



Sindhi High School, Hebbal

(Affiliated to CBSE, New Delhi)

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

Sponsors: Sindhi Seva Samiti



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SINDHI HIGH SCHOOL, HEBBAL



Greetings for the Academic Year 2022-23!!

A nation is advanced in proportion to education and intelligence spread among the masses

~ Swami Vivekananda

Education is not just a process of giving and gaining knowledge for a future job, but a lifelong process that creates an understanding of moral and ethical values to guide one's life and make our students the future hope of our country.

A student who is taught discipline will learn the power of self-control. To be successful, we need self-discipline which teaches us to sacrifice individual interests in favour of group interests.

As a parent, you want the best for your child and we are proud to be working with you as a team to ensure that they are given the right knowledge to face the future challenges.

We hope to create an atmosphere of reverence for education and a healthy environment where academics, sports, co-curricular and extra-curricular activities will mould our students and stimulate them to be the best. In order to achieve this, parents and the school authorities must work together as a team to inculcate certain values in the students. A student who has respect for the elders, especially teachers will be more receptive to authority and learning. This will help to enable the student to get the best out of the school.

Wish you all a successful and rewarding year ahead!!

Mrs. Maithreyi Satyadev

Principal

Sindhi High School - Academic Assessment

"Assessment is the engine which drives student learning "

John. Cowan

Our school believes that assessments are of vital importance and play a crucial role in shaping the future of students.

The assessment pattern at the pre primary stage is multi-modal and ensures that all aspects of a child are been observed .Classes 1 and 2 are evaluated through six worksheets in a year. We at Sindhi High School follow a series of continuous and comprehensive evaluation through a set of three periodic tests and two exams(Half yearly and Annual) for classes 3 to 9.

Class 11 conducts two unit tests and two exams respectively throughout the year.

Class 10 and 12 also have two pre board exams along with their regular test and board exams.

Internal assessments are done according to the CBSE Board pattern.



The Quality of life is determined by its Activities

To give students an opportunity to showcase and hone their talents and also prepare them for intra school competitions, club activities for the students of classes VI to X, were introduced by our school . Club activities not only help the students to shape their personal interests and hobbies but also to improve their leadership and social skills. The students could choose from Dance ,Music , Karate ,Scouts and guides depending on their interest.



Sindhi High School, Hebbal

*The Management Congratulates the Executives,
staff members, Students and Parents for the
Excellent Results in AISSCE (Class XII)*

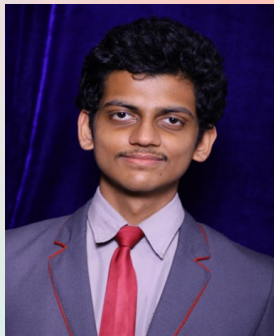
AISSCE CLASS XII 100% RESULTS, ABOVE 90 % - 65, DISTINCTION - 81.

SCIENCE STREAM SCHOOL TOPPERS



1.HARSHI

98.8 %



2.NIRANJANA M K

96.6 %



3.R DHARSHINI

96.2 %



3.SUNIL THUNGA

96.2 %

PCMB TOPPERS



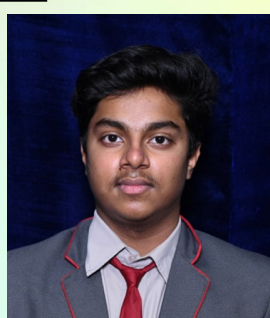
1.HARSHI

98.8 %



2.VISHNU HARI

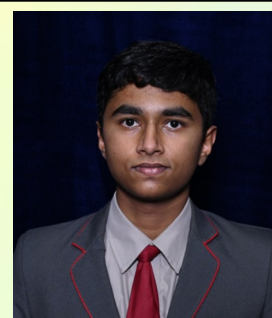
94.2 %



3. ROHAN SUJESH

93.8 %

PCBC TOPPER



1.S SIDDHARTH

95.8 %

PCMC TOPPERS



1.NIRANJANA M K

96.6 %



2.R DHARSHINI

96.2 %



2.SUNIL THUNGA

96.2 %



3. ABHAY V

95.8 %

SCIENCE STREAM SUBJECT TOPPERS

**BIOLOGY &
CHEMISTRY 100**



HARSHI

COMPUTER SCIENCE 100



**ABHAY V
NIKKAM**



S SIDDHARTH

ENGLISH 98



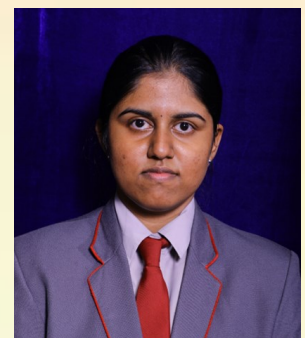
KRITHIKA NANDHINI S



SREEJA G



HARSHI

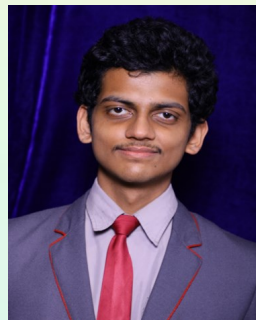


R DHARSHINI

PHYSICS 99



HARSHI



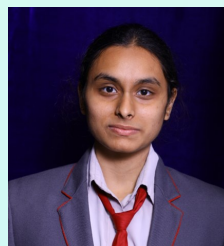
NIRANJAN M K

COMMERCE STREAM SCHOOL TOPPERS



1. ANISHA SAHU

97.8 %



2. SHREYA D

96.2 %



3. PRATHEEK S

95.6 %

EEBA TOPPERS



1. SHREYA D

96.2 %



2. KAVYA AGARWALLA

94.4 %

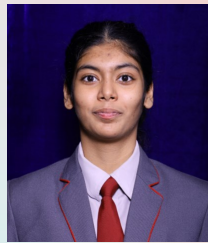
IEBA TOPPER



1. R ROSHAN GULECHA

94.6 %

MEBA TOPPERS



1. ANISHA SAHU

97.8 %



2. PRATHEEK S

95.6 %



3. ROSHNI INAMPUUDI

95.2 %

COMMERCE STREAM SUBJECT TOPPERS

ACCOUNTANCY 100
MATHEMATICS 100
ECONOMICS 99



ANISHA SAHU

APPLIED MATHS 96 &
BUSINESS STUDIES 100



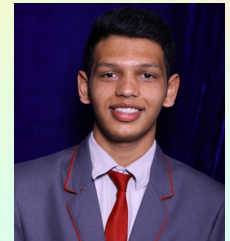
PRATHEEK S

ENTREPRENEURSHIP 96



SHREYA D

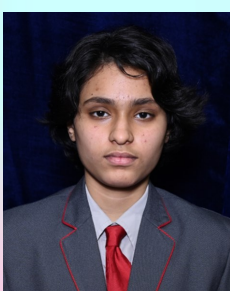
INFORMATICS
PRACTICES - 99



R ROSHAN

AISSE CLASS X 100% RESULTS,
ABOVE 90 % - 95, DISTINCTION - 111.

SCHOOL TOPPERS



1. H R ACHALA

99.6 %



2. SHREYAS KODANCHA

98.6 %



3. AUM LAVKUMAR PADIA

98.2 %

SUBJECT TOPPERS

English 100



H R ACHALA

HINDI 98



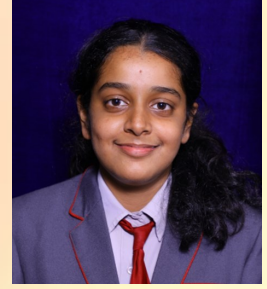
DIKSHITH R

KANNADA &
SOCIOAL SCIENCE 100



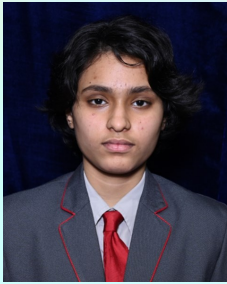
**NIKITHA A
GAEKWAD**

BASICS MATHEMATICS
97



JIYA SUHASARIA

STANDARD MATHEMATICS MATHS 100



H R ACHALA



SHREYA SHETTY

SCIENCE 100



NIKITAA



**SHREYAS
KODANCHA**

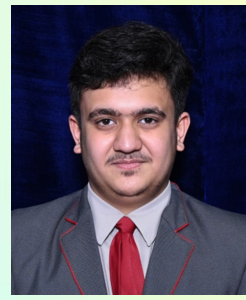
SANSKRIT 100



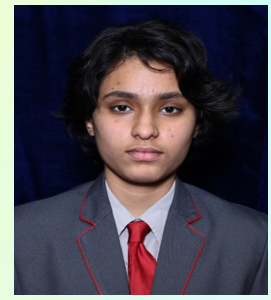
AADHYA M



ARNAV GOYAL



**AUM LAVKUMAR
PADIA**



H R ACHALA



MENITA PATTAM



SHRINGA NAYAK P



**V L LAKSHMI
SHRIYAA**

Faculty Orientation Programme 2022-23

(From 26th to 29th May 2022)



A Three-day Faculty Orientation Programme was organized by the management from 26th to 29th May 2022. The objective of the programme was to refresh the members of faculty and familiarize the effective academic practices to be followed in the academic year 2022-2023. **Mrs. Rachna Sharma**, the Vice-Principal, in her inaugural address gave an overview of the programme. She addressed important academic aspects and suggested the members of faculty to follow them strictly and perform effectively. She also highlighted the significance of being happy and positive.

A talk on 'Empathy In Education'

Shri Prakash Madhwani, Chairman of Sindhi High School, Kumara Krupa Road gave a presentation on 'Attributes of a Good Teacher' highlighting the importance of being a good teacher. Several techniques and anecdotes of teaching were shared. The presentation was very impressive and handy.



Faculty Orientation Programme 2022-23



‘Adding values to teaching’ - A teaching programme ‘

Mr. Sujeeth Jha, the Director of Excellenz Careershapers Pvt. Ltd., conducted a two day session on ‘Goal Setting for teachers’. He began his talk seeking clarifications for a few questions and went on giving extensive inputs on importance of time management, punctuality, flexibility, responsibility and problem solving. He projected some live examples and asserted the importance of these attributes in a teaching learning environment. He defined what the time management was and stated its importance quoting many proverbs, examples and his personal experiences, he moved on explaining the nuances of Quality consciousness , Feedback System and Teaching-Learning Process. He also talked about Goal Setting, SWOT Analysis and the 80/20 rule. The concepts taught was reinforced with out-door activities which made session both interesting and interacting.

Tata Class Edge Usage Workshop , was conducted by Mrs. Mrigya Khanna , in-order to use the knowledge and develop skills in the use of ICT tools in the classroom. It also gave inspiration to teachers to use computer solutions in their classrooms in order to promote students’ learning, collaborative work and creativity across a wide range of subjects. During the course, the teachers were involved in practical activities exploring how to apply modules in the Classroom.

Create and manage learning content by using a variety of tools, resources materials and search engines. Infuse technology throughout a lesson plan for efficient and effective teaching. Upon completion of the course, the teachers felt more confident to incorporate ICT tools.

Let today be the start of something new !



Our staff reported to duty on Thursday, 26th May 2022 marking the beginning of the New Academic Year 2022-23. The school wore a festive atmosphere as the teachers and staff geared up to welcome students back to offline classes after two years of disruptions owing to Covid -19. With confident gaze and reassuring smiles, our teachers welcomed every student to school with strong faith in students' capabilities and to propel them to work harder. On Monday, 30th May 2022 classes 8 to 10 and 12 students returned back to their second home. The students of classes LKG to VII joined on Wednesday, 1st June 2022, while the toddlers of Nursery classes on Thursday on 2nd June, 2022. The new batch of class of XI students came on Wednesday 8th June, 2022. To make the beginning special, a welcome assembly was conducted. The assembly commenced by recalling the rules to be followed at School as well as in our daily lives. It was based on four aspects :-

- Willingness to learn.
- Dedication and determination.
- Making the right decision.
- Maintaining good health and hygiene.



Environment Day

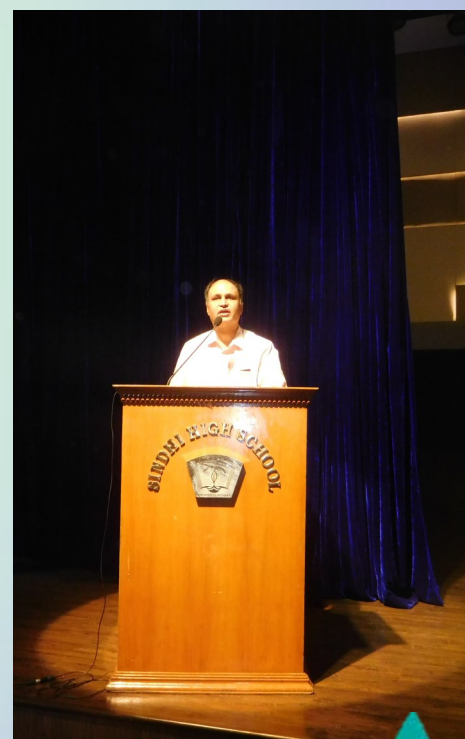
Earth is our home so we must take care of it!

The school organized an awareness week on the occasion of World Environment Day. All the students participated with full energy in this program. The objective of this program was to spread awareness among people about saving our environment from various types of pollution and to plant more and more trees to make our mother earth full of greenery. Special class assembly was conducted in which children danced and sang nature songs. Poster activities on the theme “Only One Earth” was conducted. The winners were given certificates. There were groups of students who were also engaged in cleaning the school campus. The students also promised that no one would pollute the environment and will also not allow anyone to do so.



PARENTS' ORIENTATION PROGRAMME 2022-2023

Parents Orientation Programme 2021-22 was conducted on 4th June, 2022 for the parents from LKG to class 12. The goal of this programme was to ensure a positive atmosphere for learning as well as building up the healthy relationship between the parents, teachers and students. The teachers familiarized the parents with the curriculum, rules and regulations of the school, teaching methodologies, assessment methods and the co-scholastic activities. Dr. Rajdeep Manwani, Academician and a Motivational Speaker, addressed the students and parents of classes of 10 and 12. He purported the importance of determination and hard-work in one's life. He also advised students to eliminate distractions from their life and concentrate on effective studies. The orientation programme proved to be a sincere effort made by the school in educating the parents to look after and guide their children in a proper manner.



14th INTER SCHOOL BASKETBALL TOURNAMENT

The 14th Interschool Basketball Tournament was held in the Indoor Stadium of our school, on the 1st and 2nd July 2022. There were 27 schools participating with 13 Boys teams and 14 Girls teams from various schools of Bangalore City. The tournament was inaugurated by DR. B S Sreekanta, Director Sindhi College. He addressed the students and highlighted the importance of playing sports and being healthy. The victorious teams were ecstatic and excitement buzzed everywhere. The valedictory function was held on 2nd July 2022. Sri.Arjun Menda, Founder and Group Chairman of RMZ Corporation Group was the chief Guest. DPS South emerged winners for Boys team and Cluny Convent claimed the Girls Winning Trophy. The winners also got individual Trophies and Certificates. The event was a great success for all the participants.



14th INTER SCHOOL BASKETBALL TOURNAMENT RESULT

BasketBall— BOYS

1st Place——DPS SOUTH

2nd Place——DPS NORTH



BasketBall--GIRLS

1st Place——CLUNY CONVENT

2nd Place——NPS RAJAJINAGAR



Investiture : Believe and Achieve

The Investiture Ceremony which has always been a tradition of Sindhi High School, Hebbal was held on 27th June 2022 .The hoisting of the school flag was done and the student council was officially presented with their house colour flags by the Principal and Vice Principal, which was followed by the oath taking ceremony.



Investiture—STUDENT COUNCIL 2022-23

Head Boy - 12 A- C Vishwa

Sports Captain Boys- 12 A- Atharv Puranik

Head Girl- 12 A- Manya Ravishankar

Sports Captain Girls- 12 B- Bhumika A G



Earth House Captain- 12 C- **Hitha Shivayogi**

Neptune House Captain- 12 C- **Rudra Mundra**

Earth House Vice Captain- 10 B- **Raghavi K**

Neptune House Vice Captain- 10 A- **Sameeksha S V**

Jupiter House Captain- 12 B- **Madhurashree M**

Venus House Captain- 12 A- **Shivam S T**

Jupiter House Vice Captain- 10 B- **Varchas Jasti**

Venus House Vice Captain- 10 A- **Vivan D M**

“Winning isn’t everything, it’s the only thing.”

State level badminton tournament for teaching staff 2022-2023 was organized by Presidency College, Hebbal on 22nd and 23rd June.

Mrs.Rachna Sharma and Vinutha.P were declared winners in Women's Doubles category and Ms.Vinutha.P won the title in Women's Singles competition. Mr.Nagaraj C.G and Mrs.Rachna Sharma were the Runners in Mixed doubles competition.

Mr.Nagaraj C.G was the runner up in men’s doubles competition held in Presidency college and Sindhi college.



Yoga and Music Day!!



Every child has creativity in him/her that finds expression with meditation and yoga.

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. It is a holy grail for humans and has magical effects. We, at Sindhi High School celebrated International Yoga Day with great enthusiasm. A special week long assembly on the theme 'Yoga for humanity' was conducted ,wherein the 'INTERNATIONAL YOGA DAY' was celebrated zestfully. The students discussed the importance of yoga and also exhibited yoga postures. They later presented beautifully designed posters depicting the benefits of yoga and promised to introduce this activity in their daily lives. A quiz on yoga was conducted. Pranayamas, meditation and different asanas were also practiced.

Reading Week

NATIONAL READING DAY



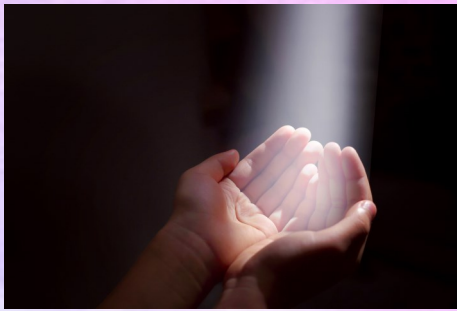
"READING IS A PASSPORT
TO COUNTLESS ADVENTURES."
-MARY Poppins



A book is a garden, an orchard, a storehouse, a party, and a multitude of counsellors.

Honouring the father of the Library Movement, the late P.N. Panicker, the 27th National Reading Day was celebrated on 19th June 2022, the following week as Reading Week and Reading Month was celebrated. The National Education Policy 2020 has placed emphasis on 'how to read', 'learn to read', read to learn'. Reading Day was launched, where the teachers and students took the reading pledge. Important activities like DEAR : drop everything and read, book reviews, vocabulary building exercises, reading rockets, bingo, personal libraries and many more activities were designed by the librarians and the teachers.





A RAY OF HOPE

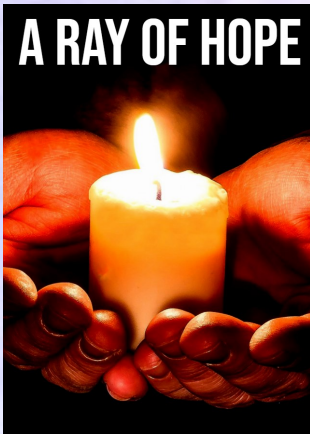
*Life was peace
Until Covid's release
Nevertheless
We are a step away from our success*

*Nation's economy
Grew as worse as our agronomy
Commonly known as poverty
Grabbed our property*

*Unemployment grew
And switched our country's view
People starved throughout
With no doubt*

*Yet! We have a ray
Of hope
And that's what keeps us
Moving*

*Sameeksha SV
10 'C'*



THE KNIGHTS WHO WON THE FIGHT

Once upon a time,
A group of knights,
Were sailing through the night.
They were getting ready for a fight.
They were waiting for the light
To make the arena bright
To see the enemy in clear sight
They had to turn right
To reach the arena to fight
They reached the arena to fight
They fought with all their might
And finally won the fight
And won the prize, which was a kite.

Ganesh Manomay P

6 C



Only One Earth

The Earth is fickle and to some extent weird but the only place which supports life. It is human nature to create but something can be created only over the ashes of other. Writers and scientists imagine Earth in very different ways. Poets and writers try to bring the beautiful and life-giving side of Earth in ink and paper whereas scientists see it more as an escape pod from which everything is to be extracted before eventually its demise. I see it as a home which we never leave, a home in distress but a home for sure. There have been many instances where humans have run hollow campaigns and movements to save Earth. We can only thank God for this article is written by a human (me). I don't impose it upon humans to be heroes but as a citizen, a member we must do all in our power to save our roofs. To me it's not an adventure, not a resource, not a life giver but only one Earth 'home' !

Sresth Vatsya

8-C



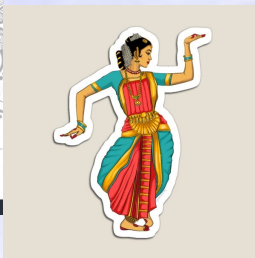
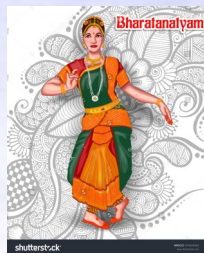
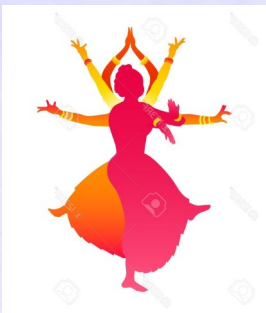
नाट्य —वेदस्य कथा

एकदा देवा देवेन्द्रेण सह ब्रह्माणं प्रति अगच्छत् । एकं नवीनं वेदं रचयितुम् अपृच्छन् । तदा ब्रह्मा दीर्घकालं ध्यानम् अकरोत् । तदा एकः नवीनः पञ्चमवेदः नाट्य वेदः आविर्भवत् । नाट्यवेदाय ब्रह्मा ऋग्वेदात् साहित्यं कृतिं च आप्नोत् । यजुर्वेदात् अभिनयं सामवेदात् गानं च प्राप्नोत् । स तदा अथर्ववेदात् रसाः आनयत् । आदौ ब्रह्मा नाट्यवेदं भरताय उपादिशत् । भरतः शतं शिष्यैः सह अभ्यासम् अकरोत् । इदम् अवलोक्य शिवः कैशिकीवृत्तिं प्रारभत ।

एषा नाट्यवेदस्य कथा , एका अपरा वेदस्य कथा ।

अखिला विपिन मडनर्ली

नवमी अ



‘ಸ್ನೇಹ’

ಪುಟ್ಟ ಪುಟ್ಟ ಕೈಗಳನ್ನು ಹಿಡಿದು ನಡೆಯುವಾಗ
ಸದಾ ಜೊತೆಯಲ್ಲಿ ಬೆಳೆದು ನಿಂತಾಗ

ಹರೆಯಕ್ಕೆ ಬಂದಾಗ ನಮ್ಮ ಸುಖ ದುಃಖ ಹಂಚಿಕೊಳ್ಳುತ್ತಾ
ನಗುವಿನೊಡನೆ ಒಬ್ಬರನ್ನೊಬ್ಬರು ಕಾಲೆಳೆಯುತ್ತಾ
ಸ್ನೇಹಿತರೊಡನೆ ಕಳೆಯುವ ಕೆಲವು ಕ್ಷಣಗಳು,
ಮರೆಯಲಾಗದ ಸುಮಧುರ ನೆನಪುಗಳು

ಈ ಒಡನಾಟಕಿರುವ ಸುಂದರ ಹೆಸರು ‘ಸ್ನೇಹ’
ಈ ಪದವನ್ನು ಕೇಳಿದರೆ ನಮಗರಿವಿಲ್ಲದೆ
ಮೊಗದಲ್ಲೊಂದು ಮೂಡುವುದು ನಗುವಿನ ಪ್ರವಾಹ.

- ಸುಮನ್ಯು ಜಿ ಶೇಟ್
- ೫ ನೇ, ‘ಎ’ ವಿಭಾಗ



‘ನಿಸರ್ಗ’

ಹಚ್ಚ ಹಸಿರಿನ ಗಿಡ ಮರಗಳು
ಅರಳಿದ ಸುವಾಸನೆಯ ಹೂಗಳು
ತಣ್ಣನೆಯ ಸೂಸುವ ಗಾಳಿ
ಕೇಳಿ ಬರುತ್ತಿದೆ ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿ
ಮುಂಜಾನೆಯ ಹೊಂಬಿಸಿಲು
ಜುಳು ಜುಳು ಶಬ್ದದೊಡನೆ
ಭೋರ್ಗರೆಯುತ ಹರಿಯುವ ನೀರು
ಸಪ್ತ ಸರೋವರಕೆ ನೂರಾರು ಊರು
ತನ್ನ ತನುವಿನಿಂದ ನೀಡುತ್ತಿದೆ ಜೀವನ
ನಿಸರ್ಗದ ಸೊಬಗಿನಿಂದ ಆಗಿದೆ ಪಾವನ

- ಅಭಿಜ್ಞಾ
- ೭ ನೇ, ‘ಎ’ ವಿಭಾಗ



ಕಟ್ಟಡಗಳಾದ ಕೆರೆಗಳು

ಹಿಂದೊಂದು ಕಾಲದಲ್ಲಿ ಬೆಂಗಳೂರು ನೂರಾರು ಕೆರೆಗಳ ತಾಣವಾಗಿತ್ತು. 'ಉದ್ಯಾನ ನಗರಿ' ಎಂದೇ ಹೆಸರಾದ ಬೆಂಗಳೂರಿನ ನಿರ್ಮಾತ್ಮ ಕೆಂಪೇಗೌಡರು ನಗರದ ಜನರ ನೀರಿನ ಸೌಕರ್ಯಕ್ಕಾಗಿ ಬೆಂಗಳೂರಿನ ಸುತ್ತ ಮುತ್ತ ಅನೇಕ ಕೆರೆ ಕಟ್ಟಿಸಿ ಕಟ್ಟಿಸಿದರು.

ಇತ್ತೀಚಿನ ನಗರೀಕರಣದ ವ್ಯವಸ್ಥೆಗಳು ಹಾಗೂ ದಕ್ಷ ಆಡಳಿತಗಳ ಅಭಾವದಿಂದ ಈ ಸುಂದರ ಕೆರೆಗಳು ಅವನತಿಗೊಂಡು ಈಗ ಕಣ್ಮರೆಯಾಗಿವೆ.

೧೯೬೦ ರಷ್ಟರಲ್ಲಿ ೨೮೦ ಕೆರೆಗಳು ಉಳಿದಿದ್ದವು. ಇಂದು ಕೇವಲ ೮೦ ಕೆರೆಗಳು ಮಾತ್ರ ಉಳಿದಿವೆ. ಇವುಗಳಲ್ಲಿ ಹಲಸೂರು ಕೆರೆ, ಬೆಳಂದೂರು ಕೆರೆ, ಸ್ಯಾಂಕಿ ಕೆರೆ ಮುಂತಾದವು. ಬೆಂಗಳೂರಿನ ಮೆಜೆಸ್ಟಿಕ್ ಬಸ್ ನಿಲ್ದಾಣದಿಂದ ಹಿಡಿದು ಹಾಕಿ, ಪುಟ್ಟಾಲ್ ಸ್ಟೇಡಿಯಮ್, ವಸತಿ ಪ್ರದೇಶಗಳೆಲ್ಲವು ಮುಚ್ಚಿದ ಕೆರೆಗಳೇ ಆಗಿವೆ.

ಆಗ ಕೆರೆಗಳು

೧. ಶೋಳೆ ಕೆರೆ
೨. ಅಕಿತಿಮ್ಮನ ಹಳ್ಳಿ ಕೆರೆ
೩. ಸಂಪಂಗಿ ಕೆರೆ
೪. ಧರ್ಮಾಂಬುಧಿ ಕೆರೆ
೫. ಚಲ್ಲಘಟ್ಟ ಕೆರೆ
೬. ಕೋಲಮಂಗಲ ಕೆರೆ
೭. ದೊಮ್ಮಲೂರು ಕೆರೆ

ಈಗ ಕಟ್ಟಡಗಳು

- ಪುಟ್ಟಾಲ್ ಕ್ರೀಡಾಂಗಣ
- ಹಾಕಿ ಕ್ರೀಡಾಂಗಣ
- ಹಲವು ಕ್ರೀಡೆ ಕ್ರೀಡಾಂಗಣ
- ಮೆಜೆಸ್ಟಿಕ್ ಬಸ್ ನಿಲ್ದಾಣ
- ಗಾಲ್ಫ್ ಕೋರ್ಸ್
- ವಸತಿ ಪ್ರದೇಶ
- ಬಿಡಿಎ ಲೇಔಟ್



- ಈ ಎಲ್ಲಾ ಕೆರೆಗಳ ಅತಿಕ್ರಮಣದಿಂದ ಸುತ್ತಮುತ್ತಲಿನ ಪ್ರದೇಶಗಳು ಮಳೆಗಾಲದಲ್ಲಿ ಜಲಪ್ರವಾಹಕ್ಕೆ ಒಳಗಾಗುತ್ತವೆ. ನಗರೀಕರಣ ಮತ್ತು ಮೂಲ ಸೌಕರ್ಯದಿಂದಾಗಿ ಮಳೆ ನೀರು ಕೆರೆಗಳಿಗೆ ಸೇರದೆ ಭೂಮಿಯೊಳಗೂ ಹೀರಿಕೊಳ್ಳದೆ ನಿಂತಲ್ಲೇ ನಿಂತು ನೀರಿನಿಂದ ಹರಡುವ ರೋಗಗಳು ಹೆಚ್ಚಾಗುತ್ತಿವೆ.

ಕೆರೆ ಮುಚ್ಚುವುದರಿಂದ ಕೆರೆಗಳಲ್ಲಿ ವಾಸಿಸುತ್ತಿರುವ ಸಾವಿರಾರು ಜಲಚರ ಪ್ರಾಣಿಗಳು ಮತ್ತು ಅಪರೂಪದ ಪಕ್ಷಿಗಳು ಅಳಿವಿನಂಚಿನಲ್ಲಿವೆ.

ನಗರೀಕರಣಕ್ಕಾಗಿ ಕೆರೆಗಳನ್ನು ಮುಚ್ಚುವುದರಿಂದ ಮೂಲ ಪರಿಸರವನ್ನು ಮಾನವನು ನಾಶಗೊಳಿಸುತ್ತಿದ್ದಾನೆ. ಮುಂದಿನ ಪೀಳಿಗೆಗಾಗಿ ನಾವೆಲ್ಲರೂ ಒಂದುಗೂಡಿ ಪರಿಸರ ಮತ್ತು ಕೆರೆಗಳನ್ನು ಉಳಿಸಿ ಸಂರಕ್ಷಿಸಲು

ಕಾಳಜಿವಹಿಸಬೇಕಾಗಿದೆ.

ಮತ್ತೆ ಬೆಂಗಳೂರು ಉದ್ಯಾನನಗರಿ ಆಗಬೇಕೆನ್ನುವುದೇ ನನ್ನ ಆಶಯ.



ಲಕ್ಷ್ಯ ಎನ್. ಎ
೧೦ ನೇ 'ಡಿ'
ವಿಭಾಗ

बुजुर्गों का महत्व

आधुनिक युग में अधिकतर घरों में बुजुर्गों को बोझ की तरह समझा जाता है। घर के अधिकांश लोग उनकी सलाह को सुनना नहीं चाहते। यदि वे आर्थिक रूप से बच्चों पर निर्भर हुए तो अधिकतर समस्याओं के लिए उन्हें जिम्मेदार माना जाता है। परंतु लोग यह भूल जाते हैं कि हमारे बुजुर्ग समाज एवं घर के इकलौते मार्गदर्शक होते हैं। मैं अच्छे बुरे अनुभव का एहसास होता है इसलिए हमेशा अपने अनुभव का लाभ बच्चों को देना चाहते। अक्सर देखने में आता है कि जब मनुष्य को किसी भी तरह की सलाह एवं मार्गदर्शन की आवश्यकता होती है तो वे अपने से बड़े और अनुभवी लोगों से सलाह लेते हैं। यह अलग बात है कि आधुनिक युग में उनके मार्गदर्शन को अधिक महत्व नहीं दिया जाता। हम सभी को अपने बड़े बुजुर्गों का प्रेम और आनंद पूर्वक सम्मान करना चाहिए। हमारा कर्तव्य बनता है कि हम उनकी सेवा करें, उनके मार्गदर्शन को सुने और आवश्यकता अनुसार उनका सहारा बने।

कुलदीप

१०



पापा की नन्ही- सी गुड़िया

पापा मैं आपकी नन्ही -सी गुड़िया कुछ कहना चाहती हूँ।

मैं आपके साथ टाइम बिताना चाहती हूँ।

मेरी मन की कुछ बात कहना चाहती हूँ।

मन में उठे उमंग को बयाँ करना चाहती हूँ।

इस दुनिया की भीड़ में अकेली - सी पड़ जाती हूँ।

मैं आपको अपना दोस्त बनाना चाहती हूँ।

पापा मैं इस दुनिया में रहना चाहती हूँ।

मैं भी इस दुनिया में नाम कमाना चाहती हूँ।

रुचिता एस



Importance of developing positive attitude in our lives.

‘Your Life is as Good as Your MindSet’.

The power of positive thinking is a remarkable thing. This attitude helps us to develop a thriving and proactive personality. A positive predominant attitude nourishes our ‘mental – wellness’. Positive attitude is a mental set, a filter that admits into our mind thoughts, words and images that help/propel our growth. A positive mind set anticipates happiness, joy and successful outcome of every situation. Also, positive attitude brings inner peace, success, health, happiness and better relationship with people around us.

Some tips on developing positive attitude

Love yourself, be kind to yourself.

Always use only positive words like ‘I can’, ‘I am able’, ‘it’s possible’.

Choose to be happy, focus on good things and find reasons to smile more often.

Start your day with positive affirmations.

Read at least one page of inspiring book every day.

Invest your time in a constructive hobby, find something that you love to do.

Spend time with people who are happy and positive.

Develop an attitude of gratitude, be grateful to all big and small things in your life.

Be mindful, be focused on the present.

Exercise regularly and eat healthy.

Learn from your failures and move on.

Recognise and control negative thinking.

Positive attitude helps us to cope more easily with our daily affairs. It brings optimism into our life and makes it easier to deal with our negative thoughts. If we adopt it, work consciously and train our mind to think positively, it will bring constructive changes in our life. With a positive attitude we will see the bright side of life, be grateful towards everything around us and we expect only the best things to happen to us. Positive attitude is certainly a state of mind worth developing.

Remember:

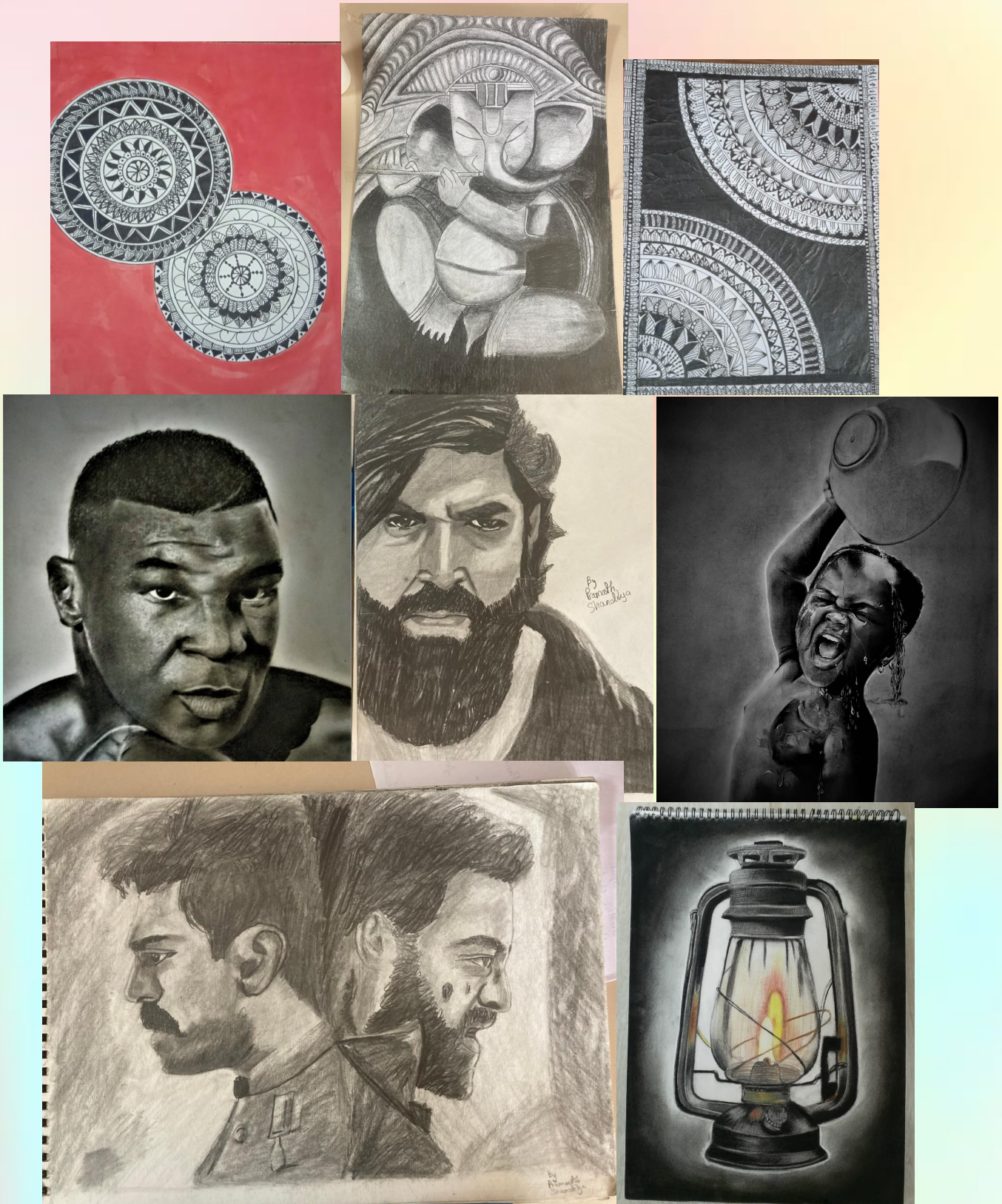
‘Healthy Habits Are Learned in the Same Way As Unhealthy Ones - Through Practice’

Dr.Geeta Laxman

Counsellor

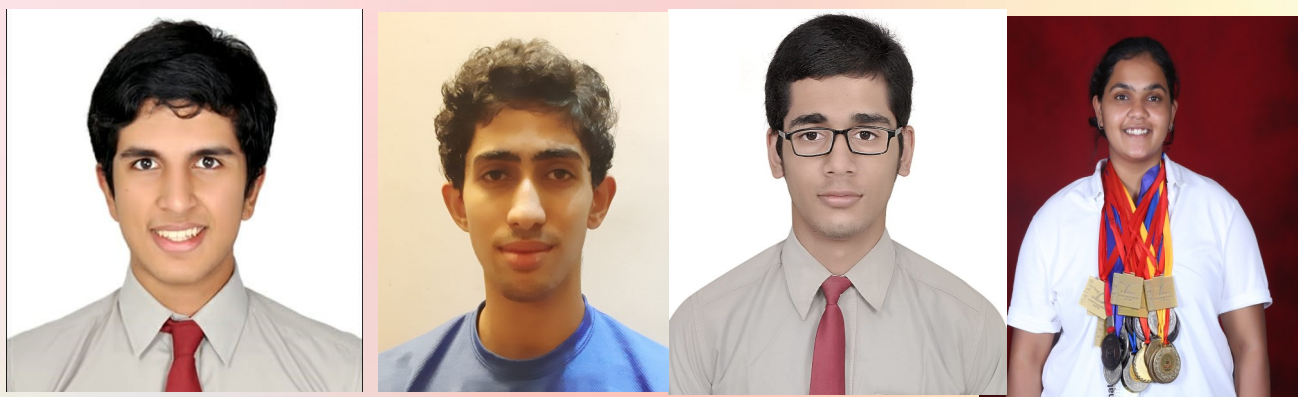


The Art Students league of Sindhians



Suha Chidanand(10D), Pushakar Reddy(12A), Aashi J(12C), Pramath N S (7C) and Varshini P(7C)

Achievers Section: National/State Level Players



Aryan Raj(12A-Boxing), Pradhyumna Sampath(12A- Long Jump), Atharv P(12A- state athlete in 200mts and 400mts) and Namitha Sashidhar((Swimming))

Spirit of Sindhians —Elocution Winner



H R Achala and Pranav Sreeharsha

Inter School Activity - GOONJ

Jyothika R H(1ST PRIZE)—-BUILD YOUR FUTURE

Varchas Jasti(2ND PRIZE)—INDIA WANTS TO KNOW

Rishith V Sanji(2ND PRIZE)—BE THE CHANGE(TREASURE HUNT)



“Congratulations on your well-deserved success.”

Bhumika Areyada Ganapathi of class 12B , has been selected for the Karnataka State Dodge Ball team. The selections were held on the 5th June in the United Mission Degree college, Mission Road , Bengaluru.

Warmest congratulations and wishing you luck in your endeavors !

Koushik Rajagopal C of class 9C secured first position in Butterfly and second position in the Breast Stroke category, winning a gold and a silver medal in a Swimming competition held by Decathlon Sports Academy , Bengaluru.

Tanush R of class 7 D , **Sujay Jaswanth** of 5 D and **Siddharth P** of 5A were declared champions in their Chess Tournament . The winners were awarded a medal and a certificate ! Congratulations !



Pre-Primary Events:



Colour Splash

Let's Eat **FRUITS**



Health and Hygiene

Krishna Janmashtami





Moment of Calm



Pledge to forgive !

Pledge to remain peaceful !

The Moment of Calm is a Global Forgiveness Moment dedicated to bring calm and peace in our lives through the power of forgiveness.

Sindhians celebrated this day, by observing silence on August 2 at 2 pm local time, as a time to forgive and seek forgiveness .We, at Sindhi High School strongly believe when we do so in a collective movement, it can emanate powerful vibrations that can envelope the world with love and peace, which is much needed. It's a gift we give to ourselves, the world and our future generations, so all the students from classes I to XII came together and wrote a short message to make this world a more peaceful place.



Freedom is a priceless gem!



Independence Day



The first rays of the sun that illuminated the world on **15th August 2022**, revitalised the citizens of India with a new promise and vigour, Sindhians too joined the nation to celebrate Azadi Ka Amrit Uthsav ,the 75 years of Indian Independence. The school was lit up with the colour of the national flag as part of the Central Government's Har Ghar Tiranga campaign. The tricolour was hoisted in the school ground by our chief guest **Shrichand Kukreja** and the members displayed their respect to the nation by proudly saluting the flag. To make this year remarkable, specially hand crafted flags were given to the students with seeds in them. The children presented an array of programmes for which they had been enthusiastically preparing for the past few weeks. From the soul stirring patriotic music, dance and poem rendition to the thought for the day, speech, skit and art work, students had it all. It was not just paying homage to the heroes of our freedom struggle but also driving home the point that one has to value the liberty one enjoys, by being a responsible citizen of this great nation.





Independence Day



**75th
INDEPENDENCE
DAY
CELEBRATIONS**



Winners never quit and quitters never win. Sports do not build character. It reveals the character.



Annual Sports Meet at Malleshwaram Grounds was held on 25th August, 2022. Sport develops a sense of friendliness among the children and builds team spirit. It also helps children to develop mental and physical toughness. The school believes that sports is an integral part of education and ensured 100 % participation of the students. Arthav Purnanik, the school sports captain welcomed the esteemed gathering of parents and guests. The ceremony commenced with the wonderful 'March Past' coupled with exciting marching, where the parade was performed by all the four houses led by their house captains. Chief Guest, Ashwini Nachappa addressed the gathering and spoke about the importance of sports in a child's life. Students from class 4-12 actively participated in races like sprints, relay and hurdles. The parents too, participated in the event specially planned for them thus adding fun to the event. Various P.T. displays like Yoga, Karate, Hoops, Dumbbells, Lezimes and drills by the seniors students mesmerized the audience with their energetic performances. The Vote of thanks was rendered by Bhumika A G, Girls Sports Captain. All in all, it was indeed a thrilling experience for children and their parents. The winners who made it to the victory stand felt proud of being awarded the medals and certificates and appreciation from the chief guest and teachers.



Thank You!

