



PRINCIPAL'S MESSAGE

"Education is a shared commitment among motivated students, dedicated teachers and enthusiastic parents."

I hope that all are well and following the protocols of social distancing and the necessary Covid norms. We are going through an unprecedented global predicament, but we are on a positive incline.

Our school has started offline classes and we appreciate the response received across all classes. We are hopeful that the strength would increase by the day. We have to make best use of the situation at hand. As Dr. APJ Abdul Kalam rightly said, "The two most important life goals, I would like every youth to have: one, increase the amount of time that you have at your disposal, and two, increase what you can achieve in the time available."

We are proud that our management took the initiative 'Gift The Needy', this Diwali, to donate all the unused items which can be reused by the needy. We thank everyone for the immense support provided.

The Class X and XII are all set to take the I Term Board Examination and I wish all my students the very best and I am sure all of you will be crowned with success.

May excellence distinguish you in this exam!

MAITHREYI SATYADEV

PRINCIPAL

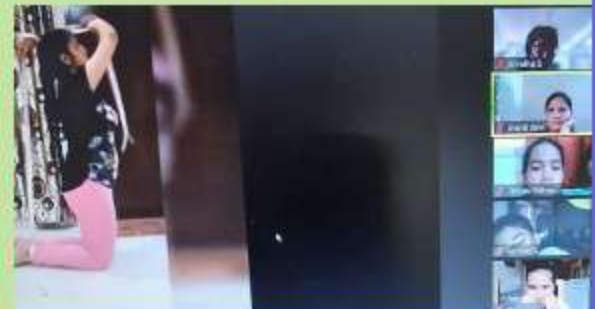
ENVIRONMENT DAY CELEBRATION





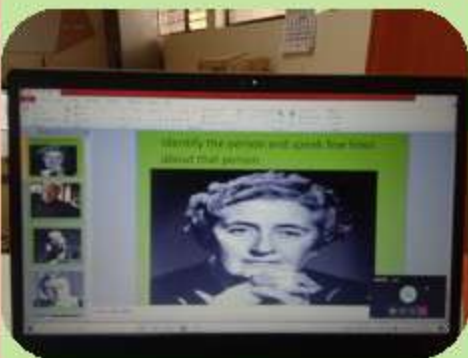
YOGASKHEMAM VAHAMYAHAM !

Sindhians celebrated "International Yoga day" on 21st June, 2021. Students rolled out their yoga mats and demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken and the students performed sitting and standing asanas, the importance of these were explained simultaneously. Our P.T teachers signified the Importance of Yoga in our day-to-day life and gave valuable guidance to the students. Sindhians were excited and energetic. They were encouraged to practice, as regular yoga would surely help our students achieve a better life, physically, mentally and spiritually.



Music gives soul to the Universe, wings to the mind, flight to the imagination and life to everything!

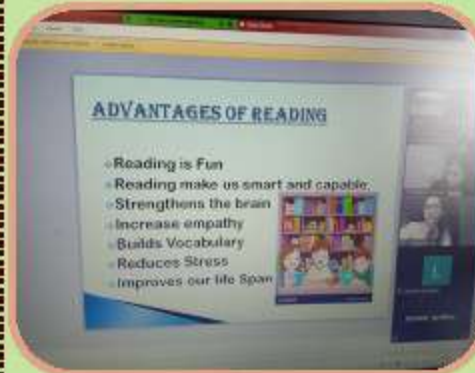
World Music Day is an annual celebration of music and an occasion for which people are urged to play music across the world. This year, Sindhians organized a Musical Extravaganza on 21st June, Monday. The programme started off with Saraswati Vandana followed by a power point presentation showing how this day aims to make all genres of music accessible to people through a medium of music. Students of different classes and teachers presented a spectacular musical show with great enthusiasm by rendering melodious songs. This celebration of music not only played a vital role in the overall holistic development of the students but also created awareness among the children about the importance of music in one's life.



Reading Week

A book is a garden, an orchard, a storehouse, a party and a vacation of mind!

In order to inculcate reading habits in students, Sindhi High school, celebrated 'Reading week 19th - 22nd June 2021'. Students were asked to bring a book that they have read and highlight the synopsis, message conveyed and what they liked about the book. The students of all the sections enthusiastically participated in the activity. Students analyzed the books and encouraged their peers to read them through their book reviews. There were also class discussions conducted wherein students talked about the books that they have read, highlighting characters and events that they particularly liked and students got the opportunity to share their valuable inputs. It was an enlightening activity which is sure to make them read more books.



Back Again To Online Classes With A Bang!

" Learning is a treasure that follows its owner everywhere".

Every new academic year holds new challenges, new avenues to explore and new opportunities to learn. An orientation was held for Pre Primary with a view to get maximum involvement of parents towards a successful future. Virtual guidelines were shared with parents to embark on a smooth journey of virtual classes.



On Fathers Day which is celebrated in June the children of UKG made beautiful cards and wished their dear daddies.



Joy Of Colours

The joy of colours was virtually celebrated from 21st to 25th June 2021. The tiny tots dressed according to colour of the day ie Red, Blue, Green, Yellow and Orange. They also enjoyed doing activities like leaf printing, paper crushing, finger printing etc . Children spoke about their favourite colours and collected objects related to the respective colours..



Independence Day 2021-22



India celebrated her 75th Independence Day on 15th August 2021, amidst the COVID-19 pandemic and it was commemorated as 'Azadi ki Amrut Mahotsav'. Sindhi High School organised the Independence Day Celebration in a grand manner. The walls and ceilings were decorated with the beautiful colours of the national flag. With



cordial greetings, the Chief Guest, Shri. Prakash F Madhwani, the Vice President of Sindhi Seva Samiti, the Office Bearers of Sindhi High School, Hebbal, accompanied by the Principal, Vice Principals and other important members were welcomed with cheer. The Chief Guest was led by a band headed by the Physical Health Instructor. Then the Flag was hoisted by the Chief Guest, and as everyone saluted in honour, the day commenced with the recitation of the National anthem.

The program began with the National song, Vande Mataram sung by the teachers. The celebration started in the auditorium with the speech of Shri. Madhwani Sir where he exclusively spoke about the freedom fighters of Karnataka and their valour. He also spoke about the activists who worked closely with Mahatma Gandhi in the freedom struggle movement.

There was a musical presentation of the song Ae Watan followed by a virtual presentation on the inception of the British reign. Several cultural activities were performed beginning with the dance performance by our teachers dressed in the tricolour for the song Azadi ke Liye. This was followed by a series of songs like Teri Mitti, Bharat Yeh Rehna Chahiye, Des Mere Des, Saathi Haath Badhana and Yeh Hindustan Hamara sung in a mellifluous tone and it



made the audience feel the warmth of being Indian. A graceful dance performance for the song Vijayi Bhava was presented by our teachers in the tricolour. Video snippets were shown on The Revolt of 1857, Jallian Wala Bagh, Non Cooperation Movement, Quit India Movement, Contributions of Kittur Rani Chenamma, Rani Lakshmi Bai, Bhagat Singh and Sardar Vallabhai Patel, who fought with exemplary heroism. The development and changes in our country and importance of the recognition of their efforts were elucidated.

A video presentation of the modern day sportsmen showed how even after being exploited, India has never failed to prove her greatness. Later, the National Pledge was taken by the audience and everyone sang the song Saare Jahaan Se Acha in unison. On a final note, the Chief Guest, President, Principal, Vice Principals and the magazine and technical committee were called upon the stage for the release of the School Magazine.

This is a day every Indian celebrates with great pride and Sindhi High School has undoubtedly put on a brilliant show with a diverse number of performances whilst following all COVID-19 norms but the way one feels on this day for being born in a land this blessed is how one must feel every single day.

Jai Hind!

Madhurashree & Nikitha 11 B





Independence Day was celebrated by showing the children the video of the programme conducted at school. The children wore the colours of the flag and also did crafts associated with Independence Day.

Unsung heroes: Radio Rebel

"For us, Patriotism is the same as the love of humanity" – Mahatma Gandhi.

Patriotism - What does this word mean? Google will tell you that it means 'devotion to and vigorous support for one's country'. But how many of us in today's generation genuinely know what it is like to feel such love for your country? We didn't value our freedom until it was taken from us. And even after it was taken, we remained silent for almost two centuries in fear. Why did we fear claiming our own country? Revolts and rebellion started when we saw our beautiful country being drained of its resources and being made to be something it is not.

Patriotism was the feeling that the people felt when they saw their homeland, their freedom and rights being snatched away; it was the feeling that people got when we heard inspirational moving words from our freedom fighters. So, what does patriotism mean in today's world? It is the care that we show to our surroundings, the value that we put into our environment and resources, it is helping our fellow brothers and sisters in their time of need, it is the love and devotion we have for our country. You might think that your actions have no effect on our country, but there are several reasons that say otherwise. This is a story of a citizen, whose small actions have impacted the freedom movement in a large way; it is a powerful reason, among many, to change.

It was not only the efforts of these freedom fighters that played a huge role in our freedom, but it was also the efforts of all those people who backed these freedom fighters - the ones who were loyal to their country, the people that made their voice heard and several small actions that played a huge role in our independence. This is a story of one such unsung hero.

Imagine what it would be like if you were born into a world where there was constant struggle

and injustice everywhere, many would, and actually did, bite their tongue and fall into the mediocre man's mask with corporate jobs and the constant need to live, just to "get by" which in the end is a mockery to those who raised their voices. In this world where even adults and elderly people are afraid to speak out, a little bold girl of the tender age of five decided to actively participate in our freedom struggle.

This is the story of Usha Mehta.

Who is Usha Mehta? Factually, she is a girl who was born on 25th March 1920 in Saras village, Gujarat. She had been an active participant in the freedom struggle since the age of five by being a part of one of the camps set up by Gandhiji. She was a loyal follower of Gandhiji and believed in everything that he stood for. So, she decided to remain celibate and took up the Gandhian lifestyle, by wearing khadi and giving up all luxuries of life. Though she had a first-class degree in philosophy and was interested in law, she paused her education to participate in the freedom movement full time at the age of 22.

All of this might seem like a simple story of a girl who fought for her country's freedom. But what no website or person will tell you is that at that day and age, where women were expected to only take care of their husbands and children, she overcame those barriers fearlessly. Gender was central to India's experience of colonialism. From the institution of Sati in the 1820s, to later conflicts over widow remarriage and the age of consent, the status of Indian women attracted the reforming zeal of missionaries, colonial legislators, and metropolitan liberals. For Indian conservatives, women and the family were likewise potent symbols, conveying a variety of different classes, communities, and national identities.

In more subtle ways, colonialism posed troubling issues for men and masculinity. Questions of masculinity in relation to class, community and property rights assumed equal

importance from the 1930s. The heightened significance of gender was nowhere more striking than over the years of Partition, when violence against women on either side underscored their roles as symbols of community, class, and state. The still prevalent issue of gender inequality probably caused some more problems for Usha, since she was a female activist rather than a male activist, who wouldn't have faced such issues. To be that bold, rebellious, and feisty, Usha is truly a phenomenal role model and a brave woman.

"Do or Die. We shall either free India or die in the attempt". The now-famous speech that launched the Quit India Movement, moved Usha Mehta when she was just 22. Inspired by wise and strong words from Gandhiji, she went "underground" to run a secret radio station during India's fight for freedom from British colonial rule within a week. They spent the next few months broadcasting news about India's fight for freedom, urging people to join the resistance. This may have been a small action, but it was a powerful one with a strong impact on the people.

"I had the satisfaction of breaking the law and doing something for the nation even as a young child," she said of the moment in an interview years later. Their secret Congress radio station, which were all recorded in Bombay according to Usha, always started with - "This is the Congress Radio calling on 42.34 from somewhere in India." She managed to get the station up and running with the help of two other activists. But they had to keep moving to throw the police off their trail, Mehta later revealed that they would have moved locations six to seven times in the three months they broadcast. "When newspapers dared not touch upon these subjects under the prevailing conditions, it was only the Congress radio which could defy the orders and tell the people what actually was happening."

She and four others were arrested, and she was interrogated and investigated for six long months. At court she maintained solitary silence, and declared that she would not answer any questions, even to save her life Mehta said it was "real mental torture". Even after released

from jail, Usha makes it clear of how happy and proud she was. Usha Mehta continued to contribute to the nation by writing several articles and books about the Gandhian philosophy and her experiences in the 'Quit India movement'.

Even though the secret congress radio functioned only for three months, they had managed to release uncensored news that was banned by the British government, which kept the freedom leaders in touch with the public. She was given the Padma Vibhushan, one of India's highest civilian honours in 1998. Usha truly loved her country unconditionally and endlessly till her last breath on 11th August 2000.

I chose the topic "Unsung heroes", to talk about the people who have done so much for our country, the known and unknown people who gave their everything for our country, including their lives; all in the hope that one day it will gain the freedom that it deserves. There isn't enough paper in the world to tell the tale of millions, who have equally been important in our freedom movement. To me the 'Unsung Heroes' are not only the brave Usha Mehta and the freedom fighters who are usually mentioned, but also every citizen of our country; for it is their unity and deep sense of patriotism that have truly made India, the free and beautiful country it is today. With centuries of traditions and beautiful cultures, we all have one thing in common, the love for our motherland and the unity to protect our sacred thriving nation.

Sahana 11 C



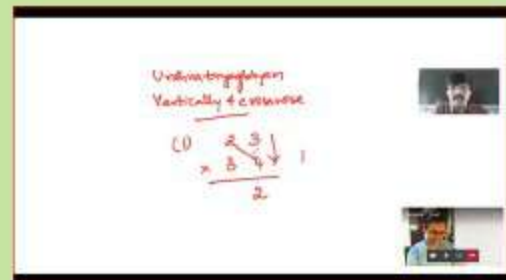
SANSKRIT DAY CELEBRATION

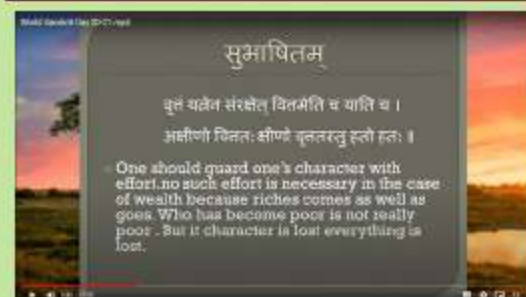
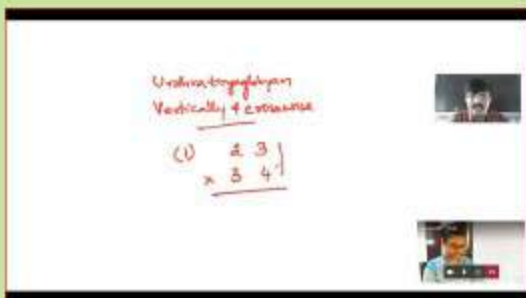
World Sanskrit Day, also known as Vishva-sanskrita-dinam is an annual event focused around the ancient Indian language of Sanskrit that incorporates lectures about the language and is aimed to promote its revival and maintenance. It is celebrated on Shraavana poornima, that is the full moon day of the Shraavana month in the Hindu calendar. The Sanskrit organisation Samskrita Bharati is involved in promoting the day. In the year 2021, this day was celebrated on August 22.

This day was chosen because the academic year in ancient India started on this day. On this day the students start the study of Vedas in the gurukulas. From the full moon of the month of Pausa to the full moon of the month of Shraavana, the studies are stopped to learn other vedantic scriptures. This tradition is still unbroken in modern Vedic schools.

Due to the declaration of Sanskrit as the official language in Uttarakhand, there are different programs and competitions in Sanskrit language every day during Sanskrit week. The basic objective of celebrating Sanskrit Day and Sanskrit Week is to spread the word of Sanskrit language.

This was observed in the school on virtual platform.





In 1969, the Ministry of Education of Government of India issued instructions to celebrate Sanskrit Day at the Central and State levels. Since then Sanskrit day is celebrated all over India. On this occasion, Sanskrit Kavi Sammelan, writer's seminar, students' speeches and verse recitation competition etc. are organized, through which Sanskrit students, poets and writers get a proper platform.

Nowadays Sanskrit Day is celebrated with great enthusiasm, not only in India but also worldwide. The contribution of the Central and State Government of India is also noteworthy in this. The week in which Sanskrit day falls is celebrated as Sanskrit week for some years. Due to the declaration of Sanskrit as the official language in Uttarakhand, there are different programs and competitions in Sanskrit language every day in Sanskrit week. The basic objective of celebrating Sanskrit Day and Sanskrit Week is to spread the word of Sanskrit language.

This was observed in the school on virtual platform.



AISSE CLASS - X SCHOOL TOPPERS 2020-21

1



Devank Jain

95 %

1

1



Laksh Jain

95 %

1



Manya Ravishankar

95 %

2



P J Hemaakshi

95 %

3



Laasya V K 94.8 %

3



Achintya N 94.6 %

3



Poorvi Sogi 94.6 %

AISSE CLASS - X SUBJECT TOPPERS 2020-21

ENGLISH LANGUAGE AND LITERATURE (184)				MATHEMATICS (041)			
SL.NO	BOARD ROLL NOS.	NAME	MARKS	SL.NO	BOARD ROLL NOS.	NAME	MARKS
1	18144840	ADITI ANAND	95	1	18144869	DEVANK JAIN	95
2	18144854	ARJUN B DIKSHIT	95	2	18144891	LAKSH JAIN	95
3	18144869	DEVANK JAIN	95	3	18144897	MANYA RAVISHANKAR	95
4	18144877	HEER JAIN	95	4	18144912	P J HEMAASHI	95
5	18144891	LAKSH JAIN	95	5	18144917	PRANAB RAY	95
6	18144892	MADHURASHREE M	95	6	18144953	SRIRAM SRIKANTH	95
7	18144897	MANYA RAVISHANKAR	95	7	18144838	ACHINTYA N	95
8	18144912	P J HEMAASHI	95	8	18144954	SRUTHI MANEPALLI	95
9	18144914	POORVI SOGI	95	9	18144890	LAASYA V K	95
KANNADA (015)				10	18144856	ARYAN JAIN	95
SL.NO	BOARD ROLL NOS.	NAME	MARKS	11	18144926	RUDRA MUNDRA	95
1	18144914	POORVI SOGI	95	SCIENCE (086)			
2	18144874	DIYA KESHAV	95	SL.NO	BOARD ROLL NOS.	NAME	MARKS
3	18144901	MUKTHA T S	95	1	18144869	DEVANK JAIN	95
4	18144858	ASHITHA M	95	2	18144891	LAKSH JAIN	95
5	18144949	SHREYAS G SHET	95	3	18144897	MANYA RAVISHANKAR	95
6	18144864	BHUVI U	95	4	18144912	P J HEMAASHI	95
7	18144868	DEEKSHA S	95	5	18144953	SRIRAM SRIKANTH	95
HINDI (085)				6	18144838	ACHINTYA N	95
SL.NO	BOARD ROLL NOS.	NAME	MARKS	7	18144954	SRUTHI MANEPALLI	95
1	18144877	HEER JAIN	95	8	18144890	LAASYA V K	95
2	18144890	LAASYA V K	95	9	18144926	RUDRA MUNDRA	95
3	18144856	ARYAN JAIN	95	10	18144835	AARYA JAIN	95
4	18144944	SHIVAM SINGH TIWARI	95	11	18144877	HEER JAIN	95
SANSKRIT (122)				12	18144867	DAKSHATA S	95
SL.NO	BOARD ROLL NOS.	NAME	MARKS	13	18144920	PRARTHANA DILIP	95
1	18144869	DEVANK JAIN	95	SOCIAL SCIENCE (087)			
2	18144891	LAKSH JAIN	95	SL.NO	BOARD ROLL NOS.	NAME	MARKS
3	18144892	MADHURASHREE M	95	1	18144869	DEVANK JAIN	95
4	18144897	MANYA RAVISHANKAR	95	2	18144891	LAKSH JAIN	95
5	18144912	P J HEMAASHI	95	3	18144897	MANYA RAVISHANKAR	95
6	18144917	PRANAB RAY	95	4	18144912	P J HEMAASHI	95
7	18144921	PRATHAM CHINTAMANI	95	5	18144838	ACHINTYA N	95
8	18144953	SRIRAM SRIKANTH	95	6	18144890	LAASYA V K	95
				7	18144914	POORVI SOGI	95
				8	18144917	PRANAB RAY	95
				9	18144856	ARYAN JAIN	95

Sindhi High School, Hebbal

Total Number of Students attended 130, Total Number of Students Passed 130

First Class Pass 130, Above 90% 61

PCMC



**NANDIMANDALAM
SRIVENKAT VARMA**

95.8 %



**SMRITI VIPIN
MADANGARLI**

95.8 %
PCMB



KARTHIKEYAN J

95.4 %



**KALACHAVEEDU
SRAVYA**

95.4 %



**MURARI B DESH-
PANDE**

95.2 %



SATHWIK H J

94.8 %



TVISHI RAJESH

94.8 %

MEBA



SNEHA MANJUNATH BHAT

95.4 %



SONAL JAIN

95.0 %



RISHIKA DINESH GANDHI

93.8 %

IEBA



SAAMIQ SALEEL



RAAHUL H NAIR



SNEHAVARSHINI H

EEBA



ADRUSHYA V



RAUNAK BATHIJA



NISCHITA AMOD DESHPANDE

AISSCE CLASS XII SUBJECT-WISE TOPPERS 2020-21

SLNo.	NAME	Marks	SLNo.	NAME	Marks
1	ADITYA CHETAN WASHIKAR	96	9	S SUBHASRI	96
2	ADRUSHYA V	96	10	SHREYA N S	96
3	BHAVANA C J	96	11	SMRITI VIPIN MADANGARLI	96
4	BHUMIKA SANTOSH PATIL	96	12	SNEHA MANJUNATH BHAT	96
5	KALACHAVEEDU SRAVYA	96	13	SONAL JAIN	96
6	MANYA G SUDHIR	96	14	SUDHIKSHA R RAJKUMAR	96
7	NANDIMANDALAM SRIVENKAT VARMA	96	15	TVISHI RAJESH	96
8	RIDDHI V	96			

AISSCE CLASS 12 BOARD EXAM (BATCH 2020 - 21)

Commerce - Subject-wise Toppers

Economics			Entrepreneurship		
SLNo.	NAME	Marks	SLNo.	NAME	Marks
1	ANUSHA MURALIDHAR	95	1	ADRUSHYA V	95
2	KHARIDHI SATHEESHA DEVESH	95	2	KARAN D KALRA	95
3	PUSHKAL TEWARI	95	3	KAVARAPPA KISHORE NELLAMAKADA	95
4	RISHIKA DINESH GANDHI	95	4	NISCHITA AMOD DESHPANDE	95
5	SNEHA MANJUNATH BHAT	95	5	RAUNAK BATHIJA	95
6	ADRUSHYA V	95	6	TEJASWINI S	95
Accountancy			Business Studies		
SLNo.	NAME	Marks	SLNo.	NAME	Marks
1	AKANSHI ASTHANA	95	1	SAAMIQ SALEEL	95
2	SNEHA MANJUNATH BHAT	95	2	ANUSHA MURALIDHAR	95
3	SONAL JAIN	95	3	RISHIKA DINESH GANDHI	95
Informatics Practices			4	SNEHA MANJUNATH BHAT	95
SLNo.	NAME	Marks	5	SONAL JAIN	95
1	SAAMIQ SALEEL	95	6	NISCHITA AMOD DESHPANDE	95
			7	RAUNAK BATHIJA	95

Science - Subject-wise Toppers

Biology			Maths		
SLNo.	NAME	Marks	SLNo.	NAME	Marks
1	S NIKHITA	96	1	KALACHAVEEDU SRAVYA	96
			2	KARTHIKEYAN J	96
Chemistry			3	NANDIMANDALAM SRIVENKAT VARMA	96
SLNo.	NAME	Marks	4	SMRITI VIPIN MADANGARLI	96
1	MURARI B DESHPANDE	96	5	SNEHA MANJUNATH BHAT	96
2	SATHWIK H J	96	Computer Science		
3	NANDIMANDALAM SRIVENKAT VARMA	96	SLNo.	NAME	Marks
			1	ARAVIND KRISHNAN A	95
Physics			2	KARTHIKEYAN J	95
SLNo.	NAME	Marks	3	NANDIMANDALAM SRIVENKAT VARMA	95
1	ARAVIND KRISHNAN A	96	4	PARAS NATH SETH	95
2	KARTHIKEYAN J	96	5	SMRITI VIPIN MADANGARLI	95
3	NANDIMANDALAM SRIVENKAT VARMA	96	6	SUNKARA LOHITHA	95
4	SMRITI VIPIN MADANGARLI	96			

TEACHER'S DAY CELEBRATIONS

Teacher's Day Celebrations

Salutations to the Divine teacher!

A whiff of freshness and cheer swept during this Teacher's Day as the celebrations could be conducted and attended in person after the dull and tiring long online sessions.

The President and office bearers of Sindhi Group of Institutions invited all the staff for a formal function, where the President of our school Shri. Madan Doulatram, appreciated the staff for the smooth transition to online classes in a short period of time. Several philanthropic initiatives taken by our Management during the Pandemic were listed to avail the benefit.

The Principal, Mrs. Maithreyi Satyadev was duly felicitated for her stellar performance and completion of 30 long years in our beloved institution. Teachers who completed 15 long years of loyal service, were also recognised. The message that Education is a lifetime commitment to a willingness to learn, innovate and change was well etched in the minds of all.



छात्रों में हिंदी दिवस के प्रति रचनात्मक उमंग



मुस्कुराते रहो

जिंदगी को पूरी निभाते चलो,
दुख या खुशी में मुस्कुराते चलो।
बदले मौसम में पतझड़ भी आएंगे,
ख्यालों में गुलाब खिलाते रहो।
नींद खुलते ही दूर हो जाते हैं सपने,
फिर भी सपनों को अपने सजाते रहो।
दुनिया की भीड़ में वह कभी तो नजर आएंगे,
हर चेहरे को देख कर मुस्कुराते रहो।
हिमनिक साईं-सातवीं ब

करोना

काश करोना कभी ना होता,
तो हमारा जीवन इतना कठिन ना होता,
रोज-रोज हम सब बच्चे मिल पाते,
हंसी खुशी के मीठे गीत गाते।
ना धोने पड़ते बार-बार हाथ,
ना पहनने पड़ते हर पल मास्क,
मेहमानों से भी हम ना घबराते,
सम्मी पापा भी डर कर घर न आते हैं।
सब विनती करो आज,
सोशल डिस्टेंसिंग का ना छोड़ेंगे साथ,
मिलजुल कर हम सब करें करोना का विनाश।
ऋत्विक हिंदूजा पाँचवीं डी

पहेलियाँ

1. आपके पास ऐसा क्या है, जो आपका अपना है, लेकिन उसका इस्तेमाल दूसरे आपसे ज्यादा करते हैं।
2. अंधेरे में बैठी एक रानी, सिर पर है आग और तन में है पानी।
3. आज के लिए बहुत उपयोगी है, कल होते ही पुराना हो जाएगा।
4. गोल है पर गेंद नहीं है, पूँछ है पर कुछ नहीं, बच्चे इसकी पूँछ पकड़कर खेलते, हंसते और खिलखिलाते हैं।
5. ऐसी कौन सी चीज है, जिसका उपयोग करने से पहले तोड़ा जाता है।

उत्तर नाम, मोमबत्ती, अखबार, गुब्बारा, अंडा

साईं नमीश छठी सी

उत्तराखंड के प्रमुख त्यौहार

वसंत पंचमी



इसका पर्व पंचमी का शुभ त्यौहार है और वसंत पंचमी को भी पंचमी और नवम पंचमी भी कहा जाता है। यह त्यौहार सप्त के सातों में शुक्ल पक्ष के दिन मनाया जाता है। पुरे वर्ष को 6 ऋतुओं में बाँटा जाता है, जिसमें वसंत ऋतु, ग्रेष्म ऋतु, वर्षा ऋतु, शरद ऋतु और हिमंशु ऋतु शामिल हैं। इस सभी ऋतुओं में वे वसंत को सभी ऋतुओं का राजा माना जाता है, इसी कारण इस दिन को वसंत पंचमी कहा जाता है। इस दिन पूजा से वसंत ऋतु की शुद्धता होती है। इस ऋतु में धैर्य से सभी को धरती है और पृथ्वीवर्मा माता है। वसंत ऋतु पृथ्वीवर्मा माता को धरती पर सौना उगता है। अर्थात् धरती पर फसल खेती होती है।

घुघुनिया त्यौहार

उत्तराखंड राज्य के कुमायूँ में स्थित मसुरी पर 'घुघुनिया' के नाम से त्यौहार मनाया जाता है। यह कुमायूँ का सबसे बड़ा त्यौहार मना जाता है और यह पर्व 'आनीया' पर्व होने के साथ साथ स्थानीय लोक उल्लाह भी है। क्योंकि इस दिन एक विशेष प्रकार का व्यंजन घुघुन बनाया जाता है। इस त्यौहार को उत्तराखंड में 'उत्तराखंड' के नाम से जाना जाता है। क्योंकि को विशेष व्यंजन पिलाने का यह अवसर। त्यौहार उत्तराखंड में मनाते हैं यह त्यौहार विशेष रूप से सभी स्त्री के लिए है। इस त्यौहार के दिन सभी बच्चे सुबह सुबह उठकर कौड़ी को बुनाकर कर्पू तबक के पकवान बनाते हैं।



गंगा दशहरा

गंगा दशहरा के दिन सूर्य का 'का' अवस्था पृथ्वी पर हुआ जो तबसे पृथ्वी के 10 के दिन को इसमें दहन करती है। यह त्यौहार में सूर्य का पालनका बना होता है। किसी भी बच्चे पर सूर्य का पालन (पुनर्जन्म) पर्व मिलेगा। (सर्व पालन) मिलेगा। और सभी सबका दान और जो गंगा की आराधना पूरी हो पायी।

By,

Vijaya . R. Sait
Class 5D
Roll No 38

Reopening Day 2021-22

The digital transformation in the education field stretched its arms into the beginning of the new academic session 2021-22 as well, with the staff reporting to duty on June 3rd and connecting on a virtual meet with the Principal of our school, Mrs. Maithreyi Satyadev, who welcomed them and wished them well.

June 5th, Saturday, A Joint Management and Staff Meeting was held, where the staff of both the schools joined hands to observe and celebrate World Environment Day in a digital platform. Enthusiastic students showcased their concern towards environmental issues and demonstrated ways to preserve and protect our environment through creative ways. True to the theme of this year, 'Reimagine, Recreate and Restore', many ideas regarding the three R's were shared by some of the teachers too in varied artistic ways.

The President of the Sindhi Seva Samiti, Shri Madan Doulatram Sir, addressed the staff members and appreciated the quick and efficient transformation of the staff to online mode of teaching. Our Principal, Mrs. Maithreyi Satyadev, who has completed 30 long and efficient years of service in our institution, was duly acknowledged.



देश भक्ति

जहाँ पढ़ाया जाता, केवल माँ की खातिर मर जाना।
जहाँ सिखाया जाता, केवल अपना वचन निभाना।
जियो शान से, मरो शान से, जहाँ का कौमी नारा।
बच्चा-बच्चा पहने रहता, जहाँ शहीदों का बाना।
उस धरती के अमर सिपाही, पीठ दिखाना क्या जाने?
मेरे देश के लाल हठीले, शीश झुकाना क्या जाने?

जानवी शर्मा
आठवीं सी

आओ जाने कर्नाटक के प्रसिद्ध पर्यटन स्थल

भारत के सभी राज्यों में कर्नाटक का पर्यटन के उद्देश्य से चौथा सबसे प्रसिद्ध राज्य है। इस राज्य में एक तरफ तो प्राचीन शिल्पकाला की पूर्ण झलक देखने को मिलती है वहीं दूसरी तरफ यह राज्य आधुनिकता की तरफ भी अग्रसर हो रहा है। राज्य प्राकृतिक रूप से बहुत सुंदर है आओ जाने यहां के प्रसिद्ध पर्यटन स्थल के बारे में।

बैंगलोर - कर्नाटक की राजधानी, बागों व झीलों का शहर के प्रसिद्ध स्थल हैं।

बोटैनिकल गार्डन लालबाग (लंदन के क्रिस्टल पैलेस की तरह बनाया गया कांच का घर लाल बाग में है।) कब्बन पार्क, बेनरघटा नेशनल पार्क, टीपू सुल्तान का किला, विधानसभा बाल भवन (कब्बन पार्क के पास), बुल टेपल, बैंगलोर पैलेस (यह इमारत इंग्लैंड के बिंडसर कैसल से मिलती जुलती है), नंदी हिल्स पर्लबेली, हेमार घाट, चामराज, उल्लूर लेक, विश्वेश्वरैया म्यूजियम, सेंट मैरी बसीलीका चर्च, सरकारी संग्रहालय, शिवगंगा, देवनारायण मंदिर, डोडा इलादा मरा, इन्नोवेटिव फिल्म सिटी, नेहरू प्लेनेटोरियम

2. कुर्ग - हिल स्टेशन भारत का स्कॉटलैंड के नाम से प्रसिद्ध है यहां के प्रसिद्ध स्थल हैं।

मदिरोए पार्क, भागमंडला, तिब्बती गोल्डन मंदिर, ओमकारेश्वर मंदिर, ताला कावेरी, वॉटर एडवेंचर ट्रेकिंग,

3. गोकर्णा - उत्तर कर्नाटका में स्थित महाबलेश्वर मंदिर

4. मैसूर पैलेस

5. दरिया शीलत पार्क श्रीरंगपट्टनम

6. जोक फॉल्स (कर्नाटका में महाराष्ट्र की सीमा करावती नदी पर स्थित है)

7. होयसलेश्वरा मंदिर बैल्लूर में है

8. बशामी गुफा बागलकोट जिले में है

9. बांदीपुर नेशनल पार्क

10. हुंपी तुंगभद्रा नदी के तट पर स्थित शहर है और अब यूनेस्को द्वारा विश्व धरोहर स्थल के रूप में जाना जाता है

11. चिकमंगलूर यह शहर हिल स्टेशन मुल्लाय न गिरी रेंज की तलहटी में स्थित है (कविश एच, पाँचवीं सी)



Azaadi ka Amrit Mahotsav



@

series of events, for
creating awareness in

students regarding India's
freedom struggle was planned by
the Government of India which
was reverently Conducted by our
school from August 2021.



Shraddha Srinath and Hitha Shivayogi delivered compendious
speeches during a special Assembly, which brought out the theme in
an eloquent manner. Students of class 9 designed colourful posters
exhibiting their nationalistic feelings during their co-curricular period.
Other students engaged themselves in writing a descriptive paragraph
about places related to freedom struggle.



An agile move, initiated by our Prime Minister, is enthusiastically carried forward by our staff and students, in compliance with the circular issued by the CBSE.

As a Fitness challenge, Fit India Freedom Run 2.0 was organised, where all the staff members of our school participated and received certificates. Also the staff was divided into four groups and actively participated in a series of group events namely Folk Dance, Word Trip, Marbles relay and Tug of War. It spread cheer, a sense of sportsmanship and team spirit. Truly, the celebrations aroused patriotic fervour.

Dussehra

Time for the dolls to come out!!!!

Yes, the much awaited festival.... Dussehra was celebrated with the tradition of Gollu display, where each doll has a tale to tell. The teachers performed the Garba and Dandiya to invoke the blessings of Maa Durga. The story of Ramayana was depicted in the form of a puppet show to the children. The children also participated in the Dussehra activities.





Janmashtami was celebrated enthusiastically. The children were dressed as little Krishnas and Radhas. An activity depicting the flute and peacock feather was done and the children danced to the tunes of Go go go Govinda and Makhn chor.



REDUCING IMPACTS OF SINGLE USE PLASTIC PRODUCTS THROUGH INNOVATION AND CREATIVITY

These days, you will tend to find a lot of plastic products far and wide. People use these products endlessly just for their comfort. Plastic is such a material, which might be advantageous to all of us, but we must not ignore the fact that it could be deleterious for the environment. We must spread awareness of the harmful effects of it on the environment. Hence, we must try to reduce impacts of these single use plastic products.

We could do so by our innovation and creativity. In addition, alongside the citizens, it's also the government's job to take stringent measures to stop the use of plastic before it is too late. Plastics are preferred more than any other alternatives like paper or cloth because they are cheap and affordable to many. Secondly, they are very easy to use. Furthermore, we have seen that though plastics are non-biodegradable, yet people are continuing to use them as if they will never cause them any problem later on in life. As you know, plastics never decompose or get dissolved, hence they remain at the places they are disposed forever. This leads to more and more of plastic getting collected at a rapid rate.

Hence, every single individual needs to start practicing ways to reduce the usage of plastic in their daily lives through their innovation and creativity. It's high time, that we end this so-called Plastic Pandemic. One can practice the most famous four R's that is being introduced in every educational institution, which are Refuse, Reduce, Reuse and Recycle. We can use Nano-technology for a smarter way of packaging.

We must find alternatives of plastics, such as using bio-degradable polymers which have been getting recognized in the market. Avoid single unit plastics such as drinking straws. Replace local boxes that comes handy for packing food with the ones made up of steel or aluminum. Recycle whatever you can, find new ways of a new use of it or giving it a better look. Buy in bulk to reduce plastic packaging. Carry reusable bags when you go to shop. Spread a word of awareness to the shopping store you go to, who give away the groceries in a polythene or a plastic bags. Go for cleaning drives often and encourage all your friends and family to join you too. Using plastic is pretty much drastic, but avoiding it makes you fantastic. Churning more plastic into our waste disposal units every year just adds to more hazardous and dangerous outcomes.

Hence, we need to also take care of proper disposal of these plastics if we are in a need of using them. To have a proper disposal of these plastic products, one can segregate their wastes in such a way that the plastic that can be recycled is separate from the waste that cannot be recycled. Use of innovative and proven technologies like plastic-to-fuel and waste-to-energy must be encouraged with special provisions for buyback. Elimination of single-use plastic is very important for human life as well as for the benefit of all living beings. Although the Government of India has been continuously banning the use and sale of plastic, how will it be possible to eliminate it until we stop using it ourselves? Looking at the harmful effects of plastic, we should immediately throw it out of our lives. Always keep in mind, we won't have a society if we destroy the environment.

Our environment is the main basis of our life. If we can't do anything better for it, then at least we should not waste it. Plastic is the most destructive weapon than a nuclear bomb or an atom bomb, its impact shall remain for centuries on the future generation. To protect our environment and the animals living in it, we should completely eliminate single-use plastic so that we and our environmental friends can breathe in a happy environment.

TEACHERS BECOME LEARNERS

A Microsoft Teams workshop was organised for all teachers on Saturday 9 July, 2021 between 4 p.m. and 5.30 p.m. and also on Wednesday, 14 July 2021 by Shashank Bhat of class X D. The younger generation are adept at using technology and when they don the role of teachers, they attain more clarity and responsibility. The teachers learnt the nuances of using Microsoft Teams and started using it for online teaching. Master Shashank's sessions helped the staff in making the transition smooth.

A

Hellish Experience
Hellish Experience

The air was crisp and chilly. I was enveloped in darkness. I tried to peek to get a glimpse of the world around me. Suddenly, I was pulled out of my lair. I could feel the cold wind on my skin. Before I could fathom what was happening, I was pushed into an iron prison. I had absolutely no idea what was going on. As I tried to solve this enigmatic riddle, I heard my captor pushing a switch. I suddenly felt hot. The sides of my prison started heating up. Soon, the walls were red hot and I could feel my skin burning. I tried my best and just prayed that this horrendous torture will get over soon. After what seemed like an eternity of excruciating pain, I heard a bell ding and the walls of my prison cooled down. I was then suddenly pushed up to the surface where I had been. A large, monstrous hand grabbed me and yanked me out of my cell. As I tried to wriggle free from crushing grip, I could feel my captor covering me in some sort of disgusting goo. Then he thundered in a manly voice, "Janine, here's your marmalade and toast!"

Aditi Rammonhan 8 B



Madhulika Sanyal



MAN : A MISCONCEPTION

As the blue Sky shined upon us
We took it as a blessing and a curse
When man set foot on Earth
All he did was calculate our worth

As we moved on blindly
Forgiving Everything he did so very kindly
Until destruction and chaos bestowed upon
Our vulnerable lives while he lay doing nothing on his lawn

Love and passion towards him
We always showed but his hands
Cut our throats for his greedy desire
Destroyed our beautiful homes with his cruel plans

As we move one step towards extinction
We see a golden heart emerge from darkness
It emitted a golden light giving us a sense of protection
Ecological Restoration for the return of our happiness

-Shivani T.P.





nnovative Eco friendly Ideas

Ooho

Now Ooho has introduced edible water capsule. It is a seaweed-based capsule and, it is created with brown algae. So, it is 100% Biodegradable!! You have to just peel off the skin and pop it into your mouth. Nowadays it is tested even in athletic events. If you want, you can eat it or else you can just throw it away because it is made of completely bio-degradable contents. Ooho is a marvellous idea from Skipping Rocks Lab.

Nohbo Drops Plastic-free shampoo pods

It happens like when we mix water with it spontaneously the film disappears (the outer covering of the shampoo) and shampoo comes as a pod which we can apply for hair of any length. These single serve pods can also hold for body wash, conditioner and shaving cream. And the greatest wonder in it is that it was made by a 14-year-old boy!!

Edible Cutlery Bakeys

Alone in USA 40 billion plastic utensils are thrown away. So, here is the idea of edible cutlery. These are made from millet, rice and wheat. The greatest thing is, that it was made by an INDIAN. Also, it costs only ₹300 for 100 spoons. Peesapaty was the great man who sold 1.5 million spoons and he wants to reach even more eaters. The spoon tastes like Crackers so you can just eat it like snacks.

I AM NOT A PLASTIC BAG: Biodegradable Bag

We use 5 trillion plastic bags every year. And you know we are slowly killing ourselves. So, Kelvin Kumala got an idea of biodegradable bags. He also added that a piece of the bag can be dissolved in water and is safe to drink too. They are made of Cassava starch so it is CLEAN....

Dev Darshan 7 D



Reducing the Impact of Single use Plastic Products through Alternative Products.

Single use plastic which is not recyclable poses unique challenges. They are in the form of additional waste material generated, which needs to be handled carefully and disposed of. There is no way this can be disposed of in a biodegradable fashion. This poses a great challenge to sustainable living. What we are talking about is that, as generations go by there is additional material developed which are adding to a lot of problems by way of not being degradable by micro-organisms into elements. Hence, it is imperative that non-recyclable single use plastic usage be minimised for human life to survive on this planet.

Let us look at some of the options here:

The packaging industry uses a lot of single use plastic just so that the finished product which is shipped to the retailers or individual households looks pretty new without any scratch. This needs some rethinking as usually a lot of this material also has packing in cartons which are biodegradable. So, in these cases the industry can change the practice to avoid this final packaging using single use plastic. Another option would be the introduction of biodegradable material like paper, clothes, jute, etc. Industry needs to rethink and use biodegradable material instead of single use plastic innovatively. This can be encouraged by providing incentives to the industries that do this. Food industry, especially mass catering, uses a lot of thermocol and plastic that is not recyclable. Already we have some economically viable alternatives here. Moulded plates made out of arecanut leaves, spoons made out of wood are a very good substitute option. Wherever possible we could also use other material which have been traditionally used in India like plantain leaves, lotus leaves, etc.

This will also be helpful for the farmers in the local area here as well. Intervention from the government and the local bodies is very important. The intervention needs to be in the nature of favourable tax rates that such packaging would attract.

Another interesting option which has recently come up is to use edible material both as containers and as tools that we would use like spoons, forks, stirrers, etc. Already wheat-based such products are available in the markets, and encouragement from the government will go a long way in popularising these.

By raising their awareness of this grave problem, individual households will be able to modify their behaviour in such a way that usage of single use plastic is minimised or avoided completely. The needs of individual households can vary a lot especially in a diverse country like India. Sensitising the households on the need to look for alternatives will help us use the collective wisdom of the households to effect this change for the betterment of this and the future generations to come. We should be running campaigns through social media, mass media, educational institutions, places of work, worship, etc. This is the truly bottom-up approach to sustainable living which is the best gift we could give to posterity.

Gouri Hari 7D



Madhulika Sanyal



Sreeja G
12 A



R

educating the impact of single use of plastic products through alternative products

Single use plastic is plastic that is used only once and then thrown afterwards. This creates a big problem. Plastic harms the environment. It is not biodegradable. So, instead of throwing it away we can recycle it. But the plastic we throw in the bin named "Recycle" is not actually getting recycled. What does recycle mean? Recycle means making a product into something more useful, than it was before. The plastic is actually getting piled up on a land that we cannot see. This is not called recycling. Eventually more plastic gets piled up, making the situation even worse. The living organisms such as plants and animals also get affected. As responsible citizens, it is our duty to minimise the use of single-use plastic wherever possible.

Environment is the surrounding we and other organisms live in. We need our environment to survive. The more we harm our environment, the harder it will be to live. More plastic gets piled up, making the situation even worse. It takes years for plastic to decompose. Tons of plastic ends up in a landfill. It also ends up in the sea. This is not safe for the marine animals. Even on land improperly discarded plastic garbage maybe eaten by stray animals harming their lives too. The plants and animals are also getting affected by this. We are interdependent on plants and animals. We depend on plants and animals on food, clothes and many other things. If the soil is not good for farming, then we will not be able to grow food. We will not be able to get the fruits, vegetables, wood, oxygen etc. If the animals are not in a good living condition while growing up, then we will not get the warmth from wool, the nutrients from dairy products and other things that is essential for our survival.

The more plastic that gets piled up in different places, the more work we have to do to set things right. So along with recycling plastic, we can also reduce it very easily. We have used plastic so much that we think we cannot do anything without it. But that is not true. Instead of using plastic bags from the market when we buy things, we can bring our own cloth bag. Cloth bags are also much more durable. All shops should be mandated to enforce the "Bring Your Own Bag" concept. Similarly, instead of plastic bottles and containers, we can use steel ones instead. Using plastic as wrapping paper is not necessary. The more people who do this shift, the less plastic that ends up in the landfill and seas. Thus, the environment will also be cleaner and pleasant.

If you do not have a bag, then you can craft your own. Paper bags with the strength of cardboard can be just as effective as plastic bags. Maybe we will be able to make a material that is more durable than plastic but can also decompose like paper. We can also make cardboard cartons with a honeycomb pattern because it is the strongest, light weight material known to man. The honeycomb is a good example of this.

We need to constantly find new ways to reduce single-use plastic as it is important to save our planet and our future.

Vedika Prativadi, 7 D

Connectivity Issues: friend and foe

"Late again today?
Now, what do you say?"
"Connectivity issues ma'am!
Sorry, I am."

"Turn On your video, child
No more excuses this time."
"Ma'am, Connectivity issues again.
It's because of the rain."

"Why haven't you submitted your notes?
You just had to write some quotes."
"Ma'am, Connectivity Issues at home.
Couldn't access Chrome"

"Why didn't you respond lad?"
"Ma'am, my Connectivity is bad.
Couldn't hear you at that time.
Was it something prime?"
Connectivity issues, Connectivity is-
sues,
Both a friend and a foe.
Makes some people bring tissues
While for others excuses they sow.

Akhila Vipin Madangarli 8D



A SOURCE OF INSPIRATION IS THE NIGHT SKY

Everything and everywhere, as the night fell
Changed so much that I couldn't tell
Why did it happen and what it meant
The atmosphere was suddenly so different.
When I looked up at the sky
I could see the reason why.

A brilliant white orb had taken the Sun's place,
Which looked as pure as an angel's face.
It was dark and dull all around
But a single moon lit up the ground.
It shone brightly despite the dark sky
And it helped me pass the night by.

But the moon wasn't alone
Around it a thousand diamonds shone
Suddenly a few would fall apart
And lo! A meteor shower would start
They left glittering veils in the sky
And looked like Santa Claus's sled way up high

This was a sight for sore eyes
A natural medicine with no price,
Looks like the moon and stars were meant to be
Swimming in the tides of a dark blue sea
They say, "A source of inspiration is the night sky"
When I looked up, I could see the reason why.

Aadhya M 10A



ಕೇವಲ ಒಮ್ಮೆ ಮಾತ್ರ ಬಳಸುವ ಪ್ಲಾಸ್ಟಿಕ್ ನ ವರ್ಯಾಯ ವಸ್ತುಗಳ ಬಳಕೆ

ಒಮ್ಮೆ ಮಾತ್ರ ಬಳಸುವ ಪ್ಲಾಸ್ಟಿಕ್ ನಮ್ಮ ಆರೋಗ್ಯಕ್ಕೆ ಮತ್ತು ಪರಿಸರಕ್ಕೆ ಹಾನಿಯನ್ನುಂಟುಮಾಡುತ್ತದೆ . ಇದು ಸಾಗರ, ಸಮುದ್ರ ಹಾಗೂ ವನ್ಯಜೀವಿಗಳ ಮೇಲೆ ಕೆಟ್ಟ ಪರಿಣಾಮವನ್ನುಂಟು ಮಾಡುತ್ತದೆ .

ಸಾವ್ಯ ದಿನನಿತ್ಯದ ಜೀವನದಲ್ಲಿ ಒಮ್ಮೆ ಮಾತ್ರ ಬಳಸುವ ಪ್ಲಾಸ್ಟಿಕ್‌ನ್ನು ಉಪಯೋಗಿಸುತ್ತೇವೆ- ಆವುಗಳಲ್ಲಿ ಕೆಲವೇದರೆ ಪ್ಲಾಸ್ಟಿಕ್ ಚೀಲಗಳು, ಪ್ಲಾಸ್ಟಿಕ್ ಸಾಕ್ರಗಳು, ಪ್ಲಾಸ್ಟಿಕ್ ಚಮಚಗಳು, ಪ್ಲಾಸ್ಟಿಕ್ ತಟ್ಟೆಗಳು ,ಪ್ಲಾಸ್ಟಿಕ್ ಬಟ್ಟಲುಗಳು ಹಾಗೂ ಪ್ಲಾಸ್ಟಿಕ್ ಬಾಟಲಗಳು.

ಏಕೆ ಬಳಕೆಯ ಪ್ಲಾಸ್ಟಿಕ್ ಚೀಲಗಳಿಗೆ ಅತ್ಯಂತ ಪರಿಣಾಮಕಾರಿ ಪರ್ಯಾಯ ವಿವಿಧ ರೀತಿಯ ಕಾಗದದ ಚೀಲಗಳು ಮತ್ತು ಬಟ್ಟೆ ಚೀಲಗಳಾಗಿವೆ . ಬಟ್ಟೆ ಚೀಲಗಳನ್ನು ಸುಲಭವಾಗಿ ಮರುಬಳಕೆ ಮಾಡಬಹುದು ಹಾಗೂ ಇದು ಪರಿಸರ ಸ್ನೇಹಿಯೂ ಹೌದು . ಸಾವ್ಯ ಮಾರುಕಟ್ಟೆಗೆ ಹೋಗುವಾಗ ಕೈಯಲ್ಲಿ ಒಂದು ಬಟ್ಟೆ ಚೀಲವನ್ನು ಹಿಡಿದುಕೊಂಡು ಹೋಗುವುದರಿಂದ ಪ್ಲಾಸ್ಟಿಕ್ ಚೀಲದ ಬಳಕೆಯನ್ನು ತಪ್ಪಿಸಬಹುದು.

ಪ್ಲಾಸ್ಟಿಕ್ ಸಾಕ್ರಗಳು ಗಾತ್ರದಲ್ಲಿ ಚಿಕ್ಕದಾಗಿರುವುದರಿಂದ ಅದನ್ನು ಒಟ್ಟುಗೂಡಿಸಿ ಮರುಬಳಕೆ ಮಾಡುವುದು ಬಹಳ ಕಷ್ಟವಾಗಿದೆ . ಪ್ಲಾಸ್ಟಿಕ್ ಸಾಕ್ರಗಳ ಬದಲು ಸ್ಟೀಲ್, ಕಾಗದ ಅಥವಾ ಬಿದಿರಿನ ಸಾಕ್ರಗಳನ್ನು ಬಳಸಬಹುದು . ಆಹಾರ ಸುರಕ್ಷಿತ ಕಾಗದ ಸಾಕ್ರಗಳು ಏಕೆ ಬಳಕೆ ಆಗಿರುತ್ತವೆ ಮತ್ತು ಸ್ವಚ್ಛಗೊಳಿಸುವ ಆಗತ್ಯವಿಲ್ಲ .

ಕೇವಲ ಸಾಕ್ರಗಳು ಪ್ಲಾಸ್ಟಿಕ್ ಸಾಕ್ರಗಳಿಗಿಂತ ಹೆಚ್ಚು ಬೆಚ್ಚು ಬಾಗಿದ್ದರೂ, ಸ್ಟೀಲ್ ಹಾಗೂ ಬಿದಿರಿನ ಸಾಕ್ರಗಳಿಗಿಂತ ಆಗುವಾಗಿದೆ . ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಖಾದ್ಯ ಸಾಕ್ರಗಳ ಬಳಕೆಯು ಪ್ಲಾಸ್ಟಿಕ್ ಸಾಕ್ರಗಳಿಗಿಂತಲೂ ಪರ್ಯಾಯವಾಗಿದೆ . ಖಾದ್ಯ ಸಾಕ್ರಗಳನ್ನು ಗೋಧಿಹಿಟ್ಟು, ಅಕ್ಕಿಹಿಟ್ಟು, ಸಕ್ಕರೆ ಹಾಗೂ ಸಸ್ಯರಸದ ಎಣ್ಣೆ ಮತ್ತು ತರ ಪದಾರ್ಥಗಳಿಂದ ತಯಾರಿಸಲಾಗುತ್ತದೆ . ಖಾದ್ಯ ಸಾಕ್ರಗಳನ್ನು ದ್ರವದಲ್ಲಿ ಇಟ್ಟಿರು ಹತ್ತಿರದ ಇವು ಮತ್ತು ನಿಮಿಷಗಳ ಕಾಲ ಗಟ್ಟಿಯಾಗಿರುತ್ತದೆ . ಇತ್ತೀಚಿನ ಅನ್ನೇಷನ್‌ಗಳು ಕೆಲವು ಎಲಿಯ ಕಾಂಡಗಳನ್ನು ಸಾಕ್ರಗಳಾಗಿ ಬಳಸಲು ಉತ್ತೇಜಿಸಿದೆ. ಎಲಿಯನ್ನು ಕಾಂಡದಿಂದ ಬೇರ್ಪಡಿಸಿ ಸ್ವಚ್ಛಗೊಳಿಸಿ ಸೇತರ ಕಾಂಡವನ್ನು ಸಾಕ್ರಗಳಾಗಿ ಬಳಸಬಹುದು

ಇಂದು ಪ್ರಪಂಚದ ಸಾಗರಗಳಲ್ಲಿ 5 ಟ್ರಿಲಿಯನ್ ಗಿಂತ ಅಧಿಕ ಪ್ಲಾಸ್ಟಿಕ್ ತುಣುಕುಗಳು ತೇಲುತ್ತಿವೆ . ಇದರಲ್ಲಿ ಏಕೆ ಬಳಕೆಯ ಪ್ಲಾಸ್ಟಿಕ್ ಕೈವಾಡ ಬಹಳಷ್ಟಿದೆ. ಖಾದ್ಯ ಚಮಚಗಳು ಪ್ಲಾಸ್ಟಿಕ್ ಚಮಚಗಳಿಗೆ ಪರಿಣಾಮಕಾರಿ ಪರ್ಯಾಯ. ಚೋಳ ಅಕ್ಕಿ ಹಾಗೂ ಗೋಧಿ ಹಿಟ್ಟುಗಳಿಂದ ಖಾದ್ಯ ಚಮಚಗಳನ್ನು ತಯಾರಿಸಲಾಗುತ್ತದೆ. ಇದು ದ್ರವದಲ್ಲಿಯೂ 10ರಿಂದ 20 ನಿಮಿಷ ಗಟ್ಟಿಯಾಗಿರುವುದರಿಂದ ಇದನ್ನು ಬಳಸಬಹುದು. ಈಗಿನ ದಿನಗಳಲ್ಲಿ ರುಚಿಕರವಾದ ಖಾದ್ಯ ಚಮಚಗಳನ್ನು ದೊರೆಯುವುದರಿಂದ ಚಮಚಗಳನ್ನು ತಿನ್ನಲು ಸಂತೋಷವಾಗುತ್ತದೆ . ಖಾದ್ಯ ಚಮಚವನ್ನು ತಿನ್ನಲು ಇಷ್ಟವಿಲ್ಲದವರು ಅದನ್ನು ತ್ಯಜಿಸಬಹುದು ಅದು ಐದರಿಂದ ಆರು ದಿನಗಳಲ್ಲಿ ಮಣ್ಣಿನಲ್ಲಿ ಕೊಳೆದು ಹೋಗುವುದರಿಂದ ಪರಿಸರಕ್ಕೆ ಹಾನಿ ಆಗುವುದಿಲ್ಲ.

ಅಡಿಕೆ ಹಾಳೆಯ ಚಮಚ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಇದು ಉದ್ದರಿಂದ ಅಡಿಕೆ ಎಲಿಯಿಂದ ಮಾಡುವುದರಿಂದ ಗಿಡಕ್ಕೂ ಹಾನಿ ಉಂಟಾಗುವುದಿಲ್ಲ. ಇವು ರಾಸಾಯನಿಕ ಹಾಗೂ ಅಂಟು ಗಳಿಂದ ಮುಕ್ತವಾಗಿರುವುದರಿಂದ ಮನುಷ್ಯನ ಆರೋಗ್ಯಕ್ಕೆ ಒಳ್ಳೆಯದೇ ಆಗಿದೆ. ಇದನ್ನು ಸುಲಭವಾಗಿ ವಿವಿಧ ಗಾತ್ರ ಮತ್ತು ಆಕಾರದಲ್ಲಿ ಮಾಡಬಹುದು. ಇದು 100 % ಜೈವಿಕ ಆಗಿರುವುದರಿಂದ ಪರಿಸರಕ್ಕೂ ಒಳ್ಳೆಯದು.

ಪ್ಲಾಸ್ಟಿಕ್ ತಟ್ಟೆಗಳ ಹಾವಳಿ ಎಲ್ಲಾ ಸಮಾರಂಭಗಳಲ್ಲೂ ಕಾಣಸಿಗುತ್ತದೆ . ಪ್ರತಿ ಮದುವೆ ಸಮಾರಂಭಗಳು ನೂರಾರು ಪ್ಲಾಸ್ಟಿಕ್ ತಟ್ಟೆಯನ್ನು ಹೊರಹಾಕುತ್ತವೆ. ಅಡಿಕೆ ಹಾಳೆಯ ತಟ್ಟೆಗಳು ಪ್ಲಾಸ್ಟಿಕ್ ತಟ್ಟೆಗೆ ಉತ್ತಮ ಪರ್ಯಾಯ. ಬಾಳೆ ಎಲಿಯ ಬಟ್ಟಲುಗಳು ಹಾಗೂ ಮುತ್ತುಗದ ಎಲಿಯ ಬಟ್ಟಲುಗಳು ಬಹಳ ಉಪಕಾರಿಯಾಗಿವೆ.

ಪ್ಲಾಸ್ಟಿಕ್ ಬಾಟಲಗಳು ಎಲ್ಲೆಂದರಲ್ಲಿ ಕಾಣ ಸಿಗುತ್ತದೆ. ಮದುವೆ ಹಾಗೂ ಇತರ ಸಮಾರಂಭಗಳಲ್ಲಿ ಪ್ಲಾಸ್ಟಿಕ್ ಬಾಟಲೆಯಲ್ಲಿ ನೀರು ಕೊಡುವುದು ಆಡಂಬರ ವಾಗಿದೆ.

ಪ್ಲಾಸ್ಟಿಕ್ ಬಾಟಲೆಯ ಬದಲಿಗೆ ಸ್ಟೀಲ್ ಲೋಟದಲ್ಲಿ ನೀರು ಕೊಡುವುದರಿಂದ ಸಾವಿರಾರು ಪ್ಲಾಸ್ಟಿಕ್ ಬಾಟಲಗಳ ಉಪಯೋಗವನ್ನು ತಪ್ಪಿಸಬಹುದು. ಸಾವ್ಯ ದಿನಬಳಕೆಗೆ ಸ್ಟೀಲ್ ಅಥವಾ ತಾಮ್ರದ ಬಾಟಲಗಳನ್ನು ಉಪಯೋಗಿಸಬೇಕು. ಇದರಿಂದ ಆರೋಗ್ಯಕ್ಕೂ ಹಾಗೂ ಪರಿಸರಕ್ಕೂ ಒಳ್ಳೆಯದಾಗುತ್ತದೆ.

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಬಹಳ ಜ್ಯಾಸ್ ಆಂಗಡಿಗಳು ಗಾಜಿನ ಬಾಟಲೆಯನ್ನು ಉಪಯೋಗಿಸುತ್ತಾರೆ . ಅದರಲ್ಲೂ ಕೆಲವು ಆಂಗಡಿಗಳು ಶೂನ್ಯ ತ್ಯಾಜ್ಯ ಆಂಗಡಿಗಳು ಆಗಿರುವುದು ನಮಗೆ ಹೆಮ್ಮೆಯಾಗಿದೆ. ಜ್ಯಾಸ್ ಗಳನ್ನು ಹಣ್ಣಿನ ಚಿಪ್ಪಿನಲ್ಲಿ ಅಥವಾ ಸಿಪ್ಪೆಯಲ್ಲಿ ಸವಿನ ಮಾಡರಿಯಲ್ಲಿ ನೀಡಲಾಗುತ್ತದೆ.

ಐನ್ ಕ್ಲೀಮ್ ಆಂಗಡಿಗಳಲ್ಲಿ ಬಾಳೆಎಲಿ ಬಟ್ಟಲುಗಳನ್ನು ಹಾಗೂ ಅಡಿಕೆ ಹಾಳೆಯ ಬಟ್ಟಲುಗಳನ್ನು ಬಳಸುವುದರಿಂದ ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆ ಕಡಿಮೆಯಾಗುತ್ತದೆ.

ಮದುವೆ ಅಥವಾ ಇನ್ನಿತರ ಶುಭ ಸಮಾರಂಭಗಳು ಆಗುವ ಕಲ್ಯಾಣ ಮಂಟಪಗಳಲ್ಲಿ ಸ್ಟೀಲ್ ಪಾತ್ರೆಯ ಪ್ಯಾಂಕ್ ಗಳನ್ನು ತೆರೆಯಬೇಕು. ಇಲ್ಲಿ ಸ್ಟೀಲ್ ಚಮಚಗಳು, ಲೋಟಗಳು ಹಾಗೂ ತಟ್ಟೆಗಳನ್ನು ಬಾಡಿಗೆಗೆ ನೀಡಬೇಕು. ಇದನ್ನು ಬಳಸಿದ ನಂತರ ಚಿನ್ನಾಗಿ ಸ್ವಚ್ಛಗೊಳಿಸುವ ವ್ಯವಸ್ಥೆಯು ಇರಬೇಕು. ಇದರಿಂದ ಸಮಾರಂಭಗಳಲ್ಲಿ ಒಮ್ಮೆ ಬಳಸುವ ಪ್ಲಾಸ್ಟಿಕ್ ನ ಬಳಕೆ ಕಡಿಮೆಯಾಗುತ್ತದೆ.

ಕಲ್ಯಾಣಮಂಟಪಗಳು ಕುಡಿಯುವ ನೀರಿನ ಶುದ್ಧೀಕರಣ ಘಟಕಗಳನ್ನು ಹೊಂದಿರಬೇಕು. ಇದರಿಂದ ಆತಿಥಿಗಳಿಗೆ ಬಾಟಲೆಯಲ್ಲಿ ಕುಡಿಯುವ ನೀರನ್ನು ಪೂರೈಸುವ ಆಗತ್ಯವಿರುವುದಿಲ್ಲ .

ಮದುವೆ ಹಾಗೂ ಇನ್ನಿತರ ಸಮಾರಂಭಗಳಲ್ಲಿ ಉಟದ ಮೇಜಿನ ಮೇಲೆ ಒಮ್ಮೆ ಬಳಸುವ ಪ್ಲಾಸ್ಟಿಕ್ ಉಪಯೋಗಿಸುವ ಬದಲಿಗೆ ಮರುಬಳಕೆಯ ಕಾಗದವನ್ನು ಬಳಸಬೇಕು.

ಪ್ಲಾಸ್ಟಿಕ್ ಸಾಮಾನ್ಯವಾಗಿ ಬಳಸುವ ವಸ್ತುಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ . ಇದು ನಮ್ಮ ಕೆಲಸವನ್ನು ಸುಲಭಗೊಳಿಸುತ್ತದೆ ಮತ್ತು ನಮಗೆ ಸಾಕಷ್ಟು ಅನುಕೂಲಗಳನ್ನು ನೀಡುತ್ತದೆ . ಇದು ನಮ್ಮ ಜೀವನದ ಅತ್ಯಗತ್ಯ ಭಾಗವಾಗಿದೆ . ಇದನ್ನು ಪ್ರತಿದಿನ ವಿವಿಧ ಉದ್ದೇಶಗಳಿಗಾಗಿ ಬಳಸುತ್ತೇವೆ. ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆ ತಪ್ಪಿಸಲು ಕಷ್ಟವಾದರೂ ಹೆಚ್ಚಿನ ಒಳಿತಾಗಿ ಇದನ್ನು ಮಾಡಲೇಬೇಕಾಗಿದೆ.

ಸರ್ಕಾರದ ಚೊತೆಗೂಡಿ ಸಾವ್ಯ ಪ್ರತಿಯೊಬ್ಬರು ಏಕೆ ಬಳಕೆಯ ಪ್ಲಾಸ್ಟಿಕ್ ಅನ್ನು ನಿಷೇಧಿಸಬೇಕು. ಪ್ಲಾಸ್ಟಿಕ್ ಭೂಮಾಲಿಪ್ಯ ಹಾಗೂ ಜಲಮಾಲಿಪ್ಯಕ್ಕೆ ಕಾರಣವಾಗಿರುವುದರಿಂದ ಅದರ ಬಳಕೆಯನ್ನು ನಿಲ್ಲಿಸಲೇ ಬೇಕಾಗಿದೆ.

ಏಕೆ ಬಳಕೆ ಪ್ಲಾಸ್ಟಿಕ್ ತ್ಯಜಿಸಿ, ಭೂಮಿಯನ್ನು ಉಳಿಸಿ

"ಶಾಲೆಯಲ್ಲಿ ಶೂನ್ಯ ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆ ಮಾಡಲು ಹೊಸತರಹದ ಕಲ್ಪನೆಗಳು"

ಜಗತ್ತಿನಲ್ಲಿ ಉತ್ಪಾದನೆಯಾಗುವ ಪ್ರತಿಯೊಂದು ಪ್ಲಾಸ್ಟಿಕ್ ಇದಿಗೂ ಆಸ್ಥಿತ್ವದಲ್ಲಿದೆ. ಪ್ಲಾಸ್ಟಿಕ್ ಅನ್ನು ನೂರಾರು ವರ್ಷಗಳ ಹಿಂದೆಯೇ ಆವಿಷ್ಕರಿಸಲಾಯಿತು. ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆಯು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಸ್ವಲ್ಪವೂ ಕಡಿಮೆಯಾಗುತ್ತಿಲ್ಲ. ಪ್ಲಾಸ್ಟಿಕ್ ಅನ್ನು ಕಡಿಮೆಮಾಡಲು ಯಾವುದೇ ನೈಸರ್ಗಿಕ ಪ್ರಕ್ರಿಯೆ ಇಲ್ಲ.

ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆ ಭಾರತ ಎದುರಿಸುತ್ತಿರುವ ದೊಡ್ಡ ಸವಾಲುಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಇದು ಕೇವಲ ಭಾರತವಲ್ಲ, ಇಡೀ ಪ್ರಪಂಚವೇ ಈ ಭೀತಿಯನ್ನು ಎದುರಿಸುತ್ತಿದೆ. ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆ ಪರಿಹಾರವನ್ನು ಸರ್ಕಾರ ಅಥವಾ ನಮ್ಮ ಮನೆಯಿಂದ ಮೈಲಿ ದೂರದಲ್ಲಿ ಕುಳಿತಿರುವ ಅಧಿಕಾರಿಗಳಿಂದ ಕಾರ್ಯಗತಗೊಳಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. "ದಾನವು ಮನೆಯಿಂದಲೇ ಆರಂಭವಾಗುತ್ತದೆ" ಎಂಬ ಗಾದೆಯಂತೆ ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆಗೆ ಪರಿಹಾರವನ್ನು ನಮ್ಮ ಮನೆಗಳಲ್ಲಿಯೇ ಆರಂಭಿಸಿ ಬೇಕು. ತ್ಯಾಜ್ಯವನ್ನು ವಿಲೇವಾರಿ ಮಾಡುವಾಗ ದ್ರವ ತ್ಯಾಜ್ಯ, ಘನ ತ್ಯಾಜ್ಯ, ಸಾಕಾರ್ಯ ತ್ಯಾಜ್ಯ, ಅಜೈವಿಕ ತ್ಯಾಜ್ಯ ಮತ್ತು ಪ್ಲಾಸ್ಟಿಕ್ ತ್ಯಾಜ್ಯವೆಂದು ವಿಂಗಡಿಸಬೇಕು. ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆ ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಅಥವಾ ಪರೋಕ್ಷವಾಗಿ ಇತ್ತೀಚಿನ ವರ್ಷಗಳಲ್ಲಿ ಹಿಂದೊದ್ದಿಗಿಂತಲೂ ಹೆಚ್ಚಿನ ವೇಗವನ್ನು ಪಡೆದುಕೊಂಡಿದೆ.

ಶಾಲೆಗಳಲ್ಲಿಯೂ ತ್ಯಾಜ್ಯದ ನಿರ್ವಹಣೆಯು ಒಂದು ಸಮಸ್ಯೆ. ಶಾಲೆಗಳಲ್ಲಿ ಉತ್ಪತ್ತಿಯಾಗುವಂತಹ ಪ್ರಮುಖ ತ್ಯಾಜ್ಯಗಳೆಂದರೆ:-

ಆಹಾರ ತ್ಯಾಜ್ಯ

ಪ್ಲಾಸ್ಟಿಕ್ ತ್ಯಾಜ್ಯ

ಕಾಗದ ತ್ಯಾಜ್ಯ

ಆಹಾರ ತ್ಯಾಜ್ಯವನ್ನು ಬಳಸಿ ಜೈವಿಕ ಗೊಬ್ಬರವನ್ನಾಗಿ ಪರಿವರ್ತಿಸಿ ಶಾಲೆಯಲ್ಲಿರುವ ಗಿಡಮರಗಳಿಗೆ ಬಳಸಬಹುದು. ಪ್ಲಾಸ್ಟಿಕ್ ತ್ಯಾಜ್ಯವನ್ನು ಸಂಗ್ರಹಿಸಿ, ಮರುಸಂಸ್ಕರಣೆ ಮಾಡಿದ ಪದಾರ್ಥಗಳನ್ನು ತಯಾರಿಸಲು ಉಪಯೋಗಿಸಬಹುದು. ಉದಾಹರಣೆ:- ಶಾಲೆಯಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ಪ್ಲಾಸ್ಟಿಕ್ ತ್ಯಾಜ್ಯದಿಂದ ಉತ್ಪಾದನೆ ಮಾಡಿದ ಪೆನ್ಸಿಲ್ ಬಾಕ್ಸ್, ಸ್ಕೇಲ್, ಸ್ಕೂಲ್ ಬ್ಯಾಗ್ ಮುಂತಾದವುಗಳನ್ನು ವಿತರಿಸಬಹುದು.

ಬಳಸಿದ ಕಾಗದಗಳನ್ನು ಸಂಗ್ರಹಿಸಿ ಮರುಸಂಸ್ಕರಣೆ ಮಾಡಿ ಪುಸ್ತಕಗಳನ್ನು ತಯಾರಿಸಿ ಮಕ್ಕಳಿಗೆ ವಿತರಿಸಬಹುದು. ಹಳೆಯ ಪಠ್ಯಪುಸ್ತಕಗಳನ್ನು ಸಂಗ್ರಹಿಸಿ ಬಡ ಮಕ್ಕಳಿಗೆ ವಿತರಿಸಬಹುದು. ಬಳಕೆಯಾದ ಪುಸ್ತಕದ ಹಾಳೆಗಳನ್ನು ಶೇಖರಿಸಿ ಹೊಸ ಪುಸ್ತಕಗಳನ್ನು ಮಾಡಿ ಬಡ ಮಕ್ಕಳಿಗೆ ನೀಡಬಹುದು. ತ್ಯಾಜ್ಯದ ಉತ್ಪತ್ತಿ ಮತ್ತು ನಿರ್ವಹಣೆಯ ಬಗ್ಗೆ ಕಡ್ಡಾಯವಾಗಿ ಜಾಗೃತಿ ಮೂಡಿಸಬೇಕು. ಶಾಲೆಗಳಲ್ಲಿ ತ್ಯಾಜ್ಯವನ್ನು ಎಸೆಯಲು ಕಸದ ತೊಟ್ಟಿಗಳನ್ನು ಇಡಬೇಕು.

ಶಾಲೆಗಳಲ್ಲಿ ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಕೆಲವೊಂದು ಉಪಾಯ ಇಲ್ಲಿದೆ:-

ಎಲ್ಲರ ಗಮನ ಸೆಳೆಯುವಂತಹ ಥಿತ್ತಿ ಚಿತ್ರಗಳನ್ನು ಪ್ರದರ್ಶಿಸಿ ಮಕ್ಕಳ ತಿಳುವಳಿಕೆಯನ್ನು ಹೆಚ್ಚಿಸಬೇಕು.

ಶಾಲೆಯ ಕ್ಯಾಂಟೀನ್‌ಗಳಲ್ಲಿ ಪ್ಲಾಸ್ಟಿಕ್ ತಟ್ಟೆಗಳು, ಲೋಟಗಳು ಮತ್ತು ಚಮಚಗಳನ್ನು ಉಪಯೋಗಿಸುವ ಬದಲು ಕಾಗದದ ತಟ್ಟೆಗಳನ್ನು, ಲೋಟಗಳನ್ನು ಉಪಯೋಗಿಸಬಹುದು. ಇತ್ತೀಚೆಗೆ ಬಂದಂತಹ ಅಡಕಿ ಗಿಡ ತಟ್ಟೆ, ಚಮಚಗಳನ್ನು ಉಪಯೋಗಿಸಬಹುದು.

ಶಾಲೆಗಳಲ್ಲಿ ಮರುಸಂಸ್ಕರಣೆ ಕೇಂದ್ರಗಳನ್ನು ಸ್ಥಾಪಿಸಬಹುದು. ನೈಕಿ ಮತ್ತು ಆಡಿಡಾಸ್ ಅಂತಹ ಕಂಪನಿಗಳು ತ್ಯಾಜ್ಯ ಪದಾರ್ಥಗಳಿಂದ ಉಡುಪು ಮತ್ತು ಪಾದರಕ್ಷೆಗಳನ್ನು ತಯಾರಿಸುತ್ತಿದ್ದಾರೆ. ಶಾಲೆಯಲ್ಲಿ ಇಂತಹ ವಸ್ತುಗಳನ್ನು ಮಕ್ಕಳಿಗೆ ವಿತರಿಸಬಹುದು.

ಶಾಲಾ ತ್ಯಾಜ್ಯಗಳು ಬಹಳ ವಿಧಗಳಲ್ಲಿ ಬರುತ್ತವೆ. ಇದು ಅನೇಕ ಶಾಲೆಗಳು ದಕ್ಷ ಶಾಲಾ ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆ ಪದ್ಧತಿಯನ್ನು ಅನುಷ್ಠಾನಗೊಳಿಸಲು ಹಣಗಾಡುವುದಕ್ಕೆ ಕಾರಣವಾಗಿದೆ. ಪರಿಸರ ಸ್ನೇಹಿ ತ್ಯಾಜ್ಯ ನಿರ್ವಹಣೆಗೆ ಶಾಲೆಗಳು ಹೆಚ್ಚು ಗಮನ ಕೊಡಬೇಕು, ಪರಿಣಾಮವಾಗಿ ನಮ್ಮ ಶಾಲೆಗಳು ಪರಿಸರ ಸ್ನೇಹಿ ಶಾಲೆಗಳಾಗುತ್ತವೆ. ಎಲ್ಲಾ ರೀತಿಯ ಶಿಕ್ಷಣದಂತೆ, ನಡೆವಳಿಕೆಗಳ ಹಿಂದಿನ ಕಾರಣಗಳಾಗಿ ಉತ್ಪಾದನೆಯನ್ನು ಬೆಳೆಸುವುದು ಸುಸ್ಥಿರ ಆಭ್ಯಾಸಗಳನ್ನು ಸೃಷ್ಟಿಸುವ ಕೀಲಿಯಾಗಿದೆ. ಶಾಲೆಗಳು ತ್ಯಾಜ್ಯವನ್ನು ಮರುಸಂಸ್ಕರಣೆ ಮಾಡಿ ಮರುಬಳಕೆಯ ಬಗ್ಗೆ ಜಾಗೃತಿಯನ್ನು ಮೂಡಿಸಬೇಕು. ಶಾಲೆಯಲ್ಲಿ ಕೂಡುವ ತ್ಯಾಜ್ಯ ವಸ್ತುಗಳಲ್ಲಿ ಕನಿಷ್ಠ ಕಾಲು ಭಾಗ ಪೇಪರ್ ಮತ್ತು ಕಾರ್ಡ್ ಬೋರ್ಡ್ ಇರುತ್ತದೆ. ಕಾಗದ ಮತ್ತು ಕಾರ್ಡ್ ಬೋರ್ಡ್ ನ ಮರುಬಳಕೆಯಿಂದ ಶಾಲೆಯ ಹಣವನ್ನು ಸ್ವಲ್ಪಮಟ್ಟಿಗಾದರೂ ಉಳಿಸಬಹುದು. ಈ ರೀತಿ ಮಾಡುವುದರಿಂದ ಆ ಶಾಲೆಯು 'ಪರಿಸರ ಸ್ನೇಹಿ' ಎಂಬ ಖ್ಯಾತಿ ಪಡೆಯಬಹುದು. ಪ್ಲಾಸ್ಟಿಕ್ ಪದಾರ್ಥಗಳ ಬಳಕೆಯನ್ನು ತಮ್ಮ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಸಂಪೂರ್ಣವಾಗಿ ನಿಲ್ಲಿಸುವ ಪ್ರಯತ್ನ ಪ್ರತಿಯೊಬ್ಬರೂ ಮಾಡುವುದರಿಂದ ಪ್ಲಾಸ್ಟಿಕ್ ಮುಕ್ತ ಪ್ರಪಂಚವನ್ನು ಕಾಣಬಹುದು.

ಸಾರ್ಥಕ ಜೀವನ

ಹುಟ್ಟು, ಸಾವುಗಳ ನಡುವಿನ ಅವಧಿಯ ಬದುಕು ಜೀವನವೆಂದಾಗುತ್ತದೆ. ಜೀವನವನ್ನು ಪ್ರವಾಹಕ್ಕೆ ಹೋಲಿಸುತ್ತಾರೆ. ಇದು ತನ್ನಿಂದ ತಾನೇ ಸಾಗುತ್ತಿರುತ್ತದೆ. ಸಂಸ್ಕೃತದಲ್ಲಿ, "ಜೀವನಮ್" ಎಂದರೆ ನೀರು, ಪ್ರವಾಹ ಎನ್ನುವ ಅರ್ಥವೂ ಇದೆ. ನೀರಿಗೂ ಒಂದು ಗುರಿ ಇರುತ್ತದೆ, ಅದು ಹಳ್ಳಕ್ಕೋ, ಕೆರೆಗೋ ಸರೋವರಕ್ಕೋ, ಇಲ್ಲವೇ ಆವಿಯಾಗಿ ಆಕಾಶಕ್ಕೋ ಸೇರುತ್ತದೆ. "ನದೀನಾಮ್

ಸಾಗರೋಗತಿಹಿಂ" ಎನ್ನುವುದು ಸಂಸ್ಕೃತದಲ್ಲಿರುವ ಒಂದು ಸೂಕ್ತಿ. ಅಂದರೆ ನದಿಯ ಗುರಿ ಸಾಗರವನ್ನು ಸೇರುವುದು. ಹಾಗೆಯೇ ಮಾನವನ ಬದುಕಿಗೂ ಗುರಿ ಇರಬೇಕು. ಆ ಗುರಿಯ ಸಾಧನೆಯಾದಾಗಲೇ ಬದುಕು ಸಾರ್ಥಕವೆನಿಸುತ್ತದೆ. ಆದರೆ ಜೀವನ ಸಾರ್ಥಕ ಎನಿಸಿಕೊಳ್ಳಬೇಕಾದರೆ ಗುರಿಯು ಉತ್ಕೃಷ್ಟವಾಗಿರಬೇಕು.

ಜೀವನ ಸಾಧನೆಯ ಬಗೆಗೆ ಜಾನ್ ಗೊಡ್ಡಾರ್ಡ್ ಎಂಬ ಸಾಧಕ ಹೇಳಿರುವ ಎಂಟು ಅಂಶಗಳು ಗಣನೀಯವಾಗಿವೆ. ಇವು ಅವನ ಹೇಳಿಕೆಗಳು

- 1) ನಿಮಗೇನು ಬೇಕೋ ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಿ.
- 2) ದೊಡ್ಡ ಕನಸು ಕಾಣಿರಿ.
- 3) ಕಂಡ ಕನಸನ್ನು ಬರೆದಿಡಿ.
- 4) ಪ್ರತಿದಿನ ಕಾಣುವಲ್ಲಿ ಅದನ್ನು ಇಡಿ.
- 5) ಅಂತಿಮ ದಿನವನ್ನು ನಿಗದಿಪಡಿಸಿ. 6) ನೆಪಹೇಳುವುದನ್ನು ನಿಲ್ಲಿಸಿ.
- 7) ಕಷ್ಟಗಳನ್ನು ಎದುರಿಸಲು ಸಿದ್ಧರಾಗಿ. 8) ಅವಕಾಶವುಂಟಾದಾಗಲೇ ತುಡುಕುಗಳೆಬೇಡಿ.

ಇವು ಕೇವಲ ಹೇಳಿಕೆಗಳಲ್ಲ, ಗೊಡ್ಡಾರ್ಡ್ ಸ್ವತಃ ಅನುಸರಿಸಿದ ಮಾರ್ಗಗಳಾಗಿವೆ. ಅವನು 15 ವರ್ಷದವನಾಗಿದ್ದಾಗಲೇ 227 ಗುರಿಗಳ ಒಂದು ಪಟ್ಟಿಯನ್ನು ಸಿದ್ಧಪಡಿಸಿದ. ಈಗ ಅತನಿಗೆ 85 ವರ್ಷ. 112 ಗುರಿಗಳನ್ನು ಪೂರೈಸಿದ ತೃಪ್ತಿ ಅವನದು.

ಇಂಥವರ ಆದರ್ಶ ಬದುಕಿಗೆ ದಾರಿದೀವವಾಗಬೇಕು. ಗೊಡ್ಡಾರ್ಡ್‌ನಂತೆ ನೂರಾರು ಗುರಿಗಳನ್ನಲ್ಲದಿದ್ದರೂ ಕೆಲವೇ ಆದರ್ಶಗಳನ್ನಿರಿಸಿಕೊಂಡು ಅವುಗಳ ಸಾಧನೆಯ ಮಾರ್ಗದಲ್ಲಿ ನಡೆದು ಗುರಿ ತಲುಪಿದರೆ ಅಂಥವರ ಜೀವನ ಸಾರ್ಥಕವೆನಿಸುತ್ತದೆ.

ವರ್ಷ, ವಿ

೯ '೨



ಶ್ರಮವು ಯಶಸ್ಸಿನ ಕೀಲಿ

ಎಲ್ಲಿ ಇಚ್ಛೆ ಇದೆಯೋ ಅಲ್ಲಿ ಒಂದು ಮಾರ್ಗವಿದೆ.

ಜಗತ್ತಿನಲ್ಲಿ ಅನೇಕ ಕನಸುಗಳನ್ನು ಕಂಡ ಜನರಿದ್ದಾರೆ. ಆದರೆ ಕೆಲವರು ಮಾತ್ರ ಅದರಲ್ಲಿ ಯಶಸ್ವಿಯಾಗುತ್ತಾರೆ. ಇದಕ್ಕೆ ಹಲವು ಕಾರಣಗಳಿರಬಹುದು ಬಡತನ, ಸುಧಾರಿತ ಸಿದ್ಧತೆಯ ಕೊರತೆ ಮುಂತಾದ ಕಾರಣಗಳಿಂದಾಗಿ ಆ ಕನಸುಗಳು ಮಾಯ ವಾಗುತ್ತಿರಬಹುದು. ಹೆಸರಿಗಾಗಿ ಮಾತ್ರ ದೃಷ್ಟಿಕೋನವನ್ನು ಹೊಂದಿರುವ ಜನರಿದ್ದಾರೆ, ಆದರೆ ಅವರು ಅದನ್ನು ಸಾಧಿಸಲು ಅವಕಾಶವಿದ್ದರೂ ಏನೂ ಮಾಡುವುದಿಲ್ಲ.

ನನ್ನ ಪ್ರಕಾರ ವಿಶೇಷವಾಗಿ ಈ ವೀಳಿಗೆಯ ಪ್ರೌಢ ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳು ವಿಜ್ಞಾನಿ, ಇಂಜಿನಿಯರ್, ವೈದ್ಯರು ಮುಂತಾದ ಗುರಿಗಳನ್ನು ಸಾಧಿಸಲು ಬಯಸುತ್ತಾರೆ. ಆದರೆ ಅವರು ಅದಕ್ಕಾಗಿ ಪ್ರತಿದಿನ ತಯಾರಿ ಮಾಡುವುದಿಲ್ಲ, ಬದಲಾಗಿ ಅವರು ಸಾಮಾಜಿಕ ಮಾಧ್ಯಮದಿಂದ ವಿಚಲಿತ ರಾಗುತ್ತಾರೆ ಮತ್ತು ಕನಸು ಕನಸಾಗಿಯೇ ಉಳಿದು ಬಿಡುತ್ತದೆ. ಅವರಲ್ಲಿ ಅನೇಕರು ಈಗ ಅವರು ತಮ್ಮ ಮಹತ್ವಾಕಾಂಕ್ಷೆಯನ್ನು ನಿರ್ಧರಿಸಲು ಮತ್ತು ಕಳೆಯುತ್ತಿರುವ ಸಮಯದಲ್ಲಿಯೇ ನಿರ್ಧರಿಸುವ ಶಕ್ತಿಯನ್ನು ಹೊಂದಿದೆ ಎಂದು ಅರಿತುಕೊಳ್ಳಲು ವಿಫಲರಾಗಿದ್ದಾರೆ. ವಿಳಂಬವು ಯಾವುದೇ ಉತ್ತಮ ಫಲಿತಾಂಶವನ್ನು ಕೊಡುವುದಿಲ್ಲ, ಆದ್ದರಿಂದ ನಾವು ಪ್ರೌಢ ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಾಗಿ, ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಪ್ರತಿ ದಿನವೂ ಮುಖ್ಯವೆಂದು ಪರಿಗಣಿಸಿ ಸ್ವಲ್ಪಮಟ್ಟಿಗೆ ನಮ್ಮ ಗುರಿಗಳತ್ತ ಗಮನ ಹರಿಸಬೇಕು.

ಮತ್ತೊಂದೆಡೆ ಅನೇಕ ದೊಡ್ಡ ಕನಸುಗಳನ್ನು ಕಂಡ ಜನರು ನಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಮುಂದುವರೆಯಲು ಇನ್ನಷ್ಟು ದೃಢನಿಶ್ಚಯ ಗೊಳಿಸುತ್ತದೆ ಎಂಬುದನ್ನು ಅರಿತುಕೊಂಡೇ ಸಾಗುವರು. ನಮ್ಮ ಉತ್ಸಾಹ ಅಥವಾ ಮಹತ್ವಾಕಾಂಕ್ಷೆಯು ವಿಫಲವಾಗಲು ಬಿಡಬಾರದು, ಏಕೆಂದರೆ ಜನರು ಅದರ ವಿರುದ್ಧ ಹೋದರೂ, ನಾವು ಆ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮೇಲುಗೈ ಸಾಧಿಸಬಹುದು ಮತ್ತು ಏನು ಅಸಾಧ್ಯವಲ್ಲ ಎಂಬುದನ್ನು ತೋರಿಸಿ ಇತರರಿಗೆ ಸ್ಫೂರ್ತಿಯಾಗಬಹುದು.

ಟೋಕಿಯೋ ಪ್ಯಾರಲಿಂಪಿಕ್ಸ್ 2020ರಲ್ಲಿ ತಮ್ಮ ದೇಶಗಳನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತಿರುವ ಅಭ್ಯರ್ಥಿಗಳನ್ನು ನಾನು ತೆಗೆದುಕೊಳ್ಳುವುದು ಸರಳ ಉದಾಹರಣೆ. ಅವರಲ್ಲಿ ಹಲವರು ಪದಕಗಳನ್ನು ಗಳಿಸಿದ್ದಾರೆ. ಅವರು ವಾರ್ಷಿಕವಾಯುವಿಗೆ ಒಳಗಾಗಿದ್ದರೂ ತಮ್ಮ ಕನಸನ್ನು ಬಿಡಲಿಲ್ಲ, ಬದಲಾಗಿ ಅವರು ಕಷ್ಟಪಟ್ಟು ಕೆಲಸ ಮಾಡಿದರು ಮತ್ತು ಲಭ್ಯವಿರುವ ಅವಕಾಶಗಳನ್ನು ತಮ್ಮ ಪ್ರತಿಭೆಯನ್ನು ಪ್ರದರ್ಶಿಸಲು ಬಳಸಿಕೊಂಡರು.

ಕೊನೆಯದಾಗಿ, ನಮ್ಮ ಕನಸುಗಳು ಸುಂದರ ವಾಗುತ್ತಿರುವ ವಾಸ್ತವ ದಿನವನ್ನು ನೋಡುವವರೆಗೂ ನಾವು ನಮ್ಮ ಇಚ್ಛಾಶಕ್ತಿಯನ್ನು ಹೇಗೆ ನಿರ್ಮಿಸಿ ಕೊಳ್ಳುತ್ತೇವೆ ಮತ್ತು ನಮ್ಮ ಗುರಿಗಳ ಮೇಲೆ ಹೇಗೆ ಶ್ರಮಿಸುತ್ತೇವೆ ಎಂಬುದರ ಮೇಲೆ ಅವಲಂಬಿತವಾಗಿದೆ.

ವಸುಂಧರ ಎಸ್. ರಾವ್

೯ 'ಎ'

‘Sometime you ought to create, what you want to be part of!’

Sindhians expressed their competitiveness, excellence, creativeness and enthusiasm through various Co-curricular activities conducted for the classes 1- XII. It was aimed at developing holistic growth in children. It also helped the students provide support to venture into various fields like music, painting, art, acting, photography and many more. Many competitions were organised to motivate the students to expand their capabilities.

Restoring Environment: Poster Making

‘Progress is impossible without change and those who cannot change their attitude cannot change anything!’

The world environment day is celebrated every year on 5th June to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment friendly activities. Sindhians come together to pledge towards building a greener planet. Keeping this aim in view, a poster making competition on restoring environment was held for the students of class VII to X with an aim to help students to exhibit their talent and love for the environment. The best three entries were selected on the bases of content, presentation and the message they conveyed.

Olympic Day: Poster Making

‘The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well’

Sindhians cheered Tokyo Olympics participants by making posters to build up the confidence and to boost their morale. These activities were organised under the dynamic guidance of our PT teachers. Students made attractive posters and wished the participants good luck and also encouraged them to participate with confidence, perseverance, and determination. They also mentioned about the origin of Olympics games and elucidated the importance of Olympic day. There were many games in which India participated for the first time. Students also gave information regarding the rules of Olympics. The students were also encouraged to participate in games along with their studies. The best three posters were selected based on presentation, creativity and the message conveyed.

Vegetable Art:-

“Let food be thy medicine, and medicine be thy food.”

To emphasize the message that “healthy mind in a healthy body”, a vegetable art activity was held on 03rd August 2021.

This colourful ‘Vegetable Art Activity’ was conducted for the students of class VII and VIII. Vegetables aren’t just for eating! They can be used to make beautiful paintings and crafts. It was an individual activity where all the students participated actively with energy and passion. This competition was evaluated for their creativity, presentation and originality.

Cartooning Competition

‘A limitless opportunities for the creative minds’.

An online cartooning competition was held on 10th July, 2021. Sindhians chose from three themes given to them, parent’s intimacy towards children, results of imbalance in ecosystem and doctor’s life during corona. The students were highly motivated and took part with great passion and vigour. The best entries were judged based on creativity, originality and interpretation of the theme.

Newspaper /Colour paper art

“Art is not what you see, but what you make others see”.

An online Paper art competition was held on 31st July, 2021. Sindhians created magic with paper and their imagination. The colourful paper fans, decorative pen stands, artistic storage boxes, decorative posters, flowers, fruits, various motifs etc. were churned out by students of class 7 and 8. The best entries were based on their creativity, presentation and durability.

Independence Day Art Competition

Independence Day brings new energy and determination to take the nation forward.

The budding artists of classes 7 and 8 showcased their tremendous talent, they canvassed their imagination and thoughts through a virtual drawing competition, themed on ‘Freedom Fighters’. The ignited minds were appreciated and further exhorted to participate actively in all the curricular activities to develop their personality and so as to step forward as a proud citizen for the country at all times.

Krishna Janmashthami

Perform your obligatory duty, because the action is far better than inaction.

Janmashtami was celebrated on 28th August, 2021 with mirth and joy. This day signifies a lot more too modern India, it signifies excitement, euphoria and a joyous spirit of enthrallment. Children showcased their creativity and displayed an artistic array of flutes, cradles, peacock feathers and matkas of Lord Krishna. This activity made a cultural connect to the students which will surely help them to be deep rooted in Indian festivals and tradition.

CCA 1 A



(Poster Making- Save Earth)

1. Avyan P Muruli
2. Viva Padia
3. Ryan



(Happy Father's Day)

1. Vedanth Poonja
2. Jiganshu Sharma
3. Eva M T



(Diwali Celebration)

1. Md. Imaaduddin
2. Charvik Shriyan
3. Shreyashi Mitra



(Clay Modelling)

1. Jay Aditya Raj
2. Lisha H Avanthkar
3. Aadya P Sahukar



(Independence Day)

1. Sannidhi Vijay
2. Swajith Patel
3. Joannah M D

play learn and grow together

CCA 1 B



(Poster Making- Save Earth)

1. Nishika R N

2. S V Krithvik

3. Viraj Achaiah



(Happy Fathers Day)

1. Nishika R N

2. Anindita Guha Neogi

3. Jiten V Gowda



(Clay Making)

1. Ishaan Bhagli

2. Agastya N

3. Sinchana G



(Independence Day)

1. Viraj Achaiah ML

2. Thesikha Patel

3. Akshaya Ginu



(Diwali Celebration)

1. Dhyuthi L

2. Viraj Achaiah ML

3. Nidhi Madhusudan

play learn and grow together

CCA 1 C



(Poster Making- Save Earth)

1. Skanda S
2. Anvika H
3. Karthik Rajesh



(Independence Day)

1. Skanda
2. Adithya malde
3. S Koshal



(Diwali Celebration)

1. Thanmayi
2. Aishani
3. Raghav



(Clay Modelling)

1. Shishir Ready
2. Anvika H
3. Vihaan



(Happy Father's Day)

1. Dhruv Sai
2. Aadhya R
3. Skanda

play learn and grow together

CCA 1 D



(Poster Making- Save Earth)

1. Harneet Singh
2. S Hemanya
3. Preeth Jain



(Happy Fathers Day)

1. Aadya Puranik
2. Haarditha P Shetty
3. Vikranth Chowdary



(Clay Modelling)

1. Arjun P
2. Mithun D Dalvi
3. Kundan K



(Diwali Celebration)

1. M Tanisha
2. Anusha Pappu Sapsariya
3. S Hemanya



(Independence Day)

1. Harneeth Singh
2. M Tanisha
3. K Nikhilesh

play learn and grow together

CCA 2 A



(Poster Making- Save Earth)

1. Sahana

2. Milana

3. Dhriti



(Happy Fathers Day)

1. Nikshitha

2. Dhriti

3. Ritika



(Diwali Celebration)

1. Tejas

2. Adbhuth

3. Aditri



(Independence Day)

1. Vibha

2. Ahana

3. Abdhuth



(Clay Modelling)

1. Drithi Madhu

2. Prithvi

3. Milana

play learn and grow together

CCA 2 B



(Poster Making- Save Earth)

1. Mrudani

2. Sarayu

3. Siya Nagabhushan



(Happy Fathers Day)

1. Sai Tanvi

2. Viha Kasetty

3. Akshay Ram



(Diwali Celebration)

1. Sayushka Jain

2. Veditha

3. Devangi Khetan



(Clay Modelling)

1. Rithvik Rakesh

2. Sarayu .J S

3. B Akshay Ram



(Independence Day)

1. Sarayu J S

2. B Akshay Ram

3. Rithvik Rakesh

play learn and grow together

CCA 2 C



(Poster Making- Save Earth)

1. Pranathi S

2. Bhavin

3. Aaghnya



(Happy Fathers Day)

1. Dhyanyashree

2. Aadya

3. Harika



(Independence Day)

1. Chhalana Smitha

2. Diya Rahul

3. Sanath Kumar



(Clay Modelling)

1. Pradhaan

2. Chhalana Smitha

3. Parth



(Diwali Celebration)

1. Saanvi Harish

2. Reyansh

3. Poorvaj

play learn and grow together

CCA 2 D



(Poster Making- Save Earth)

1. Hridhaan V A

2. Gagan godwa

3. Aaroohi



(Happy Father's Day)

1. G Rajavardhan

2. Ramya Sharma

3. Hitaishi M



(Clay Modelling)

1. Pradhaan Shandilya

2. Chhalana Smitha T S

3. Parth Pamarthi



(Diwali Celebration)

1. Aaroohi

2. Rithwika valluru

3. Diya Ravindra



(Independence Day)

1. Hridaan

2. Prateek

3. Riya Deepak

play learn and grow together

CCA 3 A



(Poster Making- Save

1. Sparsh Bindal
2. Ruthvika C.N
3. Samanyu Maiya



(Independence Day)

1. Eshitha
2. Marineni Sitara
3. Arjun



(Table Clock)

1. Sitara
2. Ved C M
3. Ruthvika



(Mosaic Art)

1. Diana
2. Sitara
3. Samanyu



(3D Fruit Making)

1. Vihaana Aashritha Charan
2. Ayushmaan V
3. K.Jhanavi Raju



(Clay Modelling)

1. K Jhanavi Raju
2. Ved Chidanand Mungarwadi
3. Vihana Ashritha Charan



(Diwali Celebration)

1. Ruthvika
2. Sparsh Bindal
3. Ved CM

CCA 3 B



(Poster Making- Save

1. Sanchitha R
2. Srilekha V M
3. Vishank



(Table Clock)

1. Shrinitha M A
2. Sukruthi Pandit
3. Bannaravuri Shree Ramanath



(Independence Day)

1. Adrija
2. Likhil srinivas
3. Anvay vikash



(Happy Fathers Day)

1. Lishika
2. Adrija
3. Sukruthi



(3D Fruit Making)

1. Varsha
2. Bannaravuri Shree Ramanath
3. Saurish



(Clay Modelling)

1. Lishika M Reddy
2. Anvay Vikash
3. Adithya Subramanian



(Diwali Celebration))

1. Adrija
2. Likhil S Srinivas
3. Jagruthi

CCA 3 C



WINNERS(Poster Making-Save Earth)

1. Prateek P Bhat
2. Priyamvada Vasireddy
3. Siddanth Sajit



(Father's Day)

1. Liora Panigrahy
2. Disha P
3. BN Rushil Timmaiah



(Table Clock)

1. Liora Panigrahy
2. Naiani
3. Prateek



(Mosaic Art)

1. B.N Rushil Timmaiah
2. Priyamvada vasi Reddy
3. Brinda M Soppannavar



(3D Fruit Making)

1. Prateek
2. Naini
3. Shreshta Murthy



(Clay Modelling)

1. Naini L Reddy
2. Prateek Bhat
3. Dhisha P



(Diwali Celebration)

1. Brinda M
2. Priyamvada Vasi Reddy
3. Prateek P Bhat

CCA 3 D



(Poster Making- Save

1. Kulvith P
2. Vishwareth Magge
3. Naitik Pillai



(Happy Fathers Day)

1. Chaandvika Acharya
2. Sakshi Sai Singh
3. Thanish Adkar



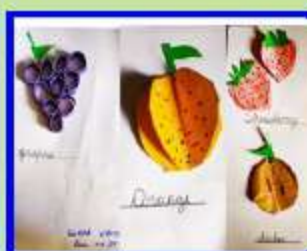
(Table Clock)

1. Neil Mathew Daniel
2. Natalee Rout
3. Advika Vishwanath



(Mosaic Art)

1. Thanish
2. Vishwareth
3. Saanvi Mohan



(3D Fruit Making)

1. Sakshi Sai Singh
2. Swara Vachan
3. Lokajith Dikshit



(Clay Modelling)

1. Ashlyn Thaneti
2. Devesh V
3. Dhanvi R



(Diwali Celebration))

1. Dhanvi R
2. Ashlyn Thaneti
3. Thanish Adkar

CCA 4 A



Vegetable Printing

1. Saanvi N
2. Apeksha K
3. Drupad



Collage Making

1. Mukund P
2. Apeksha K
3. Garisht



Art in Colour

1. Nishika
- 2.
3. Saanvi N

CCA 4 C



Greeting Card making

1. Prerna Praveen Jupiter
2. Maithreya R Neptune
3. Akshara hemanth earth



Re-Using Plastic Waste

1. Dia vivek
2. sthuti S
3. E sharanya



Art in Colour

1. Rachit
2. Tanmaya v
3. Ishavanvi L



Vegetable Printing

1. Tanmaya V earth
2. Vybhav singh
3. Chirantha g

CCA 4 B



Vegetable Printing

1. Sameeksha M
2. Aradhya S Patanje
3. Klrn Kumar D S



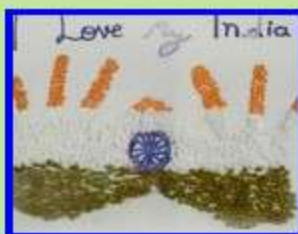
Collage Making

1. Manaswini Pramod
2. Rajat Vijay Kudur
3. Dhanvi N S



Re-Using Plastic Waste

1. Swathika M
2. Smrithi
3. Ananya Chetan



Art in Colour

1. Ankitha M Talwar
2. Samanvi Kishore
3. Reya Bijoor



Greeting Card making

1. Gagan Gowda S
2. Sushanth Vanduvalli
3. Pranavi Girish



Decoration With Pebbles

1. Rajat Vijay Kudur
2. Saatvik Sudheer
3. Bhuvi G Bajaj

CCA 4 D



Vegetable Printing

1. Parikshith S Raju
2. Vibha R
3. Anwitha Vikash



Collage Making

1. Vibha R
2. Harshil
3. L Rutvik Reddy



Re-Using Plastic Waste

1. Vibha R
2. Aananya V
3. Vishwajeet



Art in Colour

1. Harshini M
2. Vibha R
3. Prisha N



Greeting Card making

1. Vibha R
2. Harshini M
3. Anwitha Gadag & Anvitha Vikash



Decoration With Pebbles

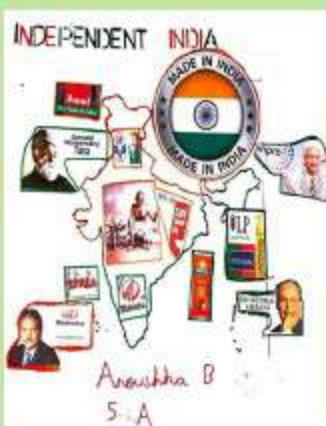
1. L Rutvik Reddy
2. Sohan and Niara
3. Harshini M, Hemanth and Sanjeet



Poster Making on Diwali

1. Vibha R
2. Subhrmanya Gowtham
3. Anwitha Vikash, Hemanth and Gunjan

CCA 5 A



WINNERS(Collage Making)

1. Navya
2. Harshvardhana
3. Anoushka



WINNERS(Tri Color Art)

- 1.Chinmayi P
2. Harshavardhan
3. Aarushi Santosh



WINNERS (Pebble decoration)

- 1.Harshvardhana
2. Shriya
3. Chinmayi P



WINNERS (Poster Making Safe Diwali)

- 1.Aarushi
2. Aahana
3. Abhay

CCA 5 B



WINNERS(Best out of waste)

1. Shreyas B

2. Anvesha Chauhan

3. Navya Kolkur



WINNERS(Tri Color Art)

1. Sanvi Santhosh Prasad

2. Nalume C Gowda

3. Sathvik Bhat



WINNERS (Atmanirbhar Bharat)

1. Shreyas M

2. Rishit V Sanji

3. Aditi Banakar



WINNERS (Pencil Shaving Art)

1. Janishaa D R

2. Saanvi R

3. Yashita Puri

CCA 5 C



Collage Making

1. Nessa S T
2. Daksh Hemanth
3. Maitreyi N P



Art in Colour

1. Daksh Hemanth
2. Dhruthi K
3. Shreevatsa M Achar



Greeting Card making

1. Nessa S T
2. Vihaan S Gowda
3. Daksh Hemanth



Decoration With Pebbles

1. Daksh Hemanth
2. Nessa S T
3. Brinda Reddy

CCA 5 D



WINNERS(Best out of Waste)

1. Hritvik Hinduja

2. Anvith Kamath

3. Hitesh



WINNERS(Tri Color Art)

1.Vibhav

2. Venu

3. Sharvya Nayak



WINNERS (Pebble decoration)

1. Anvith Kamath

2. Sharvya Nayak

3. Varun B C



WINNERS (Pencil Shaving Art)

1.Manvik

2. Sakshi

3. Shruti

CCA 6 A



WINNERS (Nature and its beauty)

1. Sainidhi N

2. Saanvi

3. Darshh M



WINNERS (Reducing Plastic Waste)

1. Hannah S

2. Vedantti

3. Deepthangee P



WINNERS (Origami)

1. Vishak Naveen

2. Dheeptha R

3. Saanvi



WINNERS (Tricolour Art)

1. Vishak Naveen & Saanvi

2. Sainidhi

3. Pranitha

Hindi Poem Recitation

1. Dheeptha R

2. Pranitha G

3. Vishak Naveen

English (Pick & Speak)

1. Sainidhi N

2. Hannah S

3. Pranitha G and Janani

English Recitation

1. Pranitha G

2. Daivik M

3. Anushka P and Sai Bodhan

CCA 6 B

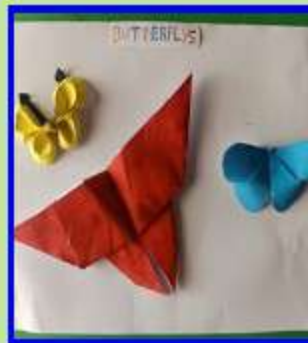


Greeting Card: Nature and its Beauty

1. PRAGNA R

2. SANJEEVINI P KASHYAP

3. ANSH MUKUND VASHIST



ORIGAMI

1. ANSH MUKUND VASHIST

2. POORVI BHARATH

3. D S SHAMITHA



Re-Using Plastic Waste

1. PRAGNA R

2. HARITA SATISH

3. DHRUTHI H V



Art in Colour

1. SAIESH G S

2. ANSH MUKUND VASHIST

3. DHRUTHI H V

CCA 6 C



WINNERS(Nature and its beauty)

1. Yatharth M
2. Suhani Kumar
3. Dhriti V B



WINNERS(Reducing Plastic Waste)

1. Suhani Kumar
2. Sinchana
3. Jayashree



WINNERS(Origami)

1. Jayasurya
2. Tanvi Gowda
3. Ranjeet



WINNERS (Tricolour Art)

1. Sai Namish
2. Mihira V
3. Hruthvik S



WINNERS(Greeting Card)

1. Tanvi Gowda
2. Yatharth M
3. Nishtha Desai



WINNERS (Diya Decoration)

1. Megha Sai Raju
2. Tanmaya Thirumal Raju
3. Vikasa Kukkupuni

WINNERS (Story telling)

1. Suhani K
2. Krishna P
3. Siddanth Vinayak

WINNERS (Pick & Speak)

1. Mihira V
2. Sai Namish
3. Samudyata

WINNERS (Poem Recitation)

1. Mihira V
2. Shreya M
3. Krishna P

CCA 6 D



WINNERS(Nature and its beauty)

1. Idanth B

2. Diya Vijish

3. Nihaarika R N



WINNERS(Origami)

1. Idanth B

2. Poorvi Keerthi & Tanush R

3. Mohit J & Gagandeep L

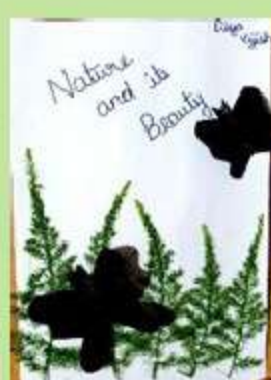


WINNERS (Tricolour Art)

1. Idanth B

2. Gagandeep L, Prithvi Mathapathi, Chiranth

3. Tanush R , Ryan Sujesh



WINNERS(Greeting Card)

1. Idanth B

2. Diya Vijish

3. Nihaarika R N

CCA 7 A



WINNERS(Poster Making- Restoring Environment)

1. Rithik AP
2. Varnith U
3. Tulip Tharwani



WINNERS(Vegetable Art)

1. Anushka K
2. Deeksha K
3. Ajay B S



WINNERS(Cartoon making)

1. Saanvi Harish
2. Rishikesh Ganganalli
3. B Kavin Nithish



WINNERS (Newspaper,colour paper art Origami)

1. Dakshit Subba Rao Bollina
2. Manyatha Rashmi T S
3. TULIP THARWANI



WINNERS(Poster making Independence Day)

1. Diganth M
2. Deeksha K
3. B Kavin Nithish



WINNERS (Poster Olympic Day)

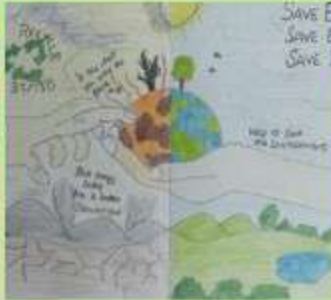
1. Rithik AP
2. Zoha Tasneem
3. Rachana R Patil



WINNERS (Krishna Jan- mashthami)

1. Saanvi Harish
2. Anamika Dilip
3. Dakshit Subba Rao Bollina

CCA 7 B



WINNERS(Poster Making- Restoring Environment)

1. Anish G
2. Aditi Sanganagouda Tondihal
3. Navya B C



WINNERS(Vegetable Art)

1. Keerthana V
2. Jashan J Shetty
3. Anish G



WINNERS(Cartoon making)

1. Sonal K Kalro
2. Anish G
3. Rishha Sakrevagol



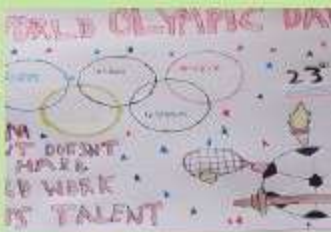
WINNERS (Newspaper,colour paper art Origami)

1. Rishha Sakrevagol
2. Navya B C
3. Arpitha M



WINNERS(Poster making Independence Day)

1. Navya B C
2. Sonal K Kalro
3. Rishha Sakrevagol



WINNERS (Poster Olympic Day)

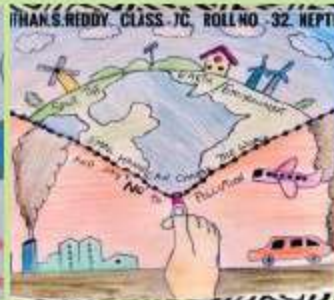
1. Rishha Sakrevagol
2. Rohit Chanda
3. Vedant Shetty



WINNERS (Krishna Jan- mashthami)

1. Aditi Sanganagouda Tondihal
2. Naman A
3. Sonal K Kalro

CCA 7 C



WINNERS(Poster Making- Restoring Environment)

1. SMRITI MOHAN
2. A TANUSHA
3. SHRITHAN. S. REDDY



WINNERS(Vegetable Art)

1. RENJINI SURENDRA
2. NEIL D DHARWADKAR
3. NIKITHA M DANIEL



WINNERS(Cartoon making)

1. SMRITI MOHAN
2. NEIL DHARWADKAR
3. ANIRUDH M



WINNERS (Newspaper,colour paper art Origami)

1. RUCHITHA S
2. GAGANA R
3. A TANUSHA



WINNERS(Poster making Independence Day)

1. KEERTHANA V
2. PRADHYOT DESAI
3. RISHIK



WINNERS (Poster Olympic Day)

1. RUCHITHA S
2. PUSHYA BILIGIRI
3. HARSHIT H VERNEKAR



WINNERS (Krishna Jan- mashthami)

1. PUSHYA BILIGIRI
2. KEERTHANA V
3. NEIL DHARWADKAR

CCA 7 D



WINNERS(Poster Making- Restoring Environment)

1. SAANIKA HARISH JADHAV

2. VIHAAN D JAIN

3. GARIMA TALREJA



WINNERS(Vegetable Art)

1. LAKHI ADITHI

2. ALISHA RAY

3. RAHUL BURAD



WINNERS(Cartooning)

1. HITESH M RAJDEV

2. SAANIKA HARISH JADHAV

3. PRATEET U K



WINNERS (Newspaper,colour paper art Origami)

1. PRATEET U K

2. ANISHA Y N

3. JAYSURYA S



WINNERS(Poster making Independence Day)

1. LAKHI ADITHI SANNALA

2. Deeksha K

3. B Kavin Nithish



WINNERS (Poster Making Olympics)

1. ALISHA RAY

2. VEDIKA PRATIVADI

3. NIKHIL THUNGA



WINNERS (Krishna Jan- masthanmi)

1. NIKHIL THUNGA

2. SHRUTHVAA S

3. RAHUL BURAD

CCA 8 A



WINNERS(Poster Making- Restoring Environment)

1. M.Poorvi
2. Hansika AjaySachdev
3. Shreya Thyagaraj



WINNERS(Vegetable Art)

- 1.Aarush Reddy Padala
2. Yashika K
3. Thanmyi Krishna Prasad



WINNERS(Cartooning)

1. Megha S.Rao
2. Hansika Ajay Sachdev
3. Sattviki Panda



WINNERS (Newspaper,colour paper art Origami)

1. Medha Mohan
2. Prateeksha R
3. Megha S. Rao



WINNERS(Poster making Independence Day)

1. Megha S. Rao
2. Aarush Reddy Padala
3. Prateeksha R



WINNERS (Poster Making Olympics)

- 1.Jiya Manish Ahuja
2. Shriya Thyagaraj
3. S.Namrata



WINNERS (Krishna Jan- mashthami)

1. Geeth N. R.Reddy
2. Jiya Manish Ahuja
3. Maanyaath S.K

CCA 8 B



WINNERS(Poster Making- Restoring Environment)

1. NIKHIL V S
2. BHUVI B MADHAVA & SINCHANA S RAJU
3. P J MAHESH RAJU



WINNERS(Vegetable Art)

- 1.MAYANK M REDDY
2. S SRIRAM



WINNERS(Cartooning)

- 1.SAANVI SHIVANADA
2. JEEVANDEEP S & SSRIRAM
3. Dhruv Sharma



WINNERS (Newspaper,colour paper art Origami)

1. SAANVI SHIVANANDA & ADITI RAMMOHAN
2. SANJAY RAVIKUMAR & AHANA KARTHIK
3. ZEYBA BINZAD & DHURV SHARMA



WINNERS(Poster making Independence Day)

1. NANDINI BHARGAVI LAKSHMANA
2. MIHIRR MITUL GANDHI
3. TEJAS HALLADALLI KIRAN



WINNERS (Poster Making Olympics)

- 1.ADITI RAMMOHAN
2. MIHIRR GANDHI & ARYAN
3. DHURV SHARMA



WINNERS (Krishna Janmashtami)

- 1.ANANYA NAIK
2. ZEYBA BINZAD
3. DHURV SHARMA & DIGANTH

CCA 8 C



WINNERS(Poster Making- Restoring Environment)

1. SAANIKA HARISH JADHAV

2. VIHAAN D JAIN

3. GARIMA TALREJA



WINNERS(Vegetable Art)

1. Likithasri N

2. Abhay A

3. Vibha S



WINNERS(Cartooning)

1. Anvita K Ballal

2. Sunmathi M Karthikeyan

3. Janvi Sharma



WINNERS (Newspaper,colour paper art Origami)

1. SWATI M

2. ADEEP MADHAVAN

3. Sunmathi M Karthikeyan



WINNERS(Poster making Independence Day)

1. ABHAY A

2. Manya Nag T S

3. Janvi Sharma



WINNERS (Poster Making Olympics)

1. Vaishnavi V Herkal

2. Advait S L

3. Swathi M



WINNERS (Krishna Janmashthami)

1. SWATI M

2. Adeep Madhavan

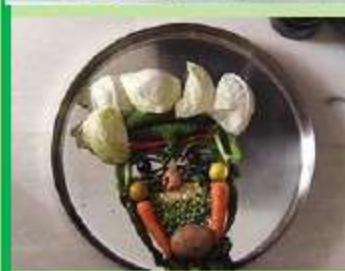
3. Manthan Kiran

CCA 8 D



WINNERS(Poster Making- Restoring Environment)

1. Akhila Vipin Madangarli
2. Anindita Guha Neogi
3. Jiten V Gowda



WINNERS(Vegetable Art)

1. Harsh S Solanki
2. Nandini Mishra
3. Chethus Venkat A



WINNERS(Cartooning)

1. Sashrika S
2. Sukruti S Umadi
3. Vineeth M Arjun



WINNERS (Newspaper,colour paper art Origami)

1. Niharika V S
2. Samanvitha N
3. Roshini Biharilal Panjabi



WINNERS(Poster making Independence Day)

1. Pranavi S Gupta
2. Pavan Gowda
3. Dhyuthi Raj P



WINNERS (Poster Making Olympics)

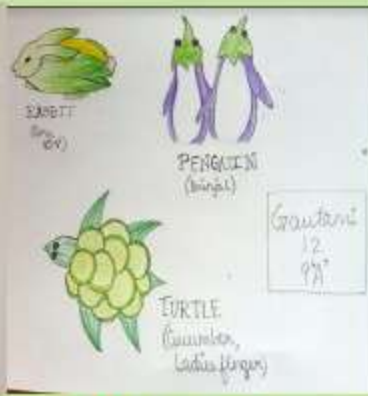
1. Anchal Singh
2. Gopika Kannan
3. Jiten V Gowda



WINNERS (Krishna Jan- mashthami)

1. Sri Lekha Vijaykumar
2. Gopika Kannan
3. Rishika S

CCA 9 A



WINNERS(Vegetable Art)

1. JAHNAVI M

2. GAUTAMI V G

3. VIDYASHREE



WINNERS(Best out of Waste)

1. VASUNDHARA S RAO

2. ADWIKA SUBHASH

3. HIMANSHI C PUNJABI

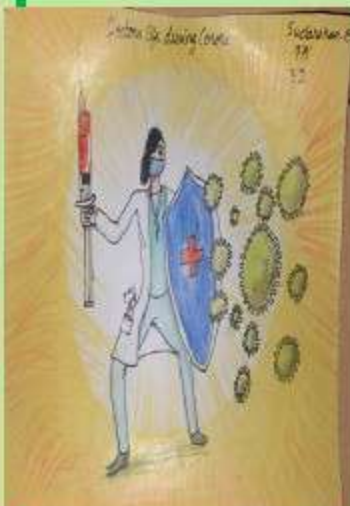


WINNERS(Board decoration Independence Day)

1. JAHNAVI M

2. PRAGATHI ITAGI

3. SINCHANA R ANAGOD



WINNERS (Cartooning)

1. SUDARSHAN BHARAT

2. SINCHANA ANAGOD

3. UDITHA M N

CCA 9 B



WINNERS(Vegetable Art)

1. SHANIKA SUSHANT PAUL

2. ADITHYA R SHASTRY

3. JOSHITA V



WINNERS(Best out of Waste)

1. VARSHA V

2. HEMANTH C

3. SAANVI RAJ



WINNERS(Board decoration Independence Day)

1. SHANIKA SUSHANT PAUL

2. JEEVA SAI CHARAN

3. SAMIKSHA AVINASH AGADI



WINNERS (Cartooning)

1. NARAMSETTI HASINI

2. SHANIKA SUSHANT PAUL

3. AAKANKSHA PRAVEEN AGRAHARA

CCA 9 C



WINNERS(Vegetable Art)

1. SRIRAKSHA VISHWAS MADHUDI

2. TEJAS GOLASANGI , TANISHA M

3. ADARSH HITESH SHAH , S RITIKA



WINNERS(Best out of Waste)

1. GAURAV TIWARI, ARUSHI P

2. TANISHA M

3. JIYA JAIKISHAN, PARINITHA P



WINNERS(Board decoration Independence Day)

1. GOURAV TIWARI , SHREYA JS

2. GOONA , AKANKSHA

3. SRIRAKSHA VISHWAS MADHUDI , KSHITU NAG



WINNERS (Cartooning)

1. DARSH KESHAV

2. SURAJ U D , GOONA

3. GOURAV TIWARI ,TANISHA M

CCA 9 D



WINNERS(Vegetable Art)

1. ANIRUDH SUBHASH

2. BAHULA S

3. SAHIL KHURANA



WINNERS(Best Out of Waste)

1. MOHANA KUMARI C

2. KASHISH HITESH SADARANGANI

3. LAKSHYA N A & ANIRUDH SUBHASH



WINNERS(Board decoration Independence Day)

1. Deepika M V

2. Sahil Khurana

3. Kashish Hitesh Sadarangi & Khushi Kasetty Prasad



WINNERS (Cartooning)

1. BAHULA S

2. KHUSHI KASSETY PRASAD

3. DEEPIKA M V

CCA 10 A



WINNERS(Vegetable Art)

1. HIMANSHU D KOLCHOR

2. H R ACHALA , SHRINGA NAYANK P , AADHYA M

3. Sujay Krishna V, Aum Lavkumar Padia



WINNERS(Best out of Waste)

1. AKSHAY KAMATH

2. DISHA D BANGRE , JOSHITA

3. Anjani Ranganath, Shivani Shenoy, Aadhyam



WINNERS(Board decoration Independence Day)

1. S A KAVINTHRA SUNDARI

2. Himanshu D Kolchor, Shringa Nayak P

3. MITHUN GOWDA C



WINNERS (Krishna Janmashthami)

1. Himanshu D Kolchar

2. Mottamari Kanaka Varsha

3. Aum Lavkumar Padia

CCA 10 B



WINNERS(Vegetable Art)

1. CHERUKU AADHYA

2. ANJALI BOSE & CHINMAY BABU

3. DHANYA K, C YASHAS GOWDA ,
SANJANAVINAY



WINNERS(Best out of Waste)

1. CHERUKU AADHYA

2. ADITYA RAJ & DHYAN SHANKER

3. RUPASHREE



WINNERS(Board decoration Independence Day)

1. CHERHUKU AADYA & SAAMHITA

2. C YASHAS GOWDA

3. ARNAV GOYAL, ANJINI BOSE



WINNERS (Krishna Janmasthanmi)

1. CHERUKU AADHYA

2. RUPASHREE

3. CHINMAY BABU

CCA 10 C



WINNERS(Vegetable Art)

1. PURVI S GOUDAR

2. ARYAN K CHHABRIA, HARITHA A

3. JYOTHIKA R H



WINNERS(Best out of Waste)

1. YASHASWINI G P

2. JYOTHIKA R H

3. PURVI S GOUDAR



WINNERS(Board decoration Independence Day)

1. SMARAN SHASHI

2. PURVI S GOUDAR

3. JAHNAVI GORAKNATH WANKHEDE



WINNERS (Krishna Janmasthanmi)

1. KUSHALA R

2. HARITHA A

3. SAMARAN SHASHI

CCA 10 D



WINNERS(Vegetable Art)

1. Arpitha R

2. Prajwal R S

3. Gauri P N



WINNERS(Cartooning)

1. Purvi S Sharma

2. Radha D R

3. Arpitha R



WINNERS(Independence Day)

1. Niranjan D

2. Purvi S Sharma

3. Disha N Bettaiah



WINNERS(Krishna Janmashtami)

1. Swaroop Patil

2. Nandan Subramani

3. Radha D R



WINNERS(Best out of waste)

1. Pourush V Magar

2. Shashank Bhat M

3. Mohit Singh

ACHIEVERS 2021-22

Daksh Hemanth from 5C has been awarded 2nd Runners Up in the state round, Karnataka in SIP Online National Prodigy 2021, an Abacus competition conducted by SIP Abacus Academy where more than 60,000 kids participated.



Sumukha Upadhyaya secured a Gold Medal in International Karate Tournament organised by Military Sports All-Around Competitions (MSAC), UKRAINE.



Jyothika of 10C has won the following awards

- 1) International Sports Champion Award
- 2) National Sports Champion Award - Conferred by National Sports & Physical Fitness Board of India
- 3) Featured on the Facebook Page of SHOTOKAN Karate Do of aunties Baton for Gold Medal in Self Defence Martial Arts Academy Karate Championship
- 5) Black Belt Diploma by Japan SHOTOKAN Karate Association
- 6) Rainbow Ultimate Karate Championship
- 7) Self Defence Martial Arts Academy Karate Championship
- 8) Karnataka Sports Karate Do Championship
- 9) Dream World Karate Championship
- 10) Indo Bangladesh Karate Championship

She has participated in Read India celebration and has been shortlisted for the 2nd round of Reading Challenge. Best wishes.

ACHIEVERS 2021-22



S V Krutvik came 1st in Lawn Tennis under 6 category



Restoring what we've lost

Behold the beauty of nature,
The fragrance of flowers in the air,
Bright rays of sunshine nurture
Lean trees swaying in the air.

The melody of chirping birds
Fills our hearts with delight.
I admit, I'm short of words
To describe this marvellous sight.

Man's greed knows no ends,
Is what I've heard them say?
We borrow what nature lends,
And then we forget to pay.

Now it's all away and gone,
Buried beneath concrete and steel.
What change our world has undergone!
Worry not, there's still time to heal.

Let's all join hands together
To restore what we've lost.
It's better late than never,
To step back from the line, we've
crossed.

H.R. Achala 10 A

ENGLISH-THE STRANGE LANGUAGE

Do you bloviate and carry a bumbershoot with you while you *lollygag*?

My spell bee journey three years ago till the national level as well as my love for books has helped me open my eye to and appreciate the English language for what it really is. Shakespeare is known for creating some "crazy" words, but most of those words are now so common that we don't notice. These words range from "hurry" to "zany" and in the 1400s they were quite strange. I have come across so many words that are just mind boggling in the process and here are 5 of them:

1)Cattywampus: This is a term that you will find in the Midland and Southern United States. It is referring to something that is in disarray, that is askew, or something that isn't directly across from something. For example, "Martha is very lethargic which results in her room being cattywampus for most of the time."

2)Abibliophobia: Now this is a word that perfectly describes many people and you may be one! This refers to someone who is afraid of running out of things to read.

3)Lollygag: The definition of "lollygag" is someone who is messing around or wasting time. This could be a good word to use when procrastinating, "I'm just lollygagging." Are you a lollygagger?

4)Wabbit: It is a Scottish term for being exhausted. Next time you're tired, try saying, "I'm pretty wabbit at the moment" and see just how many people look at you strange.

5)Borborygm: You know that rumbling you sometimes get in your stomach? Well, this is one term for that sensation! It might be a little bit more difficult to say than saying, "I'm hungry," though.

Manya Ravishankar 11 A



Reducing Single Use Plastic Pollution-Role of youth

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly. – Anne Marie Bonneau aka The Zero Waste Chef." A straw with our iced coffee, a plastic bag to carry our takeout, a wrapper on a candy bar: taken individually, each seems harmless. These modern conveniences are so ubiquitous—and so quickly thrown out—that they hardly register in our minds. But single-use plastics come with a steep environmental price—one that we'll be paying off for millennia.

What is single use plastic and why is it so bad? Put simply, single-use plastics are goods that are made primarily from fossil fuel-based chemicals (petrochemicals) and are meant to be disposed of right after use. Single-use plastics are most commonly used for packaging, such as bottles, wrappers, straws, and bags but the reason why this particular topic is garnering attention lies in the fact of the problem with throwaway culture. "It cannot be right to manufacture billions of objects that are used for a matter of minutes, and then are with us for centuries." – Roz Savage. It has become an irreplaceable part of human life. Our reliance on these plastics means we are accumulating waste at a staggering rate. We produce 300 million tons of plastic each year worldwide, half of which is for single-use items. That's nearly equivalent to the weight of the entire human population.

Guess what!? Today India has the largest population of youth than ever before and if even half of us work towards reduction in use of single use plastic by changing the simplest of our habits we can help change the world for the better. "It's only one straw," said 8 billion people. Rather than waiting for others to join and do this important mission and duty, if we start at the individual level, it can make wonders for us and the world. After all the world is changed by your example, not by your opinion.

Did u know that chewing gum, the one that we and our friends just enjoy manducating on all day, contains plastic? Yes, it contains plastic! Not only the wrapper but one of its ingredients "gum base" which gives its characteristic chewiness is used in many gum formulas used to make single use plastic. Just giving up chewing gum or simply switching over to more natural and organic ones would widely help reduce single use plastic use on a daily basis. Just think of how many children, teenagers and adults chew gum around the world every single day.

Let's not deny it, youngsters enjoy junk food- be it chips in single use plastic packets or soft drinks in plastic bottles which we don't give a second thought about while throwing. Every second, 15,000 plastic bottles are sold worldwide. That is 1,000,000 per minute and 480 billion a year. Coca-Cola sells the majority of these: 110 billion a year. Only 7% of these single-use plastic bottles are recycled, despite the fact that the material used (PET) is one of the easier to recycle. In addition, PET sinks but bottle caps do not. They are made from a different type of plastic (HDPE) and are lighter than water. As a result, more caps wash up on beaches than bottles.

"The most environmentally friendly product is the one you didn't buy." – Joshua Becker, founder of Becoming Minimalist.

The youth can help combat the use of single use plastic in several effective ways- from school rallies to peaceful protests to creating awareness through skits, uploading videos to influential social media platforms, posters, word of mouth to our families and youngsters, and most important of all implementing them by ourselves.

Unless we take major steps to reduce plastic pollution from production to consumption, there will be more plastic in the ocean than fish by 2050. Trash islands are already occupying large swaths of sea in the Pacific Ocean and Caribbeans. Humans also unknowingly digest microplastics, which have been found in table salt and poop.

We as the youth are empowered to take care of our planet and revive it so it can be a happy and healthy place for the future generations. Keeping in mind all the important points mentioned we can definitely help reduce the use of single use plastic. After all, Willie Stargell once quoted, "That's where the future lies, in the youth of today."

-MANYA RAVISHANKAR 11A





~ MENA SREEMATHA 12 A



- Sreeja G
12 A



~ MENA SREEMATHA 12 A

MY GOAL IS SUCCESS

Filled with sorrow and regret,
I'm drowning in the sea,
It was fear I found out,
Constantly yanking me.

Am I not good enough?
Who's my enemy here?
It's not just one thing,
It's my doubt and my fear.

Every day I face a fear,
But oh! Here's another.
And I'm knocked to the ground,
So a solution I must discover.

A voice in my head,
Says I'm vulnerable and small.
But in my heart the voice that matters,
Tells me I can stand even after I fall.

For there will come a day,
When I cannot be knocked down.
And not only will I stand,
I will fly high on my very own.

Zeyba Binzad

VII B

A TREE IS THE KEY

It all starts with a seed
What starts with a seed?
The growth of a tree
And the key to being free.

The earth is bound with chains,
In danger are its mountains, valleys and plains
The earth is in peril like never before,
As the conditions get worse, in directions all four

A tree, a forest, a planet,
Man's greed was as huge as it can get.
Now he pays the price,
To a countless measure, not once or twice.

Shining like bright light, was a solution
Plant more trees to reduce pollution
Trees can do things no one can
It can recreate everything destroyed by man.

Each tree planted revives the earth,
Each tree planted helps in the rebirth,
Rebirth of forest, rebirth of soul
Rebirth of the world's existence as a whole.

A tree is a home, a sacred sanctity,
To protect it should be our duty,
Because nothing else other than a tree
Is our key to being free.

AadhyA M 10A



T

owards an era of peace and cultural safety

Towards an era of peace we shall proceed,
Safety of our culture is in dire need.
We – the youth are the future of these lands
Its wellbeing is in our hands.

It won't do to turn this land into a battlefield,
Neither happiness nor prosperity will it yield.
Due to continuous war hatred among brethren takes birth
Bloodshed during their wars shall forever taint the earth.

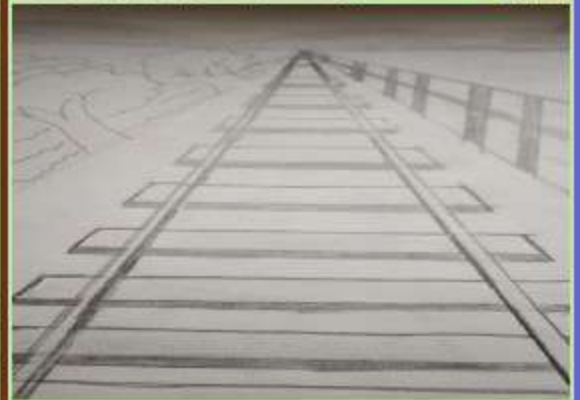
Our culture isn't spared too,
What is it? No one's got a clue
All of us are wrapped in our own busy life,
We don't notice our culture being ripped like a cloth by a knife.

We- the youth can cure this,
We can proceed towards a life of peace and bliss.
Say no to discrimination, say no to war.
Because their fruits are never sweet, always sour.

Don't dismiss your culture as unimportant
Its absence in your life can make a huge dent
The best way to preserve it is to keep it alive
Our culture in our veins, it should thrive.

Accept the differences all around you,
People are not equal – that's not true
From cultural barriers I can breakthrough
If you do as I say, I'm sure you can.

Aadhya M 10A



MUSKAN AHMED 12 A





ಕರ್ನಾಟಕದ ಪ್ರಸಿದ್ಧ
ಕ್ರೀಡಾ ಪಟುಗಳು



"ಎಲ್ಲಾದರೂ ಇರು ಎಂತಾದರೂ ಇರು ಎಂದೆಂದಿಗೂ ನೀ ಕನ್ನಡವಾಗಿರು" ಎಂಬ ರಾಷ್ಟ್ರ ಕವಿ ಕುವೆಂಪು ಅವರ ಹೇಳಿಕೆಯನ್ನು ಸಾಕಾರ ಗೊಳಿಸುವ ನಿಟ್ಟಿನಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬ ಕನ್ನಡಿಗನು ನಿರತನಾಗಬೇಕು. ಇದು ನಮ್ಮ ಆದ್ಯ ಕರ್ತವ್ಯಕೂಡ. ಕನ್ನಡ ನಾಡು ನುಡಿಗೆ ಗೌರವ ಸಲ್ಲಿಸುವ ಪುಟ್ಟ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಪುಟಾಣಿಗಳು ಶಿಕ್ಷಕವರ್ಗದವರೂ ಸೇರಿ ೬೬ನೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ನಡೆಸಿದರು. ನಾಡುನುಡಿಗೆ ಸೇವೆಸಲ್ಲಿಸಿದ ಮಹನೀಯರು, ಕರ್ನಾಟಕದ ಕ್ರೀಡಾಪಟುಗಳು, ಕಲೆ, ಸಂಗೀತ, ಸಾಹಿತ್ಯ, ಪ್ರಸಿದ್ಧ ಸ್ಥಳಗಳು ಇನ್ನು ಮುಂತಾದವುಗಳನ್ನು ಒಳಗೊಂಡ ದೃಶ್ಯಗಳನ್ನು ತೋರಿಸಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮವು ಚಿಕ್ಕದಾಗಿ ಚೊಕ್ಕವಾಗಿ ಮೂಡಿಬಂದಿತು.

" CHILDHOOD SHOWS THE MAN AS MORNING SHOWS THE DAY"

Nostalgia-Childhood

The colours of the rainbow
Uplift all the darkness of sorrows
Break O break all barriers
Free your innocence
You got to tap-dance with joy
For the Child in me, the child in me
Awakens!

The ceaseless waves, ebb and flow
The feigned and put on adult false show
Raise O raise All the curtains
Unveil your innocence
You got to tap-dance with joy
For the child in me, the child in me
Awakens!

The musical notes, unite all folks
Crossing all narrow domestic walls
Sing O sing, with open hearts
Uncage your innocence
You got to Sing and dance with joy
For the child in me, the child in me
Awakens!

N. RAMAMANI SAMPATH

HAPPY CHILDREN'S DAY