



SINDHI HIGH SCHOOL, HEBBAL

(Affiliated to CBSE, New Delhi)

33/2A & 2B, Kempapura Hebbal, Bengaluru-560024

Sponsors: Sindhi Seva Samiti



इंधु ज्योती

EDITION-2



Phone: 080-41178289/23621303

E-mail: office.hebbal@sindhihighschool.edu.in

Website: <https://www.sindhischoolhebbal.com>

FROM THE PRINCIPAL'S DESK



Namaste,

Season's Greetings to All!

Reflecting on the past few months, I am incredibly proud of the resilience and dedication displayed by our students, staff and parents. Together, we have navigated through challenges and celebrated numerous achievements, fostering a sense of unity and strength within our school community.

Our school has always been a place of learning, growth and creativity. The last five months have been action packed which have seen academic competitions, cultural celebrations, community service projects and many other opportunities for our students to grow, learn, and make lasting memories.

The school hosted its debut MUN activity this year, to give students the platform to express and articulate their thoughts on making our world a better place.

The musical extravaganza -Ramayan brought the values and morals of a role model Ram to the forefront. Encouraging children to deeply understand the value of goodness, obedience and humility. Academics which have always been our strength have been given ample importance through regular assessments. We are committed to implement dynamic teaching methods, integrating technology and create opportunities for students to explore their interests and talents.

Thank you for entrusting us with the education and well-being of your children. I look forward to a successful and enriching year ahead!

Warm regards,

Rachna Sharma
Principal

BHARAT KI BHAVYATA: THE ENDLESS DISCOVERY

India's greatness lies in its historical eminence, scientific contributions, cultural diversity, economic potential and increasing global influence. Its journey from an ancient civilization to a modern nation-state is a testament to its resilience and adaptability.

“BHARAT KI BHAVYATA” quiz presented a unique platform for Sindhi High School, Hebbal to showcase its standard among CBSE schools and also for the students to push boundaries, think analytically, logically and remain curious all their life while gobbling up all the general knowledge that was up for the taking.

To celebrate the grandeur of our vicennial year, our school hosted “BHARAT KI BHAVYATA”, inter school quiz competition. This quiz competition attracted 87 participants from 18 schools. The inaugural event kicked off on 23rd August 2023 by ceremonial invocation song by school choir, lighting of lamp and a cultural ensemble of various dances.

The chief guest Shri Ramesh P Menon, Regional Officer CBSE shared his academic journey and passion for quizzing with students. He also motivated the young talents to excel and reach the top.

After a tight elimination battle, the top 8 teams were shortlisted for the Grand Finale to compete for the top slot. The campus was throbbing with excitement as the final participants exhibited nervous energy, anxiously waiting to showcase their talent. The quiz contest covered a wide range of subjects, including history, politics, geography, culture, heritage, art, food, fashion, sports, science, technology, business, literature, mythology, and current affairs etc.

The auditorium was filled with an electric atmosphere and when Sindhi High School was declared as winner and won the first prize, it exploded with applause. Jain Heritage School was as the runner up. It was a great opportunity to boost the confidence of the winners and achieve the winner tag for their school.



The Endless Discovery

A few weeks after winning the Inter house Bharath Ki Bhavyata quiz, I was called upon to participate inter school quiz contest. My teammates and I geared up for the quiz. The final day had arrived! The minutes flew by as all of us glanced through our notes for one last time. We answered the questions to the best of our abilities. The air was full of suspense and excitement. Before the results could be announced there was a tie breaker round for teams with equal score. We listened keenly to the announcements. Finally, when our team had been called out, we were thrilled! We collected our prizes and returned to our classes to be welcomed by our cheering classmates. The whole quiz had been a grand affair that gave us all an opportunity to dive deep in the cultural richness of our country. It has made me realize on a deeper level the progress and the immense diversity of our nation. It has reinforced my pride to be an Indian!

Lavanya Dwarakanath Ramadeva

9 A



An Enchanting Experience

The air was buzzing with a sense of friendly rivalry as teams prepared to battle it out for the coveted title of **'Bharat ki Bhavyata'**. My team's confidence levels kept unlocking after each round. While the competition was fierce, the quiz also underscored the importance of sportsmanship. Participants exhibited grace under pressure, supporting their teammates and applauding the success of others. The event became not just a test of academic knowledge but also a lesson to learn mutual respect.

The quiz wasn't confined to the participants alone, the audience was actively engaged throughout with interactive rounds and audience questions, ensuring that the entire school community became a part of the intellectual excitement, creating a shared experience that resonated beyond the confines of the auditorium. I am utterly grateful for having been given this opportunity to represent my school and win my first award!

Deeptha R Babu,

4

8 B

MEGA INTERSCHOOL CBSE ART – INTEGRATED COMPETITION

A mega interschool CBSE art integrated competition was organised by -**BANGALORE SAHODAYA COMPLEX** in collaboration with **MY MASTER’S STROKES**.

Round 1 was an online session – EK BHARAT SHRESTHA BHARAT PROGRAMME. The topic was pairing of KARNATAKA and LADAKH. Our school selected famous dance forms of both the states in 3D format. For the banner, we focused mainly on the facial features of both the states dances along with the scenery of both the states, under the title ‘Little Tibet meets land of sandalwood’. 150 schools participated and our school was selected for the 2nd round. The second round was held at St Joseph’s School. Each team was provided a white umbrella to act a canvas or a sculpture. The main topic was THE ART AND CULTURE OF LADAKH. The topic that our school had chosen was “LADAKH WHERE THE SKY MEETS THE EARTH AND THE HEART MEETS THE SOUL”. The students had a total time of 2 hours and the competition was a great success. They enjoyed and learnt a lot from the creative process.



**MEGA INTERSCHOOL CBSE ART - INTEGRATED COMPETITION
BAGGED TOP 15TH POSTION IN BANGALORE SCHOOLS!!**



SCHOOL PICNIC, BANNERGHATTA NATIONAL PARK

It is rightly said that a student's heart not only seeks knowledge but yearns for fun and frolic while learning through experience of new and exciting things, places and people. The main objective of conducting excursions for students is to reinforce experiential and contextual learning.

The school picnic to Bannerghatta National Park on 19th August, 2023, was an exhilarating adventure for Class XI and XII students.

Students were taken to Ishwar cold storage unit on the way to Bannerghatta. In this apple preservation unit, the children learnt the process involved in apple storing.

The Safari, at the National Park with its panoramic views, provided them with an immersive experience, while the vibrant Butterfly Park left the students in awe of nature's intricate beauty. Amidst the lush greenery of deciduous forests, they marveled at the powerful lions, tigers, and keen-sighted deer, as well as the intriguing crocodiles, lazy hippos and agile monkeys.

The visit to the zoo further deepened their understanding of wildlife conservation. Sharing laughter and joy with friends amidst the serenity of the park made the trip truly unforgettable, leaving them with cherished memories that will last a lifetime.



The Memoirs

On 19th August 2023, Class 11 and 12 went for a field trip. The first stop was at Ishwar Cold Storage Unit, where fruits were stored. Then there was a presentation about apples. We were given a tour around the unit and shown how fruits were stored. This experience was one-of-a-kind. We were informed about various ways in which fruits were provided conditions similar to when they were on a tree. We were very surprised to hear that the apples we eat were at least six months old.

The next visit was to Bannerghatta National Park. We first went on a safari and saw many animals like lions, tigers, bears etc. It was refreshing to see wild animals in their natural habitats away from city pollution. Later we entered the zoo and saw animals like giraffes, wolves, variety of birds. There was a reptiles section as well. The best part about the trip was that no one had their phones, so it was only physical interaction. This gave us a chance to get away from the internet and spend a day with nature.

The bus rides were extremely fun. Music was played and everyone was singing and dancing. We made many memories in the bus, that will be cherished. I am extremely thankful to the principal ma'am, for organising this trip. It was a truly phenomenal and exhilarating learning experience.

SANSKRIT DIWAS

World Sanskrit Day, also known as Vishva-Samskrita-Dinam, is an annual event focused around the ancient Indian language Sanskrit that incorporates lectures about the language and is aimed to promote its revival and maintenance. Our school's Sanskrit day celebration saw enthusiastic participation of many students. The program started off with an introduction to the beauty of Sanskrit language. The speech summarized the importance of the language and its uses, its significance in history. This was followed by an English narration of the story of 'Panini' the great Sanskrit Grammarian. A skit in Sanskrit was then enacted highlighting the beauty of the language, followed by a song, a beautiful carnatic composition in sanskrit. Finally, the school choir group concluded the program by singing a song dedicated to this divine language.

Akhila Vipin Madangarli-10 D

HINDI DIWAS

सितंबर को हिंदी दिवस का उत्सव मनाया गया। छात्रों ने शिक्षकों के उचित मार्गदर्शन में विभिन्न गतिविधियों के साथ हिन्दी दिवस को जोश के साथ मनाया। शाला के छात्रों ने 'हिंदी मेरी पहचान' विषय पर आधारित एक विशेष सभा में भाग लिया। कविता पाठ, गीत-संगीत और भाषणों ने इस दिन को यादगार बनाया। अन्य कक्षा गतिविधियाँ जैसे भाषण, निबंध लेखन, हिंदी कविता -पाठ संत कबीर, रहीम और तुलसीदास जी के दोहों का लय-ताल के साथ गायन किया गया। मीरा के भजन पर छात्राओं ने नृत्य प्रस्तुत किया। हिंदी भाषा के प्रति उत्साह जगाने के लिए प्रोत्साहित किया गया विभिन्न कक्षाओं की गतिविधियों को हिंदी भाषा में भाषण देने, निबंध लिखने और अन्य गतिविधियाँ करने के लिए प्रेरित किया गया। छात्र को हिंदी भाषा सीखने में मदद करने के लिए हिंदी दिवस समारोह गतिविधियों की योजना बनाई गई और बच्चों ने इसका भरपूर आनंद लिया।



Guiding
STARS

Teachers, the guiding stars

In the world of education, teachers are like guiding stars. They illuminate our paths, inspire us to reach new heights and help us discover our potential. Their dedication, passion and unwavering support have enriched our school experience in ways beyond measure. As we celebrate Teacher's Day today, let us take this opportunity to thank our teachers for their effort, patience, and the countless hours they have invested in us. Let us express our gratitude for their commitment to our growth and for pushing us to become the best version of ourselves.

May your dedication continue to shine and inspire countless others, just as it has touched our lives.

Vaibhav Singh —6A

TEACHERS' DAY

To commemorate the birth anniversary of the 2nd President of India Dr. Sarvepalli Radhakrishnan, who was a philosopher and a great teacher, 5th September is celebrated as Teacher's Day. His contribution towards Indian education is undeniable.

Teacher's Day was organised with incredible gusto and zeal. The warm welcome at the school gate with flowers, cards and a tastefully decorated 'ENTRANCE' was pleasant surprise for all the teachers. Fun filled games were planned which reminded the teachers of their school days and made them feel nostalgic. That was not all, the students had planned many spectacles for the day and showcased many a scintillating dance performance, which highlighted the heartwarming relationship between a teacher and a student.

The school auditorium vibrated with this power packed and sensational performances. The melodious songs, the heart throbbing dances and thrilling games made the day a very memorable one for the teachers.

All the teachers applauded the overwhelming zeal and enthusiasm of the students.

The President Shri Sanjeev Atmaram congratulated the teachers and acknowledged the sincere efforts of every teacher for the painstaking effort they put in every day. However, the role of a teacher goes beyond educating children. It extends to nurturing empathy, resilience, and a passion for lifelong learning. The principal reminded teachers to be mentors, sculpting the next generation of thinkers and leaders.

The day concluded by honouring the teachers who had completed 15 years of service for their valuable contribution to the school. They were felicitated with certificates by members of the management.



Teachers' Day Celebrations



TEACHERS SPORTS

“Overpower. Overtake. Overcome.” —Serena Williams

To make the Vicennial year celebrations bigger and more eventful an INTER – SINDHIAN STAFF SPORTS FEST 2023-2024 was organised by Sindhi High School, Hebbal.

Various games were organized for the staff members of all the institutions. Many games under different categories for teachers were organized. About 70-80 staff members took part in this event.

The games are as follows:

BASKETBALL is a team work that makes the dream work.

THROWBALL is a game of attitude that determines altitude.

SHUTTLE BADMINTON is an individual game. We just don't hit the birdie; we soar to victory.

CARROM is a battle of angles and trajectories.

TENNIKOIT is a game of grasping and quick reactions

TREASURE HUNT a fun game that makes memories along the way.

TUG-OF-WAR a game of desires and responsibilities.



“THE MORE DIFFICULT THE VICTORY THE GREATER THE HAPPINESS IN WINNING”

Sindhi High School, Hebbal were declared winners/runners in the following categories:

Winners in Treasure Hunt Game

Winners in Carrom [Women's Category]/Runners in Carrom [Men's Category]

Winners in Shuttle Badminton Womens Doubles [Below 40 Yrs]

Runners-up in Shuttle Badminton Womens Doubles [Above 40 Yrs]

Runners-up in Shuttle Badminton Men's Doubles [Above 40 Yrs]

Runners-up in Shuttle Badminton Mixed Doubles [Open Category]

Runners-up in Basket Ball [Men's Category]

Runners-up in Tennikoit [Women's Category]

Runners-up in Recreational Game



FUN @ FUN WORLD

A picnic was organised for students of classes 4 to 7 to FUN WORLD on 9th Sep 2023 and on 28TH Oct for classes 8 and 9. The school buses, fully packed with students and teachers, headed for the amusement park at 9 am. The students were extremely excited to reach the destination and they kept singing songs in the bus till they reached the venue.

A welcome drink was given at the entrance. Students enjoyed the wonderful rides in the park that ranged from safe to abundantly thrilling.

As the students saw the slides in the water park, they were tremendously thrilled. Everyone jumped in the pool with excitement. In the rain dance, children could not resist but to show off their talent. The wave pool was something the students enjoyed the most. Appetizing lunch and refreshments were served. It was a short but lovely experience that engaged students in a world of fun.



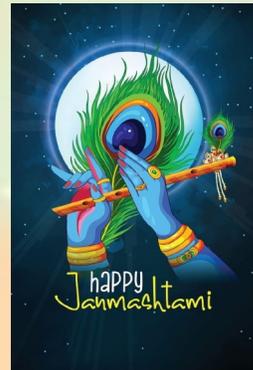
JANMASHTAMI

To mark the occasion of Janmashtami, our tiny tots were asked to dress up as Lord Krishna or Radha. They were narrated a story of Lord Krishna and were explained why this festival is celebrated.

A splendid and colourful performance depicting the birth of Lord Krishna was enacted. The play communicated the message "Celebration is essence of life, the more you celebrate life, the more there is in life to celebrate."

Children came dressed as Radha and Krishna. The presentation depicted the varied images of life from birth to manhood transporting one to the world of splendour, colour, myth and legend. It was a beautiful presentation with joyous melody and twirling dancers. Flute drawings, mukuts, thorans and decorated pots made by the students adorned the classrooms adding to the festive mood.

The celebration ended on a joyous note with 'dahi handi' and some dancing.



'SHS MUN'- Model United Nation

'A great stage to present global concerns through the battle of wits.' This is what MUN conference is all about. The Model UN trains students to grow into tomorrow's leaders. It is hoped that the students who participate in the MUN will one day make a contribution, small or big to the cause of the world's development.

The intra-school Sindhian Model United Nations was organized for the first time by the School Secretariat of the MUN Society on 30th and 31st October 2023. The two day event entailed rigorous debates and discussions.

This year's conference as customary, lent for a memorable experience, allowing the young delegates to make a case as it were, skillfully and confidently for solutions to international issues. They were trained by an extremely experienced executive board.

The first day of the Model United Nations commenced with the opening ceremony in the school ground during assembly. Principal, Ms Rachna Sharma, addressed the gathering and motivated the delegates to give their best. The delegates were honoured with badges by the teachers in charge. Each committee discussed significant and relevant social agenda. The young, energetic delegates were guided and judged by our celebrated School alumni Bhagawankripa Mehta as secretary general and Pranav Shankar as undersecretary general. The event had various committees that caught the interest of the participants.

These included:

UNHRC-Agenda: Discrimination of whites

Chair: Falak Singh

Vice chair: Yatee Shetty

UNSC Agenda: Russian forces against Ukraine

Chair- Vikram Amar.

Vice Chair -Sainyuktha Kavi

DISEC: Agenda: Militarisation of outer space

Chair: G.D Pranav L

Vice Chair: Pranathi K Naik

UNW-Agenda: Defining abortion and women's safety around MTP-Chair: Vidyanee N

Vice chair: Nipun Rai, Nirmitha Shashidhar

The first day focused upon brainstorming about issues in accordance with specific agendas, whereas the second day was about suggesting constructive solutions to the problems raised. The event culminated with the closing ceremony on 31st October. The Secretariat on behalf of the school thanked the executive board members by presenting them with a token of appreciation. This was followed by the most awaited part of the event, the prize distribution ceremony. The Executive Board announced the results and felicitated the winners with a trophy and certificates.



The results, committee wise, are as follows:

UNSC UN Security Council

1st place: H R Achala 12B – delegate of USA

2nd place: Aditi Mohan 10B- delegate of Ukraine

3rd place: Naisha Soni 11A – delegate of Russia

Special Mention: Hitesh M Rajdev 9C delegate of Japan



DISEC Committee: Disarmament and International Security

1st place – Sinchana Herle 11B – delegate of Thailand

2nd place – Vibhav Shankar 9A – delegate of Greece

3rd place – Shashank Hiriyal 11C – delegate of Cambodia

Special Mention - Arjav Jain 9D – delegate of Djibouti

Special Mention – Jiya M Ahuja 10D – delegate of Italy



UNHRC – UN for Refugees Committee

1st Place – Shrey Nitin – 7A – delegate of Cuba

2nd Place: Aadhya M 12B - - delegate of India

3rd Place: Dev Darshan 9D – delegate of Mexico

Special Mention – Adarsh Hitesh Shah -11C - - delegate of United Kingdom

Vanshika Shah -8A – delegate of Switzerland



UN Woman

1st Place Radha Dwarakananth Ramadeva -12 B – delegate of Qatar

2nd Place Gopoika Kannan – 10 A - - delegate of USA

3rd Place Anagha Anand – 10 D – delegate of Thailand

Special Mention: Anushka Sarda -10 C - - delegate of Senegal

Special Mention: Anam Ahmed 9A – delegate of Pakistan

The Best Committee Award to UNHRC Falak Singh Jasrotia



MALGUDI DAYS- PRIMARY ANNUAL DAY

The Primary Annual day celebration held on 23rd September 2023 was a perfect platform for our little students of class 1 to 3 to exhibit their skills in front of their parents. The stage was set on fire by our little thespians who performed radiantly depicting the story of Swami of “MALGUDI DAYS” in the form of a dance drama. They recreated the old magical enchanting days of Malgudi through their exuberant talent.

The Chief guest Mr.Kiran Manohar, a renowned dancer-choreographer and Founder- CEO of ‘Dance 7-The Art factory’ praised the tiny ones for their awesome performance.



Nodabanni namma Naadina Sobagu

'In a world where knowledge meets magic, every lesson is an adventure.' A grand Carnival "Carunaada Siri" was organised by the students on 17th Oct 23 to showcase the traditions and rich cultural heritage of our state Karnataka. Various dances and skits pulsated with scintillating music were performed by the students of class 5 to 11 in the GJ Hall.

In the colourful tableaus representing the 31 districts, the Mysuru 'Jumboo Savari' was declared the winner. It was represented by classes 7C, 7D, 8C and 8D. The procession with the golden idol of Chamundeshwari carried on the decorated elephant, dance groups and local music bands was a treat to everyone's eyes. The guest of honour Mrs Maithreyi Satyadev, Director, Sindhi Group of Education institution and Mrs. Rajalakshmi, our retired kannada co-ordinator appreciated the efforts of the entire fraternity of the institution and mentioned that the event brought back the memories of the Raj Darbar of Mysuru Kings.

An atmosphere of fun and gaiety buzzed the atrium and school ground with various activities ranging from fun games to mouthwatering food stalls. The students had put up various games stalls which included dart board, aiming games and one-minute games to name a few. These were so enticing that everybody wanted to try their hand at it. Creative handicrafts flaunting the artistic talents of the students were exhibited and sold. The food stalls which tingled the taste buds of one and all, ruled the roost. This event provided our students with an amazing opportunity to understand what it takes to work as a team, organize and have fun amidst work. The zest and zeal exhibited by our children made this carnival a memorable one!



CARUNAADA SIRI

ಕರುನಾಡ ಸಿರಿ ದಿನ ಕಾರ್ಯಕ್ರಮವು ಅತ್ಯಂತ ಮನೋಜ್ಞವಾಗಿ ಮೂಡಿಬಂತು. ಕನ್ನಡ ನಾಡು ಸೊಬಗಿನ ಚೆಲುವಿನ ಪ್ರಕೃತಿ ಸೌಂದರ್ಯದ ನೆಲೆಬೀಡು. ಕನ್ನಡ ನಾಡಿನ ಪ್ರತಿ ಜಿಲ್ಲೆಯ ವಿಶೇಷತೆ, ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆ, ನೃತ್ಯ ಪ್ರದರ್ಶನ, ನಾಡಿನ ಉತ್ಕೃಷ್ಟತೆಯನ್ನು ಸಾರುವ ಮಧುರ ಗೀತೆಗಳು, ನಾಲಿಗೆ ಸವಿಯಲು ಸವಿ ರುಚಿಗಳು, ಕರ್ಣಾನಂದ ಗೀತೆ ಗಾಯನ ಕಣ್ಮನ ತಣಿಸುವ ನೃತ್ಯ ಪ್ರದರ್ಶನಗಳು ಎಲ್ಲವೂ ವರ್ಣ ರಂಜಿತವಾಗಿತ್ತು. ಮಕ್ಕಳ ಸಾಧನೆ, ಶ್ರಮ ಅತ್ಯಂತ ಸುಂದರವಾಗಿ ಸಾಕಾರಗೊಂಡಿತ್ತು. ಇಂತಹ ಅದ್ಭುತ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ನಾನು ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಹೋಗಿ ಆ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಸಾಕ್ಷಿಯಾಗಿದ್ದು ನನ್ನ ಸುಕೃತ. ಈ ನನ್ನ ಶಾಲೆಯಲ್ಲಿ ಕನ್ನಡ ಶಿಕ್ಷಕಿಯಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸಿದ್ದು ನನ್ನ ಪುಣ್ಯ. ಇದೊಂದು ನನ್ನ ನೆನಪಿನಂಗಳದಲ್ಲಿ ಚಿರಸ್ಥಾಯಿಯಾಗಿದೆ.

ರಾಜಲಕ್ಷ್ಮಿ ಆರ್
ನಿವೃತ್ತ ಕನ್ನಡ ಶಿಕ್ಷಕಿ



Dussehra!

The Sindhi High School, Hebbal, radiated joy as we came together to celebrate Dussehra during the month of October 2023. The message School of 'the triumph of virtue over the vice' was well conveyed through various special assemblies conducted by primary and the middle school. The auspicious occasion inspires not only to be truthful, but also fight for justice, and destroy seeds of malice.

The week saw, Golu, the festive display of dolls and figurines during the autumn festive season, particularly around the multiday Navaratri Dussehra, festival. The royal Mysuru Jamboo Savari display stole everyone's heart. It was a collaborative activity of the staff and students and the exhibits from different parts of our country displayed the varied art and creativity of our nation. Truly speaking it was a visual treat for all.



ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ

ಪ್ರತಿ ವರ್ಷದಂತೆ ಈ ವರ್ಷವೂ ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಆಚರಿಸಲಾಯಿತು. ಅಂದು ತಳಿರು ತೋರಣಗಳಿಂದ ಶಾಲೆಯ ಆವರಣವನ್ನು ಸಿಂಗರಿಸಲಾಯಿತು. ಶಾಲಾ ಪ್ರಾಂಶುಪಾಲರು ಮತ್ತು ಉಪ ಪ್ರಾಂಶುಪಾಲರು ಧ್ವಜಾರೋಹಣ ಮಾಡಿ, ತಾಯಿ ಭುವನೇಶ್ವರಿಗೆ ಜ್ಯೋತಿ ಬೆಳಗಿಸಿದರು. ನಂತರ ಕನ್ನಡ ನಾಡು- ನುಡಿಯ ಹಿರಿಮೆ- ಗರಿಮೆಯನ್ನು ಸಾರುವಂತಹ ಹಲವಾರು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಯಿತು. ಮಕ್ಕಳು ಸಾಮೂಹಿಕ ನೃತ್ಯ, ಹಾಡುಗಳು, ನಾಟಕ, ಏಕ ಪಾತ್ರಾಭಿನಯ ಮುಂತಾದ ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿ ಸಂಭ್ರಮಿಸಿದರು.

ವಿದ್ಯಾರ್ಥಿಗಳೆಲ್ಲರೂ ಕನ್ನಡ ಭಾಷೆ ಮತ್ತು ನಾಡಿನ ಸೊಬಗು, ಶ್ರೀಮಂತಿಕೆ, ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆಯ ಬಗ್ಗೆ ಅರಿತು 'ನಾನು ಕನ್ನಡಿಗ' ಎಂದು ಹೆಮ್ಮೆ ಪಟ್ಟರು. ನಾಡ ದೇವಿಗೆ ಎಲ್ಲರೂ ಜೈಕಾರ ಹಾಕಿದರು. ಒಟ್ಟಾರೆ ಅಂದು ಶಾಲೆಯಲ್ಲಿ ಹಬ್ಬದ ವಾತಾವರಣವಿತ್ತು. "ಕನ್ನಡವನ್ನು ಉಳಿಸೋಣ ಬೆಳೆಸೋಣ"

'ಜೈ ಕರ್ನಾಟಕ ಮಾತೆ'



DEEPAVALI!

The celebration of Deepavali, 'The festival of lights' came alive at Sindhi High School, Hebbal in November when the whole school wore a festive look with diyas and lanterns and the atrium hall was decorated with bright colors. The rangoli and diya decorations done by students added the perfect setting to the festivity. The principal addressed the gathering and brought out the essence of the festival – a celebration of life and goodness. Students spoke about the significance of the festival – how good always conquered the evil and also about why and how Diwali is celebrated across India. They also shared the guidelines on being safe while bursting crackers. The assembly concluded with the Principal giving the message of a clean, safe and a bright Deepavali.



CHILDREN'S DAY

“Each day of our lives we make deposits in the memory banks of our children.”

Sindhians celebrated Children's Day on the 15th (14th being a Sunday) November, 2023, with festive fervour. The programme began with a special assembly conducted by the teachers. The programme clearly depicted the spirit of the occasion with teachers holding the stage and putting up a mesmerising cultural show for the children. The cultural programme had a series of interesting and exciting events, all planned meticulously for complete entertainment. Teachers of the junior section enthralled the audience with their energetic and graceful moves with their traditional dance. Students pulsated with excitement when their teachers presented a 'Fashion Show'. The celebratory mood continued with an invigorating and foot-tapping 'Group Dance' by teachers of primary section. Subsequently, a medley of song was presented by a group of teachers in praise of children and childhood. Students were elated to see their teachers performing and celebrating the day with zeal and enthusiasm. Our principal addressed the students and encouraged them to dream big and work hard. The vice principals, greeted the children warmly on their special day. They compared the children to beautiful blossoms and motivated them to spread their fragrance everywhere. Children's Day was marked with grand splendour and fiesta as the school campus buzzed with excitement and joy. It was a day wherein fun and frolic dominated. The children had come dressed in colourful attire and relished their favourite food with their classmates. The icing on the cake was the chance to witness the 'India vs New Zealand Cricket World Cup Semi Final Match' LIVE on the big screen at the school auditorium. The excitement was unparalleled and the experience of sitting with friends and watching the match was equal to watching the match in a stadium. It was a fun day full of joy and laughter for the students.



MEATLESS DAY

The day of the year, when Sindhians pledge to refrain from eating meat is the Meatless Day. 25th November is observed as International Meatless Day. While the day may have received attention in recent years with the rise of veganism and vegetarian lifestyles, International Meatless Day was instituted to mark Sadhu Vaswani Jayanti, the birthday of educationist Sadhu TL Vaswani, a proponent of vegetarianism. During his lifetime, Sadhu Vaswani founded what is now known as the Sadhu Vaswani Mission, “a non-sectarian, non-profit organization which believes in the unity of all religions and reverts the ‘Great Ones of all Faiths.’ The mission seeks to promote the philosophy that there is but one life flowing through all things animate and inanimate. Recognizing his intent to protect animals and prevent their slaughter, it was proposed by Dada JP Vaswani, the former spiritual head of the Sadhu Vaswani Mission that November 25th, Sadhu Vaswani's birth anniversary be celebrated as an International Meatless Day. The Meatless Day campaign was initiated to adopt a vegetarian lifestyle and prevent the killing of animals. Our school, ensured that the school's students and staff adhere to this pledge on this day. It started 3 days before the meatless day, when we pledged not to eat meat on the 25th of November. We also signed a slip which served as a reminder about the pledge and provided a platform for some of us to adopt vegetarianism for our lifetime. Thus, this day was, is and will continue to be recognized and celebrated.

Akhila Vipin Madangarli

10 D



NATIONAL CONSTITUTION DAY-2023

‘National Constitution Day’ was celebrated on 26th November 2023 to commemorate the adoption of the Indian Constitution. To reiterate the values enshrined in the constitution, the students and the teaching fraternity joined in the reading of the preamble to the constitution from their respective classrooms. The entire school reaffirmed its commitment to the Indian constitution by taking the pledge on the school assembly platform. The students of the class 7 presented a skit taking us on a journey of the framing of the Indian constitution from its history to its present-day form; and its vital role in holding India together.

New Leadership takes charge at the helm at Sindhi High School, Hebbal

The Sindhi Management committee had new faces and the promise of a new direction with three new members being ushered into office.



SRI.AVINASH S. KUKREJA, HON. SECRETARY



SRI.SATYAN M. CHABRIA, CHAIRMAN



SRI ANIL JAISINGH HON.TREASURER



SRI KUNAL A KANDHARI, HON. JT SECRETARY

Ramayana – The Tale of Wisdom and Victory

VICENNIAL YEAR CELEBRATIONS

Sindhi High School, Hebbal, celebrated its vicennial year by putting up a musical extravaganza 'Ramayan –The Tale of Wisdom and Victory', on 1st and 2nd December 2023. It was choreographed by Dr.Veena Murthy Vijay and her team from Samanvay Dance Company.

The celebrations began with the Annual Report of the school for the year 2022-23. The musical extravaganza commenced with a soul-stirring invocation song by the school choir, setting the tone for the evening. The ceremonial lamp lighting is a poignant representation of a radiant whole, underscoring the strength that comes from nurturing the flames of curiosity and knowledge. Our Principal, Mrs. Rachna Sharma gave the welcome address, welcoming the school management, the esteemed invitees and parents. The President, Shri Sanjeev Atmaram, addressed the gathering with inspiring words and his profound insights escalated the day's joy and celebrations.

The following students were felicitated for their achievements for the Academic year 2022-23

* Master Samanyu Gurudas Shet- Best All Rounder in the Junior Category. He was awarded with 'A Rolling Trophy', 'A take home Trophy', cash prize and a merit certificate.

* Master Varchas Jasti -The Best All Rounder in the Senior Category. The school topper securing Second Position in the All-India Secondary School Examination 2023 and subject topper in Sanskrit and Mathematics Standard. He was awarded with 'A Rolling Trophy', a take home trophy, cash prize, certificates and 3 silver medals.

* Ms. Manya Ravishankar -The Best All Rounder in the Senior Secondary Category. The School Topper securing Third position in Science Stream (PCMC) in the All-India Senior School Certificate Examination held in March 2023. She was awarded with 'A Rolling Trophy', a take home trophy, cash prize, certificate and a silver medal.

Rejoicing two decades of milestones, memories and the indomitable spirit that defines our educational legacy, there was a sense of belonging and shared aspirations.

The highlight of the evening was the theatrical rendition of select scenes from the Ramayan. The precision and grace displayed by our students in portraying characters like Lord Rama, Sita, Lakshmana and the mighty Hanuman, was a testament to their dedication and artistic prowess. The nuances in the performances captured the essence of the epic, resonating with both cultural authenticity and contemporary flair.

As the programme ended, the air was filled with resounding cheers of 'Jai Sri Ram' by the parents and guests who were captivated by the splendid portrayal of the timeless tale, by the talented students of Sindhi High School, Hebbal. It was truly a testament to the school's commitment to holistic education, instilling not only academic knowledge but also timeless values passed on through the ages. As the curtains fell on this spectacular event where 350 students participated, the echoes of the Ramayana lingered, leaving an indelible mark on the hearts and minds of the audience.



PRIZE DAY CLASS X & XII

‘Awards and achievements are not just symbols of recognition, but also the fuel that keeps us motivated to go further and do better.’

The school took pride in recognizing the exceptional achievements of our students, the toppers of class X and XII grade for achieving remarkable results in AISSE and AISSCE board examination and adding new feathers to the crown of the school.

This journey to success was not an easy one, as it required dedication, perseverance and relentless pursuit of excellence. Their achievements served as a testament of their commitment and passion. Our brilliant students were awarded with a silver medal with their name embossed on it and a certificate of appreciation. The auditorium was filled with proud parents who encouraged and applauded the toppers who brought laurels to our school.

CHRISTMAS CELEBRATION

Christmas is a festival which instills the spirit of sharing and caring. Christmas celebration was held on 23rd December 2023, in the school ground. The school was beautifully decorated and everybody was dressed in red, green or white. The programme started with information about Christmas and why it is celebrated. A beautiful skit followed depicting the scenes of the birth place of Jesus Christ interspersed with melodious carols sung by the teachers.

Right from the conception of Mary to the birth of Jesus a harmonious story was displayed by the students. The event ended with cheerful Christmas greetings as the students and teachers danced to the melodious tunes of ‘Jingle Bells’ and ‘We wish you a merry Christmas.’ The dazzling entry of Santa Claus added to the joy and excitement of the students. The boundless joy of celebrating the festival was visible on the faces of all the children. It was a joyous and amusing programme for everyone!



In-house orientation for teachers

Teacher Training Workshop on NEP 2020

Teachers are an essential pillar of any educational institution, and Sindhi High School, Hebbal constantly ensures that its teachers' skills are honed to perfection in order to enhance student achievements. In keeping with the recommendations of 'The National Education Policy 2020' a workshop was conducted for the primary staff of the school in the month of September, 2023. The event was conducted by Mrs. Maithreyi Satyadev, Director, Sindhi group of institutions. The purpose of the workshop was to familiarize the participants with the salient features of the policy, its objectives and various means to effectively implement the recommendations such as development of cognitive, social, ethical and emotional capacities of students and promotion of skill-based learning and creating a positive tech-friendly learning environment.



Classroom Management Skills

The orientation began with a warm introduction and welcome from the Director, Sindhi group of institutions Mrs. Maithreyi Satyadev emphasizing the significance of teachers' roles in shaping young minds.

A concise overview of the school's vision, mission, values, and educational philosophy were put forth. Teachers were made familiar with school policies and procedures to ensure a safe and productive learning environment. The session provided practical strategies for behavior management, lesson planning, differentiation, and student engagement. In conclusion, the teacher's orientation set the foundation for a successful academic year by delivering concise and relevant information and providing necessary resources.

THE PERFECT 10 IMAGE

Mrs. Bhavya Chawla, Founder of Perfect 10 Image consultants conducted a workshop for the teachers of Sindhi School Hebbal, Sindhi High School KK Road and Sindhi Seva School on 5th January 2024.

The topics covered were personal appearance and dressing for work, understanding different fabrics and fits, grooming and personal hygiene, Make- up basics and image make-overs.

The meaningful session was to guide, mentor and empower teachers to enhance self-presentation and communication skills. It was an informative and interactive session creating more awareness on the importance of image management and giving tips to manage oneself.



YOU MATTER FOR YOUR CHILDREN

In-house Psychological Counsellor, Mrs. Vaishali Rakhia conducted a workshop for parents. She started off with the thought “Children will outgrow their childhood but parents can never outgrow their parenthood”. No doubt every parent does the best within his/her emotional, mental or financial capacity, yet something is missing. The workshop helped parents be aware of what kind of parenting they are practicing and what is really needed by the children. Lots of self-reflection moments saw parents having their eyes filling up with tears. This workshop helped in bridging the emotional gap between the parents and children. She also proved that parenthood is not a serious business but surely a sincere one. Towards the end she spoke about how parenting is a teamwork between parents and children. As she says, parenthood is always a work in progress (with learning and unlearning).



Scared of Exams?



Exam anxiety is the experience of feeling intense fear or panic before or during an exam or assessment.

Since kids fail to express their emotions openly parents sometimes remain ignorant in indemnifying anxiety in kids who experience stress before an exam. In fact, this distress becomes so excessive that it actually interferes with their performance in exams. The exam phobia makes them sick which leads to inability to cope with exams.

There are many reasons of exam phobia including environmental factors like high expectations of parents, peer pressure, poor studying styles and lack of adequate preparation. Psychological factors are low self-esteem, fear of failure and feeling of helplessness and no control over the situation. It is essential for the parents to notice these changes in their children before an exam.

Common physical symptoms felt by the students are panic attacks, excessive sweating, shaking, shortness of breath, dry mouth, fainting and nausea. Emotional symptoms include depression, feeling of anger, fear, feeling of hopelessness and disappointment. Cognitive symptoms include memory problems, difficulty in concentrating and negative self-talk.

It is normal to feel tense and worried before exams and there are effective strategies to help students avoid the perfection trap. They include banishing negative thoughts, getting enough sleep, taking breaks in between, making sure they are prepared and have revised well, and adopting new relaxing techniques.

The parents can reassure the child by saying that it is ok to be an imperfect kid, encourage the child to work hard but also embrace their mistakes. Self-care and positive thinking are key points to avoid anxiety. Ensuring that the child expresses their anxiety can help. "Never give up" should be the motto taught by every parent.

Parents can consult counsellors and mental health practitioners for any additional advice and treatment if required. One must be sure to identify the problem clearly beforehand. Most problems do have solutions that are simple and may not be as complicated as they seem.

-Mamta V Hemdev

THEMATIC ASSEMBLY

Innovation, dedication, and precision – the core of engineering

A special assembly for Engineers' Day which is celebrated in India on September 15th to commemorate the birth anniversary of Sir Mokshagundam Visvesvaraya, a renowned Indian engineer and statesman. Engineers are the problem-solvers of the world, and they have made a significant impact on society. Speeches on Engineers' Day were used to celebrate the achievements of engineers, inspire young people to consider a career in engineering and raise awareness of the importance of engineering. A Role play on Sir Visvesvaraya was conducted by students of class 8.

As a part of Bharatiya Bhasha Utsav with the theme, 'भाषाएँ अनेक, भाव एक' Sindhians participated in assemblies and activities from 28th September to 11th December, 2023 to promote language learning through the use of regional languages and technology.

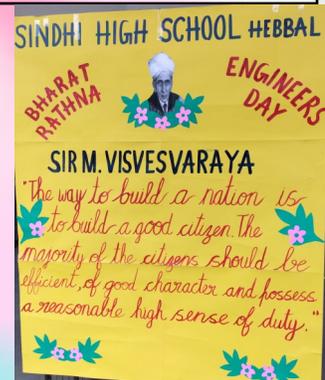


My School: My Second Home

The students of class 5 celebrated the cultural diversity of India as well as the unity among the denizens of its states and Union Territories from 26th September to November 1st.

The role plays, speeches, anecdotes of many regional heads were read out and beautiful songs were sung. The programme was effective in bridging the culture-based differences between the communities and in bringing them closer to each other as never before.

The colourful assembly was a success due to the new and refreshing ideas presented by the students and the coordination among them which resulted in learning working in teams and sharing of knowledge.



NATIONAL UNITY DAY

'When the "I" is replaced with we, even the illness becomes wellness'

Our school celebrated the birth anniversary of Sardar Vallabhbhai Patel as 'Ekta Diwas', National Unity Day on 31st Oct 23.

Children actively participated in the celebration. The day was marked by taking of unity pledge by the teachers and students. Apart from displaying the statue of unity, high school children actively participated in the 'RUN FOR UNITY'.

Our students committed themselves to the values of diversity, tolerance, and pluralism that make our country great. May we always stand together in unity and solidarity!



Dedicated to Tamil Poet Subramanya Bharathi

A special assembly was conducted to celebrate the birth anniversary of the famous Tamil poet Subramaniya Bharathiyar on the 11th of December through a morning assembly hosted by the teachers and students of class 6. The dramatic commencement of the programme was well applauded after a junior student, dressed as Bharathiyar, stunningly recited one of the poet's verses. The poem recitation was followed by songs sung by teachers with the accompaniment of guitar and tabla. The songs were interspersed by the Middle School students reciting a couple of the poet's famous poem – 'Achimillai Achimillai' The assembly was indeed a wonderful way to remember the writer.

VIGILANCE AWARENESS WEEK

Vigilance awareness week was observed from 31.10.23 to 5. 11.2023 with the theme "Say no to corruption; commit to the nation".

During the week different activities were organized to create awareness among the students and staff regarding importance of reiterating society's commitment against corruption. Banners on the theme of vigilance were displayed and awareness was created. The integrity pledge was taken on 3.11.2023 at in the assembly. A quiz competition on the theme was conducted. Students of class 11 spoke on the ill effects of corruption in the society and urged to promote moral values among the students.

SHS JAM-Just a Minute

Just A Minute (JAM) activity, was held in the morning assembly on the topic '**I love India because....**'. The best speakers from classes 8-10 were selected and appreciated for their speeches by giving certificates of appreciation to the winners.

Class: 8 Category

Vanshika Shah – 8A – first prize

Leeshira 8B – second prize

Purvi Keerthi 8C and Samudyatha

8D – third prize



Class: 9 Category

Amrutha 9B - first prize

Hitesh M Rajdev 9D and Aneesh Ranganath 9A – second prize

Lakhi 9C -third prize



Class: 10 Category

Radhika Anand -10C and Shreya Pandey 10D - first prize

Mihir Gandhi 10C second prize

Sai Lekha Vijaykumar 10 third prize



SPECIAL ASSEMBLY ON INDIA'S PRESIDENCY OF G20 was conducted in the month of December 2023 by the students of classes 5 - 7. The assembly highlighted India's significance as it assumed the G20 Presidency from Indonesia and convened the G20 Leaders' Summit for the first time in the country in 2023. A nation deeply committed to democracy and multilateralism, India's G20 Presidency would be a watershed moment in her history as she seeks to play an important role by finding pragmatic global solutions for the wellbeing of all, and in doing so, manifest the true spirit of 'Vasudhaiva Kutumbakam' or the 'World is One Family'. After the various regular features of the assembly were presented, the special element of the assembly, which was the skit on the topic of G20 and India's role in it was enacted by the students who showcased different scenes from a G20 summit. Students also presented a song on the theme of 'Vasudhaiva Kutumbakam' or the 'The World is One Family'.

SINDHI @ CAREER UTSAV-2023

Sindhi High School, Hebbal, participated in Career Utsav-2023 by sharing a stall with Sindhi College at Tripura Vasini White Petals, Palace Ground, Bangalore on the 9th and 10th December, 2023. As responsible educators, it helped the students to connect, converse, ascertain and choose a career path best suited to them.



VISIT TO SEWA SCHOOL EXHIBITION

An exhibition showcasing the talents of Sindhi Sewa School children was organized by them on 10th-17th Nov 2023. Models and charts displaying various subjects such as banking, commerce, science, social, art and kannada were made by those talented students.

Students of class 7 &8 were taken to see this exhibition. They learnt as well as appreciated the creative skills of the Sewa School children. The children also got an opportunity to see the Sindhi Academy of Skills School where courses like tailoring and beautician course are conducted.

TEACHER'S ACHIEVEMENT

Mrs. Jyothi Jain, our Yoga teacher presented a paper on 'Concept of Prana' during the International Yoga Conference in Kanyakumari and later another paper titled 'Science of Swara and its application in management of complete wellbeing' in an International Yoga conference conducted in Pondicherry. The aim of these paper was to explain the possibilities of applying yoga in education of students through research and practices. Yoga involves various techniques with the aim of achieving psychosocial balance. We are witnessing an increase in stress and emotional disorders in children; children are becoming more sedentary, and are preoccupied with a multitude of stimuli that come constantly via cell phone, computer and television. By examining a series of research on effects of yoga, we can conclude that yoga has proved to be effective in treating a variety of conditions and diseases. Practicing yoga can help reduce stress, anxiety symptoms, and depression. Results have shown possible contribution of yoga in schools in the form of attention improvement, self-regulation and reduction of tension.



Champions are not made in the gyms. Champions are made with something they have deep inside them -- a desire, a dream, a vision”.

Physical Education equips students with essential knowledge and skills needed to function effectively in young age. Physical education is an important part of total education these days and we at Sindhi High School, Hebbal balance it with the proper coaching in sports as well as in education.

Studies have consistently demonstrated that physically active people are not only healthier but also perform better in tests of cerebral or intellectual ability.

Sports competitions and activities inculcate the spirit of positive challenges and sportsmanship among the students and prepare them for the life ahead. Sports, games and physical fitness occupy a place of importance in our curriculum. Students actively involved in learning Karate, Yoga, Skating, Tennis, Volleyball, Badminton, cricket and athletics.

Sindhians have made the school proud at many districts, state, national and even on international platforms every year.

‘Competition strengthens character and reveals true potential’

The best part of competition is that through it we discover what we are capable of and how much more than we ever believed possible we can actually do

Sindhians participated in a various interschool competitions. The hard-work and dedication put in by our students is evident from the honours and recognition they received in inter-school events. All the participants have put their best foot forward and secured positions for themselves in almost all the events they participated in.



The following are the winners at Presidency school competition:

Fitness (yoga)

3rd prize -Janavi Gowda 3A, Sai Tanvi 4D, Samhith Gopi 5C, Eshitha 5c

Graphics (ad makers)

2nd prize - Priyamvada 5B, Liora Panigrahy 5C

Brand power

3rd prize - Hridhaan 5A

Music

3rd prize - Ruthvika 5B



Just A minute

2 prize Shrujan L 4B, 3 prize Aaradhya Nambiar 4D

Poetica

2 prize Dutisha rajesh 5D, 1st prize Aditi Srivatsa 5A, Kavi Sammelan (hindi), 2 prize M. Niharika

Snip N Fold(origami)

1 st prize Aditri Saravana, 4B, 3rd prize Akshaay Vijay Gowda, 4D

Katputliya(puppet making)

1st prize Pranati.S, 4B, 2 prize Sanchitha K A, 4B

Facebook (book cover designing)

3rd prize Nithya Raghavi 5C

Mash up (paper collage making)

1st prize Brinda M Soppannavar 5B, 3rd prize Krisha Salecha 5D



In the event 'Cresindo 2024' conducted by Sindhi college

Sriram of class 11 C, made us proud by winning 3rd position in the Gita recitation competition.



YOUTH IDEATHON 2023

Management Entrepreneurship Professional Skills Council (MEPSC) under Ministry of Skill Development and Entrepreneurship (MSDE), Govt. of India and Think Startup organised **YOUTH IDEATHON 2023**, India's Largest K-12 School Level Ideas Festival to harness innovation and entrepreneurship potential on young minds of India.

The Ideathon contest engages with youth to energize them and connect with their passions to discover societal problems and propose solutions that can make lives of humanity better. Its motto is **MERA IDEA JO BADAL DE BHARAT**, thereby implying, an idea that can change India.

Four Teams of Students consisting of 3 to 5 members each studying in Classes 11-12 of Sindhi High School, Hebbal participated in the competition by submitting their startup ideas and out of which 3 teams were selected in the **Top 1000 teams** from across India. The selected teams prepared their idea pitch & uploaded the videos on Think Startup's Social Media Handles

The following are the students who participated with their team ideas:



Team: V818 **Team Nest**
Shanteri S Kini(11C), Tanish Reddy
(12C), Yatee Shashikanth Shetty



Team: V779 **Foomoo**
Class 11C: Vibhashree S Rao, Tanmaya B,
Varsini R,



Team: V920 **Keep the magic**
Class 11C: Piyush B,
Chiranth S Aradhya,
Adarsh Hitesh Shah,
G Prem Narain, Falak Singh Jasrotia

SCHOOL OLYMPICS WAS ORGANIZED BY YOUNGSTERS SPORTS CLUB ON 5TH AUGUST-6TH AUGUST 2023.

- 1st place in shotput – Nithin N, 12A
- 2nd place in shotput – Nikhil V S, 10B
- 2nd place in long jump – Tia C Roshan, 7D
- 3rd place in discuss throw – Aneesh A V, 10B
- 2nd place in 4*100 mts relay – Vedanth, 7C
- Abhay M B, 7B
- Abhay Prabhu, 8C
- Pramath, 8D



1ST OPEN NATIONALS' TAEKWONDO CHAMPIONSHIP WAS ORGANIZED BY WARRIORS TAEKWONDO ACADEMY ON 12TH -13TH AUGUST 2023.

Gold medal in Kyorugi and gold medal in Poomsae-Tanvi Gowda M V, 8B

SHRIGANDA FOUNDATION, BENGALURU ORGANIZED THE ANNUAL BADMINTON TOURNAMENT ON 18TH AUGUST 2023.

2nd runner up in singles – Samarth S, 8D

PRESIDENCY SCHOOL, BANGALORE NORTH ORGANIZED FITNESS YOGA COMPETITION ON 19TH AUGUST 2023

2ND RUNNER UP IN FITNESS YOGA [GROUP EVENT] –

- Janavi Gowda, 3A
- Sai Tanvi Sunkara ,4D
- Samhith Gopi, 5C
- Vibha Vijaysomeshwara, 5C
- Eshitha, 5C



PNC CONGNITIO SCHOOL ORGANIZED INTER SCHOOL SWIMMING MEET ON 23RD 2023.

- NIDHARSHINI 8D** – 1st place in 4*25 mtr relay
- 2nd place in 50 mtr free style
- 2nd place in 50 mtr back stroke
- 3rd place in 50 mtr breast stroke

SINDHI HIGH SCHOOL, KK ROAD ORGANIZED INTER SCHOOL RELAY COMPETITION ON 10TH NOV 2023.

1st Place In 4*100 Relay – Prateek Uk
Vedanth 7C
Abhay Mb, 7B
Abhay Prabhu, 8C

CBSE CLUSTER TABLE-TENNIS CHAMPIONSHIP 2023-2024 ORGANIZED BY SOUNDARYA CENTRAL SCHOOL, BENGALURU ON 16TH -18TH OCTOBER 2023

3rd place in girl's individual category- Mihira Vadyar 8A
3rd place in team event boy's category – Aadyot U 7A
Vaibhav G 7B
Saksham Sharma 8B

KARNATAKA RAJYOSTAVA CUP ORGANIZED BY HYPER TURF ON 1ST NOVEMBER 2023.

WINNERS IN CRICKET TOURNAMENT [U-16] CATEGORY BOYS

Niranjan and Neil D - Man of The Match
Tanush R - Man of The Series
Siddharth C G – Best Fielder

NEW AGE WORLD SCHOOL ORGANIZED SWIMMING COMPETITION ON 16TH NOV 2023.

Manjunath 7D – Gold medal in 25m free style
Gold medal in 25m back stroke
Gold medal in 25m butterfly stroke

GREEN FIELD PUBLIC SCHOOL ORGANIZED SWIMMING COMPETITION ON 19TH NOV 2023.

Manjunath 7D – Gold medal in 50m free style
Gold medal in 50m back stroke
Silver medal in 50m butterfly stroke



SCHOOL OLYMPICS WAS ORGANIZED BY YOUNGSTERS SPORTS CLUB ON 31ST NOVEMBER 2023

1st place in shotput – Nithin Ninamdhar 12A

1st place in shotput – Shivam 8B

1st place in shotput – Ansh A V 10D

1st place place in shot put – Nikhil V S 10B

2nd place in discuss throw – Piyush 10C

2nd place in long jump – Shashank S 11B

1st place in 4*100 mts relay – Shashank S 11B

Aryan Karthik 12C

Himanshu D 12A

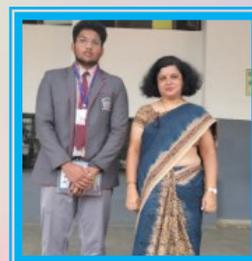
Vaibhav V 12A

2nd place in 4*100 mts relay – Krishn Akarsh 10A

Nitesh 10B

Prateet 9B

Yajas 10A



INTER SCHOOL ROLLER SKATING ORGANIZED BY GANA BHASKARA PUBLIC SCHOOL ON 31TH JULY 2023.

2nd place - Gade Jathin Reddy 1A

3rd place – Mohit Havinal 1A

3rd place – Sahasra G 2C

INTER SCHOOL ROLLER SKATING ORGANIZED BY SKATING SPORTS ACADEMY ON 8TH SEP 2023.

1st place - Gade Jathin Reddy 1A

1st place – Mohit Havinal 1A

INTER SCHOOL ROLLER SKATING ORGANIZED BY SAMYUKTA SKATING ACADEMY ON 2ND OCT 2023.

1st place – Hasika 1C

3rdplace – Sahasra 2C

3rdplace – Mohit Havinal 1A



INTER SCHOOL SKATING AND SWIMMING ORGANIZED BY VIBGYOR SCHOOL ON 12TH OCT 2023.

2nd place – Kancharla Parnika 3C

2nd place – Hasika 1C swimming result:

3rd place – Tashvi R 1D

INTER SCHOOL SKATING COMPETITION ORGANIZED BY SHIKAR INTERNATIONAL SCHOOL ON 11TH NOV 2023.

1st place – Mohit Havinal 1A

2nd place – Hasika 1C

3rd place - Gade Jathin Reddy 1A and Sahasra 2C



5TH NATIONAL LEVEL TAEKWONDO CHAMPIONSHIP ORGANIZED BY VIFA ON 10TH AUGUST 2023.

Gold medal and silver medal – Reyansh Chakraborty 4A

OPEN STATE TAEKWONDO CHAMPIONSHIP ORGANIZED BY ON TAEKWONDO ACADEMY ON 17TH NOV 2023.

Gold medal and silver medal- Dhruthi K 7D



JAIN HERITAGE SCHOOL ORGANIZED INTER SCHOOL SWIMMING COMPETITION ON 29TH AUG 2023.

Gold Medal – Ayishani Hegde 3A

Ruthvik VS -3C



Belt Gradation Ceremony of The Karate Kids

The Karate Club of our school held its annual karate belt test ceremony on 26th of December 2023.

The ceremony began with a recitation of ancient martial arts principles and an overview on how to progress from one belt to the next. All the competitors lined up in front of the judges.

The tests began with basic karate kicks and punches, followed by more advanced levels such as katas, blocks, counters and joint locks. As the tests progressed, it became clear that some competitors had achieved incredible skill levels and had mastered even the most difficult techniques.

Finally, after hours of intense competition, 43 participants emerged and had achieved a next-level color belt in martial arts. Mahalakshmi Varun chief instructor JSKIF Asian representative SKDUN AND Kasturi Rajendran regional instructor JSKIF awarded them with the belts.

Laxman Neelakantan of class 6A won bronze medal in Zen inter Dojo Karate championship while Eshitha Nagaraj of 5C a silver medal in Zen inter School Karate championship held by Koramangala club, Bangalore.

International Event held at Greece

Laxman Neelakantan of 6 A and Eshitha Nagaraj of 5 C participated of 30th SKDUN world championship held in Greece, Chalkida 2023. Laxman made us proud by winning 2 bronze medals in Kata and Kumite category.



KRISHNA JANMASHTAMI

To mark the occasion of Janmashtami , our tiny tots were asked to dress up as Lord Krishna or Radha. They were narrated with a story of Lord Krishna and were explained why this festival is celebrated. The celebration ended on a joyous note with 'dahi handi' and some dancing.



GANESHA CHATHURTHI

Children had a delightful time during the Ganesh Chaturthi festival, creating crafts, learning Ganesh shlokas, and enjoying the festivities



FIELD TRIP TO MARKET

Children love to learn and one of the best ways to understand new things is to have a hands-on experience. Kindergarten **field trips** are exciting and expand their imagination. Our little ones had a lot of fun exploring the market. They had an opportunity to interact with the vendors there who gave the children details about different fruits and vegetables.



PRE-PRIMARY ANNUAL DAY

Magical world of circus - Our little Sindhians got an opportunity to showcase their talent and create unforgettable memories as we were transported to a place filled with laughter and excitement on the Pre-primary Annual Day.



CHILDREN'S DAY

This Children's Day our little ones unleashed their creativity and artistic expressions through clay.



DEEPAVALI

On this joyous occasion, the Pre-Primary classes celebrated Deepavali with their usual enthusiasm. They made beautiful wall hangings and hand painted diyas made of coconut shells.



SHADES OF FUN

Shades of fun and Dussehra : The tiny tots celebrated Colour Week from 9th October to 13th October. The shades of colours along with Dussehra celebration made the kids feel bright and cheerful.



HALLOWEEN DAY

The Halloween Fancy Dress Competition was a fantastic opportunity for our children to showcase their creativity and imagination by dressing up in their favourite Halloween-themed costumes. It was a Spooktacular event!



Christmas

The Pre-primary children of Sindhi High School Hebbal were filled with joy during their Christmas celebration at school. Their excitement peaked when Santa Claus made an appearance. The UKG students staged a delightful show portraying the birth of Jesus Christ, making it a festive and enjoyable Christmas party.



GRATITUDE

Our little Sindhians crafted thank you cards with great care, expressing gratitude to the dedicated school staff. The smiles on the faces of the staff members were truly heart-warming and a joy to witness.



Increasing Threat of Disasters in Urban Areas An Impending Truth

The earth shifts on its axis
peace seems relaxing
but all good things seem to end
disaster may strike, one can never tell.

Winds of fury, waters from tides
which leave a heavy trace behind
seem so silly, like lies
but all good things seem to end
disaster may strike, one can never tell.

Destruction at its core
it's not a myth anymore
stories do come true
this is an impending truth.
all seems fine till the quiet ends
disaster may strike, one can never tell.

But a solution can be found
coming together as one
from the youngest of the young
to the softest of the soft
if we join hands and use our minds
the most cruel disaster won't cause a strife.

Mitali Manjure

11A

FUTURE RISK OF DISASTER-CLIMATE RISK A CALL FOR ALL

A warming tale, misunderstood
Oceans rise, echoes of our heedless plight
Forests weep, their warm embrace fade
Forests whisper of their vanishing song.
Flames of change, for how long will we evade?
Melting dreams pervade.

Nature's balance is shifting, we fear
Will we all lose what is dear?
A warming world, the tale continues
Storms gather, Mother Nature's rage
Climate risk, Fury and Rampage.

A plea for healing, a call for all
Plant the seeds to show you care
Nurture the planet with love to spare.
Cleanse the air, Let the soil breathe
Embrace renewable energy a legacy we bequeath.

Let wisdom flow, help the earth grow
Our planet is at stake, it is your call to make.
To mend the earth is our duty
Hope aligned, come together.

A story for us all in delicate branches
The question remains-How many more chances?
This is a plea for healing, a call for help
A call for all!

Naisha Soni-11A

Dedicated to Tamil Poet Subramanya Bharathi

Sindhi High School celebrated the birth anniversary of the famous Tamil poet Subramaniya Bharathiyar on the 11th of December through a morning assembly hosted by the teachers and students of class 6. The dramatic commencement of the programme was well applauded after a junior student, dressed as Bharathiyar, stunningly recited one of the poet's verses. The poem recitation was followed by songs sung by teachers with the accompaniment of guitar and tabla. The songs were interspersed by the Middle School students reciting a couple of the poet's famous poem – 'Achamillai Achamillai' The assembly was indeed a wonderful way to remember the writer.

Numeracy and Mathematics The real-life example of foundation literacy and numeracy Here's why Maths school assemblies are so important, Making the mathematics calculation interesting, that too in the regional language made our students think math as their favourite subject. This is how the math morning assemblies conducted by Sindhians of class 7 between 9th-15th November made all the students think. Comparing numbers using day to today objects, methods of calculation by the street vegetable learning reciprocals, understanding the usages of unit of measurement made the students to think how useful math was in their lives. They realized math was much more than just numbers. Using short cut to learn tables of numbers conducted by 7C was very innovating. Soon they realized that literacy and numeracy were not just skills for the classroom but tools that would shape their futures.

My class, 7A had to represent thematic maths assembly on numeric literacy. Initially we did not know how to begin, with the help of our teacher we were able to plan a small skit to represent multiplication tables in different languages. It consisted of different languages like Hindi, Kannada, English, Telugu and Spanish. I was given the charge to write the dialogues for everyone in the skit. My team was ready and had rehearsed well. Before we the start of the play, we all were nervous and fortunately no one messed up the dialogues and the skit went on well. Everyone appreciated my effort. It was a wonderful way to learn maths through real life experiences.

Janisha
7A

NUMERICAL REASONING

Understanding mathematics in different languages can offer diverse perspectives. Through the morning assemblies on numeracy, I was able to grasp abstract concepts from varied angles. Maths presentation in regional languages fostered a broader cultural understanding by exploring the unique terminology and approaches presented in different linguistic contexts. I enjoyed exploring maths across languages which cultivated a deeper appreciation for numerical reasoning.

Daksh M V
7B

The House of Gold

Not many years back, I had a very unique incident. I was a real estate agent back then, pricing and dealing with various houses and their owners. Of course, I had no interest in the job and had only done it for the sake of my family's so called "reputation" and "legacy". I was reading one of my favorite thriller novels, when my phone rang. I answered it. The case of the owner who had called me was a new one. It turned out that he had an old abandoned mansion as his property which he wanted to sell as soon as possible. He invited me to visit it, making a promise of rewarding me with millions. I was surprised at first but then I agreed. I decided to go see this mansion. I was curious to know that what was so strange in the mansion that the owner was so desperate to sell it, even though he agreed to pay me double of what he would get. I reached the place and looked at it. Apart from a creepy vines and old crumbles of the mansion, it looked as if it had just been built yesterday. I tried to enter but I was stopped by a few people nearby. They warned me to not enter the mansion if life was dear to me. It seemed that they believed there was a ghost of the girl who had belonged to a rich family long ago lived inside. I just scoffed and entered. The mansion was dirty inside, but untouched for years. I looked around and stumbled across an old library. Out of my old habit of laying my hands on books wherever I saw them, I pulled out a book and I was shocked. A pure gold bar fell from the inside of its pages. It looked like it weighed around a kilo. I pulled other books and found the same. In no time I was between gold wars. I immediately called the owner and told him about it. He came and informed the police. It turned out that the gold had belonged to the rich family of the girl a long time ago. The gold was sealed and sent to the government. And the mansion? Well, a lot of rich men came to buy it in the hope that they would find more hidden, probably in these walls. As promised the owner thanked me and paid me millions to last for a lifetime.

Suhani Kumar

8 A

The Monsoon's Greeting

Oh sun! End these dreary hours
The earth is parched, eager for monsoon's first showers,
Oh rain! Shower with all your might,
The blooming flowers what a lovely sight.
We all fear the sun's blazing touch,
Oh rain! Hold us in your pleasant cwtch
Oh water! To the sky your ascend and
Soon end this exhausting summer transcend.

The symphony of your pitter patter,
The melody which is all that matters
Oh rain! Scatter the sun's light,
The skies turn vibrant and bright,
We sing in your praise as we all rejoice in your divine aura and our humble delight.

To the broken and hurt, the rain is a companion,
You could wash away your tears and dance away your despairs.
The solution to all unpleasant affairs.
As the monsoon comes to an end; the soil dampens and our hearts become heavy,
We will miss you each day, the message loud and clear
"Return soon savvy".

Shresth Vatsya
9 C

"Kashmir":

A Symphony of Serenity Amidst Majestic Peaks

Kashmir is a region situated among the stunning peaks of the Himalayas. It has the charming potential to capture the heart of any individual who has an opportunity to witness its phenomenal natural beauty. It lures tourists from India as well as across the globe.

Kashmir has not been spared of battles and wars. The strategic location of Kashmir has led to decades of political upheaval and violence. This has unfortunately compromised the region's remarkable beauty. Complicated historical and geopolitical circumstances have fueled the conflict in Kashmir. This has resulted in fights for self-determination and autonomy.

Kashmir's exceptional beauty lies in its distinct and charming sceneries. From the renowned Dal Lake to the extensive meadows of Gulmarg, each expanse of Kashmir seems to be a piece of art. The region's mystical attraction is heightened by its majestic peaks of snow, lush pine woods, and flowing waterfalls. This makes it an ideal destination for those seeking serenity and peace within nature.

Every season, Kashmir presents a different dimension of its beauty. The snowy mountains, the mystical lakes and the enchanting valleys make Kashmir a place like no other.

Kashmir, a realm of charm with its bewitching valleys, snow-covered peaks, and the congeniality of its residents, is an unparalleled destination. Journeying through its flourishing scenery, it's apparent that Kashmir transcends being a mere geographical location; it's a journey into tranquility, a harmonious ballad that echoes in the core of those blessed to appreciate its grandeur. This serene harmony imprints an everlasting memory in the minds of those who have the privilege to immerse themselves in its majesty.

Omkar Kulkarni

9 C

Sanskrit

An ancient Indian language that's ages old dating back to 3500 years ago, was so well crafted and designed by our ancestors that while telling the consonants, the person does continuous breathing cycles so that it sounds rhythmic. Being one of the first languages to be formed, Sanskrit was first transmitted orally only since there weren't any forms of writing or any script. Whatever one would say, the other would hear and try to remember it. Today, it seems like a herculean task and almost impossible to communicate without any language script, but back then, people could remember whole scriptures. One such example are the Vedas. All four of them weren't written but orally transmitted from one person to another for thousands of years until a script came into being and there were tools to write with, barks of trees, palm leaves and other materials to write on. For many individuals today, learning the language itself is so difficult, because the grammar and vocabulary is based on mathematic and scientific concepts. Recently, scientists from NASA have announced that Sanskrit can be used for computer and machine programming. Learning such a scientific language whilst remembering whole scriptures through whatever has been heard shows just how skilled and intelligent our ancestors were. Sanskrit not only reflects how smart our ancestors were or how scientific the language is, but also shows our rich and glorious literature. The Mahabharata, the world's longest poem and The Ramayana an epic of a battle between good and evil, are famous for their philosophical insights into the way of life and the path of good deeds and actions. And thanks to Sanskrit, these epics are not only etched in golden letters in manuscripts but also in the hearts of people providing a source of inspiration to them. But how will Sanskrit benefit the individual? Recent studies by psychologists reveal that learning Sanskrit is an excellent way to train the mind. After learning Sanskrit, people reportedly got enhanced memory and recalling capacity. Their speech defects don't seem to bother them anymore. Chanting Sanskrit shlokas maintains inner peace within a person and if a person learns Sanskrit, they can learn almost any other Indian language with ease and also be qualified enough to read Sanskrit texts, which provide a deep intuition into various subjects like health and medicine, astrology, mathematics, political science and much more.

Srihan Chatterjee 55

8 C

चंदा मामा

चंदा मामा आ जाना,
मेरे लड्डू खा जाना ।
बहुत खिलौने देंगे तुमको,
थोड़े तारे तो लाना ।
चंदा मामा आ जाना,
साथ में मेरे सो जाना ।
दूध मलाई देंगे तुमको
थोड़ी मिश्री ले आना ।

Anaisha Singh
5 C

पतंग

रंग बिरंगी मेरी पतंग,
उड़ी आसमान में लेके उमंग,
धीरे-धीरे उड़ती जाए,
चरखी से डोर खुलती जाए ।
मन मेरा खुश होता जाए,
उड़ान यह जब भर्ती जाए,
लाल ,पीली, नीली, हरी
चार रंगों की पतंग मेरी ।

Pragathi
8 A

चिड़िया

छोटी सी यह चिड़िया है,
आदत उसकी बढ़िया है।
दिनभर मेहनत करती है,
कभी न आलस करती है।
यहाँ-वहाँ वह जाती है ,
बच्चों का दिल बहलाती है।

Nishtha Desai
8 D

पुष्प

वह श्रृंगार ही कराती है , वह सुगंध भी दिलाता है।
तुम मत बनो उसके हनी दाता , हर कोई बड़ा हो या छोटा,
नहीं तो वह दे देगी तुम्हें काँटा ।
तुम उसकी कोमलता को मत समझो उसकी दुर्बलता,
क्योंकि काँटे करते हैं सदैव उसकी सुरक्षा ।
पुष्प को तोड़े-तोड़े
कैसा आनंद अब तुम पाते?
सूरज में पुष्प - पुष्प चमकती चाँद की चाँदनी में भी अपनी शोभा दिखाती ।
जो यह देख वह आनंद ही आनंद पाता,
पुष्प तो को तोड़तके भला कैसा आनंद कोई पाता?
पुष्प है कितने उपयोगी
श्रृंगार , सुगंध , मनोरंजन आदि
आओ मिलकर हम ठान ले सभी को पुष्प को तोड़ने से है रोकना है ।

RISHA Bose
7B

ಕನ್ನಡ ಭಾಷೆ ಉಳಿಸುವಲ್ಲಿ ಕನ್ನಡಿಗರ ಪಾತ್ರ.

ಒಬ್ಬ ವ್ಯಕ್ತಿ ಪರಿಪೂರ್ಣತೆಯನ್ನು ಪಡೆಯಬೇಕಾದರೆ ಮಾತ್ರ ಭಾಷೆಯಿಂದ ಮಾತ್ರವೇ ಸಾಧ್ಯ. ಮಾತೃಭಾಷೆಯನ್ನು ಕಡೆಗಣಿಸಿದರೆ ಹೆತ್ತ ತಾಯಿಯನ್ನು ಕಡೆಗಣಿಸಿದಂತಾಗುತ್ತದೆ. ನಾವು ಕರ್ನಾಟಕದಲ್ಲಿ ಕನ್ನಡದ ಅಳಿವಾಗದಂತೆ ನೋಡಿಕೊಳ್ಳಬೇಕು. ಕನ್ನಡಿಗರು ಯಾವುದೇ ಮುಜುಗರಕ್ಕೆ ಒಳಪಡದೆ ಕನ್ನಡ ಭಾಷಿಗರನ್ನು ಕನ್ನಡದಲ್ಲೇ ಮಾತನಾಡಿಸಬೇಕು. ಭಾರತದಾದ್ಯಂತ ಬೇರೆ ಬೇರೆ ಜನರು ನಮ್ಮ ನಾಡಿಗೆ ಬಂದು ನೆಲೆಸುತ್ತಾರೆ. ಆದರೆ ಅವರಿಗೆ ಕನ್ನಡ ತಿಳಿದಿರುವುದಿಲ್ಲ. ಅವರ ಭಾಷೆಯಿಂದಲೇ ವ್ಯವಹಾರ ನಡೆಸುತ್ತಾರೆ ನಾವು ಅವರೊಂದಿಗೆ ಅವರ ಭಾಷೆಯಲ್ಲಿ ಉತ್ತರ ಕೊಡಲು ಪ್ರಯತ್ನಿಸುತ್ತೇವೆ. ಹೀಗೆ ಮಾಡದೆ ನಮ್ಮ ಭಾಷೆಯನ್ನು ಅವರಿಗೆ ಕಲಿಸುವ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು. ಸರಳವೂ, ಸುಂದರವೂ ಆದ ಕನ್ನಡ ಭಾಷೆಯನ್ನು ಬಳಸಬೇಕು. ಇತರರಿಗೆ ಕಲಿಸುವುದರ ಮೂಲಕ ಅದನ್ನು ಬೆಳೆಸಬೇಕು. ಇದು ಪ್ರತಿಯೊಬ್ಬ ಕನ್ನಡಿಗನ ಕರ್ತವ್ಯವಾಗಿದೆ.

ಮೇಘನ ಕಲ್ಲೂರು

ಆ 'ಡಿ'

ನನ್ನ ನೆಚ್ಚಿನ ಪುಸ್ತಕ

'ಪುಸ್ತಕವು ಒಳ್ಳೆಯ ಸ್ನೇಹಿತನಿದ್ದಂತೆ' ಎಂದು ಹೇಳುವುದುಂಟು. ನನಗೆ ಪುಸ್ತಕಗಳನ್ನು ಓದುವ ಹವ್ಯಾಸವಿದೆ. ಇತ್ತೀಚೆಗೆ ನಾನು ಮಹಾಭಾರತದ ಪುಸ್ತಕವನ್ನು ಓದಿದ್ದೇನೆ. ಇದು ನನಗೆ ತುಂಬಾ ಇಷ್ಟವಾಯಿತು. ಈ ಪುಸ್ತಕವನ್ನು ಓದಿ ನಾನು ಹಲವಾರು ವಿಷಯಗಳನ್ನು ತಿಳಿದುಕೊಂಡೆನು. ಅಣ್ಣ-ತಮ್ಮಂದಿರ ಜಗಳ ಒಳ್ಳೆಯದಲ್ಲ, ಇದು ಇಡೀ ಸಂಸಾರವನ್ನು ನಾಶಮಾಡುತ್ತದೆ ಎಂದು ನಾನು ಅರಿತೆನು. ಹೆಣ್ಣಿಗೆ ಹರ ಇರಬಾರದು, ಗಂಡಿಗೆ ದುರಾಸೆ ಇರಬಾರದು, ಬೇರೆಯವರ ಕಷ್ಟವನ್ನು ಅರಿತು ಅವರಿಗೆ ಸಹಾಯ ಮಾಡಬೇಕು, ಜೀವನದಲ್ಲಿ ಬರುವ ಸಮಸ್ಯೆಗಳನ್ನು ಧೈರ್ಯದಿಂದ ಎದುರಿಸಬೇಕು ಎಂಬ ಮುಂತಾದ ಮೌಲ್ಯಗಳನ್ನು ಕಲಿತೆನು. ಹಾಗೂ ನನ್ನ ಜೀವನದಲ್ಲಿ ಅರಿತು ನಡೆಯುವೆನು.

ಯುಕ್ತಿ.ಎನ್

ಇ 'ಬಿ'

ನನ್ನ ಪುಸ್ತಕ

ಪುಸ್ತಕ ಪುಸ್ತಕ ಪುಸ್ತಕ

ನೀನೇ ನನಗೆ ಅವಶ್ಯಕ

ನೀನೇ ನನ್ನ ಭವಿಷ್ಯ ರೂಪಕ

ನಿನ್ನಿಂದಲೇ ಈ ಜೀವನ

ಪುಸ್ತಕ ಪುಸ್ತಕ ಪುಸ್ತಕ

ಸುಖ

ಪುಸ್ತಕ ಪುಸ್ತಕ ಪುಸ್ತಕ

ನಿನ್ನಿಂದಲೇ ನಾನು

ನೀನೇ ನನ್ನ ದೈವವು

ಬುದ್ಧಿವಂತೆ

ನೀನೇ ನನ್ನ ಗುರುವು

ನಿನ್ನಿಂದಲೇ ನಾನು ಜ್ಞಾನವಂತೆ

ನಿನ್ನಿಂದಲೇ ಈ ಜೀವವು

ನಿನ್ನಿಂದಲೇ ನಾನು

ವಿದ್ಯಾವಂತೆ

ಪುಸ್ತಕ ಪುಸ್ತಕ ಪುಸ್ತಕ

ನೀನೇ ನನ್ನ ಗುರುವು

ನೀನೇ ನನ್ನ ದಿಕ್ಕೊಚ್ಚಿಯು

ನಿನ್ನನ್ನು ಓದಿದರೆ ಆಗುವುದು

ನನ್ನ ಬದುಕು ಸಾರ್ಥಕ.

ಬದಲಾವಣೆಯ ತಂಗಾಳಿ ಬೀಸಲಿ, ನನ್ನ ಏಳಿಗೆಗೆ ನಾನೇ ಶಿಲ್ಪಿ.

'ಬದಲಾವಣೆ ಜಗದ ನಿಯಮ'. ಕಾಲಕ್ಕೆ ತಕ್ಕಂತೆ ಎಲ್ಲರೂ ಬದಲಾಗಬೇಕು. ಮನಸ್ಸು ಸದಾ ಒಳಿತನ್ನು ಬಯಸುವಂತೆ ಆಗಬೇಕು, ಸ್ವಸ್ಥವಾಗಿರಬೇಕು. ಇನ್ನೊಬ್ಬರು ಬದಲಾಗಬೇಕೆಂದು ಬಯಸುವ ಬದಲು ನಮ್ಮ ಯೋಚನಾ ಲಹರಿಯನ್ನು ಬದಲಾಯಿಸಿಕೊಳ್ಳಬೇಕು. ನಾವು ಬದಲಾವಣೆ ಬಯಸಲು ಆರಂಭಿಸಿದಾಗ ನಮಗೆ ನಮ್ಮ ನ್ಯೂನತೆ, ದೌರ್ಬಲ್ಯಗಳ ಅರಿವಾಗುತ್ತದೆ. ಅವುಗಳನ್ನು ಸರಿಪಡಿಸಿಕೊಂಡು ಮುಂದೆ ಸಾಗಬೇಕು. ಎದುರಾಗುವ ಸಮಸ್ಯೆಗಳಿಂದ ಪಾರಾಗಲು ಇಲ್ಲಸಲ್ಲದ ನೆಪ ಹೇಳುತ್ತಾ ಗುರಿಗೆ ತಿಲಾಂಜಲಿ ಇಡಬಾರದು. ಇದರ ಬದಲಾಗಿ ಗುರಿ ಬದಲಿಸದೆ, ನಾವು ಮಾಡುವ ಕಾರ್ಯ ಮತ್ತು ಕೈಗೊಳ್ಳುವ ಮಾರ್ಗಗಳನ್ನು ಬದಲಿಸಬೇಕು.

ಜೀವನದಲ್ಲಿ ಸಮಯ ಬಲು ಅಮೂಲ್ಯ. ಇದು ಯಾರಿಗೂ ಕಾಯುವುದಿಲ್ಲ. ಕಳೆದು ಹೋದ ಸಮಯ ಮತ್ತೆ ಬರುವುದಿಲ್ಲ. ಬದಲಾವಣೆಗೆ ಬೇಕಿರುವುದು ಮನಸ್ಸು, ಈ ಮನಸ್ಸು ಇರುವುದು ನಮ್ಮಲ್ಲಿ. ಅದನ್ನು ಗಟ್ಟಿಗೊಳಿಸಬೇಕಿರುವುದು ನಾವೇ. ಆದ್ದರಿಂದಲೇ ಹಿರಿಯರು ಹೇಳಿರುವುದು, 'ಮನಸ್ಸಿದ್ದರೆ ಮಾರ್ಗ, ಒಳಿತಿಗೂ, ಕಡುಕಿಗೂ ಅದುವೇ ಮೂಲ' ಎಂದು. ಸಾಧನೆ ಎಂಬುದು ಆಕಸ್ಮಿಕವಲ್ಲ. ತ್ಯಾಗ, ಕಠಿಣ ಪ್ರಯತ್ನ, ಪರಿಶ್ರಮದಿಂದಲೇ ಪ್ರತಿಫಲ ದೊರೆಯುತ್ತದೆ. ಜಗತ್ತಿನ ಮಹಾನ್ ಸಾಧಕರೆಲ್ಲ ಜಗತ್ತು ನಿರ್ದಿಸುತ್ತಿರುವಾಗ ತಾವು ಕಂಡ ಕನಸು ನನಸು ಮಾಡುವ ಕಾರ್ಯದಲ್ಲಿ ತೊಡಗಿರುತ್ತಾರೆ. ಹಾಗೆಯೇ ಕಂಡ ಕನಸು ಒಂದು ದಿನ ನನಸಾಗುತ್ತದೆ ಎಂಬ ದೃಢ ನಂಬಿಕೆಯಿಂದ ಮುಂದುವರಿಯುತ್ತಾರೆ. ಅಸಮಾನ್ಯ ಸಾಧಕರೆಲ್ಲ ಒಂದು ಕಾಲದಲ್ಲಿ ಸಾಮಾನ್ಯ ವ್ಯಕ್ತಿಗಳೇ ಆಗಿದ್ದರು.

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ಹೇಳುವಂತೆ 'ಸಂಪೂರ್ಣ ಜವಾಬ್ದಾರಿಯನ್ನು ನಿನ್ನ ಕೈಯಲ್ಲಿ ತೆಗೆದುಕೋ. ಏಕೆಂದರೆ ನಿನ್ನ ಏಳಿಗೆಗೆ ನೀನೇ ಶಿಲ್ಪಿ. ನೀನು ಯಶಸ್ಸನ್ನು ಪಡೆಯಲು ಬೇಕಾದ ಶಕ್ತಿ ಮತ್ತು ನೆರವು ನಿನ್ನಲ್ಲಿ ಹುದುಗಿದೆ, ಪರಿಶ್ರಮ ಮೆಟ್ಟಿಲಿನಂತೆ, ಅದೃಷ್ಟ ಲಿಫ್ಟ್ ನಂತೆ. ಲಿಫ್ಟ್(ಅದೃಷ್ಟ) ಕೈ ಕೊಡಬಹುದು. ಆದರೆ ಪರಿಶ್ರಮ(ಮೆಟ್ಟಿಲು) ಎಂದಿಗೂ ಕೈಕೊಡದು. ಇಂದಿನ ಯುವ ಪೀಳಿಗೆಯು ನಾನು ಹೀಗೇ ಇರಬೇಕು, ನಾನು ಮಾಡಿದ ಕೆಲಸಕ್ಕೆ ಇದೇ ಫಲಿತಾಂಶ ದೊರೆಯಬೇಕು ಎಂಬ ಅತಿಯಾದ ನಿರೀಕ್ಷೆಗಳನ್ನು ಇಟ್ಟುಕೊಂಡಿರುತ್ತಾರೆ. ಆದರೆ ಹೊಂದಾಣಿಕೆಯೇ ಮಾಯವಾಗಿದೆ. ಮೌಲ್ಯಾಧಾರಿತ ಬದುಕಿಗಿಂತ, ವಸ್ತು ಆಧಾರಿತ ಬದುಕಿನ ಬಗ್ಗೆ ವ್ಯಾಮೋಹ ಆವರಿಸಿದೆ. ಮನಸ್ಸಿನಲ್ಲಿ ದೊಡ್ಡ ದೊಡ್ಡ ಗುರಿಗಳನ್ನು ಇಟ್ಟುಕೊಂಡು ಆ ಕಡೆಗೆ ಹೆಜ್ಜೆ ಹಾಕುತ್ತಾರೆ. ಆದರೆ ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಸಾಗುವಾಗ ಎದುರಾಗುವ ಸಮಸ್ಯೆಗಳಿಂದ ಪಾರಾಗಲು ಇಲ್ಲಸಲ್ಲದ ನೆಪ ಹೇಳುತ್ತಾ ಗುರಿಗೆ ತಿಲಾಂಜಲಿ ಇಡುತ್ತಾರೆ. ಇದರ ಬದಲಾಗಿ ಗುರಿ ಬದಲಿಸದೆ, ನಾವು ಮಾಡುವ ಕಾರ್ಯ ಮತ್ತು ಕೈಗೊಳ್ಳುವ ಮಾರ್ಗಗಳನ್ನು ಬದಲಿಸಬೇಕು. ಪ್ರತಿಯೊಂದು ವೈಫಲ್ಯಕ್ಕೆ ಮತ್ತೊಬ್ಬರತ್ತ ಬೊಟ್ಟು ಮಾಡುವುದನ್ನು ಬಿಟ್ಟು ಅನ್ಯರ ಸಾಧನೆ, ಪ್ರತಿಭೆಗಳನ್ನು ಗೌರವಿಸಿ, ನಮ್ಮ ಗುರಿಗಳನ್ನು ಈಡೇರಿಸುವತ್ತ ಗಮನಹರಿಸಬೇಕು. 'ಅದೃಷ್ಟವು ನಮ್ಮೊಂದಿಗೆ ಇಲ್ಲದಿದ್ದರೂ, ಪರಿಶ್ರಮವು ಅದೃಷ್ಟವನ್ನು ನಮ್ಮಲ್ಲಿಗೆ ತರುತ್ತದೆ' ಎಂಬ ಮಾತು ಸತ್ಯ. ಬುದ್ಧಿವಂತಿಕೆಯಿಂದ ಬಾಳನ್ನು ಸರಿಯಾಗಿ ರೂಪಿಸಿಕೊಳ್ಳೋಣ.

ಉನ್ನತಿ ಗೌಡ

೯ 'ಸಿ'

ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತಿನ ಮಹತ್ವ

ನಮ್ಮ ನಡೆ-ನುಡಿ ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿರುವುದು,ಯಾವುದೇ ಕೆಲಸವನ್ನು ನೀಡಿರುವ ಸಮಯದಲ್ಲಿ ಪೂರ್ಣಗೊಳಿಸುವುದು ಮತ್ತು ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ ತಪ್ಪಿಲ್ಲದಂತೆ ಮಾಡುವುದೇ ಶಿಸ್ತು. ಶಿಸ್ತನ್ನು ಪರಿಪಾಲಿಸುವ ವಿದ್ಯಾರ್ಥಿಯು ಜೀವನದಲ್ಲಿ ಯಶಸ್ಸನ್ನು ಗಳಿಸುತ್ತಾನೆ. ಒಬ್ಬ ಯಶಸ್ವಿ ವ್ಯಕ್ತಿಯ ಚರಿತ್ರೆಯನ್ನು ಓದಿದಾಗ ಅವರ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತಿನ ಮಹತ್ವ ತಿಳಿಯುತ್ತದೆ. ಉದಾಹರಣೆಗೆ ಮಹಾತ್ಮ ಗಾಂಧಿಯವರ ಸತ್ಯದೊಂದಿಗೆ ನನ್ನ ಪ್ರಯೋಗಗಳು ಅಥವಾ ಸತ್ಯಾನ್ವೇಷಣೆ ಇಂದಿಗೂ ಅನೇಕ ತರಗತಿಗಳಿಗೆ ಪಠ್ಯಪುಸ್ತಕವಾಗಿದೆ. ಅದು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಶಿಸ್ತಿನ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ತಿಳಿಸುತ್ತದೆ. ಹಾಗೆಯೇ ಅಬ್ದುಲ್ ಕಲಾಂ ಅವರ 'ವಿಂಗ್ಸ್ ಆಫ್ ಫೈಯರ್' ಮತ್ತು ಆರು ಬಾರಿ ಮಹಿಳಾ ವಿಶ್ವ ಚಾಂಪಿಯನ್ ಹಾಗೂ 2012 ಒಲಂಪಿಕ್ ಪದಕ ವಿಜೇತೆ ಬಾಕ್ಸರ್ ಮೇರಿ ಕೋಮ್ ಅವರ 'ಅನ್ ಬ್ರೇಕಬಲ್' ನಂತಹ ಆತ್ಮ ಚರಿತ್ರೆ ಪುಸ್ತಕಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸ್ಪೂರ್ತಿಯನ್ನು ನೀಡುತ್ತವೆ. ಭವಿಷ್ಯದಲ್ಲಿ ಉನ್ನತ ಸ್ಥಾನಕ್ಕೆ ಏರಲು ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತನ್ನು ಅಳವಡಿಸಿಕೊಂಡಿರಬೇಕು ಎಂದು ತಿಳಿಸುತ್ತದೆ. ಶಾಲೆಯಲ್ಲಿ ಶಿಕ್ಷಕರು ನೀಡುವ ಗೃಹಪಾಠವನ್ನು ಪೂರ್ಣಗೊಳಿಸುವುದು, ಸಹಪಾಠಿಗಳೊಂದಿಗೆ ಉತ್ತಮ ಬಾಂಧವ್ಯವನ್ನು ಹೊಂದಿರುವುದು, ಶಾಲೆಗೆ ಸರಿಯಾದ ಸಮಯಕ್ಕೆ ಬರುವುದು, ತಂದೆ- ತಾಯಿ, ಗುರು- ಹಿರಿಯರಿಗೆ ಗೌರವ ನೀಡುವುದು ಇವೆಲ್ಲವೂ ಶಿಸ್ತಿನ ಒಂದು ಭಾಗವಾಗಿದೆ. ಶಿಸ್ತಿನಿಂದ ನಡೆಯುವ ವಿದ್ಯಾರ್ಥಿಗಳು ಖಂಡಿತವಾಗಲೂ ತಮ್ಮ ಗುರಿ ಮುಟ್ಟಿ ಪ್ರಗತಿ ಕಾಣುವರು. ಇದರಿಂದ ದೇಶದ ಪ್ರಗತಿಯೂ ಸಾಧ್ಯವಾಗುತ್ತದೆ.

ರಮ್ಯಾ ಜಿ

೯ 'ಡಿ'

ನನ್ನಾಸೆ

ನನ್ನಾಸೆ ಪಕ್ಷಿಯಾಗಲು

ವಿಶಾಲ ಆಕಾಶದಲ್ಲಿ ಹಾರಲು

ಜಗವನ್ನೆಲ್ಲಾ ನೋಡಲು

ಸ್ವತಂತ್ರವಾಗಿ ಬದುಕಲು

ನಾನು ಪಕ್ಷಿಯಾಗುವೆನು.

ನನ್ನಾಸೆ ಪಕ್ಷಿಯಾಗಲು

ಬಣ್ಣ ಬಣ್ಣದಿಂದ ಕೂಡಿರಲು

ಸುಂದರವಾಗಿ ಕಾಣಲು

ಜನಮನವನ್ನು ಗೆಲ್ಲಲು

ನಾನು ಪಕ್ಷಿಯಾಗುವೆನು.

ನನ್ನಾಸೆ ಪಕ್ಷಿಯಾಗಲು

ನವಿಲಿನಂತೆ ಕುಣಿಯಲು

ಕೋಗಿಲೆಯಂತೆ ಹಾಡಲು

ಸ್ವೇಚ್ಛೆಯಿಂದ ಜೀವಿಸಲು

ನಾನು ಪಕ್ಷಿಯಾಗುವೆನು.

ನೈನಿಕ ಆನಂದ್- ೬ 'ಡಿ'

ಹೂದೋಟದಲ್ಲಿ ಚಿಟ್ಟೆ

ನಮ್ಮ ಮನೆಯ ಹೂದೋಟದಲ್ಲಿ ಬಣ್ಣ ಬಣ್ಣದ ಹೂಗಳು ಅರಳಿ ನಿಂತಾಗ ನೋಡಲು ಬಲು ಖುಷಿಯೋ ಖುಷಿ. ಹೂವಿನ ಮಕರಂದವನ್ನು ಹೀರಲು ಬಣ್ಣ ಬಣ್ಣದ ಚಿಟ್ಟೆಗಳು ಬರುತ್ತವೆ. ನನಗೆ ಅವುಗಳನ್ನು ನೋಡಲು ತುಂಬಾ ಇಷ್ಟ. ಅವು ಹೂವಿನ ಮೇಲೆ ಕುಳಿತಾಗ ಪರಾಗಸ್ಪರ್ಶಕ್ಕೆ ಸಹಾಯವಾಗುತ್ತದೆ ಎಂದು ನಾನು ಶಾಲೆಯಲ್ಲಿ ಕಲಿತೆನು. ಪ್ರತಿದಿನ ನಾನು ಹೂವಿನ ಗಿಡಗಳಿಗೆ ನೀರು ಹಾಕಿ, ಅವುಗಳ ಆರೈಕೆ ಮಾಡುವೆನು. ಅರಳಿರುವ ಹೂಗಳು, ಹಾರಾಡುವ ಚಿಟ್ಟೆಗಳನ್ನು ನೋಡುವುದೇ ಕಣ್ಣಿಗೆ ಹಬ್ಬ.

ಚಿನ್ನಯಿ.ಪಿ

2 'ಎ'



ಕಾರ್ಟೂನ್ ಕಾರ್ಯಕ್ರಮಗಳು ಮಕ್ಕಳಿಗೆ ಮಾತ್ರ ಸೀಮಿತವಲ್ಲ

ಕಾರ್ಟೂನ್ ಕಾರ್ಯಕ್ರಮಗಳು ಮಕ್ಕಳಿಗೆ ಮಾತ್ರ ಸೀಮಿತವಲ್ಲ ಎಂಬ ಮಾತನ್ನು ನಾನು ಒಪ್ಪುತ್ತೇನೆ. ಏಕೆಂದರೆ ವಾಸ್ತವವಾಗಿ ವಯಸ್ಕರೂ ಕಾರ್ಟೂನ್ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ನೋಡುತ್ತಾರೆ. ಇದರಿಂದ ಅವರಿಗೆ ಹಲವಾರು ಪ್ರಯೋಜನಗಳಿವೆ. ಕಾರ್ಟೂನ್ ಕಾರ್ಯಕ್ರಮವು ನಗುವಿನ ಮೂಲವಾಗಿದೆ. ನಗುವಿನಿಂದ ಆರೋಗ್ಯವೃದ್ಧಿಯಾಗುತ್ತದೆ. ಈ ಕಾರ್ಯಕ್ರಮವು ಅತ್ಯುತ್ತಮ ಒತ್ತಡ ನಿವಾರಕವೂ ಹೌದು. ನಮ್ಮ ಮೆದುಳಿನ ಮೇಲೆ ಒಳ್ಳೆಯ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಆನಂದವನ್ನು ನೀಡುತ್ತದೆ. ಆದ್ದರಿಂದ ಕಾರ್ಟೂನ್ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಎಲ್ಲರೂ ನೋಡಬಹುದು.

ಸಾಕ್ಷಿ ಖುರಾನ --2 'ಡಿ'

ಸಂಸ್ಕೃತಿ ಇಲ್ಲದ ಬದುಕು ವ್ಯರ್ಥ

'ಸಂಸ್ಕೃತಿ' ಎಂಬುದು ಒಂದು ಜನಾಂಗ ಅಥವಾ ಸಮುದಾಯದ ಜೀವನ ವಿಧಾನ, ನಂಬಿಕೆಗಳು, ಸಂಪ್ರದಾಯಗಳು ಮತ್ತು ಮೌಲ್ಯಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ. ನಾವು ಉತ್ತಮ ಸಂಸ್ಕೃತಿಯನ್ನು ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡಿರಬೇಕು.

ಸಂಸ್ಕೃತಿಯಿಲ್ಲದ ಬದುಕು ವ್ಯರ್ಥ. ಏಕೆಂದರೆ ಸಂಸ್ಕೃತಿ ನಮ್ಮ ಜೀವನದ ಎಲ್ಲಾ ಅಂಶಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ. ಅವು ನಮ್ಮ ಭಾಷೆ, ಆಹಾರ, ಉಡುಗೆ -ತೊಡುಗೆ, ಧರ್ಮ, ಸಂಗೀತ, ನೃತ್ಯ, ಕಲೆ ಮತ್ತು ಸಾಹಿತ್ಯವನ್ನು ಮುಂತಾದವು. ಸಂಸ್ಕೃತಿಯು ನಮಗೆ ಉತ್ತಮ ನಡವಳಿಕೆಯನ್ನೂ, ನಾವು ಇತರರೊಂದಿಗೆ ಹೇಗೆ ನಡೆದುಕೊಳ್ಳಬೇಕು ಎಂಬುದನ್ನೂ, ನಮ್ಮ ಜೀವನದ ಉದ್ದೇಶವನ್ನೂ ತಿಳಿಸುತ್ತದೆ.

ಭಾರತದಲ್ಲಿ ಹಬ್ಬಗಳು ಮತ್ತು ಆಚರಣೆಗಳು ಜನರಿಗೆ ತಮ್ಮ ಸಂಸ್ಕೃತಿಯೊಂದಿಗೆ ಸಂಪರ್ಕ ಹೊಂದಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಜನರನ್ನು ಸರಿದಾರಿಯಲ್ಲಿ ನಡೆಸುತ್ತದೆ. ಹೀಗಾಗಿ ಸಂಸ್ಕೃತಿಯು ನಮ್ಮ ಜೀವನದ ಅವಿಭಾಜ್ಯ ಅಂಗವಾಗಿದೆ. ಸಂಸ್ಕೃತಿ ಇಲ್ಲದ ಬದುಕು ವ್ಯರ್ಥ ಎಂಬ ಮಾತು ಸತ್ಯ.

ಗಣೇಶ್ ಮನೋಮಯ್.ಪಿ- 2 'ಸಿ'

ದೇಶದ ರಕ್ಷಕ- ಸೈನಿಕ

ಯೋಧನೆಂದರೆ ಸೈನಿಕ
ಅವನೇ ದೇಶದ ರಕ್ಷಕ

ಇವನಿಲ್ಲದೆ ನಮ್ಮ ದೇಶ
ಪ್ರಾಣವಿಲ್ಲದ ಬರೀ ದೇಹ

ಇವನೇ ನಮಗೆ ಶಕ್ತಿ
ಇವನೆಂದರೆ ನಮಗೆ ಭಕ್ತಿ

ಕಾಯುವನು ಗಡಿ ರಾತ್ರಿ ಹಗಲು
ದೇಶಕ್ಕೆ ಇವನೇ ಬೆಂಗಾವಲು

ಇವನಿಲ್ಲದೆ ಬದುಕು ಭ್ರಾಂತಿ
ಇವನಿಂದಲೇ ದೇಶಕ್ಕೆ ಶಾಂತಿ.

ಇಶಿತಾ .ಎನ್
ಞ 'ಸಿ'

'ಜೈ ಜವಾನಾ ಜೈ ಕಿಸಾನಾ'



ರೈತ

ರೈತ ಬೆಳೆಯುತ್ತಾನೆ ದವಸ - ಧಾನ್ಯ
ತನ್ನ ದುಡಿಮೆಯಿಂದಲೇ ಅವನು ಧನ್ಯ
ದೇವರ ಕೆಲಸ ಭೂಮಿಯಲ್ಲಿ ಮಾಡುತ್ತಾನೆ
ನಮ್ಮ ಹೊಟ್ಟೆಗಾಗಿ ಕಷ್ಟಪಡುತ್ತಾನೆ.

ರೈತನಿಲ್ಲದ ನಾಡು
ದೇವರಿಲ್ಲದ ಗುಡಿಯಂತೆ
ರೈತನೇ ದೇಶದ ಬೆನ್ನಲುಬು
ಅವನಿಂದಲೇ ಜನರ ಬದುಕು.

ಆಜ್ಞಾ ಡಿಸ್ಸ್
ಳ 'ಡಿ'

ಧೋನಿ

ಧೋನಿ ನೀ
ಭಾರತದ ಗ್ರೇಟ್ ಕಹಾನಿ!

ನೀನು ರನ್ ಫ್ಯಾಕ್ಟರಿ
ನೀನಿದ್ದರೆ ಗ್ಯಾರಂಟಿ ವಿಕ್ಟರಿ
ನೀನು ತುಂಬಾ ಪವರ್‌ಫುಲ್
ನಿನ್ನ ಆಟ ವಂಡರ್‌ಫುಲ್

ನಿನಗೆ ಯಾರೂ ಸಮರಿಲ್ಲ
ನಿನ್ನಂಥ ಕ್ಯಾಪ್ಟನ್ ಇನ್ನೊಬ್ಬನಿಲ್ಲ
ನೀನು ತುಂಬಾ ಕೂಲ್
ಅದೇ ನಿನ್ನ ಟೂಲ್

ಕಣ್ಣಲ್ಲಿ ಕಾಂಫಿಡೆನ್ಸ್
ಎದುರಿರೋರಿಗೆ ಇಲ್ಲ ಚಾನ್ಸ್
ವರ್ಲ್ಡ್ ತುಂಬಾ ನಿನ್ನ ಫ್ಯಾನ್ಸ್
ನಿನ್ನ ಆಟವೇ ಒಂದು ಡ್ಯಾನ್ಸ್

ಹೆಲಿಕಾಪ್ಟರ್ ಷಾಟ್
ಕಂಡು ಹಿಡಿದೆ
ವರ್ಲ್ಡ್ ಕಪ್ ಟ್ರೋಫಿ
ಹಿಡಿದು ಮೆರೆದೆ

ಸಿ ಎಸ್ ಕೆ ಕಿಂಗ್ ನೀನು
ನನ್ನ ಹಾರ್ಟಿನ ಬೀಟು ನೀನು
ಕಲಿಯುವೆ ನಿನ್ನಿಂದ ಲೀಡರ್ ಷಿಪ್
ನಾ ಗೆಲ್ವುವೆ ಚಾಂಪಿಯನ್ ಷಿಪ್ !

ಇರಲಿ ನೂರು ಸ್ಟಾರ್
ನೀ ನನ್ನ ಸೂಪರ್ ಸ್ಟಾರ್



ಆಯುಷ್ಯಾನ್.ವಿ

ಇ'ಬಿ'

‘बिग्- बान्ग’

वर्षेभ्यः वर्षेभ्यः च पूर्वं ब्रह्माण्डस्य आरम्भः ‘बिग्- बान्ग’ घटनया चिह्नितः आसीत् । किन्तु कथम्? ऊर्जा, कदाचित् देवी आसीत् । परमदेवी आसीत्। सा किमपि रचयितुं उत्सुका आसीत् । किन्तु किम् ? किं उपयुज्य ? यदि किमपि आसीत्, तर्हि सर्वं स्वयमेव आसीत् । उद्विग्ना ऊर्जा एकत्रिता अभवत्। उष्णं उष्णं च अभवत् । सहसा सा विस्फुटिता अभवत्। तदेव ‘बिग्- बान्ग’ आसीत् । उर्जा पदार्थे- अपदार्थे अविभज्यत । तौ युगले आस्ताम् । पदार्थः अपदार्थः च विपरीतौ आस्ताम् । यदि समानमात्रायाम् अभविष्यताम्, तौ परस्परं अनक्षयताम् । ऊर्जा नष्टा स्यात् । परन्तु तस्मिन् क्षणे सा साहसेन, समाधिस्थितौ, एकम् पदार्थम् विभक्तुं समर्था अभवत् । अधुना यद्यपि सर्वे पदार्थाः अपदार्थाः परस्परं विनाशिताः, तथापि अपरः पदार्थः ऊर्जाम् गृह्यमाणः अवशिष्टः । तेन पदार्थेन एव विश्वं, नक्षत्राणि, सर्वम् । तदेव अस्मासु भवति । ऊर्जा एव अद्यपि वर्तते, किन्तु अपरेण रूपेण । -AKHILA VIPIN MADANGARLI
10 D

संस्कृतभाषायाः अद्भुतं महत्त्वं अस्ति यद्यपि विश्वे समये अनेके भाषाः प्रचलन्ति। संस्कृतम् अस्मिन् परम्परागतः भाषा अस्ति यतः अतीव प्राचीनः अस्ति और्वः संस्कृतभाषाया अनुशासनम् अस्ति। अतएव संस्कृतं उन्नतिं ददाति चेतनास्य अनुशासने, विज्ञाने, धर्मे च।

संस्कृतभाषायाः अध्ययनं विद्यार्थीणां बुद्धिवृद्धिं करोति च, तस्य विभिन्नेषु क्षेत्रेषु समृद्धिं कारयति, उदाहरणार्थं चिकित्सायां, विज्ञाने, तथा संस्कृतकृतानि ग्रन्थानि अनुवादतया प्रसारयति।

संस्कृतभाषायाः महत्त्वं समयेऽस्मिन् अत्यन्तं आवश्यकं भवितुं आसीत्, अतएव संस्कृतं अध्ययनं चिरायुषं, ज्ञानं च सिद्ध्यति। इत्थं अस्मिन् परिसरे संस्कृतभाषायाः पुनर्जीवनं कारयति चेतनं विद्यायां च।

Shresth Vatsya

9D

मम विकसितभारतम्

मम विकसितभारतम्, मम अभिमानः। मम देश कृषिः, स्वास्थ्य, शिक्षण इत्यादि विभगेषु प्रथमं स्थितः अस्ति । एषः देशः विश्वस्य विशालः गणतन्त्रदेशः वर्तते । अस्य देशस्य विषयाः अनेकाः चरित्राः च । अत्र विविधाः भाषाः, विविधाः वेशाः विविधाः धर्माः च । तथापि अस्माकम् एका एव राष्ट्रीयता । वयं सर्वे भारतीयाः । भारतदेशस्य उत्कर्षः अस्माकं धर्मः । भारतम् सदा प्रगतिपथे अस्ति । मम देशः संसारस्य देशेषु अति पुरातनः देशः अस्ति। एतद् विश्वस्य विशालः गणतन्त्रदेशः। मम देशः ज्ञानस्य धर्मस्य च आदिजन्मभूमिः अस्ति। राष्ट्रियचिह्नम् – सिंहशीर्षम्, राष्ट्रगीतं – जन-गण-मन च अस्य राष्ट्रीयतायाः मुख्यधाराः सन्ति। संस्कृतभाषा एव अस्य प्राचीनतमा भाषा अस्ति। अस्य देशस्य गौरवम् प्राचीनम् अस्ति। ज्ञानविज्ञाने अयम् देशः विश्वगुरुः इति कथ्यते। जगत् भारतम् अभिवादयति। भारते विषेशतः प्रमुखाः स्मारकाः, भाषाः, च नैतिकाः अन्यतमाः सन्ति। अस्माकं देशे विविधतयाः सम्मेलनम् संभवति। विश्वे तल्लोमतमा मूर्तिः कुत्रास्ति ? भारते अस्ति। विश्वे अत्युत्कृष्टतमं। समागतम् कुत्र अस्तीति ? भारते अस्तीति। क्षणात् भारतीयानां अनेकानि विभिन्नानि रिकॉर्डेनि प्राप्तवान्। विच्छेदनात् प्राप्तवा वयं स्वतन्त्रता भूयामहे धुष्ट्या अत्कृष्टा देशः स्म। प्रत्येकम् नागरिकः भारतदेशस्य विकासाय प्रयत्नशीलो भवेम। अत्यन्तकठिनकालेषु सहस्थित्वायैव मम देशः प्रीतिं सम्पादयति । अस्य महिमा अवर्णनीयः अस्ति। अत्र जन्म सहस्रेषु जन्मसु प्राप्यते । । कदाचिल्लभते जन्तुर्मानुष्यं पुण्यसञ्चयात् ॥

Kavya C Nair, 8 C 63

CANVAS OF LIFE



VITM-QUIZ COMPETITION

Visveswarya Industrial and Technological Museum Bangalore had organised a quiz competition. A team of two Prateet 9B and Shubir Singh 10C participated in the quiz. The Duo reached the semifinal through the qualifying rounds.



PRATEET U.K.



SHUBIR SINGH

Design Thinking and Q-learning

'Design thinking' refers to the collection of practices and mindsets that enables creative, collaborative problem-solving across domains.



Students are able to : Define the problem, create and consider multiple options, refine selected directions, and execute the best OUTPUT.

Credits:

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Ms. Chitralkha P Vice-Principal

Ms. Mridula Tripathi Vice-Principal

Ms. Sangeetha S

Ms. Kala Ramdas

Ms. Jaishree B N

Ms. Prerna Wadhvani

Ms. Sunita Bantupalli

Ms. Shanthi Devi

Ms. Padmavathy P

Ms. Kavitha G N

Ms. Srividya R

Ms. Ritika Heeru Kirpalani

Ms. Ananya Madhusudan

