



LIGHTWORKERS ACADEMY

Uniworld City, Chennai - 600127
(A school by Uniworld Foundation Trust)
(Affiliated to CBSE)

NEWSLETTER JUNE 2021



ADMISSION
OPEN
2021-22

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FROM THE PRINCIPAL'S DESK

Dear LWA family,

Greetings and hope you are all safe and well.

We have had a smooth take off , and have commenced with the online mode of instruction in June .Our students and staff are enthusiastically involved in the teaching learning process.

Sit back and enjoy this edition of our newsletter that yet again brings a spread of activities and happenings at LWA !!

- Ms. Santhi Swaminathan



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STUDENTS' ARTICLES

Senthamil Selvan
Class - VI

BEING HEALTHY

Try to Exercise or do Yoga to keep your self healthy , so that corona gets less chance to infect you. Eat healthy food to increase your immunity.



COVID-19

Covid-19 is a virus which infected the whole world making everyone to stay home. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. WorldWide 16 crore people affected and 13 crore people recovered.

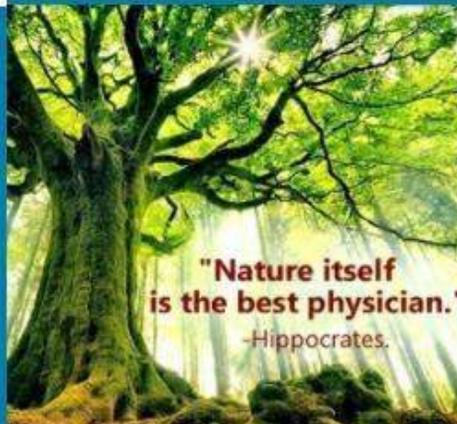


STAYING SAFE

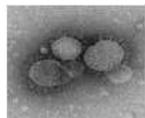
Why do you need to stay home? To stay safe from coronavirus! If you want to go outside then go only if you have an emergency. And don't forget to wear a mask and take a hand sanitizer with you. Follow social distancing. Don't touch your eyes, nose or mouth. If you go outside and come back to home please wash your hands with soap.

HEALING MOTHER NATURE

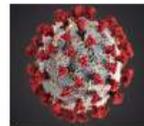
Now as many of us are indoors, nature has begun to breathe. Animals and plants are relishing their moments with no or less human intervention. We all have seen pictures and videos on social media of animals and birds moving around freely in what they could not dare to in the past because of high human commutation.



History of Corona virus: Origin, Cause, Spread, symptoms, prevention, Symptoms short note on all 3 vaccines



We all have things running u in our mind like how a microorganism is ruling the world? And how this only virus can spread rapidly. Many health experts believe that new strain of corona virus is originated from bat pangolins. The first transmission to humans was in Wuhan, China. Coronavirus are group of viruses that can cause



diseases in both humans and animals. **THE SEVERE ACUTE RESPIRATORY SYNDROME (SARS)** virus strain known as **SARS-COV** is an example of a coronavirus SARS spread rapidly in 2002-2003. The new corona virus spread rapidly in many parts of the world. On March 11 2020 WHO declared COVID-19 a pandemic. A pandemic occurs when a disease that people are not immune to spread across large region.

What is cause of corona virus? This outbreak began in Wuhan, a city in Hubei province of China, reports of the first COVID19 cases on December 2019. However, it remains unclear exactly how the virus first spread to humans some reports trace the earliest cases back to a seafood and animal market in Wuhan.

How this virus spreads: When people with covid19 breath out or cough, they expel a tiny droplet that contains the virus. These droplets can also land on nearby surface or object. Other people can pick up the virus by touching surface or objects. infections are likely if they touch in nose, eyes or mouth.

Common symptoms of COVID include * Fever, breathlessness, cough, a sore throat, headache, muscle pain, chill, loss of taste or smell. These symptoms are likely to occur 2-14 days after exposed to the virus. Older adults are most at the risk of severe illness, are people with the **following chronic health condition:** heart failure, kidney disease, obesity, type 2 diabetes

VACCINES: Up to this date we have three COVID vaccines: COVAXIN, COVISHIELD and SPUTNIK

COVAXIN: COVAXIN is India's indigenous COVID – 19 vaccines by Bharat biotech are developed in collaborated with THE INDIA COUNCIL OF MEDICAL REASERCH (ICMR). This vaccine is developed using **WHOLE – VIRION IN ATIVATED VERO CELL derived** platform technology. This contains a dead virus, incapable of infecting people and able to instruct the immune system. It is a 2-dose vaccine with a period of 28 days and needs 2 – 8 °C and a net volume of 0.5 ml.



COVISHEID: This vaccine is developed my Serum Institute of India PVT. Limited. COVISHIELD is approved for restrict use in emergency situation vaccine that may prevent corona disease. **SIDE EFFECTS:** (very common) swelling in injected part, headache, joint pain, common (1 in 10 people), fever, vomiting, uncommon (1 in 100), dizziness, abdominal pain

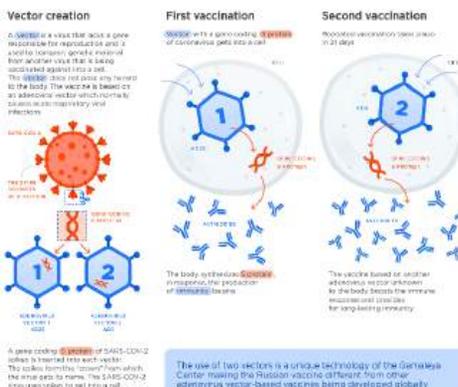


SPUTNIK: SPUTNIK V Is the first registered vaccine on 11 august 2020nby Russian health minister and manufactured by Dr. REDDY'S LABORATORIES. This has a 1st and 2nd dose in interval of 21 days. **SIDE EFFECTS:** Joint pain (46.4 %), Muscle ache (61.5%), Headache (64.7%), Fever (15%), Vomiting (23%).

WHAT IS BLACK FUNGUS? Black fungus, also known as Mucormycotic, is a rare but dangerous infection. Black fungus is caused by getting into contact with fungus spores in the environment. These moulds can be found everywhere in the environment, including soil, air, and food. They enter the body via the nose, mouth, or eyes and can have an impact on the brain if it is not treated on time. **SYMPTOMS** includes: Fever, Cough, Chest pain, Shortness of breath, Swelling on one side of your face, Headache, Sinus congestion, Black lesions on the top of the nose or the inside of the mouth, Belly pain.

Delta plus virus: The variant, called "Delta Plus" in India, was first reported in a Public Health England bulletin on June 11. It is a sub-lineage of the Delta variant first detected in India and has acquired the spike protein mutation called K417N which is also found in the Beta variant first identified in South Africa.

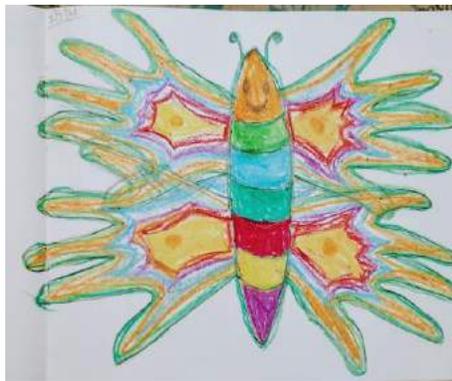
Two-vector vaccine against coronavirus



INVESTITURE CEREMONY



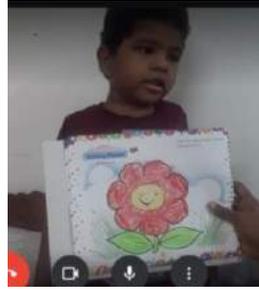
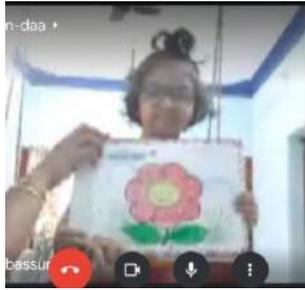
IN-CLASS ACTIVITY : Colourful Arts



CLASS - I



IN-CLASS ACTIVITY



CLASS - NUR



READING WEEK

CLASS - I TO VIII

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

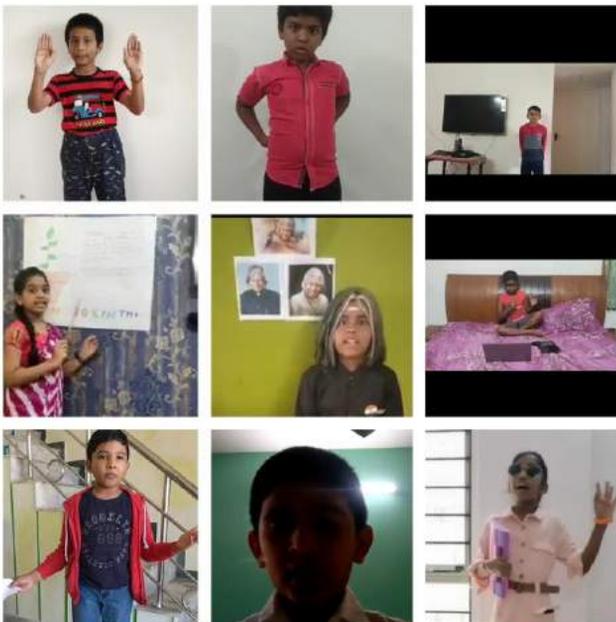
The annual Reading Week was held across all the levels of Lightworkers Academy from 19th June 2021 onwards for English language through a virtual platform. This year the Reading Week was celebrated with various activities and the main objectives behind celebrating the same were to mark the importance of reading in one’s life and inculcate the reading habit in students.

There were various activities conducted during the week-long celebrations- The students of Class I, II and III were engaged in various activities like weave a story, Loud Reading, Vocabulary building and Dialogue delivery were conducted during the Reading week.

The students of class IV and V brought a storybook to their classroom that they liked to read in their leisure time and spoke for a minute stating their favourite character and what they liked most about the book. It was aimed at inculcating a love for reading for pleasure in the students from a young age. Some children acted on their favourite character as well.

The students of class VI-VIII shared the book that they liked the most and spoke about their favourite author/authoress with their classmates for a minute and reframed the cover page of the storybook. The activity was conducted under the supervision of the respective subject teachers. Declamation, i.e. a set of speech were held for classes IX-XII. The activity rose extremely high wherein the participants spoke with full enthusiasm and could feel their pulse roaring as everyone was well prepared, they spoke confidently with expressions and excellent diction.

The enthusiasm and fervour among students could be witnessed through their active participation throughout this week of celebrations. The students were able to learn the importance of reading and its application in daily life. They could gather a lot of insights from their fellow mates and observed this week with a great amount of zeal, new learnings and achievements.



YOGA DAY CELEBRATION

CLASS VI, VII & VIII

This year due to the widespread pandemic, large gatherings were not possible and also not allowed. Covid - 19 was already taking a huge toll on us but we decided to celebrate yoga day virtually and planned on 21st June 2021. Our school held a virtual yoga session for us. This year's theme for world yoga day was "Staying fit at home". This was an excellent theme since due to the covid situation, gatherings and celebrations were not possible.

We must understand the importance of yoga in daily life. Yoga plays a significant role since it helps people lead a better life with elevated physical, mental and good health. There were different videos showing the benefits of yoga in daily life. Yoga also helps in the regulation of hormones. It also helps in maintaining physical fitness. Yoga helps people increase flexibility and its was displayed by class 6th, 7th and 8th Students.

Even though the yoga day celebration was at home we were still happy. Our school physical education teacher showed us the Pranayama and carefully explained about the asana.



LWA TALKS

**MR. HARI ANIRUDH
SWAMINATHAN**



LWA Talk Series for the month of June, witnessed a young and energetic speaker taking the students through his vivid life experiences – in both personal and professional front. The session was conducted on the 26th of June 2021 and was opened for the students of class VII and above.

Mr. Hari Anirudh Swaminathan is a Finance professional settled in Paris. He shared some of the valuable life lessons learnt during his stint as a student as well as a careerist. He is a dynamic youth who tries following his passion, thus trying to maintain a work-life balance. His interests are indeed varied. He enjoys many pursuits from skydiving to travelling to playing the ukulele. He also solves the Rubik's cube at a competitive level and has broken several National Records in the blindfolded category at competitions sanctioned by the World Cubing Association.

The session was very well accepted by our student fraternity. They understood that along with academics one should always be on their toes when it comes to nurturing their talents and chasing their dreams. With the changing times, it is quite pertinent to break the silos of the stereotyped career goals. The session ended on a positive note - 'Opportunities are vast and it's never the end of the world'.



Thank You

