Put in the mail
- Cowboys QB Prescott
- Well-worn pencils
- "Keystone" police
- "Black-spotted orange flower"
- Prefix with center "Valley": Reagan Library site
- Strand at a ski lodge, say
- Pitcher's stat
- "Toy pistols used on stage"
- Prefix with natal
- Asian food breadcrumbs
- Novelist Leon
- They, to Thierry
- "Toy car brand"
- Artist Warhol
- "The Good Earth" mother
- Some SAT takers
- Olympian bigwig
- Canoing challenge whose first word can precede the start and whose second word can precede the end of the answers to starred clues?
- Safe places?
- Talus
- Orange Muppet
- Not tight enough
- 66 ER VIPs
- Cockamamie
- 67 Beginning
- 69 Automated spam creator

DOWN

- Cat's cry
- Indian cover-up
- Concert keyboard
- Rap on the door
- Sleek, in car talk
- 75% of a quartet
- Pop star
- Ancient mystic
- Position at work
- Enduring work
- Baptism or bris
- Like Olympic years, numerically
- "Wild" 1800s region
- Oolong and pekoe
- 1921 play that introduced the word "robot"
- Euphoria
- Stay fresh in the fridge
- Celeb with her "OWN" network
- Andalusian aunt
- Little rascal
- Lively baroque dance
- Red Square shrine
- Give in
- Grouchy look
- Prone to prying
- Often-bookmarked address, briefly
- Grafton's "for Noose"
- "80's Ladies" country singer
- "Yee-!"
- Surround, as with a saintly glow
- Graceful steed
- "Ni-Ice!"
- Cube root of acht
- Merit
- Forearm bone
- Part of, plowwise
- Boxing ref's calls
- "Anything?"
- Opposite of exo-
- "Don't play" music staff symbol
- Date regularly

MARVIN

I THINK I FOUND OUR NEXT TOILET!
CHECK IT OUT!
NO, JEFF.
OOOH! AND IT HAS A BACK MASSAGER!

MINDBENDER

In the three sentences below, are two blanks. You must fill them in with words that are either anagrams, synonyms, or homonyms. You can only use each of these one time each sentence. Can you figure out each word?

- The golfer has yelled out "_____" times today.
- They began to _____ scones, and drink _____.
- She used one _____ to look down at her wrist and see her _____.

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BIRTHDAY TODAY
You may be given additional responsibility at the workplace.
Tip: Your lucky colours are gold, orange, bronze, green, white and cream. Your lucky gems are diamond, topaz, amber, moonstone, jade and turquoise.
You share your birthday with: Hazel Keech

ARIES March 20 - April 18 Relations with others are going well and you may even be able to make an important connection with your boss today, which will open the door for advancement opportunities. Take a new approach with your close relationships. Communication will improve, too.

TAURUS April 19 - May 19 It is good to feel calm, but is your calmness an avoidance of conflict? Although you should have reasonable energy levels today, you are unlikely to feel up to defending yourself, your actions or thoughts.

GEMINI May 20 - June 20 You really need all the perseverance and determination. You are honest in the things you say to your associates. Inspired ideas and expanded dreams could be inundating your mind.

CANCER June 21 - July 21 It is time to pay attention to your responsibilities, both to yourself and to others. You should not try to go out looking for problems today. If you can push yourself to be more positive, you will find that the problems soon disappear. This is unlikely to be a good day for business.

LEO July 22 - August 21 You are unlikely to have a great deal of interest in your own needs today, preferring instead, to dedicate time to help others. Be ready to adapt to changing circumstances. You feel you are in your own version of paradise. Real value comes from relationships with others and the sense of pride you get from doing a job well.

VIRGO August 22 - September 21 Added responsibilities will keep you occupied. You need to strengthen yourself by overcoming a few obstacles along the way. Follow your instincts and dare to take some risks. Try to avoid getting into any kind of discussions. There is some tension in the air today.

LIBRA September 22 - October 22 You are not using your creativity to its full potential. Your mind should be filled with the power of positive thinking. You will be able to breathe a long overdue sigh of relief. You may debate thought-provoking issues with friends. Domestic concerns will be on your mind.

SCORPIO October 23 - November 20 Be open to the unexpected this week. Avoid negativity and fear

SAGITTARIUS November 21 - December 20 You are likely to help a friend or relative. It is more than likely that you will offer help of a more practical kind. This is a high point with regard to your career. You can expect love to come in a mysterious way today.

CAPRICORN December 21 - January 19 You need to work hard to resolve financial matters. It will be easy for you to dream your time away. Do your best to not get distracted today. You may need to get a minor health issue checked out.

AQUARIUS January 20 - February 18 Your flexible nature will be essential in the workplace today. Your energy and enthusiasm will mean there is little that you can't achieve. However, you must take care that you consider others.

PISCES February 19 - March 19 You will be very productive and able to make some positive changes in both your work and home life. Deep feelings for someone could become overwhelming. Your ego may be a bit bruised from events of a few days back. Many health problems can be cured easily.

SCRAMBLE

Solve the four anagrams and move one letter to each square to form four ordinary words

How To Play
Now arrange the letters marked with an asterisk (*) to form the answer to the riddle or to fill in the missing words as indicated

DMAEE
CEORT
NORYHT
ALOOFH

Nobody likes having salt rubbed into their wounds, even if it is the salt _____ - Rebecca West (2,3,5)

SOLUTIONS TO GAMES

TIMES SUDOKU

5	9	2	1	4	3	6	8	7
6	1	8	7	5	9	3	4	2
7	4	3	2	8	6	1	9	5
3	2	6	9	1	7	8	5	4
9	5	7	8	3	4	2	6	1
4	8	1	5	6	2	7	3	9
2	6	9	4	7	8	5	1	3
8	7	5	3	9	1	4	2	6
1	3	4	6	2	5	9	7	8

LOOP THE LOOP

SCRAMBLE: Words: Edema, recto, thorny, loofah
Answer: Nobody likes having salt rubbed into their wounds, even if it is the salt of the earth. - Rebecca West

SPELLATHON:
atop, coat, coop, coot, potato, taco, toot, TOPCOAT

WHATIT?
Under starter's orders

MINDBENDER:
1. The golfer has yelled out

"FORE," FOUR times today. (homonyms), 2. They began to EAT scones, and drink TEA. (Anagrams), 3. She used one EYE to look down at her wrist and see her WATCH. (Synonyms)

THURSDAY'S PUZZLE SOLVED

RAY D J S E T S P A Y
E R A S N A I V E H O L E
P O R K B A R R E L B I L L S
A U D I O I N L O V E
I S A D O R A U M A N I P
N E G H A M O P E R A T O R
T S E O D I N D A N E
G O O S E E G G S
M A A M O R E O M E D
C H I C K E N F E E D A V E
S I R A Y E S K I T R I P
M O R E S O V O I L A
M E A T O F T H E M A T T E R
O M I T U L T R A E A S T
P O L O L E O N A L T S

32 Give in
34 Grouchy look
36 Prone to prying
39 Often-bookmarked address, briefly
40 Grafton's "for Noose"
43 "80's Ladies" country singer
47 "Yee-!"
48 Surround, as with a saintly glow
49 Graceful steed
51 "Ni-Ice!"
52 Cube root of acht
53 Merit
54 Forearm bone
56 Part of, plowwise
57 Boxing ref's calls
58 "Anything?"
59 Opposite of exo-
60 "Don't play" music staff symbol
62 Date regularly

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SUDOKU CHALLENGE

Level: Medium

9						8	7	
	8	7						2
		2				1		5
	5	7		3		2	6	
						2	7	
2	9					8		
8						1	4	
1	3							7

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

LOOP THE LOOP

Rules:
1. Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
2. Crossover's or branches are not allowed (As shown by the dotted lines in Fig B).
3. Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
4. Each puzzle has just one unique solution.

How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown.

Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic. Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B).

CHOOSE THE RIGHT RUDRAKSHA

It is said that one can tap into the divine cosmic energy by wearing, owning, worshipping rudraksha. Many believe that in today's fast-paced life, this bead can help one enjoy good health, wealth, knowledge and wisdom. They also feel that only the fortunate get to own a rudraksha.

It is believed that Lord Shiva has a strong connection with nature and the five elements. Citing *Shiv Puran* many say that wearing rudraksha strengthens connectivity to nature and wearing all-mukhi rudraksha is auspicious and effective in achieving material and spiritual growth, good health, peace and harmony for the self and the family. Rudraksha exists from 1 to 21 mukhi and each rudraksha is said to enhance certain traits in a person, thereby re-establishing the harmony between man and nature. The higher mukhi beads are rare and are hard to procure. Therefore, such combination of all-mukhi rudraksha is much sought-after by the believers.

Rudralife is an organisation which



Dosh Nivarak

is considered to be an authority on rudraksha and they have devised many combinations of beads. They claim that their Kaal Sarp Dosh Nivarak is found to tone down the malefic effects of Rahu and Ketu. Ganesh Lakshmi Bandh is said to be good for removing hurdles, obstacles and give financial stability. Dosh Nivarak is helpful in giving protection from negative energy and in pacifying doshas. Unity Bandh is a combination that is said to help in harmonising relationships.

People start wearing a combination after consultations and after experiencing good results, they proceed to add all the beads from 1 to 14, a Gaurishankar and a Ganesh Rudraksh, and then it becomes a Siddha Mala. It is said to be specially designed for the successful achievers to fulfill their ambitions. The organization claims that Siddha Mala represents nine planets and all the Devi-Devas. They claim that after experiencing positive results of a Siddha Mala, many show a desire to wear a combination of all the beads from 1 to 21, the Indra Mala. It is said

to be extremely potent in bestowing wealth and success in all spheres of life, not only for the wearer but also for his generations to come.

Rudralife claims that they have conducted over 950 exhibitions and seminars and make it a point to interact with people. They offer personalised recommendations for suitable rudrakshas to wear and they claim that they have seen people experience a dynamic and positive change in their lives after wearing the beads.

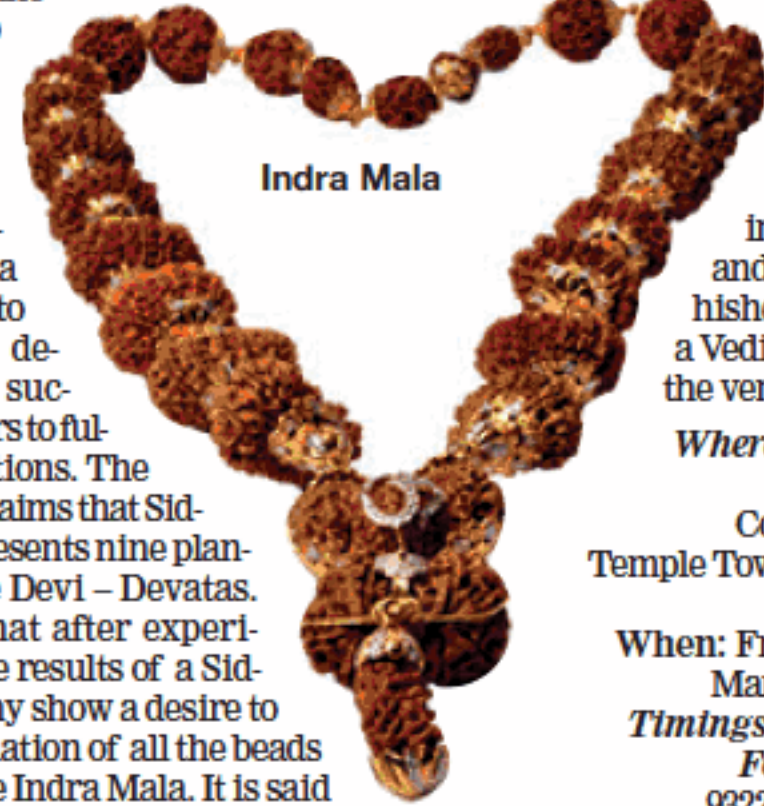
At their on-going exhibition in the city, one can see the entire range of one to 21-mukhi rudrakshas, and get expert guidance on which rudraksha to wear. Complimentary mala making by expert artisans and complimentary abhishek of rudraksha by a Vedic priest is offered at the venue.

Where: Rudralife, Central Cottage Industries Corporation of India, Temple Tower, 672, Anna Salai, Nandanam

When: From February 21 till March 2 (Sunday open)
Timings: 10.30am to 7.30pm
For details, contact: 9322947642 / 9619139920.



Siddha Mala



Indra Mala

Information overload may lead to worse decisions, say researchers



Information overload may not always be a good thing. Researchers have found that in certain circumstances, having more background information may actually lead people to take worse decisions. For example, when doctors communicate information to patients, people may be thinking about the cost of medication or alternative ways to reach the same goal. The researchers said that in order to help people make better decisions, it is important to better understand what people already know and tailor information based on that mental model.

— IANS



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- Shruti Agarwal

★★★★
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- Zubin Raval

★★★★
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Servewell

WHAT'S HOT

IF IT'S HAPPENING. IT'S HERE

60 German Filmablen 1960-2020, Goethe-Institut, 4, Rutland Gate 5th Street, 7pm, Feb 28: A screening of *Sophie Scholl: The Final Days* by Marc Rothemund.

African American History Month Movie, U.S. Consulate General Chennai, Gemini Flyover, Teynampet, 11am, Feb 28: A screening of American film *A Raisin in The Sun* by Daniel Petrie.

Film screening, Goethe-Institut / Max Mueller Bhavan, 4, Rutland Gate 5th Street, 7pm, Feb 28: A screening of German film *Hunting Scenes From Bavaria* by Peter Fleischmann.

CINEMA SCREENINGS

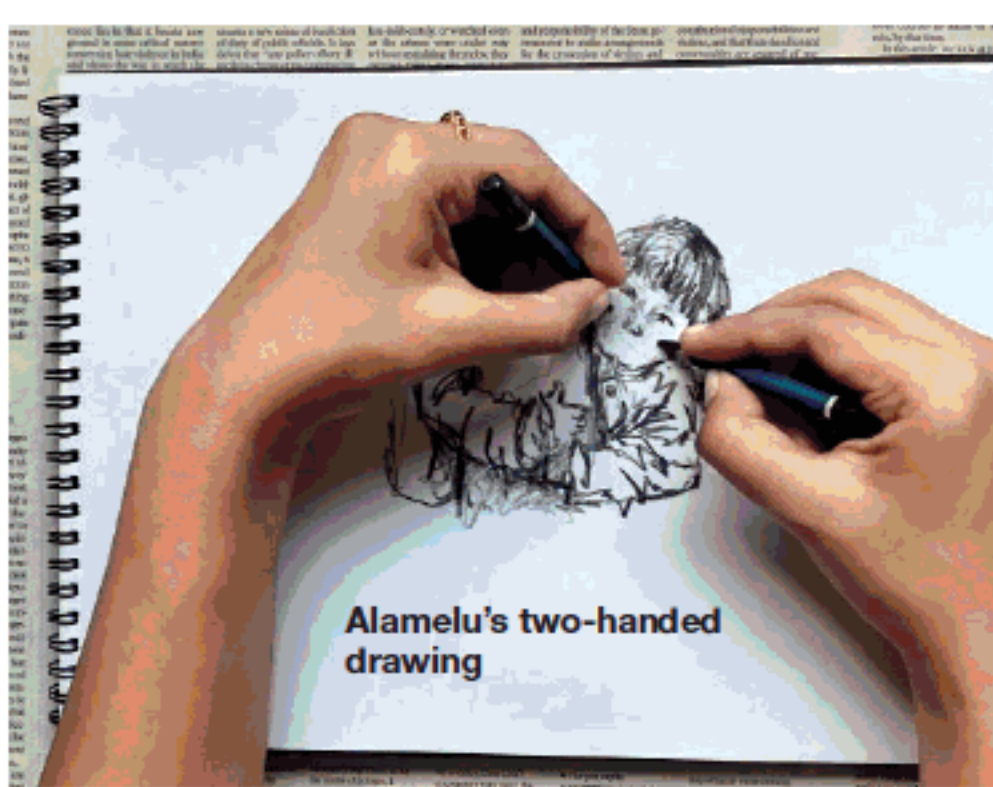


A still from *Hunting Scenes from Bavaria*

Sketching for a good cause

Alamelu Annhamala's art is often known for an experimental touch. And this time around, the visual artist's sketches will be displayed for a noble cause. Half of the funds collected from her latest exhibition will be donated to taking care of the furry pals at Blue Cross.

Alamelu, who volunteers at Blue Cross, believes that art could always be put to good use. "Art is something that instantly draws attention. The attention can always be used to focus on good deeds," she says. Promoting affordable art is also a driving force behind the exhibit, she observes, adding, "Most people think art is elite. But if you have a budget, you can still get a piece of work that you like. The kind of work that I do is not restricted by theme, material or the medium that



Alamelu's two-handed drawing

I use. My mounted artwork will be available starting from ₹500." Is there a theme to the show? "I work on concept based pieces. I also have a literature series where I have framed each page from the book with illustrations," Alamelu notes.

Alamelu will also depict her ambidextrous skills with

a live art demonstration. "At the demo, I would be drawing with both hands. From start to finish, the line drawing would all be in one single line. I would experiment with that. Some of the drawings will also be blind sketches," the artist explains.

— Sruthi.Raman@timesgroup.com

'Canvas for a Cause' @ CP Art Centre, Shakunthala Art Gallery, Alwarpet, Feb 29 to March 2, 10am to 7pm

OTHER EVENTS



Leap into Mindfulness, NalandaWay Foundation, Anna Nagar, 10am to 1pm, Feb 29: Learn the art of making Mandalas. A part of the proceeds will go to Mi-lap, a support group for non custodial parents.

Paint The Word, HOME Church Chennai, Bhavani Mansion, 4th Lane, Nungambakkam High Road, 11am to 1.30pm, Feb 29: Reflect on your perspective on the world through art.

Show & Tell Story Time, Parth Health Studio, Luz Church Road, Mylapore, 10am to 12pm, Feb 29: Bring your kids (aged between 3 and 9) for this interactive storytelling session, which includes puppets and performance acts. The story would be on 'The Dragon who couldn't breathe fire.'

Free Hand Terracotta Workshop for Kids, Fika, 2nd Main Road, Gandhi Nagar, Adyar, 3pm to 5pm, March 1: Kids above six are welcome to explore the world of terracotta clay at this workshop.

Alcohol Inks workshop, Christina's Art Studio, New Avadi road, near Kilpauk, 10am to 1.30pm, Feb 29 and March 1: Learn more than 10 techniques of alcohol inks at this do.

Sospeso Workshop, Backyard, Gandhi Nagar, Adyar, 10.30am to 12.30pm, March 1: Make and take a sospeso bottle at this workshop.

Masterclass in Writing, Wandering Artist, 6th Main Road, RA Puram, 5.30pm to 7.30pm, March 1: Combat writer's block and learn storyboarding, dialogue writing at this workshop.

Sketchbook Exchange, Cafe Atlantis, Anna Nagar, 11am to 5pm, March 1: Bring along some of your art, along with your ideas to exchange notes. Guest artist Reji Joseph will also be present at the do, for an interactive conversation on art.

A legendary love story, albeit, with a twist



A scene from the play

What if the legendary love story of Sathyavan and Savitri had a modern twist? What if the Gods spoke in today's slang? Well, the 'Tanglish' play 'Yaman Versus Woman', a comedy by Light & Blind Productions, will be all this and more. Written by V Chandrasekar and directed by Hariramakrishnan J, the play has been carefully executed by the team.

Harl says, "It is an out-and-out comedy, where the new-age Savitri won't play by the rules, but make her own. We know how the legendary story ends, but this one is a tad different. This play also takes a dig at politics and cinema. 'Gods' are part of the play; we are used to seeing God's portrayal

in cinema and theatre, in which they speak senthamizh. But we've given it a comical twist and have made them speak in today's slang."

"The 90-odd member team has a mix of professional actors and young talents. "We staged this play last year. However, we have made a lot of changes to the script now. We also took time to choose the right actors for the roles. If we have someone play the role of Lord Shiva, he better be convincing," smiles Harl.

And the challenges? He says, "The only challenge, though, was that we had ideas flowing from everywhere. We were confused as to what to take and what to leave."

— Sharanya.Cr@timesgroup.com

'Yaman vs Woman' @ Mylapore Fine Arts Club, Musiri Subramaniam Road, Mylapore, Mar 1, 4pm & 7pm, Tickets: ₹250

ART



Canvas for a Cause, C.P Art Centre at their Shakunthala Art Gallery, Alwarpet, 6pm, Feb 28 (Inauguration); 10am to 7pm, till March 2: An exhibition of

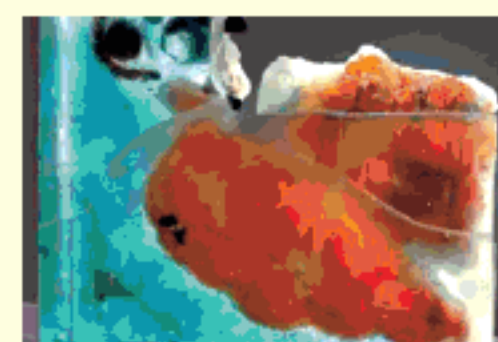
paintings for sale and live art demos by Alamelu Annhamala. Funds collected will be donated to Blue Cross.

Cartoon - o - cracy, DakshinaChitra, ECR, 11am, till March 5: Art exhibition by DAK - IMM Interns, who trace the seven decades of Indian democracy.

Art exhibition, Art World, Ganeshpuram 3rd Street, Off Cenotoph Road, 6-8pm, till Feb 28: An exhibition of artwork by Santhosh Andrade.

A Dialogue With Soil, Forum Art Gallery, Padmanabha Nagar, Adyar, 10.30am

to 6.30pm, till Mar 7: Sculptures in glass by Sisir Sahana.



Earth Matters Edition 3, DakshinaChitra, Vairaja Art Gallery, SH 49, Muthukadu, 10am to 6pm, Feb 26 to Mar 5: Artists from India and Korea are exhibiting their work.

MUSIC & DANCE

Concerts, Arkay Convention Centre, Luz, Mylapore, Feb 29-Mar 4

Feb 29 5.15pm: Concert by Tiruvavur Girish.

6.45pm: 'The Extraordinary Brindamma' by Kiranavali Vidyaagar.

7.30pm: Concert by Rama Ravi and vocal support by Nanditha Ravi.

Mar 1 4.30pm: Veena concert by YG Latha.

6.15pm: Concert by KN Renganatha Sharma.

Mar 4 6.15pm: Concert by Santosh Subramanian.



Parvathi Ravi Ghantasala

Performances, Bharatiya Vidya Bhavan, Mylapore, Feb 29

6pm: 'Shri Kuchelar Charithram' — Harikatha by Varsha Bhuvanawari.

7pm: Bharatanatyam by Parvathi Ravi Ghantasala and her students.

Romantic Retros, TN Rajarathinam Pillai Muthamizh Peraval Hall, RA Puram, Feb 29, 6.30pm The concert will feature a set of romantic duets by the legends — Rafi, Kishore, Hemant,

Mukesh, Mannadey Lata, Asha and Suman Kalyanpur rendered by the best of voices Prassan, Surojit Guha, Josyula Shekar, Shifa, Janani, Ganga, Akhila and Surmukhi coming together to bring you a string of superhit romantic numbers.

Shan Vincent De Paul Live, Bay 146, Hotel Saveria, RK Salai, Mylapore, Feb 29, 8.30pm, Tickets: ₹300 Concert by award-winning rapper / director based out of Toronto, who is known for his popular 'Mirthangam Raps' series. The opening set will be buy Native Indian.



Shan Vincent De Paul

Manadhil Varudum Paadalgal, Rajah Annamalai Mandram, Esplanade Road, Broadway, Mar 1, 6.30pm, Tickets: ₹300, ₹500, ₹750, ₹1000, ₹1500 & ₹2000

Hit songs of Mano and Malaysia Vasudevan by Sun Singers and other singers with Sriram Geetharanjani orchestra.

WEBCAST

Mar 1: At 5.30pm, veena concert by YG Sreelatha. This will be followed by Gayathri Girish with Udupi Sriji in violin, Aravind Srikanth on mridangam and Trivandrum Rajagopal on kanjira. www.nalamtu.com

Tanglish Comedy (Tamil/English), Urban Desi House, 1st Main Road, Sri Sai Nagar, Thorapakkam, Feb 28, 7.30pm, By: Comedy Sabha, Tickets: ₹100; A 90-minute comedy show, where audience would get a good sample of stand-up comedy and sketch comedy in Tamil.

Stand-Up Comedy (Tamil), SOCO, Bamboo Bar, Saveria Hotel, RK Salai, Mylapore, Feb 28-Mar 5

Feb 28 7.30pm: 'Comedy Killadees' by Praveen Kumar, Abhishek Kumar, Syama Harini, Jagan Krishna, Karthi Dural

& Ramkumar Nataraj, Tickets: ₹199.

Feb 29 5.30pm & 7.30pm: 'Making Money For My Kids' by Sorabh Pant, Tickets: ₹399 & ₹499.

Mar 1 7pm: 'Bloody Swain' by Rohit Swain, Tickets: ₹299.

Mar 5 7.30pm: 'Mic Testing' — a fun night where upcoming comedians and popular comics of Chennai will be performing and entertaining the audience, Tickets: ₹99.

The Month End Show (English/Tamil), CFX Cinema Food Xperience Resto Cafe, 1st Floor, 2nd Avenue, Besant Nagar, Feb 28, 7.30pm, Tickets: ₹250; A stand-up show by s Sriram Prasad, Chockalingam SP & Manoj Prabhakar

Stand-Up Comedy (Hindi/English/Tamil), CounterCulture Comedy Club, 1st Cross Street, Sri Ram Nagar, Alwarpet, Feb 28-Mar 1

Feb 28 8pm: 'Gone In 90 Seconds' by Vikash Paul, Abi-

ishiek, Kuldeep, Gurumurthy Annamalai, Soda, Kailash, Rabinder, Praveenika, Rahul Sridhar and Marasamy, Tickets: ₹200.

Feb 29 & Mar 1 8pm: 'TWS' by Sonali Thakker and Niveditha Prakasam, Tickets: ₹499.

Mar 1 6pm: 'Tamilz Showcase Night' by stand-up comedians Williams, Annamalai, Sudesh and Santhalingam, Tickets: ₹149.

Stand-Up Comedy (English/Tamil/Hindi), The Spotted Hyena, Club Crest, Phoenix Marketcity, Velachery, Feb 29

Feb 29 11am: 'Improv Open House' — an improv show for aspiring artistes, Tickets: ₹149.

4pm: 'Stage Time' — a stage to showcase your talent, Tickets: ₹49.

7pm: 'Mutual Friends' by Anirban Dasgupta and Urooj Ashfaq, Tickets: ₹499.

Erotica Season 2 (English), Alliance Francaise of Madras, College Road, Nungambakkam, Feb 29, 4pm & 7pm, By: Chennai Art Theatre, Tickets: ₹300; An evening of four, 20 minute short plays, based on different aspects of lust, sexuality, eroticism and sensuality. The show will present works of Chennai theatre's finest directors — Vinithra Madhav Menon, Meera Sitaraman, Prateeksha Chandrasekaran and Shruthi Parasuram. All the plays are for continuous 90 minute, without any intermission.

Perumaal 2 (Tamil), YGP Auditorium, PSBB School, Thirumalai Road, T Nagar, Feb 29, 7pm, By: S Sureshwar, Tickets: ₹100 & ₹200; Perumaale gets a sequel. This time, Lord Perumaal comes down again from his heavenly abode to his bhaktas, but this time to settle kuberas account. What follows is divinity with-in hilarity.

All programmes are subject to change

SHARANYA CR AND SRUTHI RAMAN

WRITE IN! Staging a play or dance recital? Organising an art show? Send the details, via email to chennaiwhatshot@gmail.com or write to: What's Hot, The Times Of India, Kochar Towers, 4th Floor, 19, Venkatnarayana Road, T Nagar, Chennai 600017

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Paramapatham Vilayattu (Tamil)

Cast: Trisha, Nandaa, Richard, AL Azhagappan, Vela Ramamoorthy;

Director: Thrirugnanam;

Action/Thriller; Trisha plays a doctor — a mother of a young kid — who gets caught in a power game between two political parties.

Kannum Kannum Kollaiyadithaal (Tamil)

Cast: Dulquer Salmaan, Ritu Varma, Rakshan, Niranjani Ahathian, Gautham Vasudev Menon; Director: Desigh Periyasamy; Romcom; The quirky romance of a happy-go-lucky IT professional and a girl-next-door type young woman.

Irumbu Manithan (Tamil)

Cast: Santhosh Pratap, Archana, Ganja Karuppu, Madhusudhanan, Nishanth; Director: Disney; Drama; The film charts the rise, fall and rise of a noble-minded man who runs a roadside eatery and raises three orphaned children.

Galtha (Tamil)

Cast: Antony, Siva Nishanth, Alraa, Divya, Gajaraj, Appukkuty, Karunanidhi; Director: Hari Uthraa; Action/Drama; Two young men take on a corrupt councillor, who has turned their village into a dumpyard for biomedical waste, leading to severe health issues for the local populace.

Draupathi (Tamil)

Cast: Richard, Sheela Rajkumar, Karunas, Lena; Director: Mohan G; Action/Drama; The film, which is based on a real-life incident, revolves around a man who hunts down a group that cheats women and coerces them into marrying men from their caste.

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Producer-Maanga Idiots



EAT RIGHT AND SLEEP WELL

Nicholas Jarnell, Joana Van Zeller and Javier Suarez...



Pics: Rashmi Uday Singh

...with foods that promote sleep

What can eating possibly have to do with sleeping? We all know that eating right can increase energy, decrease weight, make one look good, live longer... but could it also be possible that one can eat right to sleep well? I too was totally unaware of this connection even though I've been researching the various aspects of food for the past many decades and through my forty books. Here, in Portugal's stunningly beautiful valley, I am served up some eye-opening insights. In the legendary Six Senses Duoro valley, all my senses are being pampered.

Set amid twenty acres of natural beauty in the World UNESCO site (with the magnificent river Duoro flowing at its feet) it offers out-of-the-ordinary activities that mainly focus on wine and gastronomy, heritage and culture. It's the mind-blowing program to sleep-with-six-senses, which has me excited to try it and to share it with you.



TASTY TALES
Rashmi Uday Singh

GOOD FOOD FOR A GOOD CAUSE

The magnificent natural beauty tangos with equally beautiful interiors. The Vale de Abraão restaurant spills out onto the orange tree-lined terrace overlooking their organic vegetable gardens. The menus are inspired by the organic gardens, using nothing but seasonal local produce. The Kitchen team brings to the table not just delicious food, but Six Senses values of environmental sustainability, wellness, and local sensitivity with global sensibility. Gut health is key to well-being, and fundamental in menu creation, and many a delicious unusual dish. In order to learn this, the Food Alchemy Workshop teaches the essentials of Sustainable food preservation.

After attending this, and the wine tasting and feasting on many a gastronomic meal, I have a delicious lunch in the 19th-century manor with the dynamic Nicholas Jarnell, who helps this landmark, the super helpful Joana Van Zeller and Javier Suarez who explain more about the sleep-with-six-senses to me. And I trip out on the most unusual and delicious and nutritious "roasted cauliflower" (see photo) which helps promote sleep, too. The chefs share the recipe, but due to space constraint I cannot print it. If you need it please email rashmiudaysingh1@gmail.com

FROM THE SLEEP DOCTOR

I thought I knew all about sleep... we sleep a third of our life, *et al*. But I had no idea that a sleep doctor can be an invaluable guide. Here,



Good food for a good cause: Roasted cauliflower

FOOD... DO EAT

Tryptophan, serotonin and magnesium promote sleep, and these are present in many a fruit and vegetable, too.

- Let's begin with the most mind-blowing tip... boil bananas with their skin and use the water as 'Banana tea'.
- Cherries and walnuts
- Vegan or vegetarian: mushrooms, broccoli, asparagus, dark leafy greens, tahini, hemp seeds
- Foods with resistant starch, inulin or prebiotic fibres: All leafy greens, spinach and watercress, hearts of palm, artichokes, plantains, tapioca, chicken (high in L-Tryptophan)
- Protein: Limit protein at night to 4oz (or 113g)
- Chamomile tea actually does help you sleep. So do many warm drinks except for coffee



Banana tea for sleep

there is not only Michael Breus, the highly qualified sleep doctor who guides, but a whole team of doctors. Sleepwithsixsenses is integrated with wellness programs which go beyond the mattress. There are several building blocks that form the foundations of this concept, health, movement, alternative therapies, holistic treatments, yoga, meditation, mindfulness and, for me, the most important, nutrition. And all of it is offered here.

SUPPLEMENTS

- Magnesium - almost everyone is short on it - try up to 400 mg.
- Potassium - synergistic with magnesium; the combination will remove night-time leg cramps
- L-tryptophan is powerful stuff, especially, when taken with GABA. People who tell you to eat turkey or drink milk do so for the trace

amounts of tryptophan in them

- Melatonin is a potent hormone and antioxidant which your body is supposed to produce on its own if you get real darkness and enough sleep. Try taking a low-dose bio-available source of melatonin.

WINE & DINE



WINE & DINE

more and antioxidant which your body is supposed to produce on its own if you get real darkness and enough sleep. Try taking a low-dose bio-available source of melatonin.

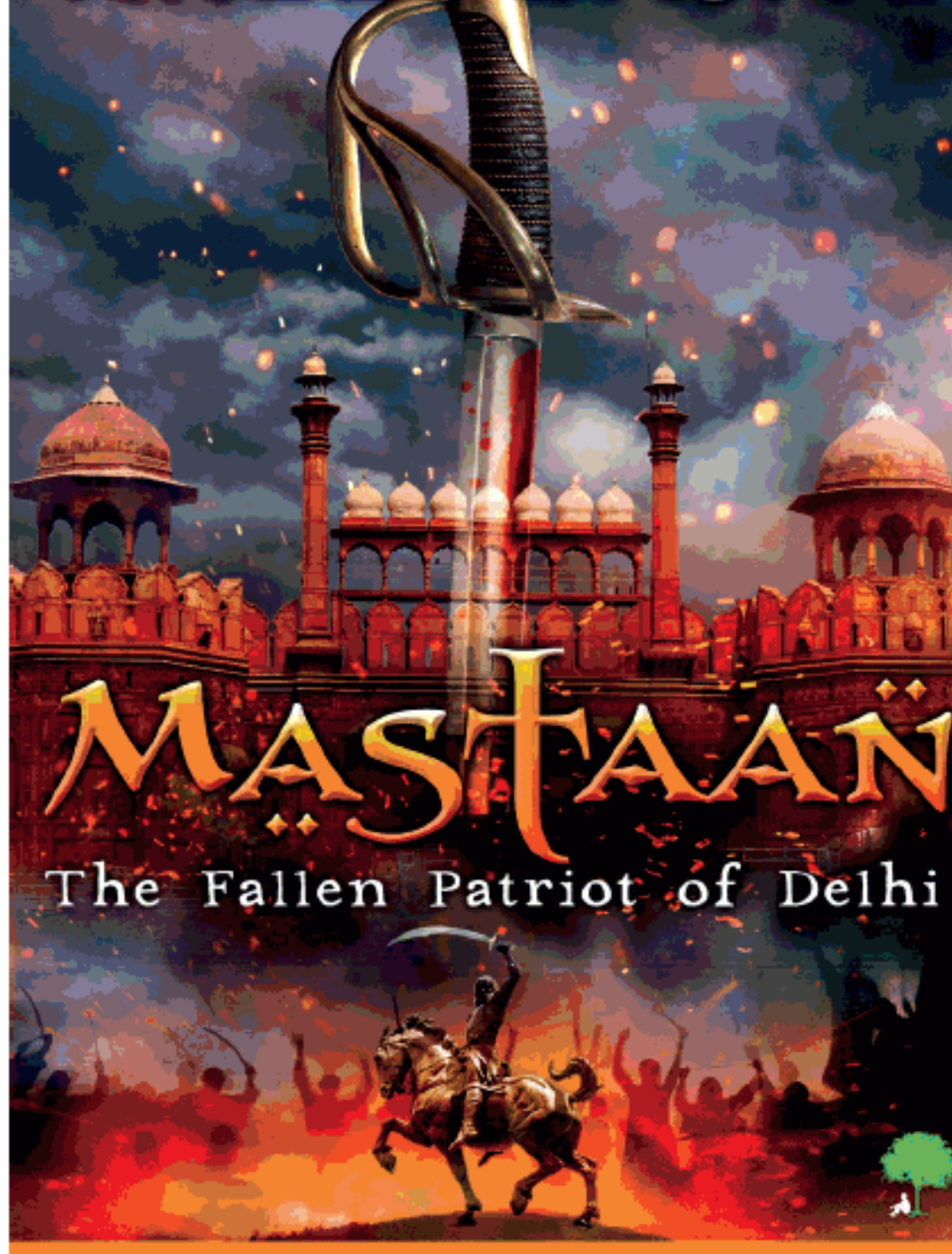
FOOD... DON'T EAT OR DRINK

- Avoid: fermented soy products (soy sauce, miso, and teriyaki sauce)
- Smoked and processed meat (due to high tyramine content which increases alertness)
- Chocolate
- Alcohol
- Cruciferous veg
- Caffeine after 2pm
- Dairy products
- Spicy food
- Eggplants and peppers

MASTAAN - THE FALLEN PATRIOT OF DELHI

As his books *Harappa*, *Prakry* and *Kashi* sold lakhs of copies in several languages, they called him and his books India's emphatic answer to Dan Brown and *Game Of Thrones*. And now, best-selling author Vineet Bajpai is back with his latest novel *Mastaan* - *The Fallen Patriot Of Delhi*. With a startling Indian perspective to the Great War of 1857, *Mastaan* brings history alive. It is imagery so vivid, that it transports the reader in time - from the last battle of Tipu Sultan and his cursed treasure in Seringapatam, to roaring cannons from Laal Qila ramparts and the fierce siege of the Walled City. The book plays like a movie as the author breathes life into immortal characters like Mirza Ghalib, Jon Nicholson, Theo Metcalfe and even the ravishing courtesans of 1857 Dilli. Unforgettable characters will make you laugh and cry with them. One moment, you get lost in the heady *mushairas* of old Delhi's havelis and the very next moment you find yourself praying for the victory of the magnificent Mastaan. The bandit warlord Jogi will

Author of the Bestselling Harappa Series VINEET BAJPAI



"Vineet Bajpai...the new literary superstar" - Times of India

terrify you; the beautiful Fay will win your heart; the half-faced dervish will haunt you and Subedar Chhagan will become the selfless friend you never had. From devastating battles, djinns and conspiracies to the intoxicat-

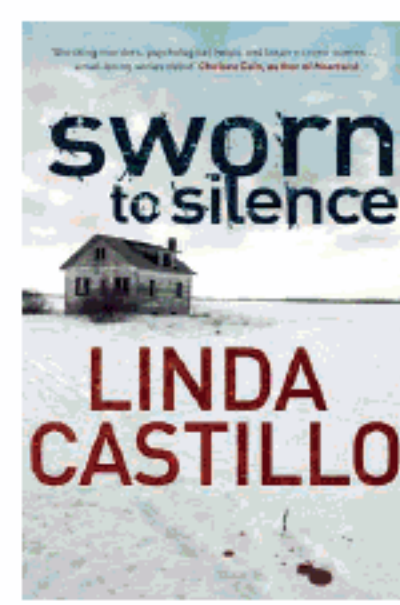


A MIDWINTER PROMISE by Lulu Taylor

A lonely and imaginative child, Julia loves her family's wild Cornish home with all her heart. But, marked by dark troubles, she enters her adult years determined to leave and seek a

new beginning in London. It's there she meets the handsome David. They fall in love, but when Julia becomes pregnant, even he can't stop the echoes of the past from ringing in her ears. The only sound to be heard above the noise is the old Cornish house, calling her home. For Julia's adult children, Alex and Johnnie, the house hides the history of their family within its walls. For Alex, it is full of memories of her late mother. For Johnnie, it is the house that should have been theirs.

Pan Macmillan, ₹420 approx



SWORN TO SILENCE by Linda Castillo

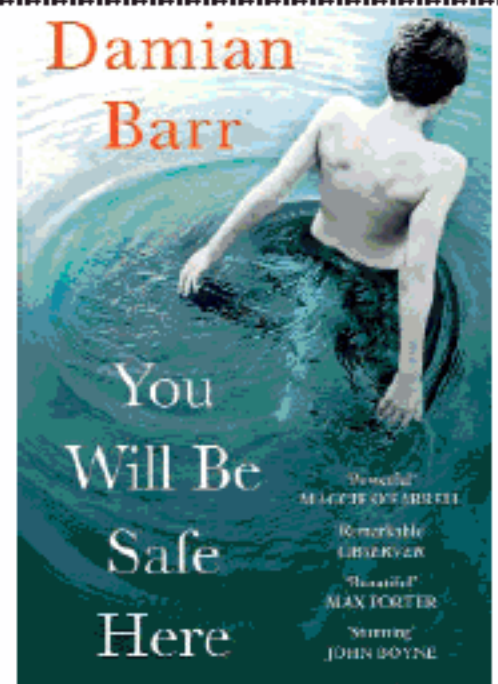
Painter's Creek, Ohio may be a sleepy, rural town with both Amish and 'English' residents, but it's also the place where a series of brutal murders shattered the lives of an entire community over a decade ago. When the killing stopped, it left in its aftermath a sense of fragility, and for the young Amish girl, Katie Burkholder, a realisation that she didn't belong. Now, 15 years, two dead parents and a wealth of experience later, Katie has been asked to return as Chief of Police. Her Amish background combined with her big-city law enforcement expertise make her the perfect candidate. Katie is certain she has come to terms with the past. Until the first body of a slaughtered young woman is found in a pristine, snowy field...

Simon & Schuster, ₹1,200 approx

BOOKS

YOU WILL BE SAFE HERE by Damian Barr

Orange Free State, 1901. At the height of the Boer War, Sarah van der Watt and her six-year-old son Fred can only watch as the British burn their farm. The polite invaders cart them off to Bloemfontein Concentration Camp promising they will be safe there. Johannesburg, 2010. Sixteen-year-old Willem is an outsider who just wants to be left alone with his Harry Potter books and Britney, his beloved pug. Worried he's turning out soft, his Ma and her new boyfriend send him to New Dawn Safari Camp, where they 'make men out of boys'. The red earth of the veldt keeps countless secrets whether beaten by the blistering sun or stretching out beneath starlit stillness. But no secret can stay buried forever. Bloomsbury, ₹499



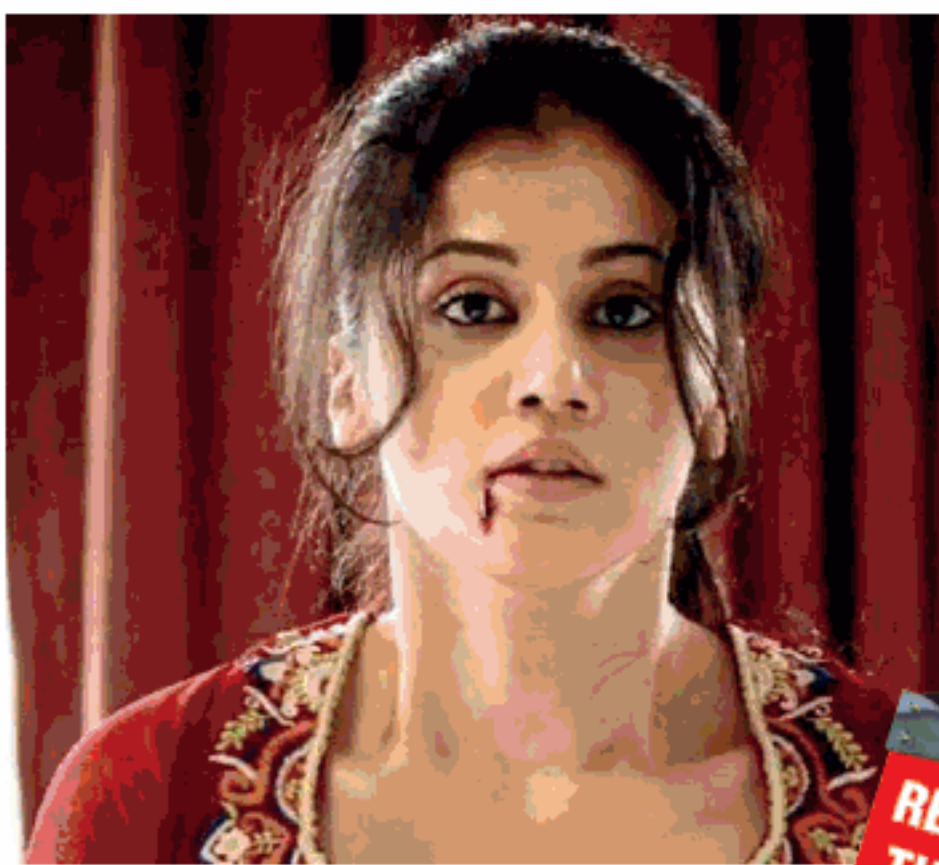
FOODLINE

- Jayalakshmi's Daily Meal Services offers high tasty, authentic Tanjore style vegetarian Vettu Saapadu for lunch, prepared at home, packed and door delivered. A full meal (serves one) comprises rice, sambar, rasam, keerai kootu, poriyal, appalam, buttermilk and pickle. There is also without-rice option available consisting of sambar, rasam, keerai kootu, veg poriyal, appalam and buttermilk. Weekly and monthly lunch plan options are also available. Call one day prior to place an order for lunch. Ph. 9500096379. Door delivery in and around Velachery
- Rekha Reddy has some new ice cream flavours to indulge in this summer. Check out True Glace for her handmade, natural and eggless ice creams. On the menu: lemon-chilli for a savoury flavour, dragon fruit flavoured ice cream for the health conscious, healthy and delicious beetroot flavour and cooling blueberry and tender coconut flavours. Ph. 9840286654 email rekhareddy86654@gmail.com or trueglace@gmail.com
- Home Baker Vedhavallu Sundar specialises in customised theme-based cakes such as Boss Baby theme for the 1st birthday, Birkin bag cake, Superhero-theme cakes and specially for children, a cake moulded in the shape of a popsicle dipped in chocolate and set with superhero toppers. Ph. 9884013575.
- Home baker Bharathi Bhaskaran is taking orders for macarons in flavours like Belgian chocolate, lemon and peanut butter and rose milk pistachio rustic cake. Ph. 9384811210.
- Abeetha Thyagarajan from Caketto in Rajaji Nagar, Thiruvanniyur is taking orders for quinoa jaggery cake, double dark chocolate

cake, double dark chocolate brownies (her signature recipe) and chocolate cookies. 999423-0515.

- Valli from Cupcake Corner in Mogappair West (near Nalambur) is taking orders for Photo Pull cakes, story cakes, story cupcakes and French entremets. Ph. 9710634381.
- Reema's Swad Cooking Classes (vegetarian and eggless) for the month of March: Mar 3 (11am-5pm) - Mexican & Italian Cuisine Class Mar 4 (11am-3pm) - Paratha Special Mar 7-8 (11am-4pm) - Cake Baking & Frosting Class - Cakes, Cup Cakes, Pastries, Doll Cake, Photo Cake, Red Velvet Cake, Truffle, Choco Lava, Black Forest, Blueberry, etc Mar 11-12 (11am-3pm) - Fondant Cake Decoration Mar 14 (11am-3pm) - Chocolate Making Workshop Mar 15 (11am-1pm) - Ice Cream Classes Mar 17-18 (11am-4pm) - Cake Baking & Frosting Class - Cakes, Cup Cakes, Pastries, Doll Cake, Photo Cake, Red Velvet Cake, Truffle, Choco Lava, Black Forest, Blueberry, etc Mar 24 (11am-3pm) - Varieties of Rice Mar 26 (11am-3pm) - North Indian & Punjabi Cuisine Mar 27 (11am-3pm) - Whipped Cream - Sharp Edges Mar 28 (11am-3pm) - Sharp Edges for Ganache Round & Square Cakes Mar 31 (11am-3pm) - Cakesicle & Cake Pops Contact Reema - at 8939566195 or 49525790
- Rashmi Gupta from Anna Nagar (metrozone, behind VR mall) makes homemade sweets, especially laddus, like gond laddu, besan laddu, dry fruit laddu, oats and date laddu, moong dal halwa, gajar halwa, besan ki burfi, etc. Ph. 9940048014

For any queries or recommendations, call 9884065010 or mail anjalsharma966@gmail.com or rashmiudaysingh2017@gmail.com

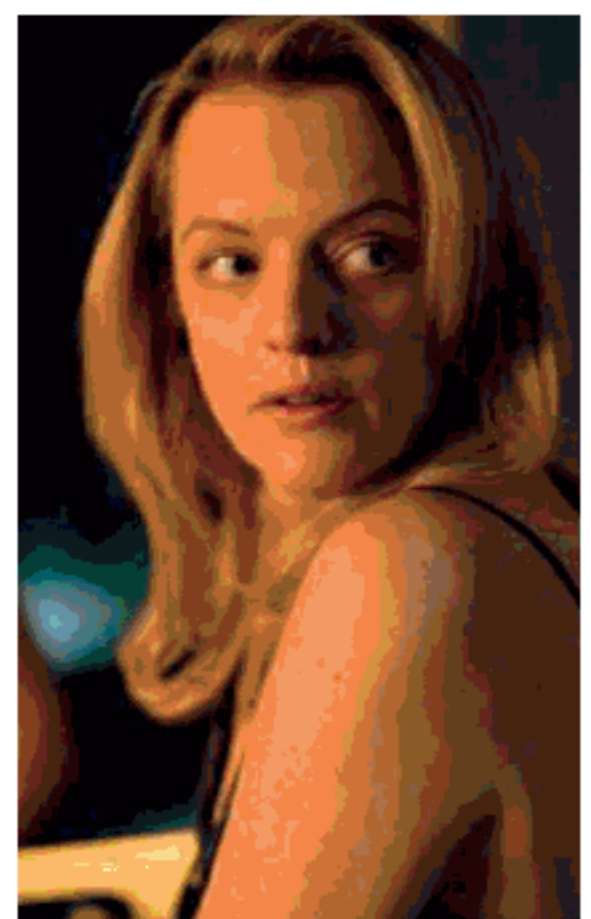


Thappad (Hindi)

Cast: Tapsee Pannu, Pavaal Gulati, Tanvi Azmi; Director: Anubhav Sinha; **Drama**; *Thappad* is the catalyst for a married woman to stand up against her husband, family and society and question the mental conditioning that generations of women are living with.

The Invisible Man (English)

Cast: Elisabeth Moss, Aldis Hodge, Storm Reid; Director: Leigh Wannell; **Horror/Sci-fi**; Cecilia (Moss) runs away due to the abusive nature of her boyfriend Adrian (Hodge). While she thinks he has committed suicide, Adrian had only faked his death to drive her crazy.



Doordarshan (Hindi)

Cast: Mahie Gill, Manu Rishi, Dolly Ahluwalia; Director: Gagan Puri; **Comedy/Drama**; A family has to recreate the happy life of 1980s with an antique TV and antenna and the couple also has to forget their impending divorce when the grandmother is suddenly woken up from a coma.

RELEASING THIS WEEK



Forensic (Malayalam)

Cast: Tovino Thomas, Mamta Mohandas, Reba Monica John; Director: Akhil Paul; **Thriller**; The film revolves around a series of crimes done by a psychopath and the investigation (by a forensic team) that follows.



Sonic The Hedgehog (English)

Cast: Ben Schwartz, Jim Carey, James Marsden; Director: Jeff Fowler; **Action/Comedy**; The first entry in the film series of the popular video game, Sonic (Schwartz) and his friends have to team up to beat the evil Doctor Ivo 'Eggman' Robotnik (Carey).



Trance (Malayalam)

Cast: Fahadh Faasil, Nasriya Nazim, Dileesh Pothan, Soubin Shahir, Joju George; Director: Anwar Rasheed; **Action/Comedy**; Despondent motivational trainer Viju Prasad is hired by a corporate to become a pastor and a miracle-worker of sorts. However, his stunt on live TV puts their entire operation under the scanner. What will the repercussions be?

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BRITNEY SPEARS

The term role model underwent a drastic transformation with the arrival of Britney Spears in 1999, and other teen pop stars such as Christina Aguilera and Jessica Simpson. Britney, who was held up as a model of chastity, literally vowed to be a virgin until marriage, much like her contemporary Jessica, who received a purity ring from her father at the age of 12.



CHRISTINA AGUILERA



LIZZO

THE NEW AGE ROLE MODELS

Lizzo rose to fame with the self-love anthem, *Truth Hurts*, last year. The self-proclaimed plus-sized 'role model' says, "When it comes to being a role model to women... I think that if I'm holding myself to a certain esteem and keeping it real with myself, then that's going to translate to people like me."

After making history by winning five Grammys in 2020, becoming the youngest artist to sing and write the title track for the James Bond franchise and performing at the Oscars, Billie Eilish has emerged as the new 'Gen Z' role model. She offers both, style and substance, to the youth. In fact, her over-sized clothes, black and green hair, and matching nails — are all a statement in themselves: A refusal to be sexualised. "We wrote an album about depression and suicidal thoughts and climate change... We stand up here confused and grateful," said her brother and collaborator, Finneas, of their history-making album, *When We All Fall Asleep, Where Do We Go?* — and that's the exact reason why it has resonated with youngsters today.



BILLIE EILISH



TAYLOR SWIFT

"There's room for role models who make mistakes," Taylor Swift said in 2013, with reference to Miley Cyrus' 'twinking act' at the VMAs, implying that the era of the perfect role model was ending. However, she herself stuck to the good girl format until 2017, which was when she finally publicly declared her politics (Democrat + pro-LGBTQ+), and took on music industry biggies by fighting for rights to her own music.

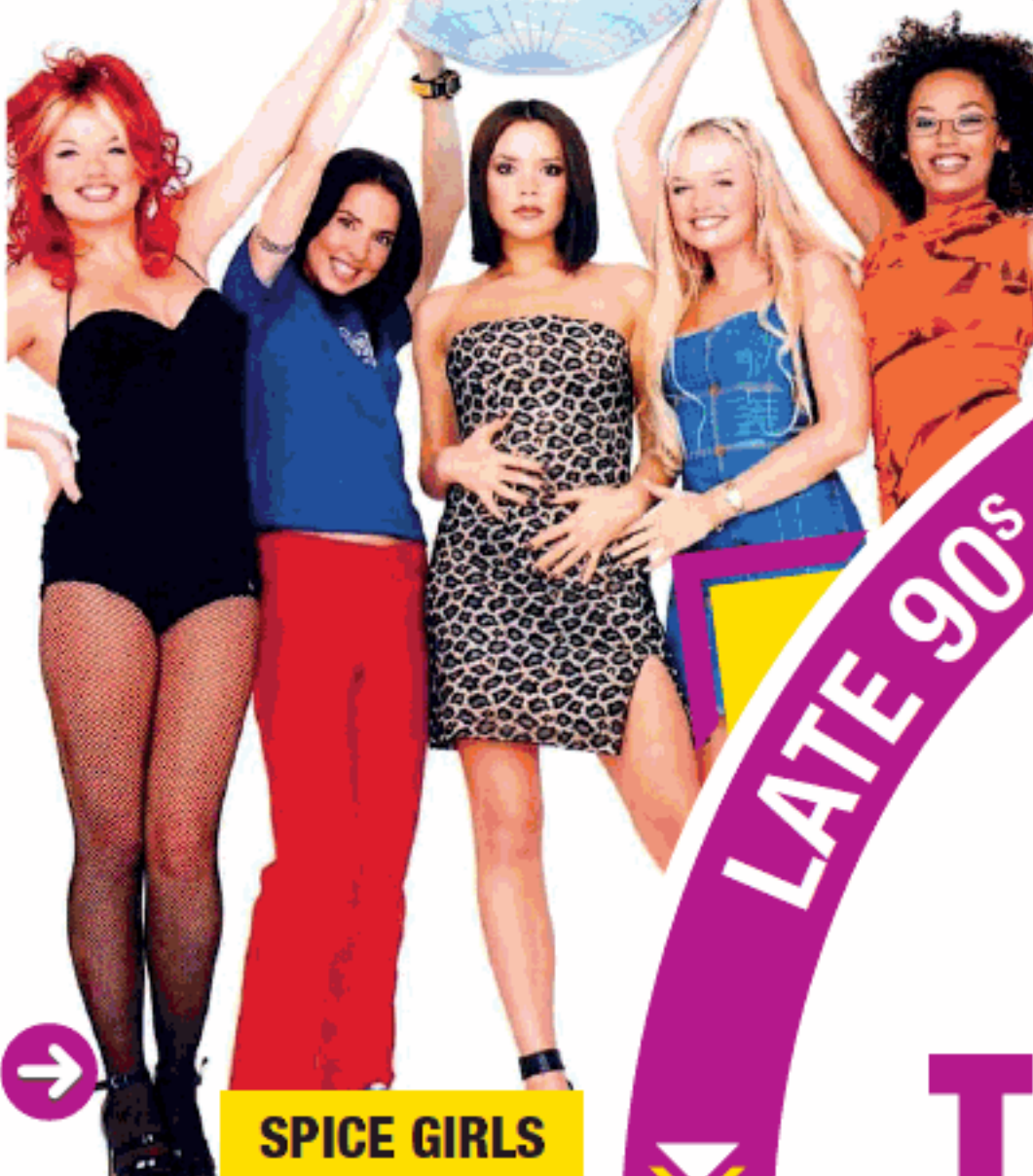
RISE OF THE 'IMPERFECT' ROLE MODELS

SPICE GIRLS: THE OG ROLE MODELS

Female pop stars' role as role models was firmly cemented circa Spice Girls and their pop-meets-feminism avatar in 1994. They were the very epitome of girl power, with Geri 'Ginger Spice' Horner promising to give feminism a "kick up the a**e".

"It's about spreading a positive vibe, kicking it for the girls... It's not about picking up guys. We don't need men to control our life," Mel 'Scary Spice' B later explained.

They embraced friendship in *Wannabe*, their sexuality in *2 Become 1*, but some critics said their message rang hollow and was a neatly-packaged marketing 'ploy', while their understanding of feminism vague at best.



SPICE GIRLS



BRITNEY'S BREAKDOWN, DIRTY X-TINA: THE DOWNFALL OF ROLE MODELS

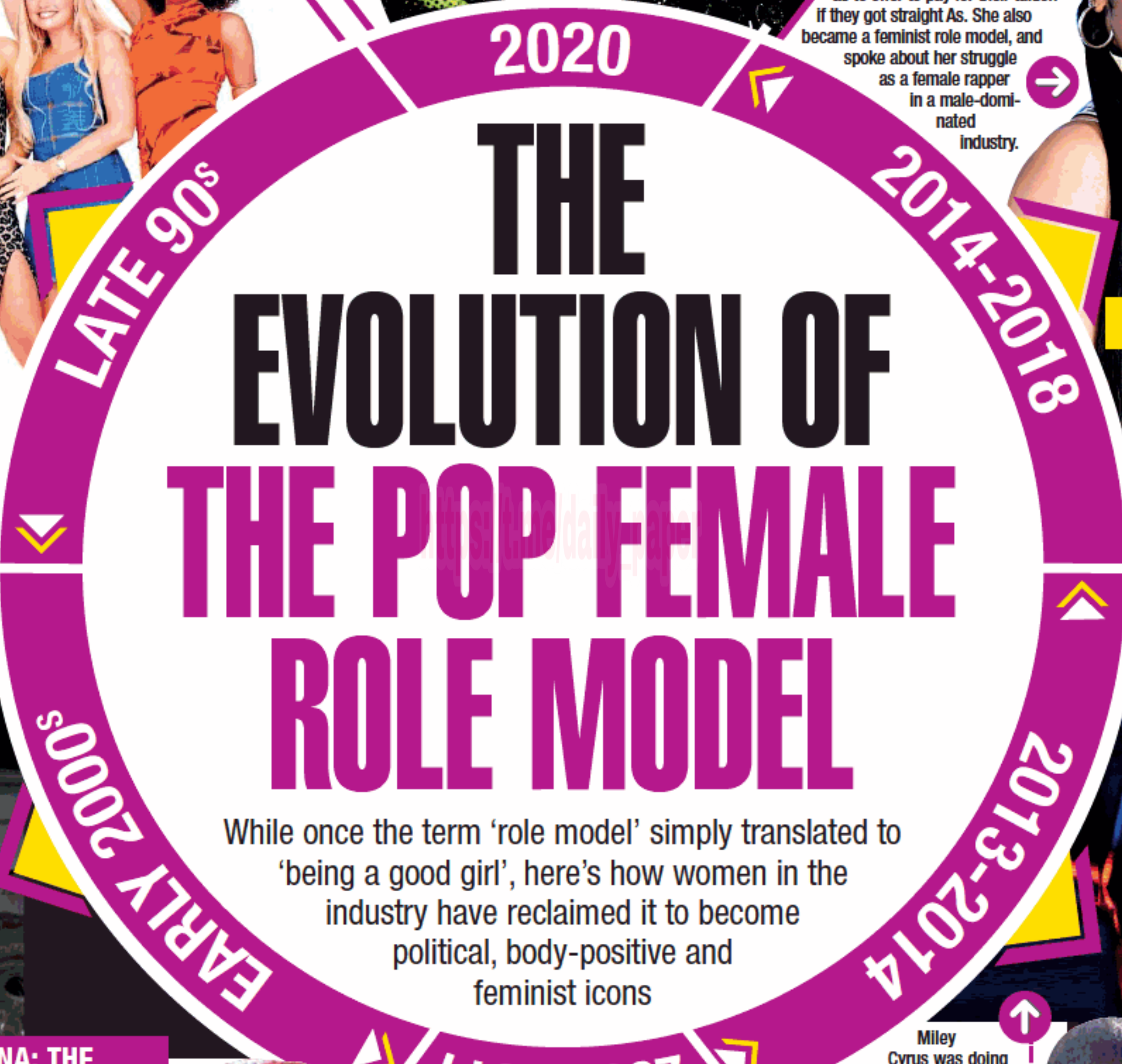
"I don't want to be considered a role model. I do this because it's fun, and when I go on stage I'm expressing myself and I can't please everyone," Britney said in 2001. In 2002, Christina repeated the same, "I get really bored with sticking to the norm and having the proper conservative image." Britney was labelled a 'hot mess', and her crotch-baring pics while spilling in and out of cabs en-route to parties were all over. In 2007, she suffered a breakdown and was placed in psychiatric hold. Pictures of her with a shaven head, attacking a paparazzo's car with an umbrella went viral back when the term 'viral' didn't even exist.

"People thought that it was me going crazy, but people shave their heads all the time. I was going through a lot. It was just me going through a bit of rebellion, or feeling free, or shedding stuff that had happened, you know?" she said later.



In 2010, Lady Gaga rose to fame. Though often referred to as the 'lady in the meat dress' or the 'lady who grew prosthetic horns', she embraced her role model status. "When you're in the public eye, you're a role model whether you want to be or not," she said in 2010.

LADY GAGA



MILEY'S THE NEW BRITNEY



MILEY CYRUS

Miley Cyrus was doing everything to prove she was anything but a role model — be it twerking against Robin Thicke at the 2013 VMAs, talking and singing about her drug use or swinging nude from a wrecking ball.

Much like Britney Spears, Miley Cyrus started out as a teen idol at the age of 14 — and was expected to stick to the same 'good girl' format. However, a photo shoot a year later, in 2008, — where she posed topless for a magazine cover at 15 — attracted a backlash so extreme, she had to issue an apology to her fans. "I feel so embarrassed. I never intended for any of this to happen and I apologise to my fans who I care so deeply about," her statement read. (She retracted the apology with the 2018 tweet — "IM NOT SORRY (sic) F**K YOU #10yearsago.")

But there was no winning whatsoever, her racy images were leaked (as in the case of other teen pop idols like Demi Lovato), and drug scandals followed.



NICKI MINAJ

In 2014, Nicki Minaj came out with the scandalous R-rated track *Anaconda*, following which she and Miley were voted the worst role models of the year in a UK survey.



RIHANNA

By the end of 2011, Rihanna didn't wanna touch the term with a barge pole. "Role model is not a position or title that I have ever campaigned for," she stated emphatically in 2011.

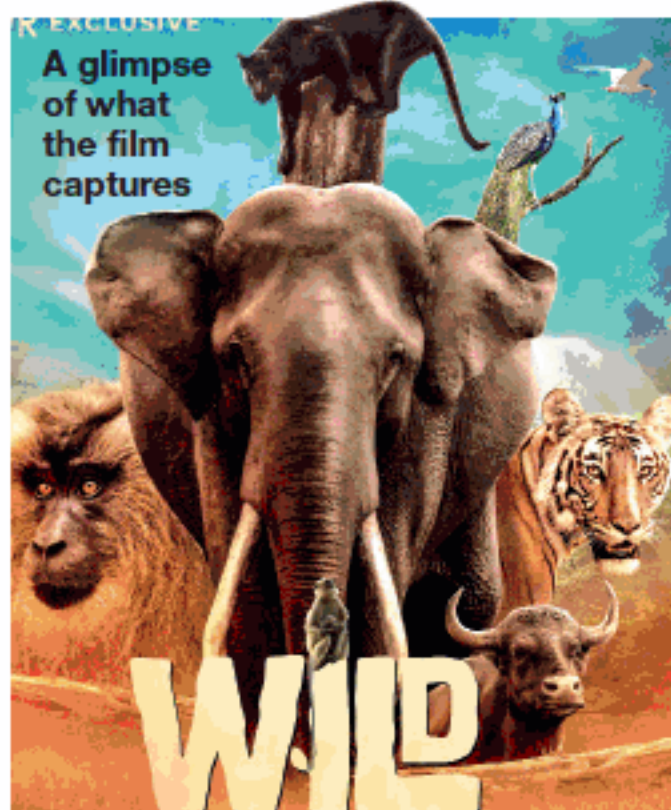


BEYONCÉ

Meanwhile, in 2014, Beyoncé took to the VMAs stage as a proud 'FEMINIST' — the words shining tall on a screen behind her, and even sampled a feminist speech by author Chimamanda Ngozi Adichie in her track. Rihanna said at an award show in 2018, "You know, 'role model' is not the title they like to give me. I think I can inspire a lot of young women to be themselves — and that's half the battle." At the same time, even as her 'role model' status was hotly debated by the world, Lady Gaga became a gay icon after years of championing LGBTQ+ politics, and urging her ill monsters to be more inclusive.

NO ONE WANTS TO BE A ROLE MODEL ANYMORE

Wild Karnataka to be screened at the UN headquarters on World Wildlife Day



One of the films that got everyone to sit up and take notice of Karnataka's bio-diversity last year was *Wild Karnataka*. The film will be screened at the United Nations headquarters on World Wildlife Day, on March 3. Directed by Amoghavarsha JS and Kalyan Varma, Grammy Award winner Ricky Kej has worked on the music. Sir David Attenborough's commentary is one of the highlights of this film, which also saw a one-of-its-kind theatrical release.

ambassador for various UN organisations working for the environment.

Ricky adds that the show will not just have some of the big delegates from the UN, but there will be space for a few lucky members of the public, who will get to experience being in the headquarters.

Wild Karnataka captures the rich bio-diversity of Karnataka, especially in the Western Ghats. Wildlife lensmen led by Amoghavarsha and Kalyan Varma recorded rare animal behaviours. From otters chasing tigers and dancing frogs to drone footage of elephants and tigers, it provides an educational and entertaining experience.

"The UN Environment Programme is being kind enough to host this event, where they will screen our film and also have a panel discussion with Amoghavarsha and me," says Ricky, who is an

— Sunayana.Suresh
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performed with longer recovery times leaving scars but now in the last decade, Minimally Invasive Radiofrequency Ablation, a more advanced treatment with painless faster recovery using thermal energy is being performed.

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'I was in Class 4 when I faced the camera for the first time'

My first experience in front of the camera was quite an amusing one. My *appa* (K Bhagyaraj) was making *Vaettiva Madichu Kattu* then and he was discussing the script with my mother (Poornima Bhagyaraj) at our home. He was telling her about how he was searching for a boy in a particular age group to play an important role in the film. I was in Class Four then and had just come home from school. I walked into their room and was just hopping around, holding my school bag. *Appa* saw me then, and he was like, "Sonu, un age la oru character irukku. Pannariya?". I said "okay" and just walked out. He was surprised when I agreed immediately, but was also worried that I might feel let down or conscious if I didn't get to act in the film. My mom told him that they could shoot with me after school and on weekends. But my dad wanted to first do a screen test to see how comfortable I was in front of the camera. So, on that big day, he gave me a dialogue sheet and told me that I should walk inside the room, mouth the dialogues and simultaneously do some actions. So I confidently walked inside the room, took off my school bag, played around with the phone, all the while delivering my lines. And then suddenly, I stopped and told them that I had to urgently use the restroom, much to their amusement. They all burst out laughing, but I guess my dad was convinced by then that I was at ease in front of the camera. He was like, "Dialogues-um, action-um simultaneous-a pannaradhu chinna pasangalukku kasham. Ivan manage panniduvan". That screen test was the first-ever time I faced the camera and was quite a memorable experience. When *Sakkarakatti* happened years later, I was already prepared to face the camera. So, there was no nervousness. The first scene they shot for the film was the one in which Deepali (played by Ishita Sharma) and I break up, but the makers wanted to do a happy shot before that. So, I filmed for a small montage shot — for which I had to smile — on the terrace for the *Marudani* number.

MY FIRST SHOT
SHANTHNU



— As told to Lakshmi.V@timesgroup.com

Today, artistes look beyond the realms of a single industry: Malavika

In recent years, actors from other industries have played pivotal roles in Hindi films. In the past, there were a few Bollywood stars who could strike a balance between the two industries. Today, we are again seeing a trend where Bollywood artistes are breaking the boundaries and doing more than just Hindi cinema. Shradha Kapoor, Suniel Shetty, Neil Nitin Mukesh and Chunky Panday made their south debuts with films like *Saaho*, *Palluwan* and *Kaththi*. Kangana Ranaut is currently shooting a multilingual, *Thalatali*. Prabhas debuted in Hindi films with *Saaho*. Allu Arjun also plans to make his foray into Bollywood this year. Co-productions and bilinguals between Bollywood and southern studios have shot up.

Talking about this trend, Malavika Mohanan, who has worked in the south before making her debut in Hindi cinema with *Beyond The Clouds*, said, "I had heard people saying that if you do Hindi films, you can't try any other cinema, and the same applies to actors down south. But I think that we've gone past the phase where one could be a part of just one film industry. I'm born and brought up in Mumbai, but I have a deep connection with Mani Ratnam's films and AR Rahman's music. I grew up on them and on Bollywood fare. Artists today are greedy and they look beyond the realm of a single industry. As long as one gets to do good work, the language of that cinema does not matter. Good cinema always has an audience. I've just wrapped up *Master* with Vijay and Vijay Sethupathi. I will start my next Hindi project in April. So, this is an exciting time for anyone who wants to act."

TODAY, ARTISTES LOOK BEYOND THE REALM OF A SINGLE INDUSTRY. LANGUAGE DOES NOT MATTER AS LONG AS ONE GETS TO DO GOOD WORK

— Malavika Mohanan

— Rachana.Dubey@timesgroup.com



MALAVIKA MOHANAN

'Today, people aren't categorising any one particular way of living as the right way anymore'

CONTINUED FROM PAGE 1

While I was doing modelling here, my agent suggested that I try acting in a Bollywood movie. I had heard about the creepy side of Bollywood with women facing bad experiences here. I was aware of it and was careful. When I was offered *Sonali Cable* (2014), I took the plunge. I liked the treatment that I received from the Sippy family (Ramesh and Rohan Sippy, the makers of the film). I had a great time with my co-stars on the set, too. I loved being in front of the camera, but the glitch was the language. I am very bad at learning new languages. Getting the lines of a foreign language right, with hundreds of people staring at you, is very scary. I thought that maybe this is not where I was supposed to be. But before deciding to quit movies, I wanted to be sure. So, I went did a film down south with Nagarjuna and Tamannaah (*Oopri*, 2016). It was an amazing experience, but language continued to be a big barrier. Finally, I bid adieu to movies. I am a creative person and like to be busy. To sit on the set and wait for the shot is not my cup of tea. While all this was happening, I started my clothing line, which grew over a period of time.

While you were focusing on chasing your dreams here, when did you meet Arjun Rampal?

We have a few mutual friends, so, I would end up meeting him at social occasions along the way. The first time I met him was in 2018. We kind of hit it off from there. And with time, the relationship blossomed into something meaningful. Arjun is a gentleman. Our love for work, creativity, ambition and fitness are the things that we have in common. We both are also very family oriented.

Arjun is an actor and a producer, has there been any discussion on you getting back to movies?

He tells me that I am a bad actor (laughs!). I doubt he has seen any of my movies. In fact, he has been very supportive towards my fashion endeavour. He has been a supermodel himself for many years and is incredibly stylish. He has a great taste in fashion. He is always on the lookout for what I am making and wearing. I value his opinion. Having said that, we don't mix our workspace or interfere in each other's profession.

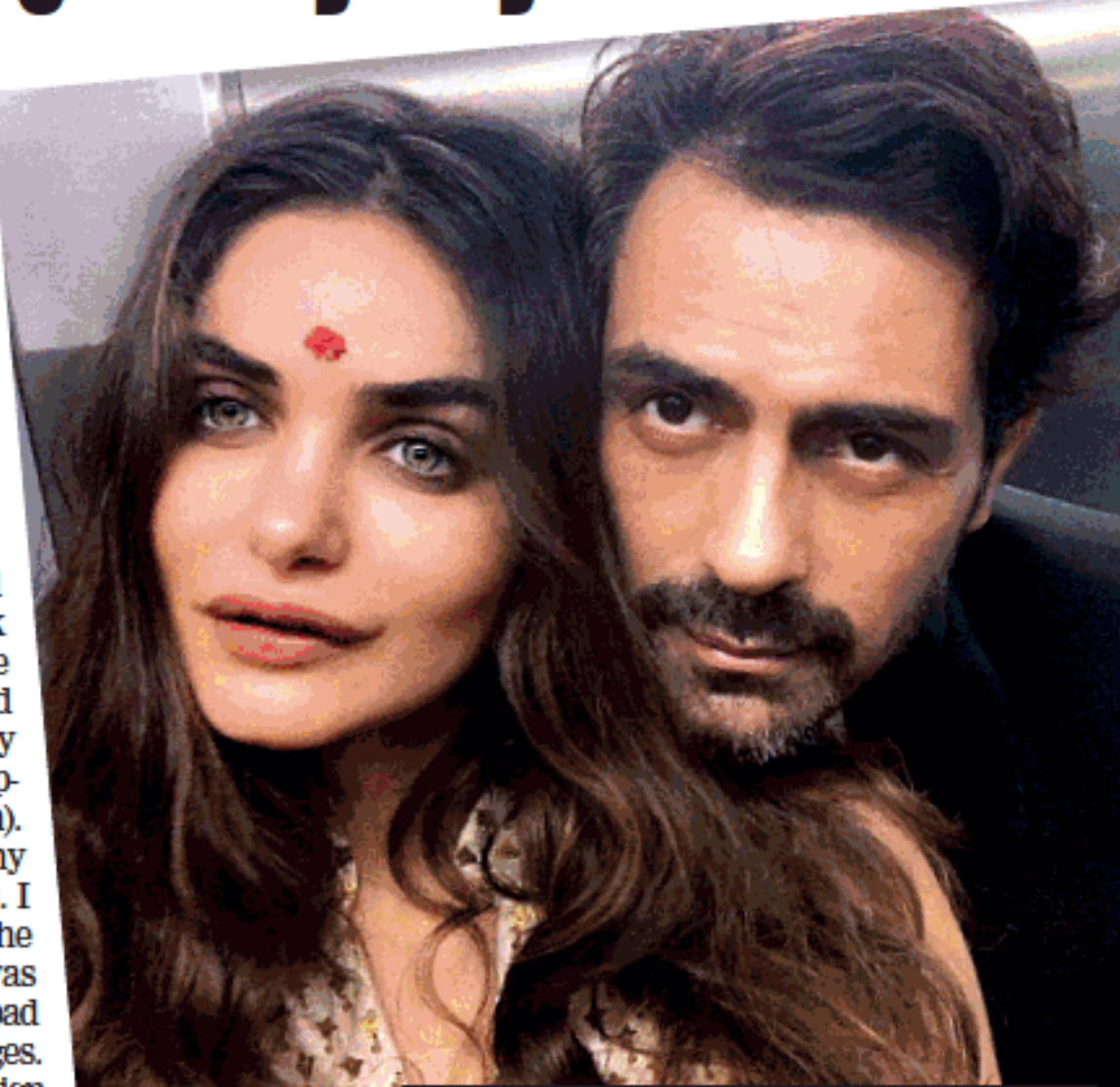
You hail from South Africa. How is Arjun helping you to adapt to the culture and life in Mumbai?

Since I am from another country, I would feel lost and left out during the festive season, as I couldn't understand what was going on. Arj is a proud Indian and he celebrates all festivals. It is only after I started spending time with him that I celebrated Holi, Diwali and other festivals. Before that, I was clueless about these celebrations. What I like about India is that it embraces and accommodates people from all over the world.

You fondly call him Arj, what does he call you?

(Laughs!) This is a South African thing. We kind of abbreviate everything. Back home, my family and friends call me Gab. Arjun doesn't call me Gab, as he loves my name, so he calls me Gabriella.

Arjun and you decided to have a child without tying the knot. This is still a rare in our country. Weren't you worried about societal



Pics: @ananyapanday

I DON'T HAVE A STRONG OPINION ABOUT MARRIAGE. I DON'T THINK WE NEED TO BE SO SERIOUS ABOUT EVERYTHING. LOVE IS NOT SOMETHING THAT NEEDS A DEFINITION OR A RULEBOOK

— Gabriella

pressures?

We wanted to keep things private. Also, I am very different in that sense. I don't think you necessarily have to get married. I think there is no 'one way' to always do something; to each their own. Yes, there is societal pressure, but personal choices are important. When it comes to deciding what gender you want to be, who you want to date or marry, it should be left to the individual or individuals concerned. Just like in other parts of the world, people here, too, are opening up and accepting others' choices. I have always been accepting of others and their choices, so hopefully, the world will accept mine.

What do you think about the institution of marriage?

I don't have a strong opinion about it. It is just my choice. I don't think we need to be so serious about everything. I don't think love is something that needs a definition or a rulebook. Times are changing and people are more accepting today. I don't think that people are categorising any one particular way of living as the right way anymore.

What are Arjun's thoughts on this? Have you discussed tying the knot, if not right away, but probably someday?

It is a topic that doesn't really come up between us.

You named your son Arik, who came up with the name Arik?

Arik is a Hindu name, which in Sanskrit, means ruler of rulers. We were looking for a name that's easy to pronounce. I think it is a very strong name that is short and easy to pronounce for my family and friends, who are not from India. I wanted to name him Ari, which is a Hebrew name. Then, Arjun came up with the name Arik.

Are both of you very hands-on with him?

Motherhood, it is a full-time job, and I am happy about how Arjun and I divide the work when it comes to the baby and help each other out.



Ananya Panday

'I forgot my Filmfare speech despite rehearsing for it since I was five'

Ananya Panday, who recently picked up the Filmfare Award for Best Debutante (Female) for *Student Of The Year 2*, has started shooting for the action-packed *Fighter*, which marks the Bollywood debut of *NOTA* actor Vijay Deverakonda. Admittedly excited about the film, which will release in five languages, she says, "My character is quite like the real me. I think young girls will be able to relate to her cut, funny and charming personality. I am working on my Telugu, too, learning a few words every day on the set. I will try to dub for myself in as many languages as possible."

Her co-star had reportedly flown to Thailand

to learn mixed martial arts. However, the 21-year-old actress refuses to reveal if she will be seen doing action, too. For now, she is just happy to work with the *Arjun Reddy* actor who, she asserts, was "absolutely brilliant" in the Telugu hit which was remade in Hindi as *Kabir Singh* last year and widely criticised for its misogynistic theme.

Ask Ananya if she has discussed this with Vijay and she quips, "No, I haven't, I thought he acting very well. Besides, portraying a certain character doesn't mean you are that person in real life. Vijay is kind, smart, wellspoken and knows how to hold a conversation."

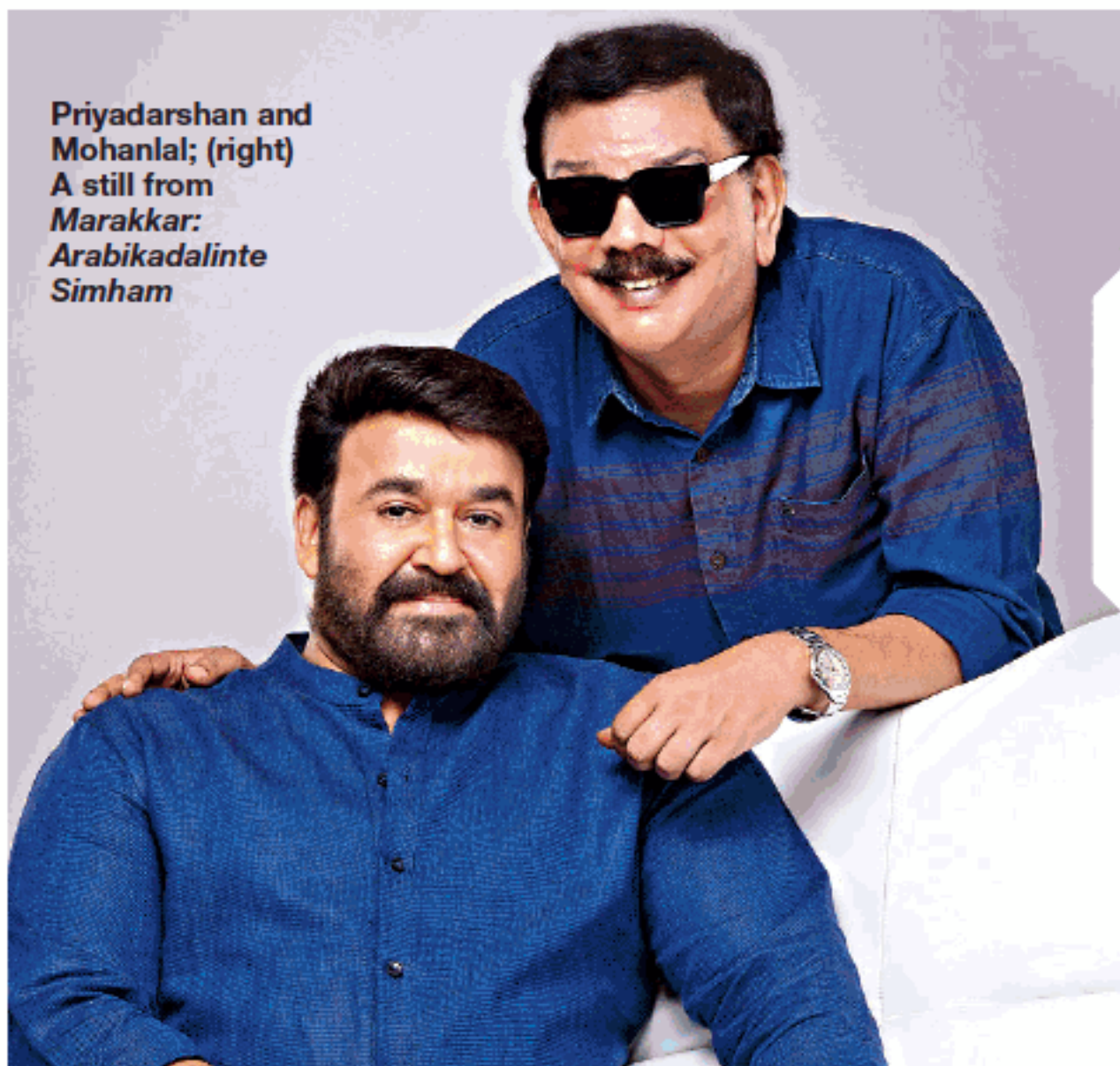
After wrapping up the ongoing schedule of *Fighter*, Ananya will shoot for the final leg of *Khaali*

Peeli with Ishaan Khatter, before kicking off Shakun Batra's next in March. The urban love story also features Deepika Padukone and Siddhant Chaturvedi.

Hot off her Filmfare win in Guwahati on February 15, Ananya confides she'd been practising her acceptance speech in front of the mirror with a water bottle for a mic since she was five. "I had practiced it so many times, but when I went on stage, I forgot everything. Winning a Black Lady is a big deal for me," she says, adding that her father Chunky Panday suggested she keep it in the living room, "so the family could look at it the whole day".

— Avinash Lohana/ Mumbai Mirror

'Working with Priyan is like going on a picnic'



Priyadarshan and Mohanlal; (right) A still from *Marakkar: Arabikadalinte Simham*

Rohit Singh Artworks

In the late 90s, after the success of *Kaalapatti* (*Strachalati* in Tamil), which was Mohanlal-Priyadarshan combo's most ambitious project then, the late scriptwriter T Damodaran had narrated the idea of a movie on Kunjali Marakkar IV to the director. "It was inconceivable back then to make a film that was extensively set at sea," says Priyadarshan. Now, two decades later, after four months of shooting and over a year of post-production to perfect the visual effects, *Marakkar: Arabikadalinte Simham* has been released and is gearing up for release in multiple languages. It's the biggest (adventure) yet for the superstar-director duo, who have worked together in over 40 films. Excerpts from our interview with them...

MARAKKAR IV WAS AN EXPERT NAVIGATOR AND THAT'S WHY HE IS REFERRED AS THE LION OF THE ARABIAN SEA

— Mohanlal

How different is *Marakkar* compared to other projects you have done together?

Mohanlal: Kunjali Marakkar IV is part of our history but nothing much is known about him. We have used our creative freedom and cinematic elements to tell his story on a big canvas, in an entertaining manner. Telling this story has been a big dream for Priyan and me. Scale and artistic wise, after *Kaalapatti*, we haven't done such a project.

Priyadarshan: Essentially, it is the story of a patriot. But what makes it different is that almost half the story is set at sea. Creating the old mast ships, war galleys of the Portuguese and the battle sequences in the sea were some of the bigger challenges we faced with the film. I believe that it is the most perfect film using VFX to be made in India. We took 14 months after the shoot to get there. Another aspect that will stand out is that generally such films herald heroism. Though *Marakkar* has those elements, it is also an emotional film. There was actually a film on Kunjali Marakkar that released in 1957, the year I was born. It won the National Award for National Integration that year, but we could never see what it looked like because we couldn't find its

print. **How much of *Marakkar's* history is retained in the film?**

Priyadarshan: I did some research on him and whatever I could find in history was completely contradictory. In the European version, he was a villain because he waged war against them, but the Arabs hailed him as God. There were four Kunjali Marakkars and it is believed that their bloodline ended with the fourth. So, what I did was take the basic thread of his story from a text I had learnt when I was in Class 3 and give it my spin.

Mohanlal: We have also tried to keep the scenes and characters realistic than take a cosplay approach like in most movies based on *Vadakkan Pattukal* (Northern ballads of Kerala) and *Kappalottiya Thamizhan*.

Priyadarshan: Yes, for instance, I had observed that the temperature rose by 3.5 degrees every century and that's why in the 16th century, kings and soldiers used to have their entire bodies covered. The peak summer temperature in Kerala would have been only 21 degrees and this is how it is shown in the movie. Also, it doesn't make sense for soldiers to fight in waters, bare-chested.

What about Kunjali Marakkar IV appealed the most to you?

Mohanlal: As Priyan said, the basic idea when we started out was to make a patriotic film. If you see, every foreign power that made it to India, first touched base in Kerala — be it the missionaries, traders or explorers. As for Kunjali Marakkar IV, when foreign powers were trying to invade our land, he was at the forefront of resistance and that's probably why he is regarded as the first Naval commander of India.

Priyadarshan: Also, contrary to what most people think, Kunjali Marakkar IV died when he was about 53. So, screen-age wise, I thought it was a perfect character for Mohanlal.

It's been over 40 years since both of you entered the film industry. How much has both of you influenced each other?

Priyadarshan: When I went to Bollywood and used to give actors instructions, many of them would tell me that I am acting out exactly like Mohanlal. I learnt from one of the best actors in the country and I am proud of that.

Mohanlal: Priyan has worked in so many films with other actors,



Shaili Payal

too and I have also collaborated with a lot of directors. When we meet, however, we share beautiful moments while doing a film. Working with him is like a picnic.

There were rumours that *Marakkar* would probably be your last hurrah together. Any truth in it?

Priyadarshan: If this movie becomes a success, I am hoping it would give us the boost to collaborate again on even bigger projects.

Mohanlal: I think our best film is yet to come.

— Sanjith.Sidhardhan@timesgroup.com



Times Education Icons

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Friday, 28 February, 2020

An Advertorial, Education Promotional Feature

Chennai School & Pre-school Ranking 2020



The primary objective of this research was to arrive at a list of top schools in each zone in Chennai in National & International Category along with overall Residential; and to understand the top pre-schools in Group & individual category

TOP SCHOOL NATIONAL - OVERALL

NAME	ZONE
Everwin Vidyashram, Mathur	North
SBOA School And Junior College, Anna Nagar	East
The Pupil Saveetha Eco School, Thiruverkadu	West
San Academy, Pallikaranai	South
Chettinad Vidyashram, RA Puram	Central

TOP IN INNOVATIVE TEACHING - NATIONAL

NAME	ZONE
Everwin Vidhyashram, Kolathur	North
Maharishi Vidya Mandir Sr. Sec. School, Chetpet	East
Everwin Public School, Maduravoyal	West
Alwin International Public School, Keezh Padappai	South
National Public School, Gopalapuram	Central

TOP EMERGING SCHOOL - NATIONAL

NAME	ZONE
Everwin Vidhyashram, Perambur	North
SAN Academy, Tambaram	South

TOP INTERNATIONAL SCHOOL - OVERALL

NAME	ZONE
Greenfield Chennai International School, Madhavaram	North
Olive International School, Shenoy Buidling	East
Good Earth School, Sriperumbudur Taluk	West
The Indian Public School (IB), Perungudi	South
Hindustan IB School, Guindy	Central

TOP IN INNOVATIVE TEACHING - INTERNATIONAL

NAME	ZONE
Annai Violet International School, Ambattur	North
CPS Global School, Thirumazhisai	East
Lalaji Omega International School, Kolapakkam	West
Vaels International School, Injambakkam	South
MCTM International School, CIT Colony	Central

TOP EMERGING SCHOOL - INTERNATIONAL

NAME	ZONE
The Indian Public School (IB), Ambattur	North
Aachi Global School, Anna Nagar	East
The Pupil IB School, Senneerkuppam	West
Campus K School, Sholinganallur	South

PRESCHOOL OVERALL

NAME	Rank - 2020
Euro Kids Pre School	1
Podar Jumbo Kids Plus	2
Arise 'n' Shine International Preschool	3
Little Millenium	4
Kidzee Pre School	5

BEST PRESCHOOL - ZONEWISE

NAME	ZONE
Bachpan Play School, Purasaiwakkam	North
Aachi Global School, Anna Nagar	East
Bee Hive Pre School, Vanagaram	West
Amelio Pre School, Thiruvanniyur	South
Veranda Pre School, T Nagar	Central

BEST MONTESSORI

NAME	ZONE
Woodstock Montessori, Madhavaram	North
Little Peepal Montessori, Annanagar	East
Kids Galaxy Montessori, Virugambakkam	West
Navadisha Montessori, Velacherry	South

BEST INTERNATIONAL - PRE SCHOOL

NAME	ZONE
Stripling International Pre School, Madhavaram	North
Vels International Pre School, Neelankarai	South

BEST IN ACADEMY AND INSTITUTION

Best in Civil Services Coaching	Vetri IAS Study Circle
Best in Bank Entrance Coaching	RACE Institute
Best in TNPS Coaching	RACE Institute
Best in Aviation Training Institute	Orient Flight School
Best in Financial Techniques Coaching	BRK Academy
Best in Medical Entrance NEET Coaching	VVT Coaching Centre
Best Uniform Brand Among Schools	Saraogi Uniforms
Best in Hotel Management	SRM Institute of Hotel Management



SURVEY METHODOLOGY

The objective of this research was to rank the top schools in each zone in Chennai. The study had two major modules i.e.

- Factual survey
- Perceptual rating survey

In the perceptual survey module, a structured questionnaire was administered with target respondents to arrive at a ranking of schools in Chennai. The sample selection was done using purposive sampling method though the sample was spread out geographically to get better representation. The initial list of schools had over 200 schools of Chennai, though each respondent was asked to give ratings for only those schools that he/she is aware of and known. Each person could rate maximum of 25 schools based on their perception/ experience to ensure that there was neither interviewer nor respondent fatigue and thus ensured better quality data. Teachers were asked to rate the schools (except the school that they were associated with) to avoid any biasness

A sample survey of more than 400 was conducted in (All 5 zones)

1. North Zone
2. East Zone
3. West Zone
4. Central Zone
5. South Zone

The category of respondents who were interviewed rated each of the schools based on their experience with the current school and their perception with respect to other schools. Only Parents of aspiring students (who are currently searching and aspiring to get admissions for their ward) evaluated the schools based on their perception alone. The respondent categories included:

- Experiential & Perceptual**
 - School teachers
 - Alumni
 - Parents of existing students
 - Students
- Perceptual**
 - Parents of aspiring students

Extensive fieldwork was conducted for 4 weeks, starting from 20th Jan 2020

MODULE 1 - Desk Research

A comprehensive list of schools was generated with the help of secondary sources, magazines and other publications. The various sources used for generation of school list included:

- CBSE approved list of schools
- List of school from previous surveys
- Newspapers/ parents', teachers' blogs

As it is not possible to get a completely exhaustive list of schools and include them in the survey, we had option of adding any new school name in the survey form if any respondent mentioned any school name outside our list. Effectively, every school had a chance of getting covered in the survey if their name was mentioned by the respondents.

MODULE 2 - Data Collection

Factual data collection
More than 200 schools were sent the factual data questionnaire and then were rigorously followed up telephonically to share their factual data.

The factual data sheet focuses on the following information areas:

- General Information of the School
- Establishment
- Affiliation
- Total number of students
- Board toppers
- Infrastructure & facilities
- Total campus area
- Laboratories/ other facilities
- Teaching methodology
- Sports facility
- Extra-curricular activity
- Medical facility
- Teachers facility
- Total number of teachers
- Student teacher ratio
- Experience of teachers

- Network
- Exchange programs and global exposure
- Disaster Management
- Awards
- Fee structure

Perceptual data collection

A perception questionnaire was administered with respondents. Respondents were asked to give rating for only those schools which they were aware and knew about.

Respondents were provided a list of parameters to evaluate the schools & rate on a scale of 1-10 where 1 meant poor & 10 meant excellent. The list of parameters covered in the survey was arrived at based on past surveys as well as from secondary sources. As mentioned the 5 different stakeholders were taken into consideration for the perceptual survey viz. Teachers, Alumni, Parents of aspiring students, Parents of existing students & Students.

The questionnaire is so designed that both experiential & perceptual target respondents could be exposed to the same set of parameters - this ensured that the scores of different stakeholders could be correlated and collated to arrive at a single final score.

MODULE 3 - Analysis of Data & Final Ranking

A robust approach is followed to arrive at the final rankings. The step by step process is given below:

Perceptual Score

- Ratings on various parameters for each school
- Calculating importance of various parameters by interacting with key stakeholders the teachers and parents to arrive at weights for each parameter
- Calculation of raw scores and weighted scores for each parameter
- Calculation of overall score for each school using importance weightages.

Factual Score

- The information collected corresponding to similar parameters as in the perceptual survey
- A detailed scoring system has been developed for each parameter
- After assigning scores to each parameter, raw scores

are calculated

- The raw scores are weighted by their importance to arrive at weighted scores
- The final score for a school are a weighted average of Perception Score and Factual Score - equal weight age given to both
- While calculating the ranking - those schools that did not participate in the factual survey (were assigned average factual score) to make it more holistic. However perceptual scores were obtained for them.

Categories in Final ranking

There are 4 broad categories of schools shown in the ranking viz;

- National
- International
- Innovative Teaching
- Emerging
- Zones
 - North Zone
 - East Zone
 - West Zone
 - South Zone
 - Central Zone

Some caveats/assumptions:

- Best efforts were made to reach maximum schools and their participation was called for
- The schools who have explicitly stated their unwillingness to participate in the ranking survey have been excluded from this survey.
- The schools, who have shared their factual questionnaire, were asked to give self-attestation on genuineness and authentication of the information.
- Those schools which did not share their factual questionnaire within the allotted time, but rank high on the basis of perceptual score were assigned an average Factual score for calculating their overall ranking
- Emerging category are the schools that recently started and are in existence for a less than 5 years
- The represented rankings are based on shared information. Market Xcel undertook reasonable measures to get complete and accurate information. However, any lapse or concealment of information or any part thereof that would have impacted results in any way is beyond the control of Market Xcel. Hence, we assume no responsibility towards the said.

Research Methodology

The objective of this research was to rank the top institutes under different categories in Chennai. The study had one major module i.e. Factual survey

The Factual questionnaire was shared with these institutes and then were rigorously followed up telephonically to share their factual data. The institutes were also requested to share any relevant additional information in support of the information that they are sharing.

Analysis

A robust approach is followed to arrive at the final rankings. The step by step process is given below:

Factual Score

- The information collected corresponding to each parameters
- A detailed scoring system has been developed for each parameter
- After assigning scores to each parameter, raw scores are calculated
- The raw scores are weighted by their importance to arrive at weighted scores
- The final score for a institute are a weighted average of Factual Score
- Institutes who have participated in the factual survey were only considered for the final ranking and ranked under different categories

SURVEY METHODOLOGY

The objective of this research was to rank the top Preschools in Chennai. The study had two major modules i.e.

- Factual survey
 - Perceptual rating survey
- In the perceptual survey module, a structured questionnaire was administered with target respondents to arrive at a ranking of preschools in Chennai. The initial list of schools had over 300 preschools of Chennai, though each respondent was asked to give ratings for only those preschools that he/she is aware of and known.

The category of respondents who were interviewed rated each of the preschools based on their experience with the current preschool and their perception with respect to other preschools. Only Parents of aspiring students (who are currently searching and aspiring to get admissions for their ward) evaluated the preschools based on their perception alone. The respondent categories included:

Extensive Fieldwork was conducted for 4 weeks, starting from 20th January 2020

MODULE 1 - Desk Research

A comprehensive list of preschools was generated with the help of secondary sources, magazines and other publications.

As it is not possible to get a completely exhaustive list of preschools and include them in the survey, we had option of adding any new school name in the survey form if any respondent mentioned any preschool name outside our list. Effectively, every preschool had a chance of getting covered in the survey if their name was mentioned by the respondents.

MODULE 2 - Data Collection

Factual data collection
More than 300 preschools were sent the factual data questionnaire and then were rigorously followed up telephonically to share their factual data.

The factual data sheet focuses on the following information areas:

- General information of the Pre School
- Establishment
- Total number of students

- Infrastructure & facilities
- Total campus area
- Teaching methodology
- Sports facility
- Extra-curricular activity
- Safety and security related facilities
- Medical facility
- Innovative learning techniques
- Parental involvement
- Teachers facility
- Total number of teachers
- Student teacher ratio
- Experience of teachers
- Fee structure
- List of 20 Faculty and 20 Students

Perceptual data collection

A perception questionnaire was administered with respondents. Respondents were asked to give rating for only those preschools which they were aware and knew about.

Respondents were provided a list of parameters to evaluate the preschools & rate on a scale of 1-10 where 1 meant poor & 10 meant excellent. The list of parameters covered in the survey was arrived at based on past surveys as well as from secondary sources.

The questionnaire is so designed that both experiential & perceptual target respondents could be exposed to the

same set of parameters - this ensured that the scores of different stakeholders could be correlated and collated to arrive at a single final score.

MODULE 3 - Analysis of Data & Final Ranking

A robust approach is followed to arrive at the final rankings. The step by step process is given below:

Perceptual Score

- Ratings on various parameters for each preschool
- Calculating importance of various parameters by interacting with key stakeholders the teachers and parents to arrive at weights for each parameter
- Calculation of raw scores and weighted scores for each parameter
- Calculation of overall score for each preschool using importance weightages.

Factual Score

- The information collected corresponding to similar parameters as in the perceptual survey
- A detailed scoring system has been developed for each parameter

- After assigning scores to each parameter, raw scores are calculated
- The raw scores are weighted by their importance to arrive at weighted scores
- The final score for a preschool is a weighted average of Perception Score and Factual Score - equal weight age given to both
- While calculating the ranking - those preschools that did not participate in the factual survey (were assigned average factual score) to make it more holistic. However perceptual scores were obtained for them.

Some caveats/assumptions:

- Best efforts were made to reach maximum preschools and their participation was called for
- The preschools, who have shared their factual questionnaire, were asked to give self-attestation on genuineness and authentication of the information.
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About Market Xcel Data Matrix Pvt. Ltd.

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background of the leadership team and the employees allows Market Xcel to deliver

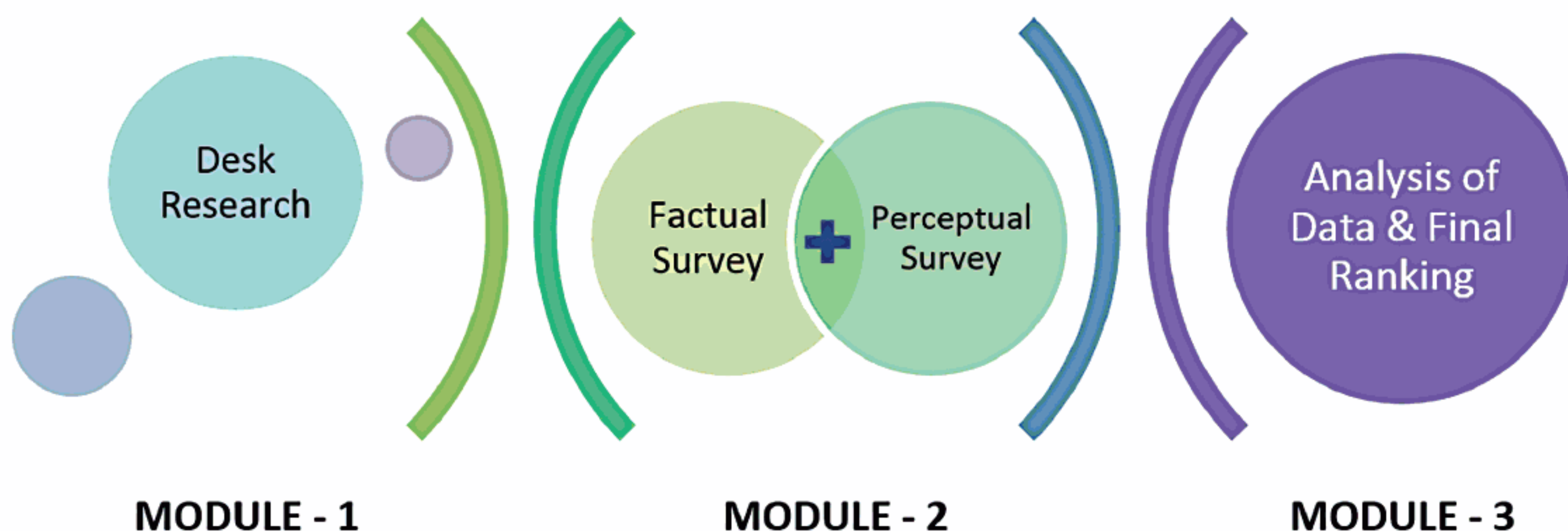
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We specialize in providing customized professional services on a value-for-money basis. Quality designs coupled with a thorough and detailed execution, following International Standards and Best Practices makes us the preferred choice.

We hold membership of key research associations namely ESOMAR (European Society for Opinion and Marketing Research), MRSI (Market Research Society of India), AAPOR (American Association of Policy and Opinion Research) and MRSS (Marketing Research Society of Singapore) and are guided by their principles.

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Note: Present survey has been exclusively conducted by an independent Research Agency named Market Xcel Data Matrix Pvt. Ltd. using stated methodology for arriving at given rankings. The publication house and its affiliates/employees/authorized representatives/group companies are not responsible/liable for the above rankings. Readers are advised to take an informed decision before acting upon the survey rankings.



ENCOURAGING CHILDREN TO LEARN GROW AND PLAY TOGETHER

Vels International Preschool, seeks to create an inspiring and an enriching educational environment for each and every child. The school is committed towards helping children to socialize, build self-confidence, develop and establish preliminary skills to explore and experience the world independently. The indigenous preschool curriculum has

been built after studying the preschool systems and syllabi around the world. After careful consideration and research by academic experts for about 15 years, Vels have launched the Kindle Kids. The aim is to create an inspiring, and high quality educational support for every child. The curriculum focuses on the concept of the "Whole Child" where every aspect of the curriculum aims to nourish the children's 3H's-Head, Heart and Hands, as they develop cognitive, social, emotional and physical skills through varied experiences.



For more information, contact us at 9790957620
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centrehead@velsinternationalschool.com
visit - <https://velsinternationalschool.com>

A PASSION TO NURTURE CHILDREN TO BE THE BEST THEY CAN BE

Greenfield Chennai International School (GCIS), Madhavaram, is dedicated to offering children a joyous learning experience in an ambience that promotes creativity, imagination and original thinking. They are an international school that lives and learns together - with joy, understanding, and delight in what each of us offers each other. The 5 acre campus is the only educational institution in North Chennai to adhere to all standards set by authoritative bodies, and houses the best infrastructure and amenities.

CREATING A SENSE OF COMMUNITY EVERYDAY

GCIS is a perfect example of how different people can live together, work together, and learn together. Great schools cannot exist without great group of kids, and the diversity of these kids is what makes the school so great. They all enthusiastically work together to create a productive, positive, and rewarding atmosphere in which the students will learn and grow. They work hard to create lasting memories through quality learning experiences and special events.



George Jacob,
Director

which make studying interesting and exciting. Students engage in project-based learning, reference work, content presentation, field trips, club activities, co-curricular and extra-curricular activities. This methodology ensures in-depth practical knowledge and students retain learning longer.



VALUE BASED EDUCATION

At GCIS, education is child-centric impelling every child to acquire knowledge, values and life skills. Teachers are role models who impart values of honesty, truth, politeness and courtesy and nurture the child to emerge confident, well-adjusted and independent.

WORLD CLASS FACILITIES

Classrooms are bright, colourful, busy places where school desks are a thing of the past. Instead, classrooms are furnished with tables and chairs that provide children with a variety of opportunities to learn to work together as a team - a community in which each has responsibilities.

Apart from smart classrooms, GCIS boasts of a well-endowed library and laboratories, Math Lab, Thulir, the English language lab, Robotics and more. Special effort is being taken to incorporate the AR, VR and STEM (Science, Technology, Engineering and Mathematics) programme for hands on experience. The school also offers exemplary transport facilities.

The school has been founded on the passion of Jacob George, the Managing Trustee, who is a prominent businessman and educationist. "India's future lies in the hands of the younger generation. It is essential to equip them mentally, psychologically and emotionally to face the challenges of a fast-developing world, along with imparting quality education. GCIS is poised to be a top-notch school where all efforts would be taken to mould a new generation of achievers. Learning at GCIS will be the best thing to happen in the lives of all our children," says George Jacob.

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www.greenfieldchennai.com

BUILDING THE FOUNDATION FOR LIFELONG LEARNING

Vels International School affiliated to ICSE/ISC and also offering IGCSE/AS/A functioning at a novel and futuristic campus near the seafont at Injambakkam, the vibrant suburb of Chennai on the East Coast Road, is a school to reckon with quality and happiness. The method of active, experiential learning is brought to Tamil Nadu for the first time in Vels International School. The aim is to create a



purpose for learning and allow children to be thinkers, innovators and prob-

lem solvers; to orchestrate experiences that will result in a natural and integrated development of knowledge, skills and thinking.

It is truly international as it also caters to the educational needs of student communities from countries like Japan, Korea, Italy, etc. Sprawling over an area of 5



acres, the school offers apt physical and social environment to set world-benchmark in quality child-friendly education
For details contact -
Valmiki Street,
Injambakkam, Chennai - 600 115, Ph - 96000 39910
Email - enquiry@velsinternationalschool.com
Visit - <https://velsinternationalschool.com/>



future ready global citizens of tomorrow. The integrated teaching methodology focuses on the importance of conceptual understanding and connecting learning to real life. Interactive sessions rather than lessons are conducted by teachers. Children are referred to as readers' or writers' or scientists' rather than students. At the end of the day, children celebrate by spending quality time reflecting with their teacher on what they have learned about a topic or what they have learned about themselves as readers or writers.

Lessons are delivered to the students in form of projects or simple activities,

PAVING THE WAY FOR EXCELLENCE

GCIS is committed to ensure an excellent student to teacher ratio that sets it apart from other educational institutions. The personalized attention of the highly dedicated, qualified and caring teachers, who act as mentors, helps identify the unique strengths of the student that can be capitalized on in future. All facilities necessary for the holistic development of the child are available within the walls of the campus.



SAN ACADEMY GROUP OF SCHOOLS

WHERE BROADER EXPERIENCES MEET BROADER MINDS

San Academy Group of Schools aims at building a learning community dedicated to building respectful and responsible citizens and empowering all learners. San Academy Group of Schools provides a contemporary education that excites and engages the students productively while promoting their academic and emotional wellbeing apart from fostering an extensive range of co-curricular activities. The mission is to engage students so that faith, integrity and perseverance become core values in their life.

San Academy Group of Schools believes in value based education, which creates a strong learning environment that enhances academic attainment, develops students' social and relationship skills throughout. It also focuses on imparting a holistic all-round development through structured curriculum and co-curricular activities that weaves values and tradition under the direct supervision of Managing Director, R.Archana. The school's holistic approach provides a long ranging vision for developing physical campus to support the school's mission to nurture the students within a dynamic and holistic learning environment. Each student is helped to explore their unique talents and gifts and made feel they are part of a holistic community that recognizes and celebrates achievement in many different fields.

It's been an extraordinary journey for them since the inception more than a decade ago. What seemed as a modest beginning swiftly witnessed a classic metamorphosis. They stand tall today in pride and gratification at the augmentation with four branches at Velachery, Pallikarantal, Kamakottnagar and Tambaram.

The group is dynamically endeavouring to propel itself on the road to globalization. Earnest ventures never go unnoticed. The group has awards and accolades heaped over thrusting the name. The Managing Director R Archana has been bestowed 'Leadership Award for Education Excellence' and 'Best Brand Award'. She received it from Menaka Gandhi, Minister for Women and Child development. She is also a proud recipient of 'UN Global Impact for Women Empowerment in Education Award' by ace tennis player, Sania Mirza. The Director's dream and vision of embedding internationalism in curriculum has finally paved its way. San Academy, Narayanapuram, Pallikarantal and San Academy, Kamakottnagar is a proud recipient of ISA Award from the British Council and has been recognized and awarded '1st position in South zone, National category of the Top schools in the country'. The path has been drawn, the vision has been fixed. With unfaltering focus in hand, we visualize many more efficacious liaisons and successful cross country partnerships.

San, are aware of the multi-ethnicity values attached to this land with people of diverse cultures, religion and languages existing in peace and harmony. We endeavour to pass



R. Archana Managing Director

on rich beliefs, attitudes and conventions to our students by celebrating regional festivals. They have been upholding the rich tradition of ushering in the auspicious month of "Thai" with rich fervor coupled with native festivities. They strongly adhere to the "Back to the roots" theme during the festival days adding more joy and zest. They bring in artists adept in indigenous and native art forms and martial arts to offer infotainment in a heartening manner.

The grandiose initiative to convene the art festival at our Tambaram Branch recently showcases the broad spectrum of art which has the power to change us, inspire us and propel us to move ahead. They brought this to imbibe art and art forms resulting in joy and excellence.

San Academy Group of Schools operates in a modern, purpose built site which provides an outstanding environment for learning. The group of schools makes use of advanced technology with state of art smart classrooms, AV rooms and robotic labs. Science, Technology, Engineering, and Mathematics (STEM) is considered to be very important and also an integral part of CBSE curriculum. The students of San Academy Group of Schools have participated in various competitions and have represented projects at national levels based on STEM education and bagged numerous laurels. The group has committed and qualified set of teachers who have been giving their best to achieve the groups' motto of 'Keep Reaching for the Stars'.

They understand that it is the early school years that play a pivotal role in shaping a child's future. It is an exciting time in young people's lives in which their choices will largely determine their future. They understand the importance of attentiveness to student's results and the need to guide and support them in selecting their next challenges that lie ahead.

For more details, contact : 9791131111
Email : santam@sanacademy.edu.in
Website : www.sanacademy.edu.in



HINDUSTAN INTERNATIONAL SCHOOL, GUINDY – LEARNING TO LEAD

Hindustan Group of Institutions founded by late Dr KCG Verghese with over five decades of international reputation currently having 16000 students and 60000 alumni has always imbibed its founder's motto "To Make Every Child a success and no child a failure."

The Hindustan International School is the latest contribution of the famous Hindustan Group of Institutions (HGI) to the field of Education. After earning for itself a name in the field of higher technical education, the Group has now forayed into the field of niche educational schooling.



The Hindustan International School, Guindy (Cambridge Assessment International Education- CAIE) has already carved a creditable name for itself. The number of awards both at the State and National levels is testimony to this stellar achievement.

Schooling at Hindustan International School, Guindy is aimed at making the student warriors imbued with the spirit of inquisitiveness and questioning. They lay constant emphasis on not only making our Students ask why? but also why NOT?

The essence of the educational process at Hindustan International School,



Dr Anand Jacob Verghese

Guindy is embedded with the concept of complete holistic learning coupled with a high infusion of leadership qualities fortified with strong ethical and moral values. The three pillars of the process revolves around the school, the student and the parents.

The attempt at Hindustan International School, Guindy is strengthened by their belief that every

day of a Hindustan Scholar Warrior must be something which the Student looks forward to. The curriculum is a healthy mix of academics, technology awareness, analytical thinking, leadership training and outdoor activities. The objective is to make 'Strive for Excellence' an integral part of the Hindustan International School Student Warrior's psyche.

Paradigm shift in imparting skills & knowledge based education is the need of hour

Attitude of both the teacher & the taught to change accordingly

Education is the most noble and sacred service to mankind. The most holy place is the classroom where the future of the children are moulded and shaped akin to clay in the hands of a potter. The teacher can transform the lives of the students the way the teacher wants, whether character building, confidence and subject competence building emotional stability etc. Therefore, every teacher needs to have sacrificial mind, commitment and dedication to lead and guide the children right from the early stage.

The challenges that are faced now were never faced before 5/10 years ago, universally the students are under the tremendous influence of the negative side of the technology. More than 50% of the children, right from the age of 10 years are in to the social networking and carried way by this influence, considerably which resulted in diversion, distraction, lack of focus in studies. Lack of quality parenting with hardly any social control / religious control, the student become introvert, emotional and sensitive and in this background, with the revised syllabus both in CBSE & State Board which is high in terms of quality and quantity, the efforts of the teachers are likely to suffice a setback and pose a challenge to bring out quality results, but in our school the students are given effective counseling and motivation to focus on their studies.

Paradigm shift in Quality of Teaching - Need of the hour

In the backdrop of the challenges, teachers to know, mere, theoretical teaching will not help the children to acquire knowledge and if teaching is done with the corresponding activity, learning becomes simpler, qualitative and permanent. Hence, to tap the potential of each child, depending upon their aptitude and interest, suitable theory activities related projects to be incorporated for complete understanding of the theory to be integrated in the curriculum

Technology used in your school classroom that enable better understanding of lessons

Pedagogy integrated with technology is the main teaching & learning source which help the children to learn the concept/ content at ease. Being well aware of this, all the 506 classrooms of our group of schools have been provided with smart board facilities. As the students learn the complex concepts through videos and animations, learning becomes easier, qualitative and permanent.



Dr. N. Vijayan Sr. Principal & Chairman Zion & Alwin Group of Schools

Special techniques used by teachers to help the late bloomers

The teachers of our group have created an excellent software in the name of Zion Software comprising of videos, animations, illustration activities and applications etc well mapped with the curriculum so that the teaching is improvised and innovative. Visual part aids even the intellectually less privileged students to understand the concept well. The Zion Software has definitely enhanced the quality of learning. At the end of teaching of each chapter relevant and related seminar, group discussion, Quiz mela etc, are the part of our curriculum which help them to apply required for life. This kind of education lead the children for better life in future.

Mere knowledge from the book is inadequate to face the highly competitive world of tomorrow. To ensure all the students are thorough in the world affairs and General Knowledge, NIE is integrated with the curriculum of the school. Each child is given a copy of the newspaper and advised to go through the paper in the appointed time and prepare summary and submit it to the class teacher in the last period. Questions for 10% marks are included in all the examinations of our school. This system helps the children to be updated and are able to do well in all the competitions within the school and outside and to prepare better in NTSE, NEET, IITJEE even still later in UPSC etc.

Integrate Extra & Co - Curricular components for overall development

The other components of the holistic

education in the curriculum are Sports and games, art and craft, NCC, scouts and guides, JRC. Various clubs that help the children to exhibit their leadership qualities and to develop social skills and life skills. Participation in these events help them to be tolerant, mutually helpful and co-operative and greatly save the students from going astray as they are constructively engaged.

Success Mantra

About 40% of the students are for first generation learners. Yet, due to various skill development schemes, effective motivation and counseling, each child is instilled high self confidence and high esteem, that, in turn help all the State Board and central Board to pass in the board exams with quality pass year after year. The students here regard school as a second home and respect and regard teachers as Guru in Gurukula system.

In conclusion, in the present scenario, teachers have to burn midnight oil, however, experienced one may be, for next days' teaching to be effective. On the other hand if any teacher enters the class without thorough preparation, he/she will only be able to transfer the information from the textbooks which may constrain the students to go for rote learning in order to pass, but in such cases, clearing the entrance examinations like NEET, IITJEE, CA CPT or any other competitive examinations will be an uphill task for the students. Hence, quality preparation by the teachers is of paramount importance to impart knowledge and skill based teaching. As IQ of the modern students is relatively higher than the students of yester years, say 5 years ago, they easily and quickly understand the concepts and develop the related relevant skills to face the highly competitive world of tomorrow. As an educator for more than 30 years, suggestion to all the stake holders is that the focus shouldn't be aimed at marks manufacturing factory, but they should ensure that the students gain complete knowledge and develop the necessary & related skills which obviously ensure good score in the examination.

Therefore, the attitude of teachers & students primarily to focus on knowledge and skill enhancement in order to be competent and confident in all their future endeavour. With the revised syllabus which is on par with CBSE syllabus if the teachers put in their heart, soul & spirit in imparting quality education more no. of students from Tamilnadu would crack NEET & IITJEE in the coming years.

For more informations, contact:
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chairman-office@zionschool.ac.in



EVERWIN - THE FOUNDATION OF EDUCATION, ATTITUDE AND VALUES

Everwin aims to educate students to be socially responsible and strengthen the foundation of nation building in the coming years. The school is built on the vision to create a body of determined spirits, fired by an unquenchable thirst and unshakeable faith in their mission, to alter the course of history and to be a model school at the global level, for providing education in its true sense.

The school is committed to impart world class education and shape children with the right values and attitude. Everwin is dedicated to nurture stu-



the entire functioning of the school and recently received the 'Woman of the Year Award' and 'State Best Woman Entrepreneur Award'.

The Founder and Principal Dr. B. Purushothaman, an embodiment of humility is the backbone of the school, and tirelessly strives to do the best for staff and students, to uphold the calibre of education provided at Everwin and spread its name far and wide. He has been honoured with the Tamil Nadu government's 'Dr. Radhakrishnan Best Teacher Award', Lions Club's 'Lifetime Achievement Award', 'Service Minded Administration Award', 'MGR Ratna Award' and many more.

The Everwin group has been consistent in achieving 100% results, year after year in the board exams with the best scores. Expert classes and intensive coaching round the year, coupled with

meticulous planning of revision programmes helped the school reach this milestone. Everwin conducts career exposure training and tests for all classes, to help students know their own capabilities, interests and the subject they fare best in.

The school also offers specially integrated NEET & IIT coaching from class V for all students. Byjus higher class students every day after school hours.

In order to divert kids from excessive usage of mobile phones, Everwin has introduced 'Read & Lead' (story classes) from I to VIII.

Everwin is second to none in sports. It was raining medals in 2019, with hundreds of Everwin students bagging top prizes at District, State, National and International levels in badminton, table tennis, archery, chess, skating tournaments and more. Paati's Panacea, Quartier, Exafanisi, Career Cognizant are some of the many expos conducted this year that revealed the incredible potential of the students.

The Everwin Group received the 'School of Excellence - National Award' from GOPIO, at an event in Varanasi this year.



V. Mageswari CEO Everwin Group of Schools

dents to become competent, responsible and enterprising citizens, who shine as exemplary individuals with high moral and social values and character of a very high order.

Ms. V. Mageswari, the CEO is backed by an erudite team of educationists and ably assisted by the management, to ensure the planning and successful running of the school. She expertly oversees



ORIENT FLIGHTS AVIATION ACADEMY



OFAA, Mysuru is a pilot training establishment of Orient Flights Private Limited. The company shares its roots with the Hindustan Group of Institutions, a pioneering educational group at Chennai, offering a wide range of courses in Aviation, Engineering, Management, and Applied Science. OFAA located in Mysuru is approved by the Directorate General of Civil Aviation (DGCA), Government of India.

Orient Flights Aviation Academy trains its student pilots with the latest advancements in technology and safety; a universal consideration in this profession. OFAA innovatively create structures with a motive "Safety First". At Orient Flights Aviation Academy they inculcate the fundamental sense of safety in every individual right from their training stage.

"Orient Flights is proud to introduce the latest in flight training technology with the modern fleet of aircraft. Orient Flights has one of the best fleets of training aircraft at Mysuru. We are proud to introduce the latest in-flight and off-flight training technologies for student pilots undergoing PPL and CPL training."

Orient Flights - Legacy of 25 years

Orient Flights has a legacy of 25 years and 35000 flying hours with more than 300 pilots trained under highly qualified flight instructors. Orient Flights has an enviable infrastructure, experienced faculty, an expanding fleet of new aircraft and a large hangar at Mysuru Airport. All these ensure that the academy delivers quality training on par with global standards.

Presently, Orient Flights offers fully integrated DGCA approved courses which are equipped with the best in class training on modern aircraft and Simulators.

Dr. Anand Jacob Verghese

REALISE YOUR DREAMS AND AMBITIONS WITH A COVETED GOVERNMENT JOB

The TNPS (Tamil Nadu Public Service Commission) examinations attract scores of aspirants, who are looking for job security, financial stability, upliftment of social status, career progression, apart from retirement benefits and other incentives, with a job in the Tamil Nadu Government.

The renowned Chennai Race Institute, launched a coaching programme for success in the TNPS examination in 2018. Within a short span of time, the students who have pursued the course have achieved phenomenal results and have been placed in respectable job positions across the state.

Chennai Race Institute offers one of a kind labs and libraries to help even average students reach unexpected levels of success. Great efforts are taken to ensure that the students gain a thorough understanding of the syllabus, especially essential and important topics. Special emphasis is placed on solving previous question papers. Students who undergo the 6



practice programs offered by the institute can help to clear the TNPS examination in 12-15 months.

The TNPS coaching classes are handled by industry experts including Retd. IAS, IPS / Central Govt. & State Govt. officers and UPSC candidates. Chennai Race Institute partners with TNPS aspirants at every stage of

preparation, to help them secure their dream job.

For more details, contact:
Chennai Race Coaching Institute,
No:103/82, P.S.M Plaza, Opp to
T Nagar Bus Terminus, South Usman
Road, 1, Mahalakshmi Street, T Nagar,
Chennai, Tamil Nadu 600017. C: 90433 03030.
<https://raccinstitute.in>

RACE AHEAD WITH SUCCESS IN BANKING EXAMINATIONS

Since inception in 2012, by Founder and Managing Director Bharath Seeman, the Chennai Race Institute has emerged one of the pioneer in banking and SSE coaching. The institute has grown manifold and currently has 22 centres across Tamil Nadu, Karnataka and Kerala.

Banking is a lucrative career option that ensures immense job security. To excel in banking examinations one needs to have a proper strategy and work consistently for 3-4 months. The Chennai Race Institute has introduced several innovative initiatives to accommodate special requirements of students including flexible batch timings.

Chennai Race Institute has ensured the success of students by offering top of the line facilities including state of the art labs and well-stocked libraries in every centre. The libraries have 5,000-8,000 books on preparation for national examinations and the computer labs have around 250 systems with internet connections. Students enjoy 24x7 access to these facilities and the support of mentors who clear doubts and motivate the aspirants to excel.

The banking coaching classes at Chennai Race Institute are conducted by retired senior officers from RBI, NABARD, officials from leading banks and field experts to



Bharath Seeman -
Managing Director



ensure students receive unparalleled knowledge. Mock interviews are also conducted by ex-panel members to ensure students are suitably prepared to achieve success.

For more details, contact:
Chennai Race Coaching Institute,
No:103/82, P.S.M Plaza, Opp to
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Chennai, Tamil Nadu 600017. C: 90433 03030.
<https://raccinstitute.in>



PAVING THE WAY FOR A DREAM CAREER IN THE CIVIL SERVICES

Vetri IAS Study Circle was established by Founder Director M. Shunmugam, who has close to two decades of experience in grooming UPSC and TNPS aspirants. His passion for moulding and preparing more aspirants for competitive exams, led him to set up Vetri IAS Study Circle in 2011. The main institute was opened in Chennai in 2012. Since then, there has been no looking back and the institute has carved a niche for itself in the city.

Headquartered in Chennai, Vetri IAS Study Circle has branches in Salem, Namakkal and Coimbatore. Since inception, approximately 2000 candidates from the institute have successfully cleared UPSC and TNPS. The institute conducts hundreds of seminars in various colleges to increase awareness about competitive exams among students.

Educareer Programme

Vetri IAS Study Circle is training college students in collaboration with several reputed colleges in and around Chennai. Through its outreach programmes, the institute increases awareness on employment opportunities in the government sector.

The expert faculty are highly competent in their respective subjects and have trained and mentored in various capacities in UPSC & in TNPS Group I, II, IIA. More than two thousand Vetri candidates have cleared in the above fields and are currently posted in different districts of Tamil Nadu. Those who have cleared civil service exams are



Vetri IAS Study Circle

The Best Academy for IAS & TNPS Exams

An ISO 9001 : 2015 Institution | Providing Excellence Since 2011

serving in different states in India. The highly successful candidates are in the Indian Administrative Service, the Indian Police Service, Indian Foreign Service and the Indian Revenue Service.

The TNPS Group I, II, IIA cleared candidates are placed as Deputy Collectors, Deputy Superintendent of Police, Sub Registrars and DCTO's Municipal Commissioners respectively. The jobs after these competitive

exams confer on the officers, power and status along with job security and above all the sense of satisfaction for rendering service to the society.

The uniqueness of Vetri IAS Study Circle is the guidance of the expert faculty team under the leadership of the Director.

- The distance education programme of Vetri IAS Study Circle facilitates students learning from the materials the institute provides at their doorstep. Thus, Vetri caters to the needs of the candidates who are unable to attend regular classes

- Understanding the needs of the aspirants and counselling them to prioritise their duties and role in their families is the core concern of Vetri
- Vetri takes pride in helping aspirants assess themselves, through a number of tests. Feedback is given personally to regular class students on the same day, and to the distance education aspirants within a day or two
- Language is not a barrier at Vetri since classes are taken both in English and Tamil for TNPS. UPSC classes are handled only in English

For more details contact - New No 1, 9th Street, F Block, Anna Nagar East, Chennai 600102. Ph - 044 - 26265326. E mail - enquiry@vetritas.com. Visit - <https://vetritas.com/>



25 YEARS OF EXCELLENCE IN HOSPITALITY EDUCATION

Since inception in 1993, SRM Institute of Hotel Management (SRM IHM), a part of the prestigious SRM University, Chennai has emerged one of the country's premier hotel management institutes. The campuses in Chennai, Trichy, Delhi, Haryana and Sikkim offer state-of-the-art infrastructure with smart classrooms, advanced labs and well equipped library. The fully operational in-house star hotels in Trichy, Tuticorin and Chennai, help students hone their skills and acquire hands-on training.

SRM IHM has received many awards and recognition under the leadership and guidance of its Director Dr. D. Antony Ashok Kumar.

UPHOLDING UP-TO-DATE KNOWLEDGE

SRM IHM offers B.Sc. courses, Diplomas and Craft Courses in food production, bakery and confectionery, F&B service, front office and housekeeping, a Lateral Entry Degree Course (II Year B.Sc.) for those who have completed three years diploma in Hotel Management & Catering technology recognized institutions and an MBA in hospitality management.

The curriculum is framed according to UGC rules and is revamped once in three years by notable dignitaries from leading hotels and academicians of government recognized colleges, to ensure students are updated on the latest trends. This curriculum combined with the practical knowledge gained through various workshops and demonstrations, enables students to perform with confidence and promote innovation and creativity.

Students are given ample opportunities to gain expertise across diverse cuisines with varied quantity measures, to cater to different requirements. They get sufficient training to ensure cleanliness and hygiene of the setup. They are also trained to welcome and escort various VIP and VVIP guests.

BRIDGING EDUCATION AND EMPLOYMENT

SRM IHM encourages students to learn by doing and earn while they learn through the fully operational hotel attached to the college. Innovative teaching methods such as activity based learning, case studies, tasks & assignments, field trips, power point presentations, role play, hotel management software, creative manager exercise, guest lectures, research methodology etc. enable interactive and collaborative learning among students. Many successful national and international hoteliers and personalities interact with students and educate them.

Further, the Semester Abroad Programme, collaborating with leading universities across the world, gives students a global perspective.

The students are widely recognized by hotels, restaurants, cruise liners, retail and IT sectors for their passion, commitment and professional competence. The college is able to provide approximately 97% placement because of the students' consistent performance at national level examinations and the institute's numerous awards and accolades. Regular specialized training and pre-placement activities like mock group discussions and interviews help students gain employment.

PAVING THE WAY FOR SUCCESS

Going forward, SRM IHM will continue to boast of successful alumni, placed in diverse fields across the globe. The institute will add on its branches across other states with the launch of operational hotels and groom more talented professionals.

For more information, contact: SRM IST Campus, SRM Nagar, Kattankulathur, Chennai 603 203.
For details contact - 75500 00833 / 75500 00818
• 044-4743 2173 / 74

E-Mail - ihm.ktr@srmist.edu.in
Visit - www.srmihm.info





Mindful learning for a meaningful experience!

The formative years of a child are the most crucial for learning & development. Providing them with a rich learning experience by paying close attention to their growing-up needs, with a commitment to care and excellence is essential.

EuroKids, India's leading Pre-School network, understands this philosophy thoroughly and emphasises that learning in children happens through exploration and discovery. EuroKids' 'Child First' ideology and the mindful curriculum - Eunoia - ensures that children build a strong foundation, by adapting to

mindful practices like attention, resilience and kindness in the early years.

The mindful curriculum - Eunoia, aims to ensure all-round development in children with a focus on varied aspects of mind, body and soul. The curriculum uses the three-pronged pedagogical approach of mindful, spaced and blended learning. This approach helps create appropriate engagement, improves retention and promotes multifaceted application, allowing creative freedom to children at all levels. The curriculum helps to enhance children's confidence by engaging them in problem-solving, social engagements and DIY activities, while at the same time developing a love for lifelong learning.

EuroKids ensures a secure learning environment for children, giving high importance to every child's safety within the premises. All pre-schools are equipped with CCTV cameras and customized



child-friendly furniture. All the teachers, staff and support staff go through a verification and background check before employment. With its 'Child First' ideol-

ogy, the pre-school aims at stimulating the imagination of children by providing them with a home-like environment to play, learn and grow.

EuroKids

Pre-School

CHILD FIRST. SAFETY FIRST.

5
POINT SAFETY

- CCTV monitoring
- Child-safe furniture & interiors
- Safe school audits
- Female staff appointed post background verification
- Emergency services

LEARNING IN A BOX

Happiness Box, a unique offering designed to enable fun learning for every child at EuroKids. It includes the following:



Welcome Kit | Vocabulary Kit | Readiness Kit | Theme Kit | Take Away Kit | EuroMusic Kit

AWARDS & ACCOLADES

- Innovation in Curriculum in Early Childhood Development - World Education Awards 2019
- Leading Preschool Chain - World Education Awards 2019
- India's Top 100 Franchise Brands - Franchising World 2019
- Best Innovative Curriculum - Indian Education Awards 2019

FOR MORE INFORMATION & ADMISSIONS CONTACT:
WWW.EUROKIDSINDIA.COM |
PLAYGROUP | NURSERY | EUROJUNIOR | EUROSENIOR |
1-800-209-5656

EUNOIA
THE MINDFUL CURRICULUM

EUPHONICS

This language based program provides a strong vocabulary foundation using the letters and sounds of the alphabet.

MathLab

Understanding mathematic concepts with hands-on activities, concrete objects and repeated experience is the objective of this program.

SCIENTIFC SPARK

This program focuses on understanding the scientific world, based on observation, investigation, prediction, evidence and reasoning.

YOGAKIDS

Children are introduced to yoga, to help develop a healthy body through balanced breathing, meditation, awareness and healthy body movements.

MINDFUL+

Mindfulness helps children focus on the present and is a great tool to develop self-regulation, manage emotions and improve concentration.

EUROFIT

A fitness program designed by certified trainers to develop the child's motor skills, muscle strength, mind to muscle connection, a strong athletic base and nurture a love for fitness.

EUROMUSIC

Organised in collaboration with SING. PLAY. LOVE, this outcome-based program includes engaging songs, picture books, music videos and other instructional support to teach young children important skills.

EUROKIDS PRE-SCHOOL CENTERS ACROSS CHENNAI

CENTRE NAME	CONTACT NUMBER	IYAPPANTHANGAL	9043041514	MOGAPPAIR	7358964520	PERUNGALATHUR NEW	8220740945	SHOLINGANALLUR	8754490897
ADAMBAKKAM	9840082723	KODAMBAKKAM	8610891804	PADMVAATHY NAGAR, MADAMBAKKAM	9677191814	PERUNGUDI	9884498398	SOWCARPET	7299991166
AMBATTUR	9840655111	KOLATHUR	7401110115	PADUR	7904259943	POOMPUKAR NAGAR, VILLIVAKKAM	8678979160	TAMBARAM EAST	9789948805
ANNANAGAR WEST	9500453335	KOTTURPURAM	7718886056	PALLIKARANAI	9677007805	POONAMALLEE	7305640017	THIRUVANMIYUR	9677036999
ASHOK NAGAR	9840186676	MADHAVARAM	8754462755	PERAMBUR	9791196256	PORUR	9840434205	THURAIPAKKAM	8220399388
AVADI	95001 66002	MADIPAKKAM	9791099954	PERIYAR NAGAR	8056271062	RAJAKILPAKKAM, TAMBARAM	9840184084	TONDIARPET	9940661625
CHROMPET	9994813366	MANAPAKKAM	7338884346	PERUMBAKKAM	7550199286	SALIGRAMAM	9789083329	VELACHERY RAJALAKSHMI NAGAR	9884498398
MYLAPORE	7338801821	MEDAVAKKAM	9566108232					VELACHERY VIJAYA NAGAR	9884498398

Veranda is a Play School situated in the heart of Chennai.

Personalised and holistic learning is our goal

Veranda provides an educational setting which promotes the intellectual, social and physical growth of each child as a unique individual. Veranda provides a loving environment in which:

- Children learn actively through exploration, experimentation and play
- Children learn to be independent and to work alongside peers
- Children learn to understand themselves and their emotions
- The curriculum includes a variety



- of interesting and inspiring activities to stimulate early brain development with a focus on creative play
- Theme based classrooms which are designed to inspire young learners, stimulate each child's interests and ideas to encourage a growing awareness of self
- Maintaining safety, cleanliness and hygiene top the list of priorities

- The Teacher- Student ratio adheres to international standards
- Veranda can proudly boast of possessing a beautiful garden space and a forest like atmosphere. Children benefit greatly by playing in this green space and a well maintained sand pit
- Homemade wholesome food is provided which is nutritious and at the same time satisfies the children's taste buds

They strive to create mutual respect and encourage daily communication between parents, teachers, and the administrators.

Veranda provides a learning experience that empowers children to be the very best they can be. Throughout each day, our teachers passionately care for the unique, inquisitive, and fascinating infants, toddlers and young children.

We are committed to providing a positive, nurturing, and enriched learning environment and experiences that will foster cognitive, physical, social, and emotional development in each individual child. Veranda believes that early care and education make a positive difference in the lives of children, their families, and our community.

Programme:

- Mom & Me
- Play Group
- Pre Kg, LKG & UKG

For more details, contact:
Veranda Children's Educational
Institution Private Limited
42, Habibullah Road, TNagar,
Chennai - 600017
Phone: # 044-28343198, # 044-
28343567
Email: admin@verandaschool.com
Website: www.verandaschool.com



- We prepare students for their transition to mainstream schools by continually monitoring their readiness for new learning challenges
- Teachers create a kind, caring atmosphere to foster imagination and creativity
- Regular field trips enable the children to experience the outside world and form lasting impressions
- All festivals are celebrated with great enthusiasm to instill a sense of secularism in our little ones
- Pictures of all that happens in school are sent to parents on a daily basis so that they understand what is happening in school and at the same time enjoy seeing the cute pictures and videos of their children.



An Educationalist Changing the Face of Education in Chennai

Said to be built on the belief that a stable, safe, healthy, comfortable and culturally relevant environment is crucial to a child's growth, the campus at Aachi Global School (AGS) claims to help each child understand their unique learning style, and the school's way of teaching helps the children discover their creative and artistic potential. The management believes that the purpose of education is not fact accumulation but to learn by understanding. They envision the school to be a place where children are nurtured to be lifelong learners, creative thinkers and responsible global citizens.

AGS offers International Baccalaureate / IGCSE curriculum for children from Play Group to Grade VII. Founder and Trustee Rebekah Abishek, says, "My Journey as an educationist began with my parental anxiety, as I was looking to send my daughter into a school with a sensible curriculum, which bestowed wholesome education. I believe children need more hands-on experience and learning that would be helpful in their real life. At our school all activities nurture highly valued character attributes in children. The classroom activities and educational trips encourage young minds to be inquirers and thinkers. Language acquisition is also another way for children to become open-minded and principled."

The management believes that the quality and nature of a child's early experiences in life lay the foundation and brain architecture for all the learning and behaviour that follow. The educators act as facilitators who partner with



AN IB-IGCSE CAMBRIDGE SCHOOL

the children, to develop explorations and extend thinking through careful observation, documentation, thoughtful questions and deep reflections.

They regularly invite foreign faculty for seminars, as the experience encourages learning about other cultures, promotes an interest to understand the similarities and differences between cultures and also appreciate each other. The school is believed to offer many opportunities to grow and develop reading and listening skills. They also conduct regular exhibitions for students, giving them a chance to choose a topic of their own interest, investigate, do their research with the help of the educators and deliver their findings to their parents and others. Periodic field trips are conducted so that children get the touch and feel of the environment and subject of the study.

Aachi Global School are said to offer co-curricular activities like vocals, dance, and arts from early years, robotics are taught to the children from Grade I, and children are encouraged to actively participate in social activities where they share their toys, food, and clothes with people in need.

The school is said to offer world-class curriculum with life skills encompassing good manners, etiquette, moral ethics, cognitive thinking, empathy systematic learning strategies and a structured framework. AGS is opening a new campus at Ayanambakkam in June 2020, which has been designed to integrate learning spaces in the landscape seamlessly with spacious, well-equipped class rooms and offer new facilities for indoor and outdoor sports.

For Further details contact: 73388 56789
Mail: info@aachiglobalschool.com



Rebekah Abishek

ENHANCING FINANCIAL UNDERSTANDING THROUGH HANDS-ON EXPOSURE AND TRAINING

Effective understanding of finance is critical for running any business enterprise. Despite holding appropriate educational qualifications, many individuals fumble at job interviews, when they are asked to analyse balance sheets and interpret the same.

BRK Academy™ in Chennai, is the first of its kind financial lab in the world. The academy was established to provide practical training in different aspects of finance to undergraduates, post graduates, working professionals and entrepreneurs, to ensure better opportunities and improved success in the long run.

Founded by a financial veteran, Ramakrishnan, BRK Academy



Ramakrishnan

offers unique program has varied modules extending across 15 hours – 30 hours to address varying requirements. The academy imparts excellent training in finance and financial techniques to the learners and inculcates discipline among them, so they emerge excellent finance professionals. The SOFT – School of Financial Techniques™ venture is set to further strengthen the goals of BRK Academy.

The institute also goes the extra mile to help youngsters from disadvantaged backgrounds establish successful financial careers and be breadwinners for their family, by offering the right exposure.



SOFT - School of Financial Techniques™

GROOMING STUDENTS FOR A PROFESSIONAL FUTURE

VVT Coaching Centre in Chennai, Tamil Nadu, has adopted a one of a kind approach to successfully tackle NEET exams. The institution provides students the opportunity to learn from highly experienced faculty, using a proven objective oriented study methodology, supported by well acclaimed study material. VVT understands that some students require additional help and hence offers personalized study



dents by making concepts crystal clear, answering the most difficult topics in the easiest possible way and helping students benefit from complete and comprehensive coaching.

The faculty at VVT excel have expertise in objective oriented teaching methods, which is essential to train for NEET. Most of VVT's faculty hail from Andhra, where objective style competitive exams have been conducted since the 1980s. This gives them an edge over the others in terms of experience in objective style coaching.

schedules, doubt clearing sessions and individual assessments, thereby preparing students exceptionally well.

Highly competent and experienced faculty are the greatest asset to any coaching institution. VVT has a dedicated team of expert faculty with over 20 years of average experience. The teachers strive to impart success into stu-



NEET | IIT - JEE

dent

For more details, contact:
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"Nivav Buildings", 4th & 5th Floor,
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E Mail - info@vvtcoaching.com
Visit - <https://www.vvtcoaching.com/>

SCHOOLS – ENLIGHTENING YOUNG MINDS FOR A BETTER TOMORROW



Education is one of the biggest services to society. It has the power to influence one's personality and scripts the destiny of our society and our nation as a whole. Schools are the cornerstones for delivering scholastic education. Apart from maximizing academic potential, schools also inculcate values, help develop social skills, play a key role in character building and influence the emotional stability of a child.

Chennai has been at the forefront of top quality education in the South, with a host of renowned schools, across various boards, at varying levels of learning. With the advent of



the digital era, schools have witnessed a dynamic expansion of the learning curriculum and today offer education on par with international standards. New concepts and new teaching methodologies have paved the way for increased interaction and involvement in the classroom. Schools have also widened the horizon of children and given them the exposure to face the world and the rest of their lives that lay ahead, with confidence. Introducing your child to the right environment for their schooling, can make a world of difference in building the foundation for their success in the years to come.

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A NURTURING ENVIRONMENT THAT ENCOURAGES CHILDREN TO BE THEIR BEST

The Pupil, Saveetha Eco School was created with a vision to create the best possible environment, for the children to blossom into healthy, balanced, mature individuals ready to face the challenges of the 21st century with zeal and enthusiasm.

Environment of Love and Fearlessness

A fearless non competitive environment is essential to unlock the hidden potential in every child. At The Pupil, the children are encouraged to express their views without fear of judgment. The teachers act as facilitators and partake in the journey of learning along with the children.



Environment to Explore

The "Burrow" is a specially created place in the school, a science laboratory where students are inspired to explore the mysteries of science. Children are offered multiple experiments, which they can conduct on their own, with the freedom to come up with own observations and conclusions.

Art Studio - handled by profes-



sionals in respective fields, where in the students are motivated to augment their artistic sense, through weaving, pottery, carpentry, textile dyeing and painting, textile designing, comic strips etc.

Learning sans boundaries - No Text Books

A radical system of learning, where in the children are taught that learning is not limited to text books. They have no text books upto class 5. Children are motivated to explore the various topics through multiple learning channels, draw their own conclusions, and express their learnings through various forms such as art, literature, theatre, etc. Students are trained to reflect on their learning and guide their own learning process.

Assessment

360 degree assessment is done, using portfolios and other wide range of assessment methods.

Science of Physical Development

A comprehensive system of physical development program is created with a wide range of sports and athletic activities to develop various aspects of body and mind. Sports is an integrated part of school curriculum with mandatory participation of each student. Full fledged gymnastics studio with parallel bars, beams, olympic size swimming pool, archery, taekwondo, yoga, athletics, etc.

Music and Dance

Indian and Western classical

music and dance training is integrated in school curriculum. Annual music festival "Margazhi Mahautsav" is conducted, where in each student sings and participates. Annual theatrical productions also help hone the theatrical skills of the children.

No child is left behind

Children with special needs and learning difficulties are assessed and are provided curriculum support during school hours itself, with the help of trained special educators and occupational therapists.

Environment of Excellence

Special training for children in school hours for Olympiads, NEET, IIT, NTSE, NATA, CLAT, and SAT.

Home away from Home

Residential Program (offered for children class 8 upwards) helps children nourish their talents. A stress free homely environment with yoga and meditation help children focus on higher goals and aspirations. Air-conditioned rooms with healthy hearty food makes The Pupil, truly a home away from home.

For more details, contact:
Ph: 044 - 26802013 / 14 / 15,
Mob: 9841527772,
Email: academic@thepupil.in,
www.thepupil.in

A PLAY SCHOOL THAT CELEBRATES CHILDHOOD

One are the days when going to school was a nightmare. The arrival of playschools has ensured children enjoy going to school without any inhibitions. As the name connotes, playschools are where children learn through play. One such renowned playschool is Bachpan.

With 1100+ schools, Bachpan has earned its reputation over the years, with its versatile curriculum. It renders excellent coaching, friendly atmosphere, trust worthy management and fun filled activities.

INFRASTRUCTURE

Bachpan is located in the heart of Purasawalkam. The three storey building extending across 5000 sq. feet area is totally child friendly and absolutely safe.

MONTESSORI BASED LEARNING

At Bachpan, learning goes beyond books and notebooks. The Montessori methodology ensures hands-on experience and encourages children to become better versions of themselves. Children are given space and time to learn, thereby promoting conceptual and holistic learning.



REMARKABLE AMENITIES

Bachpan focuses on learning through fun. The versatile Prismart E-learning articulates customized Smart Class for children in a specially designed A.V Room. Robo Time is also a path breaking initiative to build a strong foundation in STEM.

SPEAK O KIT

Bachpan has also explored sound beyond imagination with the Speak O Kit. When the Speak O Pen is placed on the book, the book comes alive as it recites, sings and reads the content.

That's not all, the school also has a gym room, doll house, splash pool, ball room, free play area and many more exciting aspects to ensure unlimited fun!

For more details, contact:
Bachpan - A Play School
No. 51, Vellala Street,
Purasawalkam, Chennai - 84
Contact: 044-42042077,
9840638000.
Visit - <https://www.purasawalkam.bachpanglobal.in/>



The Indian Public School-TIPS- Where Dreams Come True

The Indian Public School, North Campus, since inception, owing to persistent requests from parents, has grown steadily in its purpose and philosophy. One of the pioneers in international education, TIPS group of schools imparts knowledge emphasized through sports, field trips, adventure camps, stage crafts, international exchange programmes to name a few. TIPS

beyond the four walls. Field Trips, Expos, Competitions and Adventure Camps holds testimony to this TIPS's vision.

TIPS fraternity values collaborative learning, engaging students with skills and attributes constantly striving to focus on every child to nurture their interests & achievements. The academic team achieves its success in collaboration with parents' participating in



Ambattur fosters quality and comprehensive education to script yet another success story within TIPS group of schools, enabling students to fulfill their dreams, one at a time.

The school rededicates to further its educational vision by constant upgrading of teaching conventions. In the onset TIPS, North Campus installed a full fledged digital learning & teaching environment, equipped with smart boards to meet the demands of the technological age.

In a mission to provide a comprehensive platform integrating core values through global academic curriculum and non-scholastic activities the school primary years follows the IBYP while the Middle School, until grade 8 follows Cambridge curriculum. Labs, library, sports and activity centres provide extensions of the lessons

various academic endeavors.

The privilege of TIPS North Campus, like any of its other branches, is the door step transport and appetizing catering facilities.

In the commitment to let students think as global citizens with international mindedness, the learning environment augments young learners into future leaders of the global society.

For more details, contact:
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8220071111
www.tipschennai.com

THE INDIAN PUBLIC SCHOOL TIPS - A HOME AWAY FROM HOME

Access to good education is necessary for holistic development of an individual in creating a better world. TIPS inspires its young learners to expand their minds and learn the importance of teamwork, to foster internationally minded global citizens of future.

Located in the IT corridor of the city - Perungudi, TIPS door step transport facility provides hassle-free accessibility for students across the city.

The learning space is designed to ensure visible thinking. Spacious classrooms, outfitted with internet and technological systems enhances the learning experience. Fully functional science labs are an inspiration-centre for scientific minds.

The school offers a balanced curriculum: IBYP for early years and primary through Inquiry learning. The Cambridge, UK IGCSE offered at Middle and High School aids students in experiential learning. IBDP at year

11 & 12 furthers the journey to aid the students in making their higher international educational choices.

Inclusive education and remedial teaching (SEN) for students with learning disabilities is provided by trained and competent special educators.



The holistic academic journey is balanced with co-curricular activities: Performing Arts, Physical Education, Exchange Programs, Field Trips, Project-Based Learning, STEM and Model United Nations(MUN) are integrated part of learning at TIPS.

The school also provides comfortable and modern residential complex for students. TIPS is associated with a prominent multi-specialty hospital to cater to medical needs in case of an emergency. TIPS provides fine-dining facilities for all students to have a healthy breakfast and lunch with



THE INDIAN PUBLIC SCHOOL

options from Indian and Western cuisines. TIPS provides a stronger platform to bring out the distinct quality inherent in each child and ensures a learning environment that is student-centric thereby raising the future citizens of the world in a home away from home.

For more details, contact:
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