



SINDHI HIGH SCHOOL, HEBBAL

(Affiliated to CBSE, New Delhi)

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

इन्दु ज्योति 2023-24

EDITION-3



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शिववीण पुस्तको २०२३-२४

EDITION-3



शुक्लां ब्रह्मविचारसारपरमामाद्यां जगद्व्यापिनीं ।
वीणापुस्तकधारिणीमभयदां जाड्यान्धकारापहाम् ।
हस्ते स्फाटिकमालिकां च दधतीं पद्मासने संस्थितां वन्दे
ताम् परमेश्वरीं भगवतीं बुद्धिप्रदां शारदाम् ॥

FROM THE PRINCIPAL'S DESK



Dear Students, Parents and Staff,

As we bid farewell to this academic year, I want to express my sincere gratitude to each one of you.

This year has been phenomenal and extraordinary in every sense. Lenin said- 'There are eads where nothing happens and there are weeks where decades happen', describing the revolution of a 100 years ago.

From the first day of classes to the final exams, we have grown together, faced challenges, and celebrated achievements.

The educational landscape has indeed undergone remarkable transformations in the past year. Structural and strategic shifts have reshaped how we learn, teach, and engage with knowledge.

As we navigate this accelerated timeline, lets savor each moment, for within them lie the echoes of both decades and seconds.

As we step into the summer break, lets recharge. Explore and dream. Take time to read that book you have been meaning to, learn a new skill or simply enjoy the moments of stillness. Remember, growth happens beyond textbooks and classrooms.

Wishing you all a safe and wonderful break!

Warm Regards,

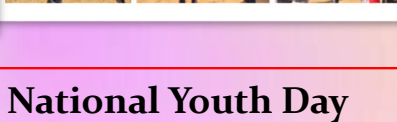
Rachna Sharma

Principal

Makara Sankranti

May the sun radiate peace, prosperity and happiness in your life on Makar Sankranti and always.'

"Makar Sankranti, a prominent Hindu festival, is celebrated across India as a major harvest festival. Our school commemorated this day which marks the northward movement of the Sun with fervor and enthusiasm. Assembly halls at our school were adorned, and Sindhians passionately shared the significance of Makar Sankranti, emphasizing its cultural and agricultural importance. The event featured a delightful melody performed by students and captivating dance performances that enthralled the audience.



National Youth Day

On the occasion of Swami Vivekananda's birth anniversary, observed as National Youth Day, an enlightening celebration unfolded at Sindhi High School, Hebbal on January 12, 2024. The students eloquently spoke about the visionary leader, Swami Vivekananda, whose wisdom transcends generations, serving as an enduring guiding force for many. The occasion was further adorned with a soulful melody performed by students encapsulating the essence of the revered personality. A handbook on the principles of Swami Vivekananda was given to students of class 10 and 12.

As we reflect on this National Youth Day celebration, let us remember Swami Vivekananda's timeless words, "Talk to yourself once in a day; otherwise, you may miss meeting an intelligent person in this world." May his teachings continue to inspire and shape the minds of the youth, fostering a legacy of wisdom and enlightenment!



Republic Day

On 26th January, 2024, Sindhians resonated with the fervor of Republic Day as students and staff united in a spectacular celebration. The day commenced by welcoming the dignitaries. We were honored to host Shri Kunal A Kandhari, Honorary Secretary of SHS Hebbal as our distinguished chief guest. He graced the occasion with his presence and inspiring words. The atmosphere buzzed with national pride as the tricolor was hoisted, embodying the essence of our nation's pride.

The infotainment program unfolded with captivating patriotic songs, a skit on formation of our constitution, a tableau on past Presidents of India by our talented students, showcasing their indomitable spirit. Adding a rhythmic touch to the festivities, the vibrant dance by our energetic students left everyone in awe.

This Republic Day celebration was not just an event; it was a manifestation of unity, resilience and the collective pride we share as a school community. Let the echoes of this joyous day resonate in our hearts as we continue to nurture the spirit of patriotism in our young minds.



Saraswathi Puja

A day to seek knowledge and blessings

With exams knocking at the door, it's important for students to seek the blessings of the almighty. The Management and staff had organized a Saraswati Pooja in the school on Friday, 2nd February, 2024 so that the students could offer their obeisance and seek divine blessings of the Supreme Being before taking the board exams which shall mark their foray into the next phase of their academic growth. Students looked resplendent in their ethnic attire and the school witnessed a rainbow of colours. We wish our students all the best for their successful future.



The moment when the dreams of all Indians came true

On the occasion of the 'Pran Pratishtha' ceremony of the new idol of Ram Lalla at the newly inaugurated temple in Ayodhya, our school organised various events on 22 January, 2024.

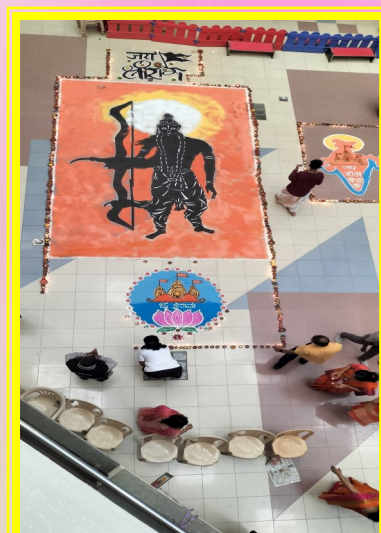
The ceremony began with the worship of Lord Rama, followed by devotional songs. The students from the primary section of our school dressed as Ram and Sita, performed and sang bhajans, Suktas, and Ram Dhuns. The school wore a festive look decorated well for the auspicious event. Further, the significance of Lord Rama's life was elucidated by the teachers in classrooms where the students crafted rangoli and illuminated diyas in the school atrium. Prasadam was distributed to all as part of the 'Pran Pratishtha' proceedings.

Various competitions like rangoli, fancy dress, tableau, quiz on Ram Charith Manas, shloka reciting etc. were organized and students took part in it enthusiastically.

Students were parading through the school corridors, cheering and dancing, enthusiastically offering floral tributes and showcasing their devotion and joy. The live broadcast of the consecration ceremony in Ayodhya at the auditorium, provided an opportunity for students to witness the historic event. Students were also gifted with Manka Ram book.

"Ramayana has many leadership lessons in it. The new temple will pave the way for an inclusive world of education where everyone is granted the right to equality, a chance for leadership, and a spirit of unity," said our Principal Ms. Rachna Sharma. In conclusion, the program played a significant role in instilling a sense of devotion, spirituality and national pride among the children on this momentous occasion.

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CLASS OF 2023

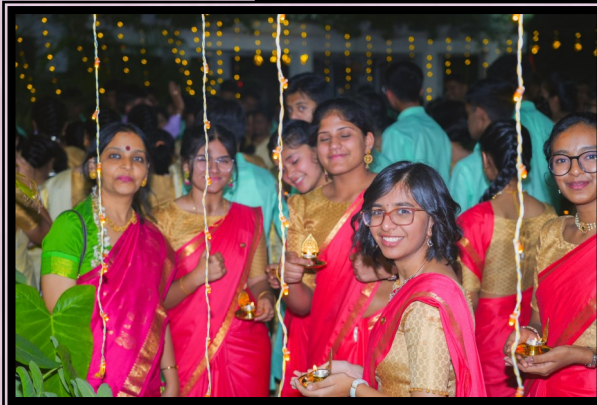
Cherish yesterday, live for today and reach for tomorrow.

Sweet are the memories of school and the batch of 2023-24 bid adieu in a formal function, the **Graduation Day ceremony**. The Chief Guest was Dr. H.S. Ganesha Bhatta, the former Principal and Director of MES Group of Institutions.

The Chief Guest- Dr. H.S. Ganesha Bhatta, President - Sri Sanjeev Atmaram and Principal - Smt. Rachna Sharma enthused and motivated the students with their speeches. The highlights of the function included a speech by parent Dr. Vipin Madangarli – Father of Akhila Madangarli class X B, photos of Class X and XII students along with clippings of their school life were shown. Shikshavalli, the oath was administered by the head boy and the head girl. The ceremony ended on a high note with a feast. We are sure these poignant moments in this solemn ceremony shall be mused on by the batch of 2023-24 for years to come.



CLASS OF 2023



Pariksha Pe Charcha 2024 : An Interactive Session with the Prime Minister

The students of classes 6 to 12 witnessed the live telecast of the seventh edition of 'Pariksha Pe Charcha 2024' on 29th January. During the live interaction, students from across the nation asked questions related to exam stress and other issues. Prime Minister, Narendra Modi answered all these questions by giving examples from the real world. The event was very motivating and inspirational for the students.



Martyr's Day

Our school celebrated Martyr's Day (Shaheed Divas in India), where the significance of the day was shared with the students. Martyrs' Day is observed every year on January 30th to mark the death anniversary of the father of our nation, Mohandas Karamchand Gandhi. The day is also chosen to honour the brave martyrs who laid their lives for the country. Two minutes of silence was observed in every classroom. To solemnize the melancholic day, teachers shared the importance and value of the day with the students. Many activities were held to memorialize the day. Students also expressed their thoughts through speeches slogans and drawing on the topic of 'martyrdom'.



The new cricket pitch

Our school inaugurated a new cricket pitch with artificial turf in the campus on 14th February, 2024. Our Principal while inaugurating lauded the school management's much appreciable endeavour for creating more opportunities to promote excellence in sports. She also urged students to stay focused and avail optimum benefits from this facility.

Amidst a loud cheer by students, the ribbon cutting ceremony was held. A friendly match played between the school cricket team and executives of the school officially heralding the opening of the cricket pitch. The swirling of ribbons and continuous cheering of the audience present in the arena marked the indomitable sporting spirit of the Sindhians.



Parent Orientation Programme

On March 30, 2024, Mrs. Sandhya Guruprasad, English Co-ordinator led a Parent Orientation Programme for parents of Class IX and X students. The session aimed to acquaint attendees with the syllabus for the academic year 2024-25. Discussions centered on the course structure of language and core subjects, along with insights into the assessment patterns.

Following this, school counselor Mrs. Vyshali Rakhia emphasized the importance of collaboration among students, parents and teachers for student well-being, recognising the significance of maintaining a healthy learning environment.

An overview of integrated coaching classes, for Science and Mathematics especially for Class X and Class XII students, designed to prepare them comprehensively for board exams and competitive assessments was presented.

The session concluded with an interactive segment, allowing parents to engage further. The positive response from parents reflected the success of the Orientation Programme in fostering a supportive educational environment.



PRE-PRIMARY-PICNIC TIME



A Visit to IISc

The Indian Institute of Science, Bangalore, conducted an "OPEN DAY" event to show-case its activities to the student community and the general public on 24th February, 2024.

On this day, our students had an opportunity to visit the institute and go around the campus to explore, experience and enjoy the activities held. The activities included popular lectures, demonstrations and exhibitions that were held in the various departments and centers.

As the day drew to a close, the hearts and minds of our students were buzzing with newfound knowledge and inspiration. Students left IISc campus with a deep appreciation for the wonders of science and a sense of excitement for the endless possibilities in scientific field.

The International Science Day was an exhilarating event for the young students at Sindhi High School Hebbal. They witnessed numerous captivating science experiments and even had some of them dress up as scientists, immersing themselves in the spirit of exploration and discovery.

Be positive like a proton

"Ask the right questions, and the nature will open the door to her secrets" – C V Raman

On 28th February 2024, sindhians celebrated the National Science Day themed 'Indigenous technology for Viksit Bharat'. The day commenced with an inspiring opening ceremony, where our principal emphasized the importance of science in our daily lives and encouraged students to explore the wonders of the natural world. A special assembly, where in quiz: Who am I? I wonder why? fancy dress competition, students' presentation on inventions and teacher's talk were conducted.

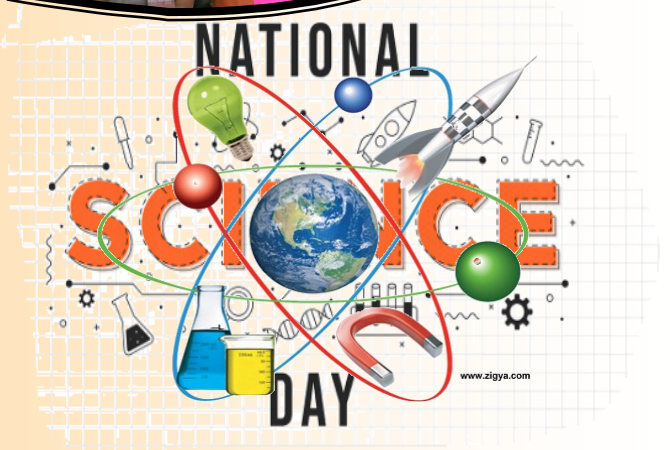
Following the ceremony, the entire school was transformed into a bustling science fair. 'Don the Hat-Peer Teaching, rangoli and bulletin board decoration competition' marked the day and the winners were given certificates.

The young scientists worked on a variety of science projects, ranging from agriculture to smart cities and proudly displayed their research projects. The inventions on solar energy to rural communities, pollution reduction techniques, new technology and building models using smart technology to improve the lives of residents brought about huge awareness among the student fraternity.

The goal of the day was to learn more about science and to see how it could be used to solve the world's problems. The theme of the science day was particularly relevant as our scientists are developing smart ideas for sustainable development.

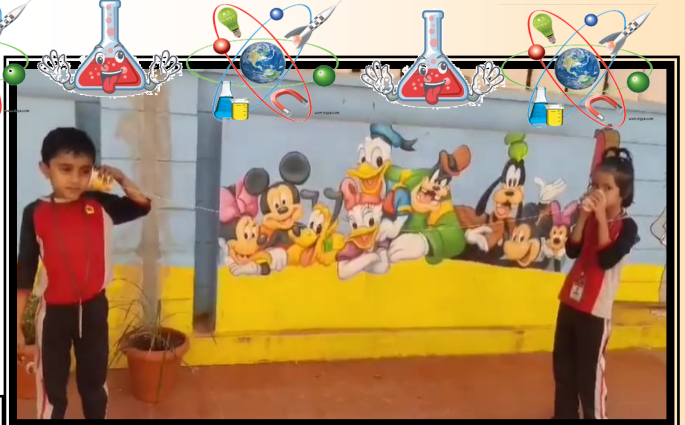
This celebration was an excellent opportunity to kindle the scientific temperament and promote active involvement of students in exploring science and technology.

SCIENCE DAY'24



Science never solves a problem without creating ten more.





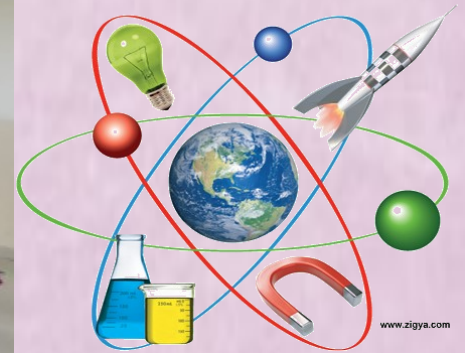


Think like a proton & stay positive.



SCIENCE DAY'24

The National science day Rangoli competition winners



Tia C Roshan, Trisha KM, Shruti R, Sinchana DA, Ishaan Das Goswami , Pratham SN, Manoj Kumar N, KP Vaibhav Srinidhi M, Ashwini, Dhanyatha TS, Dhruthi K.p

The National science day Don the hat peer teaching competition winners

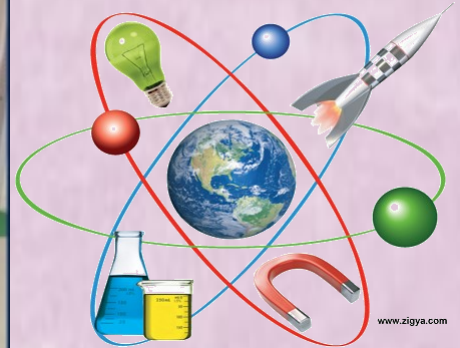


Manjunath M H, Yashitaa Prakash, Saanvi Prashanth Reddy, Aadya Ramanand, Srishaa Murali, K Chandan Raju , Abhijay Sridhar.



SCIENCE DAY'24

The National science day Bulletin board decoration competition winners



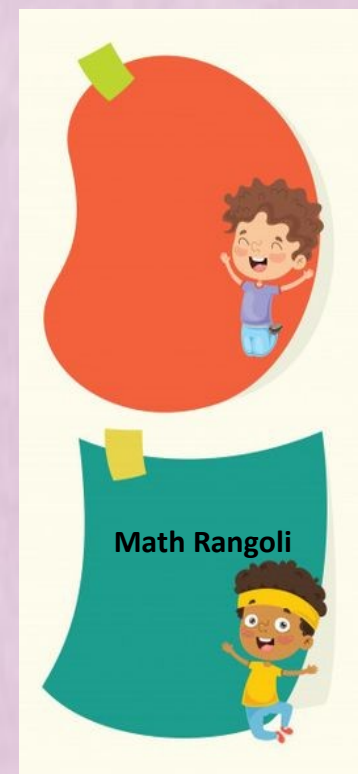
Shreya Inamdar, Thanmaye

**Disha, Yashita, Ankita, Harini, Nalume, Advait, Bhushan,
Vedant, Aditi, Sanvi Prasad, Prithvi Akshay, Samarth, Akul,
Kavish, Pranav**

The National science day I WONDER WHY? competition winner



Kavya C Nair



SHS AVENGERS CBSE CLUSTERS'23



SHS INNOVATION HUBS



A Day at SHS





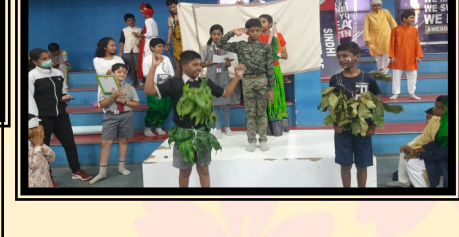
Campus Buzz



Campus Buzz



THEME BASED ASSEMBLY



NURSERY:A



Class Teacher: Priyadarshini C

Associate Teacher: Anjali J Lengade

NURSERY:B



Class Teacher: Chandrakala N

Associate Teacher: Ambika M



LKG:A



Class Teacher: Madhu Rani

Associate Teacher: Gayathri S

LKG:B



Class Teacher: Iswarya S

Associate Teacher: Shamantha Promod



LKG:C



Class Teacher:Kavitha N

Associate Teacher:Swetha K

LKG:D



Class Teacher:Ajitha Pandiyan

Associate Teacher:Ritika K



UKG:A



Class Teacher:Dimpy Shilender

Associate Teacher:Jessica Snehalatha

UKG:B



Class Teacher:Ananya Madhusudan

Associate Teacher:PadmaPriya



UKG:C



Class Teacher:Margaret Sapna Bopanna

Associate Teacher:Geetha S

UKG:D



Class Teacher:Caroline Ann Ward

Associate Teacher:Shanthi Raj



Class : 1 A



Class Teacher:Geetha M

Associate Teacher:Radhika

Class : 1 B



Class Teacher:Latha Nagaraj

Associate Teacher:Chitra P

Class : 1 C



Class Teacher:Jyothi Jain

Associate Teacher:Anitha K

Class : 1D



Class Teacher:Sanjana R Batra

Associate Teacher:Sandhya Sharma

Class : 2 A



Class Teacher:Anusuya L S

Associate Teacher:Shanthi Devi

Class : 2 B



Class Teacher: Mamta Manjunath Bhat

Associate Teacher:Sreya P C

Class : 2 C



Class Teacher: Bhavika Rajdev

Associate Teacher: Anuradha S

Class : 2 D



Class Teacher: Rekha Kapse

Associate Teacher: Shailaja B S

Class : 3 A



Class Teacher:Jyothi Jain

Associate Teacher:Veena

Class : 3 B



Class Teacher:Jagadeesh Naik

Associate Teacher:Srikala M

Class : 3 C



Class Teacher:Geetha

Associate Teacher:Ayesha Tasneem

Class : 3 D



Class Teacher:Jyothi Jain

Associate Teacher:Bhavika J

Class : 4 A



Class Teacher: Srithi Ray

Associate Teacher: Sunitha B P

Class : 4 B



Class Teacher: Gangadhara O H

Associate Teacher: Sashi Rao

Class : 4 C



Class Teacher:Suprabha R

Associate Teacher:Sapna G

Class : 4 D



Class Teacher:Sumithra KG

Associate Teacher:Surekha Ranganath

Class : 5 A



Class Teacher:Rashmi K

Associate Teacher:Ramya R

Class : 5 B



Class Teacher:Sumithra KG

Associate Teacher:Surekha Ranganath

Class : 5 C



Class Teacher:Ranjana Singh

Associate Teacher:Sarvamangala S

Class : 5 D



Class Teacher:Aarthi Dounde

Associate Teacher:Gowri R

Class : 6 A



Class Teacher: Mary Geraldine J

Associate Teacher: Vaishali Rakhia

Class : 6 B



Class Teacher: Savitha Jaikumar

Associate Teacher: Kantharaj B

Class : 6 C



Class Teacher:Kala Ramdas

Associate Teacher:Vinutha P

Class : 6 D



Class Teacher:Perna Wadhvani

Associate Teacher:Padmakshi B

Class : 7 A



Class Teacher:Neha Sharma

Associate Teacher:Gayathri SKS

Class : 7 B



Class Teacher:Jaishree B N

Associate Teacher:Jyoti Jain

Class : 7 C



Class Teacher:Sunita Singh

Associate Teacher:Raghunath D S

Class : 7 D



Class Teacher:Padmavathy P

Associate Teacher:Brinda Sathish

Class : 8 A



Class Teacher:Meera K Murthy

Associate Teacher:Kavitha G N

Class : 8 B



Class Teacher:Madhu Sharma

Associate Teacher:Srividya R

Class : 8C



Class Teacher:Shubha Rao

Associate Teacher:K Sukumar

Class : 8D



Class Teacher:Revathi Biderhalli

Associate Teacher:Jagadeepu N

Class : 9 A



Class Teacher:Deepa V

Associate Teacher:Geetika Sharma

Class : 9 B



Class Teacher:Nani N

Associate Teacher:Vinitha N T

Class : 9 C



Class Teacher:Prasanna M M

Associate Teacher:Latha B K

Class : 9 D



Class Teacher:Sudha V

Associate Teacher:Sonali R Paradkar

Class : 10 A



1st Row:Yajas K Sreeraj, Krishn Aakarsh S, B Aarush Reddy, M Pranav, Koushik Rajagopal, Aryan S R, Dhruv Sharma, Mithun Satish, Nitesh G, Vasireddy Mahadev, Rupesh Kumar Safi.

2nd Row:Vineeth M Arjun, Nikhil R, Aryan, Aliza Hussain, Drithi B, Anushka R Bhat, Swathi B M, Srishti, Dhyuti Raj Pentamsetty, Riya Rakshitha P, Chiranth M Gowda, Anirudh Sudheendra Murthy, Modali Saurav Subramanya Shastry.

3rd Row:M Poorvi, Nandini B L, Sunmathi M Karthikeyan, S Namrata, Roshni B Panjabi, Sudeekshitha K, Gopika Kannan, Sashrika S, Ganika Sanvi M, Gowthami P Desai, Aabha Vikas Shinde, Saanvi G R, Yashika K, Pranavi S Gupta, Pooja R Shenoy, Aahana Karthik, Manya Nag T S.

4th Row:Jagadeepu N, Harish A Potdar, Kantharaj B, Gowri R, Sunita Bantupalli, Anuradha S

Sitting:Anitha K, Radhika G.V, Swaroopalakshmi R, Sapna Gangal, Brindha Satish, Venkatesh H, Sheela Bajwa, Vice - Principal Mridula Tripathi, Principal - Rachna Sharma, Vice -Principal - Chitralkha P, Karthik B R, Neha Sharma, Geetika Sharma, Geetharani H R, Meera K Murthy, N Ramamani Sampath, Vanitha M P, Raghunath D.S

Class : 10 B



1st Row:Ashwin Raghunath, Anish Dasar , Manogna S, Shamiit V, Mukul Sai Prakash, Pavan Gowda N, Aneesh Avlur Venkat, Arjun Engle, Nikhil V S

2nd Row: Yash Vikas Shinde, Siddharth Gowda C J, Charan Sai Veluru , Deepesh Kumar Singh , Abhinav Vinod, Samith Girish Ibrampur, Keerthan K , Jiten V Gowda, Advait S L, Mayank M Reddy A Chethus Venkat ,Dev Lakhani , Bhanupriya B S, Medha M

3rd Row: Megha S Rao , Srilekha Vijaykumar , Prisha Raturaj Chandpur , Riya Bathija, Zeyba Binzad, Shradha R Batra, Hansika Ajay Sachdev , Thanmayi Krishna Prasad , Aneesa Iram Fathima , Sainyukta Abhijit Kavi, Bhumika Das , Navya Japur, Shivani D S, Ujjoyini Guha, Purvi Desai, Vidhi M Shah, Sattviki Panda, Aatmika Sunita Jagtiani

4th Row: Jagadeepu N, Harish A Potdar, Anuradha S , Vanitha.M.P, Pramod K, Karthik B R

Sitting:Anitha K, Radhika G.V, Swaroopalakshmi R, Sapna Gangal, Brindha Satish, Kantharaj B, Jyothi Saramma Mathew, Vice – Principal - Mridula Tripathi, Principal - Rachna Sharma, Vice – Principal - Chitralkha P, Lavanya Suragani, Neha Sharma, Geetika Sharma, Geetharani H R, Meera K Murthy, Gowri, Sunita Bantupalli, Sheela A N

Class : 10 C



1st Row: Nihal Noushad, Manthan Kiran, Jeevandeep S, S Sriram, Sankalp Sunil Kowtal, Mohammed Raihaan Khan, Saksham Balani, Shubir Singh, Vismay G, Maanyaath S K

2nd Row: Tejas Halladahalli Kiran, Himnik Sai Makhija, Harsh S Solanki, Gaurav A Sanghvi, Sanjay Ravi Kumar, Samanvitha Nalabolu, Niharika V S, Radhika Anand, Anchal Singh, A Keshhika Pawar, Sai Havisha D, Adeep Madhavan, Mihirr M Gandhi, Mithil Gupta

3rd Row: Srishti Vikram Sahukar, Pushkarini M, Khushi B Patil, Prateeksha R, Saanvi Dechamma M S, Rishika S, Ananya Naik, Anindita Guha Neogi, Manya N Dikshit, Saanvi Shivananda, Sinchana S Raju, Anushka Sarda, Vindhya V K, Pravalika M N, Shreyaa N D

4th Row: Pramod K, Prasanna M M, Karthik B R, Harish A Potdar

Sitting: Sandhya Guruprasad, Anitha K, Radhika G.V, Swaroopalakshmi R, Sapna Gangal, Brindha Satish, Sheela Bajwa, Sangeetha S, Vice – Principal - Mridula Tripathi, Principal - Rachna Sharma, Vice – Principal - Chitralekha P, Venkatesh H, Ranjana Singh, Vyshali K, Geetharani H R, Gowri R,

Anuradha S, Sonali Ravi Paradkar, Sudha V

Class : 10 D



1st Row: Suchit Shashidhar Siddammanavar, Kaushick M, Vijeth B M, Kousthub K A, Tapasvi M S, Abhay A, Thejas Jaswanth, Aarush Reddy Padala, P J Mahesh Raju, Vedaant A Betigeri, Vardareddy Ujwal

2nd Row: Suchir Argula, Purva Prashant Solsi, Jiya Manish Ahuja, Prachi Desai, Sachi Jain, Sreekriti Seshadri, Dhruthi Chintamani, Gouri Hari, Nandini Mishra, Yashaswini S Kumar, Samiksha A, Akhila Vipin Madangarli, Geeth N R Reddy

3rd Row: Sukruti S Umadi, Likithasri N, Vaishnavi V Herkal, Shriya Thyagaraj, Shriya Pandey, Aditi Rammohan, Hansini V K, Anaga Anand, Puneeta Shashikant Dambal, Thanvi Mohan, Janvi Sharma, Sreevidhula A, Anvita K Ballal, Deshna P Shah, J B Diya

4th Row: Pramod K, Prasanna M M, Karthik B R, Raghunath D S, Harish A Potdar

Sitting: Vinitha N.T, Anitha K, Radhika G.V, Swaroopalakshmi R, Sapna Gangal, Brindha Satish, Nani N, Vyshali K Vice – Principal - Mridula Tripathi, Principal - Rachna Sharma, Vice – Principal - Chitralekha P, Sheela A N, Ranjana Singh, Sonali Ravi Paradkar, Geetharani H R, Gowri R, Anuradha S, Sudha V, Jyothi Saramma Mathew

Class:12 A



1ST Row: Bharat Jain, Arnav Goyal, Mohit Amod Deshpande, Saahil Gupta, Jay Sheel Raj, Aditya Murali Subramanian, Mohammed Fydhani, G D Pranav Lakshminarasimhan, Suchit S Ranadev, Anirudh R, Aditya Raj, Tarun N Bullannavar, Prakyath Tejsundar

2nd Row: Nithin Nandakumar, M Jaiswaroop, Archit Jayaprakash Joshi, Mohamed Saqlain, Aryan K Chhabria, S Vishnu Sai Varma, Anjini Bose, Nirmitha Shashidhar, Mehwish Ahmed, Ishika Yadav, Riya Ravishankar, Dhanya K, V Jaividhyarthi, S A Kavinthra Sundari, Jyothika R H, Harshini Shank

3rd Row: Jagadeepu N, Radhika G.V, Brindha Satish, Deepa V, Chandrakala V G, Vice - Principal - Mridula Tripathi, Principal - Rachna Sharma, Vice – Principal - Chitralkha P, N Ramamani Sampath, Divya M, Lavanya Suragani, Geetharani H R, Sapna Gangal, Vanitha M P

Class:12 B



1st Row: Arjun R, Siddharth P, Pranav, Cheruku Aadhya, Aadhya M, Ashwini Suresh, Parinitha V, Sharan Malde, Ayush Mohanty, Dikshith R, Vikram Amar

2nd Row: Radha Dwarakanath Ramadeva, Advika Mulgund, Madeeha Ahmed, Purvi S Sharma, Manognya R, M R Tanushree, Lekha M Phutane, Gnana Priya K R, Keya Acharya, Samyukta Sreekanth A K Poonguzhali, V Shrividhya, Anagha Sriram, Pranathi K Naik, H R Achala

3rd Row: Anitha K, Radhika G.V, Brindha Satish, N Nani, Deepa B R Vice – Principal - Mridula Tripathi, Principal - Rachna Sharma, Vice – Principal – Chitralkha P, Pramod K, Diviya K M, Geetharani H R, Sapna Gangal, Jyothi Saramma Mathew, John Peter A

Class : 11A



Class Teacher:Diviya KM

Associate Teacher:Rashmi B A

Class : 11B



Class Teacher:Sripriya Bhatt

Associate Teacher:Merlin Divya

Class:11 C



Class Teacher:Swarnalatha Srikanth

Associate Teacher:Lincy Mariya

Class:12 C



1st Row: Sujan S Pawar, Piyush Ahuja, Janhavi Gorakhanath Wankhede, Avani Jangid, Gowri Yarlagadda, Kushal Ravi, Nipun Rai

2nd Row: Vidyanee D Naidu, Anamika Jain, Suprabha R, Ankitha Kumar Makhija, Parinita Shree N, Ichchha Arohi, Daksha K, Arabhi Pillai, Anjani Ranganath, Esha Dayal

3rd Row: Jagadeepu N, Brindha Satish, Sripriya Bhatt, Lincy Mariya, Sandhya Guruprasad, Vice – Principal - Mridula Tripathi, Principal - Rachna Sharma, Vice – Principal – Chitralkha P, Archana Bipin Nene, Swarnalatha Srikanth, Sangeetha S, Geetharani H R, Vanitha M P



PERMANENT INCOME HYPOTHESIS

A noted U.S. Economist and Nobel laureate, [Milton Friedman](#) is widely regarded as the 'Father of Monetarism'. In one of his earliest works- 'The Theory of the Consumption Function' (1957), he wrote about the permanent income effect.

The Permanent Income Hypothesis, also known as the Permanent Income Effect, puts forward that a consumer's consumption does not depend on their absolute or relative income, but rather on their 'permanent income'.

Let me try to simplify this hypothesis by giving an example. Suppose you have worked as a software developer at XYZ Ltd. for five years, during which you have gained valuable experience and perhaps even received a couple of promotions. Now, you have decided to leave your current job, which pays an average of ₹80,000 per month, to work for another company that offers better pay. Based on your experience and skill set, you are confident that you will be paid at least ₹1,00,000 per month, no matter where you go. This means that you have psychologically assured yourself of your long-term average income, more specifically your "permanent income."

This phenomenon results in a shift in your current consumption pattern, leading you to consume more in light of your expected long-term income. This hypothesis holds significant economic importance because when an individual's permanent income increases, their purchasing power grows, allowing for greater consumption and overall economic expansion through increased spending.

Under this theory, even if economic policies are successful in increasing income in the economy, they may not kick off a multiplier effect on increased consumer spending. Rather, the theory predicts that there will not be an uptick in consumer spending until workers reform expectations about their future incomes.

Adarsh Shah- 12 C

Survival of the fittest

'Tsunami', a destructive wave hit Thailand and parts of Andaman and Nicobar Islands and the Tamil Nadu coast on 26 December 2004. Some stories depict the courage and survival of the people, while the others show the manner in which the people were swept away by the treacherous wave.

The people who survived, possessed a sense of bravery, wisdom, composure, quick decision-making skills and basic knowledge about the occurrence of tsunamis.

Like animals which possess a sixth sense to be able to predict when the natural calamity, these people too noticed the foreshadowing of the tsunami and reacted accordingly, to escape and be safe.

On the other hand, casualties too sadly occurred due to the ignorance shown by some people. These people lacked quick thinking, they did not follow certain instructions and had to suffer. They may not have had the stroke of luck, which played a key role in ensuring the survival of lives. Had they been more attentive, they would have had a chance at survival.

I strongly feel that , any natural disasters can cause detrimental damage to animals and humans alike. While animals managed to predict the disaster and escape, humans weren't able to. In the wake of such calamities, we are reminded of the fragility of human existence and the imperative to bolster our resilience against the unpredictable forces of the world.

Prithvi. Matapathy—8C



Misfits

In shadowed corners, misfits find their place,
A tapestry of souls that don't conform,
They move with quiet grace, a different pace,
In storms, they seek refuge, not the norm.

Their hearts are stitched with threads of varied hues,
Mismatched pieces in a puzzle vast,
Yet in their eyes, the spark of truth rings true,
Their strength is drawn from trials they have passed.

The world may cast them off as odd, estrange,
Yet they find solace in their unique band,
Embracing what the masses deem as strange,
A motley crew, yet firmly they do stand.

Misfits, the stars misaligned in the night,
Yet in their rare glow, there's a hidden light.

Alisha Ray -9B

MENTAL HEALTH: BLISS IN PRODUCTIVITY

In the second decade of the 21st century, mental health has been one of the most prominent points of discussion. In this new age of increased productivity and stress, mental health is a factor that simply cannot be ignored. Mental Health is a state of well-being, where by individuals recognize their abilities, are able to cope with the stress of life, work productively and fruitfully and make contributions to the society. A mentally sound mind leads to a strong body, which in turn, leads to a conducive and productive environment. In conclusion, mental health cannot be a hard-set definition and the idea of a perfect mental state varies from individual to individual. Once a person is mentally healthy can lead to euphoria for productivity and development.

By Aditi Rammohan

10 D

The Pillar of Success - Discipline

In the journey of life, discipline serves as the guiding light illuminating the path towards success and self-actualization. It is the bedrock upon which achievements are built, the catalyst for personal growth, and the cornerstone of character development. From the ancient philosophers to modern-day thought leaders, the significance of discipline has been extolled as a fundamental virtue essential for navigating life's complexities with purpose and integrity. In this comprehensive exploration, we delve into the multifaceted nature of discipline, its profound impact on various aspects of life, and strategies for cultivating and harnessing its power.

Discipline encompasses a spectrum of virtues, including resilience, determination, focus, and responsibility. It involves exercising self-control, consistency, and perseverance in pursuit of excellence. Discipline is closely linked to self-regulation, which refers to the ability to control one's impulses, emotions, and behavior in alignment with one's goals. Through conscious effort and practice, individuals can strengthen their self-regulatory abilities, thereby enhancing their capacity for disciplined action. It is intricately connected to motivation and willpower. Motivation provides the incentive to pursue a goal while willpower acts as the fuel that sustains disciplined effort over time.

Discipline is a skill that can be cultivated and honed through deliberate practice. One can cultivate discipline in daily life by setting clear goals and establishing routines. Consistency is the key to building good habits and fostering discipline. Prioritizing tasks and practicing self-control can contribute to long term success. One should monitor their progress and treat every failure as an opportunity to grow and learn.

In conclusion, discipline is not merely a trait or characteristic but a way of life. It is the steadfast compass that guides individuals towards their true north, empowering them to navigate life's challenges with resilience, grace and fortitude. By understanding the psychology behind discipline, embracing strategic practices, and fostering a growth mind set, individuals can cultivate the discipline necessary to unlock their full potential and lead lives of meaning, fulfilment, and success. As the renowned philosopher Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act but a habit." Let discipline be the cornerstone of your journey towards excellence in all aspects of life.

Anish Ranganath -9A

A World of Ink and Paper

A whisper over continents, a gleeful smile across nations, a friend's jokes over time and time zones, all these are the very synonyms of a letter. Each time when our phones ring with the sound which is just as short-lived as the impact of the message they carry, I wonder, how did we get here? How was ink replaced with the empty fonts on our phone screens? How did the very vibrant papers which took us through the shades and hues of another's emotions turn into the monochromatic texts which are nothing but a farrago of abbreviations and one-liners? How did true emotion and longingness for a talk with your friend or a loved one get replaced with instant replies and hollow words devoid of emotion on an eternally lifeless screen? I am writing this letter as a time capsule, in other words 'a plea of a dying, age-old tradition of letters and an early warning regarding the slow and unfortunate demise of the postal service'. My humble request to you, future reader is to know the history of letters and the postal service, to know life before smartphones and the sly facade of screens, to be lucky enough to hear the soft melody of a pen gliding over paper, to witness whole lives lived across paper sheets, to 'read' pictures painted through words, and finally hold a letter as the key to the world of ink and paper: The most beautiful to thrive in.

I intend this letter to be a journey, just like any and every other letter ever written. The beginning of this journey of a letter, perpetuated from the very moment an old-school letter writer remembered someone they really cared about, someone too distant yet not really far, someone from a memory lane which had not been ventured upon for long, someone not forgotten but their absence not felt for a long time but now those feelings were back with reckoning. At this very moment the feeling of longingness and the fresh opening of a deep wound which had apparently healed gives a letter its heart and soul. The moment of sorrow and melancholy, sparks with hope and the commitment to write a letter, lighting a lamp of vividity in the heart of the said writer. Then the pleasure of purchasing an envelope, paper and a stamp is one of inexplicable degree, a pleasure worth astronomically more than the meagre monetary loss. Once the writer picks up a pen and the pen-tip comes in contact with the paper, ink flows freely, words form the current of the mightiest river, a river of glee, hope and memories.

Shrest Vatsya -9 C

Dear Future Generation,

The year in which I am writing this letter is 2024, and I hope that you have inherited a beautiful world from us. This letter is supposed to act as an article of the past, that paves the way to a much better world. I hope it serves as a memoir of the past, to the new generation.

This year, 2024, is a technology driven year. What everyone thought was impossible, was made possible in this year from online shopping, eating to online learning. Society, as a whole, developed and so did technology. New things are being found and some things are yet to be found. But, in the wake of development we have started to forget our rich and cultural pasts. Our beliefs have started to crumble and is now being replaced by the modern society's behaviour. This essentially puts aside the common ethics and disciplined behaviour. We have also forgotten the beauty of writing and post cards. Politicians sometimes cause distress and there is still commotion. Build hatred and walls towards religious groups that are not ours. The only hope we have, to stop this, is you, the future generation.

The future generation, I hope, has inherited or at the least, made the world better. Though things are evolving rapidly the one thing we haven't lost is our rich history and heritage. Respecting elders, belief in god, being good learners at school and the practice of handwriting are the things we kept alive and, I hope, continue to live. Hope this continues. The narrow mindedness, greed, hatred and selfishness are all abolished. I hope that you, as the future generation, are able to do that too.

In conclusion, I am sure you will be the saviours and developers of the human race and I trust in you that you will be able to make the future world a place that is thriving with technology, but still not casting aside the morals and teachings that we have learnt from our past and our ancestors.

Yours lovingly,
Vikasa Kukkupuni
8C

Survival of the Fittest

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Prithvi Mathapathy—8C

Education

Education has long been hailed as the key to success and personal growth. It is the foundation upon which societies are built and the bedrock upon which progresses and prosperity archived. Education possesses a transformative power that empowers individuals, allowing them to break free from the shackles of ignorance and unlock a world of opportunities.

From the moment we are born, education shapes our lives. It cultivates our minds, sharpens our intelligence and provides us with the tools and knowledge necessary to navigate through the complexities of life. Through education we acquire essential life skills, critical thinking abilities and a broadened perspective that enables us to make informed decisions in an increasingly dynamic and inter connected world.

Education is not simply about the acquisition of knowledge; it goes beyond textbooks and classrooms. It nurtures curious minds, encouraging creativity and fosters a thirst for life long learning. It equips individuals with transferable skills, enables them to adapt rapidly.

Nalume C Gowda

Class - 7 C

A Rainy Day

It was a rainy day,
For school it was a holiday.
The hills lovely in rain,
The vendors on street were in pain.
 The birds were still in the nest,
 The strong winds blew from the west.
 The children ran out with paper boats,
 On all the puddles they would float.
The trees all over on a sway,
Some trees would fall on the way.
It was a day full of joy !

A call for all

A warming tale misunderstood
Oceans rise, echoes of a heedless plight
Forest sweet they embrace fade
Forest whisper of the vanishing song
Names of change for how long will we evade ?
Melting dreams pervade.
Nature's balance shifting we fear
Will we all lose what is dear?
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 seeds to show you care
Not sure the planet with love to spare.
Cleans the air ,let the soil breathe
Embrace renewable energy a legacy we bequeath.
Let the wisdom flow, as the earth grows,
Our planet is at stake ,it is your call to make .
To mend the earth is our duty
Hopes aligned come together
A story for us in all 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

XI A



साल 2023-24 का यादगार वार्षिकोत्सव

स्कूल का अब तक का सबसे प्रिय व यादगार साल मेरे लिए आठवीं कक्षा का था। इस साल मेरे विद्यालय के बीस साल पूरे हो गए। इसी कारण विद्यालय में बहुत से कार्यक्रम हुए। इनमें से एक था मेरा वार्षिकोत्सव। हमारे इस साल का वार्षिकोत्सव श्रीमद रामायण पर आधारित था। इसमें मेरा पात्र श्री राम के भाई भरत का था। हमें प्रतिदिन अभ्यास करवाया गया और पहले तो कुछ कठिनाई महसूस हुई पर इसी दौरान राम, लक्ष्मण और शत्रुघ्न का पात्र निभाने वाले छात्रों से मेरी काफ़ी अच्छी दोस्ती हो गई। अभ्यास का समय बढ़ता गया और हम सब छात्र अपने-अपने पात्र में बहुत अच्छी तरह निपुण हो गए। हमें धनुष-बाण चलाना और तलवारबाज़ी भी सिखाई गई। वह दिन आ ही गया जिसका हम सबको बड़े ही लंबे समय से इंतज़ार था। उस दिन हम सबको राजा-महाराजाओं के जैसे भारी व सुंदर कपड़े दिए गए। हमारे पात्रों और संवादों ने सब का मन मोह लिया। जब कार्यक्रम समाप्त हुआ तो सभी ने हमारी काफ़ी तारीफ़ की यहाँ तक की प्रधानाचार्या जी ने भी शाबाशी दी। इस प्रकार मेरा पात्र व साल-2023 का वार्षिकोत्सव हमेशा के लिए यादगार बन गया।

कृष्णा पंजाबी
8 B

सच्चा मित्र

जीवन में सबसे कीमती चीजों में से एक होता है **सच्चा दोस्त**। सच्चा दोस्त वह होता है जो हमारा साथ हमेशा देता है, जो हमें ध्यान से सुनता है और सहारा देता है, जो वफ़ादार और विश्वसनीय होता है। सच्चा दोस्त हमेशा आपके लिए खड़ा होता है, चाहे आप खुश हो या उदास। आपके विचारों और भावनाओं को समझता है, आपकी बात सुनने के लिए तैयार रहता है, वह आपके दुख-दर्द को समझता है। वह हमेशा आपके प्रति ईमानदार होता है, आप से झूठ नहीं बोलता या आपके पीछे आपकी बुराई नहीं करता और हमेशा आपकी भलाई और अच्छाई के बारे में ही सोचता है। जिनके पास सच्चा दोस्त होता है वह हमेशा अपने आप को खुश किस्मत समझे क्योंकि उसके पास तो हीरे से भी मूल्यवान उपहार है।

प्रगति
8 A

पेड़ों का महत्व

पेड़ प्रकृति का अनमोल उपहार है। यह हमें शुद्ध हवा देते हैं। पेड़ हमें जल, कपड़े, कागज़, जड़ी-बूटियाँ और गर्मियों में छाँव देते हैं। भूमि को उपजाऊ बनाते हैं। पेड़ हमारे जीवन के लिए बहुत ज़रूरी हैं इसलिए हमें लोगों को जागरूक करना होगा और अधिक से अधिक पेड़ लगाने होंगे। जिससे हमारा आने वाला कल सुरक्षित और स्वच्छ हो।

साई लावण्या
4 B

मिल कर करे प्रण

एक नियम ऐसा अपनाएँ,
अपने विद्यालय को स्वच्छ बनाएँ।
क्योंकि विद्यालय में छिपा सारा संसार,
यह अपने ज्ञान का अनुपम भंडार।
आओ मिल कर हम सब कर ले यह प्रण
करे न गंदा इसको हम।

शुभम
4 B

योग

योग करो सदा निरोग रहो,
आज की यह पुकार है
इस औषधी को सभी स्वीकार करो,
याद रहे कि यह तो वह संजीवनी है।
जो करेगा वही पाएगा लंबा जीवन जीने का।

सीया नागभूषण
4 A

मेरा विद्यालय

यह है मेरा दूसरा आलय
जहाँ मैं काटती हूँ अपने दिन का सबसे कीमती समय।
यहाँ हैं मेरे बहुत ही मित्र जो कहलाते हैं मेरे विद्यालय के छात्र।
मेरे शिक्षक जो बाँटते हैं विद्या का ज्ञान
जिससे हमें मिलता है मान-सम्मान।
कभी कोई प्रश्न जो मन में आए,
मेरे शिक्षक तुरंत उसे सुलझाए।
जिसके आँगन में खिलते हैं ढेर सारे रंग-बिरंगे फूल
जो फेला रहे हैं अपने ज्ञान के पंख डाल-डाल
इसलिए मेरा विद्यालय कहलाता है
श्रेष्ठ - श्रेष्ठ सब से सर्वश्रेष्ठ।

लियोरा .पी-- 5 C

ಮಕ್ಕಳು ಗ್ರಾಮೀಣ ಪರಿಸರದಲ್ಲಿ ಬೆಳೆಯುವುದು ಸೂಕ್ತ

ಹಸಿರಿನ ಗಿಡ ಮರಗಳ ಮಧ್ಯೆ ಝಳ-ಝಳನೆ ಹರಿಯುವ ನದಿ-ಕಾರಂಜಿಗಳು, ಜಲಚರಗಳ ಚಲನ-ವಲನಗಳು ಕಾಣುವ ಕೆರೆ ಕುಂಟೆಗಳು, ಚಿಲಿಪಿಲಿ ಎನ್ನುವ ಹಕ್ಕಿಗಳ ಕಲರವ, ನವಿಲಿನ ನಾಟ್ಯ, ಕೋಗಿಲೆಯ ಗಾನ, ಶುದ್ಧ ಗಾಳಿಯ ಅನುಭವ ನೀಡುವ ತಾಣವೇ ಗ್ರಾಮೀಣ ಪ್ರದೇಶ. ಈ ಪರಿಸರವನ್ನು ಅನುಭವಿಸಲು ಮಕ್ಕಳು ಗ್ರಾಮೀಣ ಪರಿಸರದಲ್ಲಿ ಬೆಳೆಯುವುದು ಸೂಕ್ತ.

ನಾವು ಸೇವಿಸುವ ಆಹಾರದ ಮೂಲವನ್ನು ತಿಳಿಯುವುದಕ್ಕೆ ಇರುವ ಸೂಕ್ತ ಸ್ಥಳ ಗ್ರಾಮೀಣ ಪ್ರದೇಶ. ಇಲ್ಲಿ ದವಸ-ಧಾನ್ಯ, ಗೆಡ್ಡೆ-ಗೆಣಸು, ಹಣ್ಣು- ತರಕಾರಿಗಳನ್ನು ಬೆಳೆಯುವುದನ್ನು ಪ್ರಾಯೋಗಿಕವಾಗಿ ಅರಿಯಲು ಸಿಗುವ ಏಕೈಕ ಪಾಠಶಾಲೆ ಗ್ರಾಮೀಣ ಪರಿಸರ.

ಗ್ರಾಮೀಣ ಪ್ರದೇಶದ ಅವಿಭಕ್ತ ಕುಟುಂಬಗಳ ಸೌಂದರ್ಯ, ಸಂಸಾರಗಳ ಅನ್ಯೋನ್ಯತೆ, ಹಬ್ಬ- ಹರಿದಿನಗಳನ್ನು ಶ್ರದ್ಧಾ, ಭಕ್ತಿ, ಗೌರವದಿಂದ ಆಚರಿಸುವ ರೀತಿ, ಹಳ್ಳಿ ಕ್ರೀಡೆಗಳಾದ ಅಳಗುಳಿ ಮನ, ಕೋಕೋ, ಕಬಡ್ಡಿ, ಗಿಲ್ಲಿ- ದಾಂಡು, ಕುಸ್ತಿ ಪಂದ್ಯ ಲಗೋರಿಯಂತಹ ಕ್ರೀಡೆಗಳನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವ ತಾಣ. ಭೂಮಿ ತಾಯಿಯನ್ನು ನಂಬಿ ಜೀವಿಸುವ ರೈತಾಪಿ ವರ್ಗ ಹಣದಲ್ಲಿ ಬಡವರಾದರೂ ಪ್ರೀತಿ - ವಾತ್ಸಲ್ಯ, ನಂಬಿಕೆ, ಸ್ನೇಹ, ದಾನ-ಧರ್ಮಗಳಿಗೆ ಆದ್ಯತೆ ನೀಡುವ ಅಗರ್ಭ ಶ್ರೀಮಂತಿಕೆಯನ್ನು ಹೊಂದಿರುವ ಮಾನವ ಕುಲದ ನೆಲೆನಾಡು ಗ್ರಾಮೀಣ ಪ್ರದೇಶ. ಈ ಸೌಂದರ್ಯ ಸವಿಯಲು ಈ ಸಂಸ್ಕೃತಿಯನ್ನು ಕಲಿಯಲು ಮಕ್ಕಳನ್ನು ಗ್ರಾಮೀಣ ಪರಿಸರದಲ್ಲಿ ಬೆಳೆಸುವುದು ಸೂಕ್ತ. ತಮ್ಮ ಸಾಕು ಪ್ರಾಣಿಗಳಿಗೆ ಹೆತ್ತ ಮಕ್ಕಳಿಗಿಂತ ಹೆಚ್ಚಾಗಿ ಪ್ರೀತಿ ತೋರಿಸುವ ತಮ್ಮ ನಿತ್ಯ ಕೆಲಸಗಳಲ್ಲಿ ಸಹಾಯವಾಗುವ ಜಾನುವಾರುಗಳನ್ನು ಅತ್ಯಂತ ಗೌರವದಿಂದ ಕಾಣುವ ಮಾನವೀಯತೆ, ಈ ರೀತಿಯಾಗಿ ಮನುಷ್ಯರಾಗಿ ಮಾನವೀಯತೆಯನ್ನು ಮೆರೆಯಲು ಅತ್ಯುನ್ನತ ಸಂಸ್ಕೃತಿಯ ತಾಣವಾದ ಗ್ರಾಮೀಣ ಪರಿಸರದಲ್ಲಿ ಮಕ್ಕಳು ಬೆಳೆಯುವುದು ಸೂಕ್ತ.

ತಮ್ಮ ಮೈಕೈ ಕೆಸರು ಮಾಡಿಕೊಂಡು ಹಗಲಿರಳು ದುಡಿದು ನಾಡಿನ ಜನರ ಹೊಟ್ಟೆ ತುಂಬಿಸುವ ಸ್ವಾಭಿಮಾನಿ ರೈತ ಕುಟುಂಬಗಳು ಹೆಚ್ಚಾಗಿ ನೆಲೆಸಿರುವ ಸಮೃದ್ಧಿ ಪ್ರದೇಶವೇ ಗ್ರಾಮೀಣ ಪ್ರದೇಶ. ಇದನ್ನು ಅನುಭವಿಸಲು ಮಕ್ಕಳು ಗ್ರಾಮೀಣ ಪರಿಸರದಲ್ಲಿ ಬೆಳೆಯುವುದು ಸೂಕ್ತ.

ದೀಪ್ತಾ.ಆರ್.ಬಾಬು .

ಬೇಸಿಗೆ ರಜಾ

ಬಂದಿದೆ ಬೇಸಿಗೆ ರಜಾ
ಇದ್ದರೂ ಬಿಸಿಲಿನ ಸಜಾ
ಬನ್ನಿರಿ ಆಡೋಣ
ಸೂರ್ಯನ ಮಹಿಮೆಯ ಹಾಡೋಣ.
ಏಕೆ ರವಿಗಿಂತಹ ತಾಪ
ಯಾರ ಮೇಲಿವನ ಕೋಪ
ಎಂದು ಹಳಿಯ ಬೇಡಿ;
ಸೂರ್ಯನ ತಪ್ಪೆಂದು ತಿಳಿಯಬೇಡಿ.

ನೀರನ್ನು ಆವಿ ಮಾಡಿ
ಮೋಡವಾಗುವಂತೆ ನೋಡಿ
ಇಳಿಗೆ ಮಳೆ ತರಲು
ದುಡಿಯುತಿಹನು ಪಾಪ.
ಭೂಮಿಯ ಪೋಷಕ ಸೂರ್ಯ
ಜೀವಿಗಳಿಗವನು ಅನಿವಾರ್ಯ
ಹೊಗಳಿಕೆ ಅವನಿಗೆ ಬೇಕಿಲ್ಲ
ತೆಗಳಿಕೆಗೆ ಅವನು ಕುಗ್ಗಲ್ಲ.

ಬೆಳಕ ನೀಡುವನು
ಮರೆಯದೆ ಕರ್ತವ್ಯ ಮಾಡುವನು
ಅವನಿಂದ ನಾವು ಕಲಿಯಬೇಕು
ಸಮಯ ಪ್ರಜ್ಞೆ,
ಕರ್ತವ್ಯ ನಿಷ್ಠೆಯನ್ನು.
ಸ್ವಾತೀಕ ಎಂ
೬ 'ಡಿ'

ಕಮಲ

ಕಮಲವು ಸುಂದರವಾದ ಜಲವಾಸಿ ಹೂವು. ಇದು ಭಾರತದ ರಾಷ್ಟ್ರೀಯ ಪುಷ್ಪವೂ ಆಗಿದೆ. ಕಮಲವು ಶುದ್ಧತೆ, ಸೌಂದರ್ಯ, ಶ್ರೀಮಂತಿಕೆ ಮತ್ತು

ಪ್ರಶಾಂತತೆಯನ್ನು ಸಂಕೇತಿಸುತ್ತದೆ. ಈ ಹೂಗಳು ಗುಲಾಬಿ ಅಥವಾ ಬಿಳಿ ಬಣ್ಣದಲ್ಲಿರುತ್ತದೆ. ಇದು ಕೊಳಗಳಲ್ಲಿ ಆಳವಿಲ್ಲದ ಜಲಮೂಲಗಳಲ್ಲಿ, ಕೆಸರು ನೀರಿನಲ್ಲಿ ಬೆಳೆಯುತ್ತದೆ. ಇದು ಬೆಳೆಯಲು ಸೂರ್ಯನ ಬೆಳಕು ಬೇಕು. ಈ ಹೂವನ್ನು ದೇವರ ಪೂಜೆಗೆ ಬಳಸುತ್ತಾರೆ. ಅಲ್ಲದೆ ಇದರ ಎಲ್ಲಾ ಭಾಗಗಳು ಖಾದ್ಯವಾಗಿದ್ದು ಔಷಧಿಯ ಗುಣಗಳನ್ನು ಹೊಂದಿದೆ.

ಕೀರ್ತನ ಎಂ .
೫ 'ಸಿ'

ಭೂತಾರಾಧನೆ

'ಭೂತಾರಾಧನೆ' ಕರ್ನಾಟಕದ ಕರಾವಳಿ ಪ್ರದೇಶದಲ್ಲಿ ಜನಪ್ರಿಯವಾಗಿದೆ. ಭೂತಕೋಲ ಇದೊಂದು ಧಾರ್ಮಿಕ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಸಂಪ್ರದಾಯವಾಗಿ ಆಚರಿಸಲ್ಪಡುತ್ತದೆ. ನಾನು ಇದನ್ನು ಪ್ರತ್ಯಕ್ಷವಾಗಿ ನೋಡಿದ್ದೇನೆ. ಇದು ನೃತ್ಯ ರೂಪಕ ವಾಗಿದ್ದು, ಬಣ್ಣದ ವೇಷ-ಭೂಷಣಗಳಿಂದ ಮತ್ತು ಸಂಗೀತದಿಂದ ಕೂಡಿರುತ್ತದೆ. ಭೂತಾರಾಧನೆಯು ನಿರ್ದಿಷ್ಟವಾಗಿ ಹಳ್ಳಿಗಳಲ್ಲಿ ಒಂದು ಹಬ್ಬ ಜಾತ್ರೆಯಾಗಿ ಹಾಗೂ ಮನೆಗಳಲ್ಲಿ ಪಾರಂಪರ್ಯವಾಗಿ ಬಂದಂತಹ ಆಚರಣೆಯಾಗಿ ನಡೆಸಲಾಗುತ್ತದೆ. ಇದೊಂದು ನಂಬಿಕೆ ಹಾಗೂ ಕಷ್ಟದ ಸಂದರ್ಭದಲ್ಲಿ ಪರಿಹಾರಕ್ಕೆ ಹರಕೆಯಾಗಿ ಭೂತಕೋಲವನ್ನು ಮಾಡಲಾಗುತ್ತದೆ. ಅಲ್ಲದೆ ಇದನ್ನು ಜಾನಪದ ಕಥೆಯಾಗಿಯೂ ಬಿಂಬಿಸಲಾಗಿದೆ. ಭೂತಕೋಲವು ನಿರ್ದಿಷ್ಟ ಪಂಗಡಗಳಿಂದ ಮಾತ್ರ ನಿರ್ವಹಿಸಲ್ಪಡುತ್ತದೆ. 'ಭೂತಕೋಲ'ವು ವಿವಿಧ ರೂಪ ಅವತಾರಗಳಲ್ಲಿ ನಿರೂಪಿಸಲಾಗಿದೆ.

ಉದಾಹರಣೆಗೆ ಕೊರಗಜ್ಜ, ಪಂಜುಲಿ, ರಕ್ತೇಶ್ವರಿ, ಜಟಾಧಾರಿ, ಗುಳಿಗ, ವಿಷ್ಣುಮೂರ್ತಿ ಇತ್ಯಾದಿ. ಇತ್ತೀಚಿನ ಕಾಂತಾರ ಸಿನಿಮಾವು ಭೂತಾರಾಧನೆಯ ಬಗ್ಗೆ ಎಲ್ಲರಲ್ಲೂ ಒಂದು ರೀತಿಯ ಸಂಚಲನ ಮೂಡಿಸಿದೆ, ಭೂತಾರಾಧನೆಗೆ ಒಂದು ವಿಶೇಷ ಸ್ಥಾನಮಾನ ಹಾಗೂ ಎಲ್ಲರಲ್ಲೂ ಮತ್ತೊಮ್ಮೆ ಜನಪ್ರಿಯ ಹಾಗೂ ಅಳಿಯುತ್ತಿದ್ದ ಕಲೆಯನ್ನು ಜೀವಂತವಾಗಿಸಿದೆ.

ಸಾತ್ವಿಕ ಭಟ್. ಎಂ
2 'ಬಿ'

ಮಾತೃಭಾಷೆಯ ಮಹತ್ವ

ಮಾತೃಭಾಷೆ ಎನ್ನುವುದು ಕೇವಲ ಭಾಷೆಯಾಗಿದ್ದು ಮಾತನಾಡಲು ಉಪಯೋಗಿಸಲಾಗುವ ನುಡಿ ಮಾತ್ರವಲ್ಲ. ಅದು ನಮ್ಮ ಭಾವನೆಗಳನ್ನು, ಸೂಕ್ಷ್ಮ ವಿಷಯಗಳನ್ನು ಅತಿ ಸೂಕ್ತವಾಗಿ ಅರ್ಥಪೂರ್ಣವಾಗಿ ವ್ಯಕ್ತಪಡಿಸಲು ಇರುವ ಒಂದು ಸಾಧನ. ಕನ್ನಡ ನಮ್ಮ ಮಾತೃ ಭಾಷೆಯಾಗಿದ್ದು, ನಮಗೆ ಅದರ ಅನಿವಾರ್ಯತೆ ಇದೆ.

ಕೇವಲ ಒಂದು ಪದದಿಂದಲೇ ಅನೇಕ ರೂಪದ ಅಂತರಾಳದ ಆಲೋಚನೆಗಳನ್ನು, ಭಾವನೆಗಳನ್ನು ನಮ್ಮ ಮಾತೃ ಭಾಷೆಯಲ್ಲಿ ವ್ಯಕ್ತಪಡಿಸಬಹುದು. ಅತಿ ಸುಲಭವಾಗಿ ಸ್ನೇಹ ಬೆಳೆಯಲು ಬೇಕಾಗಿರುವ ಮುಖ್ಯ ಅವಶ್ಯಕತೆಗಳಲ್ಲಿ ಇದೂ ಒಂದು. ನೋವಾದಾಗ, ಬೇಸರವಾದಾಗ, ಮನಸ್ಸಿನಲ್ಲಿ ತಳಮಳ ಉಂಟಾದಾಗ ಅದನ್ನು ಮಾತೃಭಾಷೆಯಲ್ಲಿ ಹೇಳಿಕೊಂಡರೆ ಮಾತ್ರ ನೆಮ್ಮದಿ ಸಿಗುವುದು. ಅದೇ ರೀತಿ ನಮಗೆ ಒಳ್ಳೆಯದಾದಾಗ ಸಂತಸ ಪಡುವಾಗ ಅದನ್ನು ಕೂಡ ಮಾತೃಭಾಷೆಯಲ್ಲಿ ವ್ಯಕ್ತಪಡಿಸಿದಾಗಲೇ ಅದಕ್ಕೊಂದು ಅರ್ಥ ಸಿಗುತ್ತದೆ.

ವಿಷಯ ಯಾವುದೇ ಇದ್ದರೂ ಅದನ್ನು ವ್ಯಕ್ತಪಡಿಸುವ ವಿಧಾನ ಹಾಗೂ ಭಾಷೆಯ ಸರಿಯಾದ ಉಪಯೋಗ ಎರಡೂ ಬಹಳ ಮುಖ್ಯವಾಗಿರುವುದು. ಇಂತಹ ಸೂಕ್ಷ್ಮ ವಿಷಯದಲ್ಲಿಯೇ ನಮ್ಮ ಮಾತೃಭಾಷೆಯ ಮಹತ್ವ ವಿಶೇಷತೆ ನಮಗೆ ಅರಿವಾಗುವುದು. ಕಲಿಯಲು ಅತಿ ಸರಳ, ನುಡಿಯಲು ಅತಿ ಮಧುರವಾದ ನಮ್ಮ ಮಾತೃಭಾಷೆ ಕನ್ನಡವನ್ನು ಉಳಿಸಿ ಬೆಳೆಸೋಣ.

ಅನುಷ್ಠಾ. ಪಿ. ಶರ್ಮ
೮ 'ಎ'

सत्यमेव विजयते

एकस्मिन् ग्रामे एकः चोरः आसीत्। एकदा कश्चित् महापुरुषः तस्य ग्रामम् आगत्य अध्यात्मिकविषयान् अबोधयत्। चोरः अपि तं श्रोतुं महापुरुषस्य समीपे अगच्छत् । बोधनानन्तरं चोरः - "भो गुरो ! माम् अपि तव शिष्यम् इति स्वीकरोतु" इति गुरुम् अपृच्छत्। तदा गुरुः - "यदि त्वं सत्यम् एव सर्वदा वदसि तर्हि त्वं मम शिष्यः भवितुम् अर्हः" इति उक्तवान् । तदनन्तरं चोरः सर्वदा सत्यम् एव वक्तुम् प्रारम्भम् अकरोत् ।

एकदा चोरः चौर्यार्थं रात्रौ राजभवनस्य उपरितलं गतवान् । तत्र नृपः वायुसेवनाय सञ्चरति स्म । नृपः चोरं दृष्ट्वा - "कः त्वम्?" इति अपृच्छत् । चोरः - "अहं चोरः" इति सत्यम् एव अकथयत् । आश्चर्यचकितः नृपः - "अहम् अपि चोरः। आवां मिलित्वा चौर्यं कुर्वः। अहं प्रकोष्ठस्य कुञ्चिकां आनयामि । त्वं तत्र गत्वा चौर्यं कुरु। आवां चोरितधनस्य समभागं करिष्यावः" इति उक्त्वा कुञ्चिकाम् आनयति स्म ।

चोरः प्रकोष्ठं गत्वा एकस्यां पेटिकायां त्रीणि वज्राणि अपश्यत् । चोरः द्वे वज्रे आनायित्वा एकं नृपाय दत्वा "त्रीणि वज्राणि सन्ति पेटिकायाम् । अहं द्वे वज्रे एव आनीतवान्। पेटिकायां एकं वज्रम् अस्ति" इति उक्त्वा स्वगृहम् अगच्छत्। प्रातःकाले मन्त्रिः आगत्य - "राजन्! त्रीणि वज्राणि अपि पेटिकायां नासन् " इति अवदत् । नृपः मन्त्रिणः वज्राणि शोधयित्वा तृतीयवज्रं प्राप्तवान् । असत्यभाषिणं मन्त्रिणं कारागृहे प्रेषयित्वा सत्यभाषिणं चोरं मन्त्रिणं अकरोत्।

तदारभ्य चौर्यस्य आवश्यकता एव नासीत् इति मत्वा सः चोरः मन्त्रिणः स्थाने सम्यक् कार्यं अकरोत् । चौरस्य कथां श्रुत्वा महापुरुषः "सत्यमेव विजयते ! " इति अवदत् ।

Harshavardhana N Holla -7 B

चाटुश्लोकाः

१. सीमन्तनीषु का शान्ता ? राजा कोभूत् गुणोत्तमः ?
विदुशां का सदा वन्द्या ? अत्रैवोक्तं, न बुध्यते ॥

२. वृक्षग्रवासी न च पक्षिराजः , त्रिनेत्रधारी न च शूलपाणिः ।
त्वग्वस्त्रधारी न च सिद्धयोगी , जलं च बिभ्रन्न घटो न मेघः ॥ कोहम् ?

३. दन्तौर्हीनः शिलाभक्षी निर्जीवो बहुभाशकः ।
गुणस्यूतिस्मृद्धोपि परपादेन गच्छति ॥ कोहम् ?

४. सानुजः काननं गत्वा यातुधानान् जघान् कः ?
मध्ये वर्णत्रयं दत्वा रावणः कीदृशो वद ॥

1. सीमन्तनीषु का शान्ता - सीता, राजा कोभूत् गुणोत्तमः - रामः, विदुशां का सदा वन्द्या - विद्या

2 नारिकेलम् 3. पादरक्षा 4. राम + क्षसोत्त = राक्षसोत्तम

8 C

Sanjeevini-

आयुर्वेदः

आयुर्वेदः प्राचीनः भारतीय चिकित्साविद्यायाम् एकः अंशः अस्ति । एषः महर्षिं चरकेण लिखतः। आयुर्वेदः इत्यस्य अर्थः "आयुर्" जीवनम्, एवम् "वेद" ज्ञानम् च भवति। अयम् विद्यायाम् शरीरस्य, मनसः, चेतनायाः समरक्षणे महत्वपूर्वम् भवति । आयुर्वेदः अष्टङ्गे अस्ति। कायचिकित्सा , बालचिकित्सा , गृहचिकित्सा , शत्यतंत्र , शालाक्यतंत्र, वृष्यचिकित्सा , उर्दवाङ्गचिकित्सा , जरायुजिहवाग्रगात्रचिकित्सा च ।

॥ आयुर्वेदा महयोगः स्वास्थ्यानन्तर

AU REVOIR SHS

In the heart of Sindhi School, sixteen years have flown,
From Class 1 to Class 12, a unique journey of my own.
From teaching little ones to guiding seniors,
Through every grade, I've grown,
Each day a new adventure, each year a fresh start, where bonds are of great length.

Bonds of Friendship, best friends, and travel partners found,
Together we've laughed, explored, and been profound.
Anchoring skills honed, computing artistry learned,
In every challenge faced, my passion brightly burned.

Cherished memories weaved into every day,
In the English department, I found my way.
Standing by each other, giving our very best,
With different bonds shared, we've weathered every test.

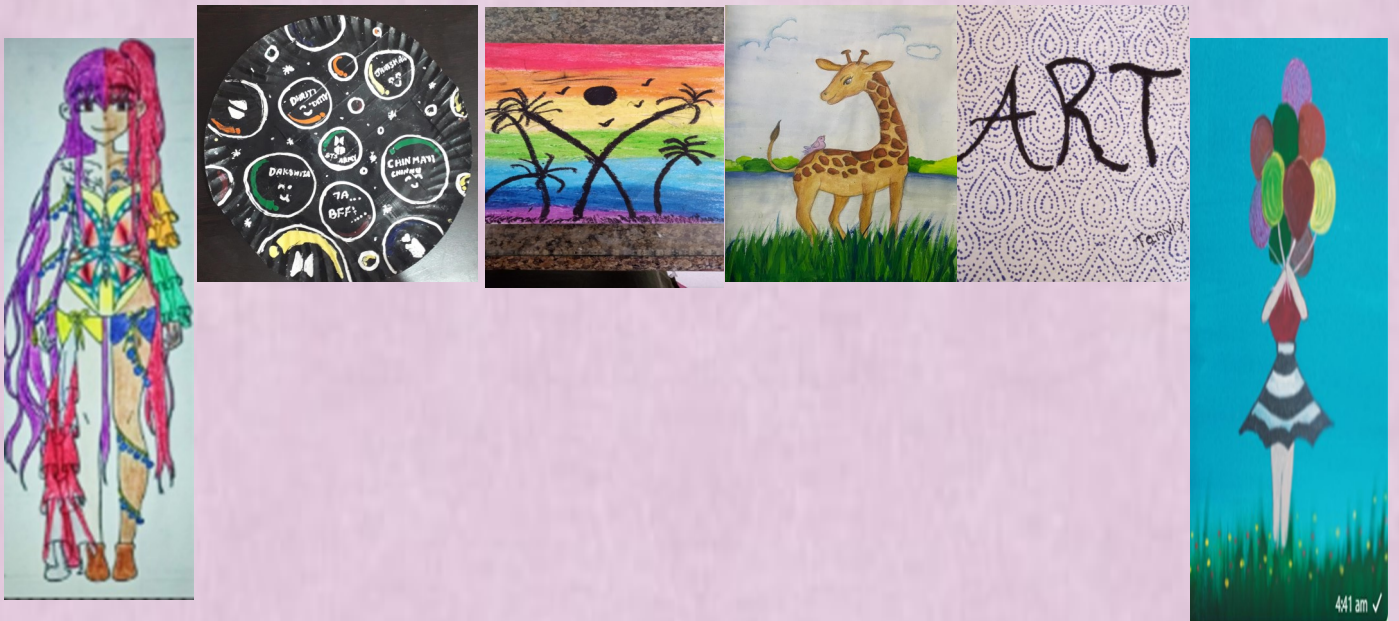
To my dear colleagues and friends, I bid adieu,
With tears in my eyes, but gratitude anew.
With happy memories in tow, I board my next flight.

So here's to the laughter, the lessons, the tears,
To the moments shared over the years.
As I close this chapter, and turn towards the next,
I carry with me the legacy of my sixteen years, in Sindhi High School.

So here's to Sindhi School, and all those who've made it shine,
In the journey of life, your friendship, truly divine.
But now the time has come, to say goodbye with a tearful eye,
For though the memories linger, it's time to say Au Revoir,
To all my colleagues, and friends, I bid farewell with a sigh,
For its been a truly wonderful journey, beneath the Sindhi School sky.

SANDHYA GURUPRASAD

ENGLISH DEPARTMENT



'Thank you for nurturing young minds and inspiring a brighter future.'

Our heartfelt congratulations on reaching this significant milestone for all teachers going on superannuation. Your dedication and contributions to the school community have left an indelible mark that will be cherished for years to come.

We wish you all the best for a fulfilling and joyous retirement.

Sheela AN is a highly esteemed educator with a distinguished presence, commanding respect through her years of teaching experience and authoritative demeanor.

Shashi Rao excels as a proficient administrator, known for her amiable nature and willingness to undertake any task, all while showcasing her melodious singing talents.

Gowri, a devoted music teacher, specializes in classical music, particularly passionate about Carnatic melodies, infusing her teachings with heartfelt enthusiasm.

Sarvamangala, recognized for her unwavering loyalty and dedication, quietly fulfills her teaching duties with years of experience, earning admiration for her steadfast commitment.

Anusuya, the English teacher, radiates a carefree and confident aura, handling situations with a cool demeanor and level-headedness, reflecting her composed and confident approach to teaching.



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इन्दिरा ज्योती 2023-24



Thank You!