



The Sindhian

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ISSUE 1

NEWSLETTER 2022 -23
SINDHI HIGH SCHOOL ,
K K ROAD, BENGALURU

सत्यमेव जयते नानृतं
सत्येन पन्था विततो देवयानः ।
येनाक्रमन्त्यृषयो हयाप्तकामा
यत्र तत्सत्यस्य परमं निधानम् ॥

Truth alone triumphs, not falsehood
Through truth the divine path is spread out
by which the sages whose desires have been completely fulfilled,
reach where that supreme treasure of Truth resides.

Ensemble From The Principal's Desk

Namaste,

Season's greetings!

***Kartavya is our password to excellence *** says the Sindhi Seva Samiti.

The Bhagavad Gita glorifies Karma, action. It says we can't remain inactive even for a second. Everyone is helplessly driven into action.

We all have duties to perform to our families, society, country, humanity and to ourselves. SINDHI SEVA SAMITI established in 1956 has been doing selfless philanthropic work in the field of education, human

services, environment, health and hygiene etc, and has made its name in the society. Sindhi High School, Kumara Krupa Road takes immense pleasure to announce its completion of 40 glorious years which is under the aegis of Sindhi Seva Samiti. This has been possible due to the committed service of the members, management, staff, parents and students. In this special year, so far we have conducted various events, starting from Ganesha Homa upto the walkathon, which was a historic one. The glimpses of every activity has been captured, encapsulated and presented beautifully by our staff and students in this edition. We proudly release the Sindhian-Newsletter, Issue -1



Smt.Devika Kiran
Principal
Sindhi High School, K K Road



Chairman's message

Dear Sindhians,

Namaste! Happy Dussehra and Deepavali greetings to all. On behalf of our President, Sri Madan Doulatram and his team of Office Bearers of Sindhi Seva Samiti and Sindhi Group of Educational Institutions, I bring warm greetings to all of you. Our flagship school- Sindhi High School, K.K. Road is celebrating its



40 years this year and we have made all endeavours to make it an eventful, colourful and a memorable year; more so because we are now back to normal (almost) post pandemic. All the activities at school have been focused on this landmark year to carry a message for the society. We conducted a blood donation camp wherein many staff members & parents donated blood, many thanks to all of them. The other commendable activity was the Walkathon on the theme 'Swachh Bengaluru, Clean Bengaluru'.

I compliment our Principal and all the staff members for the grand success of this Walkathon.

Our parent body Sindhi Seva Samiti has over 450 members that belong to a community that was most affected by the infamous decision of partition of India during Indian independence; yet being adaptable by nature, we have been accepted amicably by all countries all over the world; and here at Bengaluru, we have made ample contribution to our karma bhoomi with the blessings of Mata Rajeshwari.

Our National anthem very beautifully describes the oneness of our spirit of Hindustani, as it mentions in a circular depiction of "Punjab, Sindh, Gujarat, Maratha..." having lost our motherland Sindh is a tremendous loss to anyone individually and collectively; however we take solace in the fact that we are proudly featured in our National anthem. To rekindle this "Spirit of Sindhis-Sindhiyat Jo Jazbo" as a special event of Azadi Ka Amrit Mahotsav, we conducted an Inter- School Elocution Contest to create awareness about our community especially amongst the present generation. We were pleasantly surprised by the research done by the participants and their eloquent presentations were impressive. Our initiative has been well appreciated by the doyens of our community across the country and propose to carry it to all cities of India.

I have always believed that if an organization is well managed with good leadership, enthusiasm, integrity, sincerity and diligence then "Men may come and Men may go but the organization will go on forever and ever" and this is true for our Sindhi Seva Samiti which is nearing towards its Platinum jubilee.

I wish all our students all the best and once again thank the parent community for their confidence in our Institution and for all the staff members for their support and being partners in progress.

God's speed to one and all! May all be blessed with abundance of health, wealth of knowledge and prosperity.

Sri Prakash F. Madhwani
Chairman,
Sindhi High School, K K Road

TEAM OF OFFICE BEARERS AND EXECUTIVES



Sri. Madan Doulatram
President,
Sindhi Seva Samiti
and Sindhi Group of Educational
Institutions



Sri. Prakash F. Madhwani
Chairman



Sri. Avinash S. Kukreja
Hon. Secretary



Sri. Ashok L. Kandhari
Hon. Treasurer



Sri Kiran S Chawla
Hon. Jt Secretary



Smt. Devika Kiran
Principal
SHS, K. K. Road



Smt. Alpana Kala
Vice Principal
SHS, K. K. Road



Smt. Pratima K Pai
Vice Principal
SHS, K. K. Road

COMMITTED STAFF 2022-23



Sitting L to R- Mr.Visweswara V.S. , Ms.K.S. Sugandha Lakshmi, Ms. Kashish Sumith Valecha, Ms. Alamelu K.P., Ms. Sowparni C.S., Ms. Sharmila Rao, Ms.Alpana Kala (Vice- Principal), Ms. Devika Kiran(Principal), Ms. Pratima Pai (Vice - Principal), Ms. Malini B. V., Ms. Sheela Ramani R., Ms. Rajashree Vinuth, Ms. Veena R., Ms. Vimala Mary J., Ms. Lalithamba A., Ms. Savithri Ramakrishnan, Mr. Srinivas R.

Standing 1st row L to R- Ms. Shilpa K.G., Ms. Usha B.R., Ms. Balquice Jahan, Ms.Rajini Sridhar, Ms. Geetha Hegde, Ms.Suchitra B.S., Ms.Nirmala Lawrence, Dr.Thanuja Raj, Ms.Jacintha N. Sharma, Ms. Suma, Ms. Roda Jyothi, Ms.Mangala S. Badanatti, Ms.Asha F, Ms. Nirmala Bai, Ms. Sangeeta Maheshwari, Ms. Renuka Gupta, Ms. Prakash Kaur.

Standing 2nd row L to R- Mr.Jagdish K. , Mr.Anoop J.Kalloor, Ms. Anoushka S Raheja, Ms. Uma B. C, Ms. Deepa Santhosh Kumar, Ms. Mishti Makhija, Ms. Anuradha Bajaj, Ms. Rekha Sreenath, Ms.Supriya S., Ms. Shipali Manjunath, Ms. Padma Priya, Ms. Chandrika G., Ms. Nitya Lulla, Ms. Neha,Ms. Manisha P.Thakar, Mr. Raghavendra S.S., Mr. Yoganand D.

Standing 3rd Row L to R- Ms. Ashwini R.A., Ms.Nagaveena Amarnath, Ms. Shakuntala D. Maniyal, Ms.Ekta Pankaj Bathija, Ms. Lavina S.Hiranandani, Ms. Ushanandini S. , Ms.Rashmi S. Varma, Ms.Veenu M., Ms.Meenakshi Bedi, Ms. Usha T.R.

Standing 4th Row L to R- Mr.Shashikanth V Pattar, Ms. Jyothi Praveen, Ms. Reema Paul Sarkar, Ms. Namitha Rao, Ms. M. Nithya, Ms.Jayashree Arun, Ms. Swarna Gowri R.S., Mr. Umesha S., Ms. Santosh Sharma, Ms. Jagruti G., Ms. Manjula S, Ms. Vinaya B.R., Ms. Jalajakshi R., Ms. Shakuntala Purohit, Mr. Harsha K.Y.



Sindhi High School

(Affiliated to CBSE, New Delhi)

10/7, Kumara Krupa Road, Bengaluru-560001

Sponsors : Sindhi Seva Samiti

The management congratulates the staff members and the students on their academic achievements.

AISSE 2022-23 Class X –100% results ,Above 90% - 37 , Distinction - 83,
First class - 112, Second class - 4



Shravya N B
98.2 % - I place



Dhruv Jain
97.4 % - II place



Laksh P Jain
97.4 % - II place



Pushkar P Raju
96.8 % - III place

SUBJECT TOPPERS

English



Falak Sharma
99

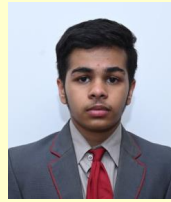


Sakshi Prabhakar
99



Shravya N B
99

Math - Standard



Laksh P Jain
99

Math –Basic



Aryan Jain
96

Science



Shravya N B
100

Hindi



Falak Sharma
99



Dhruv Jain
99



Shravya N B
100

Sanskrit



Bruhathee S Kaddi
100



Shrreya R S
100



R Vaishnavi Murthy
100

Social Science



Dhruv Jain
99



Diya N Vora
99

Kannada



S Pratisha
99

CONGRATULATIONS



Toppers of AISSE Class X Batch 2021-22 were felicitated by the Bangalore Sahodaya Schools Complex, in a ceremony held at Delhi Public School, North on 3rd September, 2022.



Smt. Pratima Pai was appointed the Vice Principal of Sindhi High School, KK Road. She has rendered 14 years of dedicated service to the institution. We are certain that she will make a positive difference to the school in her new role. We wish her the very best !!



Smt Devna Dangwal has been chosen the Primary Co-Ordinator for English, Mathematics and Environmental Science .**Smt Devna Dangwal** is known for her empathetic attitude and her good organisational skills. She is popular with the students and teachers. We congratulate her and wish her all the best!!

WORKSHOP ON PRANIC HEALING



Smt. Jyothi Shroff
YPV Healer

A pranic healing session was conducted by Ms. Jyothi Shroff, who has more than 20 years of expertise in healing chronic and life threatening ailments. Ms Jyothi Shroff showcased the benefits of being calm and paying importance to our mental health, which is the first step towards rejuvenation, effective teaching – learning and empowering the teachers for a good year ahead. The session was interspersed with different activities to equip the teachers towards a wonderful effective academic year.





GET, SET, GO!

Teachers Orientation 2022-2023

Topic : Empathy in Education



Sri Prakash F. Madhwani
Chairman ,SHS KK Road

The session was conducted by **Sri Prakash F. Madhwani**, our beloved and respected Chairman of Sindhi High School, K K Road, on 27th May 2022 at the onset of the academic year. The session helped the teachers to evaluate themselves, and become a better version of themselves. He also exhorted them to reflect whether they were true to their duties as Indians. He spoke about various parameters through which teachers could ensure that students blossom at school, maintain good relations among themselves and be socially responsible citizens.



BACK TO THE PAVILION!



The morning of 30th May 2022, saw our super-troopers, the children, back to school, after a hiatus, a break for the summer. The children were brimming with energy and happiness, happy to be back, in a post Covid scenario. The Vice- Principal Smt.Alpana Kala and Vice- Principal Smt.Pratima Pai welcomed the students and stressed upon the need to maintain discipline. A moment of calm was initiated for the rest of the year.



A NEW SESSION!! A NEW BEGINNING!!

A fresh start and infinite possibilities. We commenced the new academic session by seeking divine blessings for a smooth, impediment-free year with Ganesha Homa and Satyanarayana pooja.



DIVINE ENVIRONMENT AND EXQUISITE PRASADAM





LEADERS IN THE MAKING

Every year, SHS sees young minds churning out many positive ideas which display the leadership qualities in them. This year too, we have our young stalwarts, ready to don the mantle of leadership and be role models to our budding Sindhians. Rehaan Maniyar and N.Harshitha were elected the Head Boy and Head Girl and have donned the mantle of leadership for the year, 22-23. The Games Captain is B.Ishanth Kumar and Games Vice- Captain is K Karishma, in recognition of their sporting prowess. The different houses are led by the following students:

Patel House

Captain : Naman Pradeep

Vice-Captain –Akshaya

House Prefect: Harini R

House Mistress:Smt. Lata Latwal

Vaswani House

Captain : Bhuvan V

Vice – Captain : Suhani Sharma

House Prefect: Manya Shah

House Mistress:Smt Sharmila Rao

Tagore House

Captain: Sakshi N. Talreja

Vice-Captain: Ila BG

House Prefect: Pranav Mayya

House Mistress:Smt Uma B C

Viswesvaraya House

Captain : Nikita Hebbar,

Vice – Captain: Ria A Katara

House Prefect: Sahana D

House Mistress:Smt Deepa Santosh

Best of Luck and Congratulations to Our Parliamentarians!!!



DEMOCRATIC APPROACH



**Powerful Patel
House Mistress
Smt. Lata Latwal**



**Vivacious Visvesvaraya
House Mistress
Smt. Deepa Santosh**



**Thoughtful Tagore
House Mistress
Smt. Uma B C**



**Victorious Vaswani
House Mistress
Smt. Sharmila Rao**



WE ARE THE WORLD.....



World Environment Day is celebrated on the 5th June internationally. This year we celebrated it at SHS K K Road, on 7th June, 2022. **"Only One Earth"** is the theme for this year with focus on "Living Sustainably in Harmony with Nature". This day is celebrated to create a strong advocacy for saving our planet. The event showcased a PowerPoint presentation prepared by Rithik H and Dhaatri B R and presented by Laksh Thaker and Disha Jain. A video portrayed the effects of our actions on the ecology and the animals, which are on the brink of extinction. The afternoon session saw an interaction with a passionate environmentalist and ENT specialist Dr. Jaisheela who spoke about attainment of a zero waste and chemical free lifestyle, in which students can get involved in saving the only planet which is the root of our existence...Mother Earth!



Dr Jaisheela
ENT Specialist



A STEP TOWARDS THE FUTURE

An Orientation Programme was held for the parents of students of Class X on Wednesday, 8th June 2022. The Vice Principal, Smt. Alpana Kala, welcomed the parents and assured them of the school's commitment in ensuring their child's holistic development. She threw light on the CBSE's scheme of Assessment for the year 2022-23. The Vice Principal Smt. Pratima Pai spoke about the school rules and handed over the session to Smt. Kanchana - Vice Principal - Sindhi PU college and Smt. Minal Gupta - Dean - Deeksha who guided the students on the factors to consider while selecting a stream after class X. A warm interaction between the parents and teachers after the session ensured all the queries of the parents were clarified.





We at Sindhi High School believe in the adage 'Child + Parents + Teacher = Success'. An Orientation programme for the parents of class 1 students was held on Saturday 11th June 2022 so as to acquaint the parents of Nursery and Class I with the curriculum, rules and regulations of the school, teaching methodologies and the co-scholastic activities. Smt. Alpana Kala addressed the queries of the parents and briefed the parents about the Creative Curriculum adopted by the school to ensure all round development of the students.



PLAYING WITH PAPER, THE JAPANESE WAY

Origami, the ancient art of paper folding, can make an impact in today's education as it engages students and enhances their skills. Mr. Ravinder Rai demonstrated an origami show to the students of class 1 to 3 on 14th June, 2022 which was very interesting and creative. The students enjoyed the demonstration and learnt to make some of them.



CANCER AWARENESS WORKSHOP

An informative session was conducted by Dr. Jayanthi Thumsi, on women's health for the benefit of our staff members. It helped to create awareness among the staff members about the early detection and cure of Cancer.





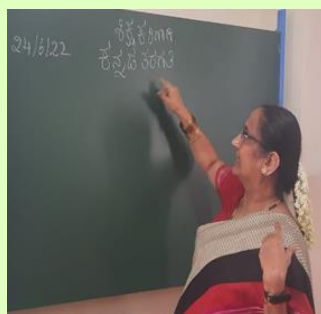
RACING TOWARDS VICTORY

Inter House road race



A road race was conducted on 18th June, 22 to provide the children with an opportunity of racing on an alternate surface and creating awareness about physical fitness.

LANGUAGE CLASS- ON THE WAY TO BECOMING POLYGLOTS



Classes are conducted by Smt.Sowparni and Smt. Nirmala Lawrence for teachers on a regular basis to help them gain proficiency in Kannada and English, respectively.

READING – A MEDITATIVE MAGICAL TELEPORTER

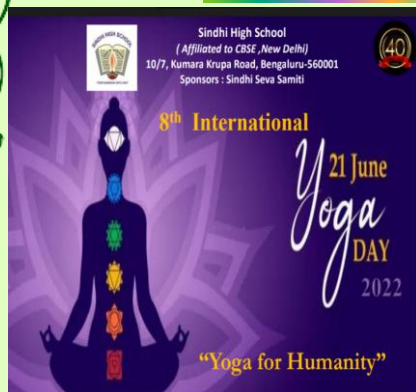


Reading transports us to a magical world where we transform ourselves from a pupae to a butterfly; in short it sets us free. The month of June saw orchestration of different activities which ensured that every child gets a chance to feel the same magic. Reading hour, quizzes and essay competitions were planned and executed and participation was ensured, according to grade and level. Smt. Veena ,our resourceful librarian, addressed the students and spoke about the importance of reading.



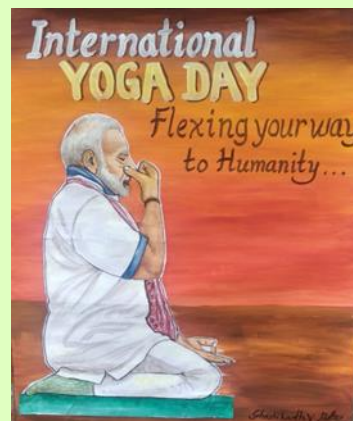


"YOGA FOR HUMANITY"



Yoga is an ancient physical, mental, and spiritual practice that originated in India. International Day Of Yoga with the theme "Yoga for Humanity" was observed on 21st June, 2022. The students were urged to adopt Yoga as a part of their life style for physical and mental health.

"Yoga adds years to your life and life to your years."



WORLD MUSIC DAY-2022- TURNING UP THE CRESCENDO IN OUR LIVES



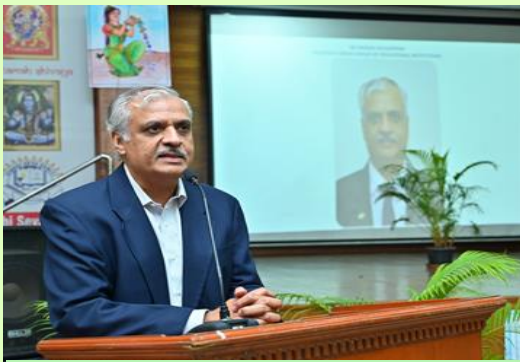
Yoga and Music Day were both celebrated on 22nd June 2022, the morning having been celebrated with yoga and finally ending the day on a high musical note, with Music Day celebrations. The Music day began with the invocation and a beautiful song, which set the mood for the remainder of the beautiful, mellifluous day. The students sang a beautiful medley in different languages, giving us a teaser of the beautiful, colourful tones of our diversity, through languages.



NATIONAL SECURITY LANGUAGE INITIATIVE FOR YOUTH(NSLI-Y) SCHOLARS



An insignia for the Ruby year



Sri. Madan Doulatram
President, Sindhi Seva Samiti &
Sindhi Group of Educational
Institutions



Sindhi High School, K K Road, Bengaluru, started in 1982 by The Sindhi Bankers (Shroffs) Seva Samiti, is celebrating 40 years of inception. To commemorate this milestone, a logo was unveiled on Monday, 11th July, 2022 by **Sri Madan Doulatram**- President of the Sindhi Group of Educational Institutions. Office bearers of the school- Chairman Sri Prakash F Madhwani, Hon Secretary Sri Avinash Kukreja, Hon Treasurer Sri Ashok L Kandhari, Hon Jt Secretary Sri Kiran S Chawla and Ms Meghana, Founder/ CEO of Samvida Communications and the implementing partner of NSLI-Y in India graced the occasion. On this occasion a warm welcome was extended to the NSLI-Y scholars who visited Bengaluru from the USA as a part of the student exchange program. Sindhi High School, K K Road played host to them for two weeks during which they gained insight in to Indian culture and tradition. Parents of our students hosted the viyoung scholars who were also given certificates on completion of the course.





National Security Language Initiative for Youth(NSLI-Y) Scholars



NATIONAL SECURITY LANGUAGE INITIATIVE FOR YOUTH (NSLI-Y) SCHOLARS



अगस्त 2022 को NSLI-Y के 'छात्र आदान-प्रदान संस्कृति' कार्यक्रम का समापन समारोह संपन्न हुआ। इस कार्यक्रम में सभी छात्रों, सदस्यों, अध्यापिकाओं और अभिभावकों का सम्मान किया गया। सिंधी हाई स्कूल के.के.रोड की प्रधानाचार्य श्रीमती देविका किरण ने इस अवसर पर छात्रों को बधाई दी और उनसे हिंदी में बात की। समविदा कम्युनिकेशन की मुख्य संस्थापिका मेघना जी ने सभी को धन्यवाद अर्पित किया। जलपान और सांस्कृतिक कार्यक्रम द्वारा कार्यक्रम समाप्त हुआ।



NSLI-Y - An indo-American educational venture





COLLABORATING TO WORK HAND IN HAND PARENT-TEACHERS' MEET

The new academic year brought forth the first interaction between parents and teachers who work mutually with each other with the common goal of ensuring progress in education, by their wards. Goals were defined, and parents were apprised of the different aspects of their children's all-round development, on the 24th and 25th of June, 2022. The second PTM was scheduled on Saturday 20th August 2022.





ACHIEVEMENTS GALORE

Applauding the poet amongst us



It was a moment of great pride and honour for Sindhi High School KK Road as our Chairman **Sri Prakash F Madhwani** received the poet of the year award and his book was listed among the top 30 of limericks(in Sindhi and English titled Balderdash). This book was selected out of 2100 entries in various categories books to be read in 2022 by Ukiyoto publishing house. He received the award from Lt General Doctor V K Ahluwalia in a grand event at Vivanta, Taj at Delhi on 18 September 2022. This award is sure to enthuse all the young Indians to take up writing in the near future.



Smt. Uma B C, a Math teacher for the middle school has bagged one of the top 3 places in the best usage of Tata Edge. Hearty Congratulations on your achievement.



Samaira V Makhija of class LKG B has won 2nd Prize in August Phase -2 2022 Shloka Scholars Challenge organised by wizkidscarnival.com



Sai Deekshith of Class X A has won 2nd prize in Smt Rajam Vaidyanathan Prathibhakankshi National Music Competition 2022.



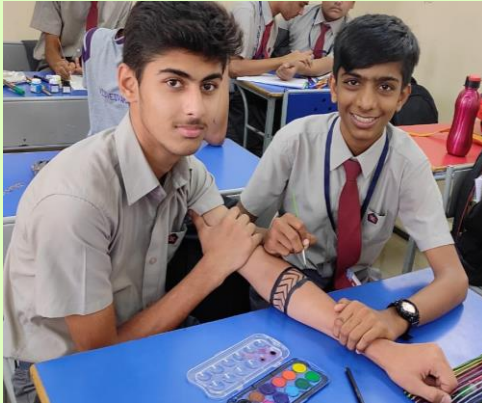
Children won medals and trophies for Taekwondo at Academy: SG master taekwondo center **Jaanvi Sachdev** Class V B **Adish** Class III B, **Hemant Singh** **Dhami** Class III A, **Diya Dhami** of Class V A won gold medal for Gymnastics and Taekwondo held on 3.7.2022.



Adhish of class III B is promoted to Blue Senior belt in Taekwondo. He won gold medal in Poomsae, Kyorugi and Brick Breaking and Gymnastics .

Jaanvi Sachdev from class V 'B' stood 1st with Gold medal in the Bengaluru Urban District Level & Group 4 Taekwondo Championship 2022 held on 10.7.2022 @ Decathlon

Jaanvi Sachdev from class V B won gold medal in Kyorugi and Gold medal in Poomsae in 39th State level Taekwondo Championship 2022 on 25.8.2022 @ Kanteerava stadium, Bengaluru

**Expressions through tattoos****Recite and win****Tech-savvy kids**

CCA and clubs are essential for a student's holistic development. Formation of clubs like Home Science nurture the culinary talents of our enthusiastic, budding chefs,. Rangmanch takes care of the dramatic element present in each student, SPIC- MACAY has an array of creative activities planned for budding artists while Helping Hands fosters empathy and a need to do something positive for the society in children. The clubs and the CCA activities were kick-started with great fervour and the participation of each student was ensured. CCAs are a key component of students' holistic education. Through CCAs, students discover their interests and talents. CCAs also provide platforms for students to develop their character, learn values, social and emotional competencies and other relevant skills to prepare them for future challenges. CD show, clay modelling, nature drawing, yoga day, Vegetable printing, Sanskrit Quiz, Music competition, leaf collage, mehendi, tattoo making were some of the highlights of the session.

PLAYFUL COMPETITIONS-CREATIVITY AND RESOURCEFULNESS GO HAND IN HAND



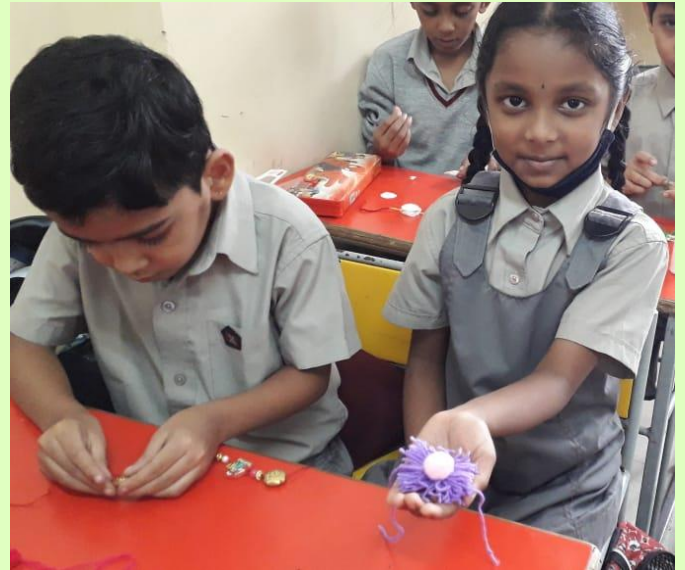
WHETTING THE COMPETITIVE STREAK



Fantasy faces



Eternal Bonds



Mehendi Vibes



REFURBISHMENT- CREATING SPACE AND COMFORT



Computer cathedral



The computer laboratory was refurbished and upgraded with high-end computer systems to facilitate learning. The Vice- Principals' offices, the examination room, the administrative office and the canteen have been renovated too. The Honorary Secretary Sri.Avinash Kukreja, inaugurated the newly renovated computer laboratory.



Exam Room
Assessing students'
preparedness



Nerve Center
School Office



Canteen- servery



A Joyous wonderland





TABLE TENNIS IN RUBY YEAR



The 28th Table Tennis Tournament was held on 29th and 30th July 2022. The championship showcased the talents of the budding table tennis players from 14 schools across the city. It was inaugurated by the Chief guest, Sri Madhu Motiram. The championship was witnessed by students who enjoyed the energetic and skilled display of the participants. Little Flower School and Sri Kumaran's State School emerged winners in the girls' and boys' category, respectively. They were felicitated in the valedictory function by Ms. Yashaswini Ghorpade, and Ms. Aditi P Joshi, national level table tennis champions.



Chief Guest(Inaugural)
Sri.Madhu Motiram
Past President,
Sindhi Seva Samiti



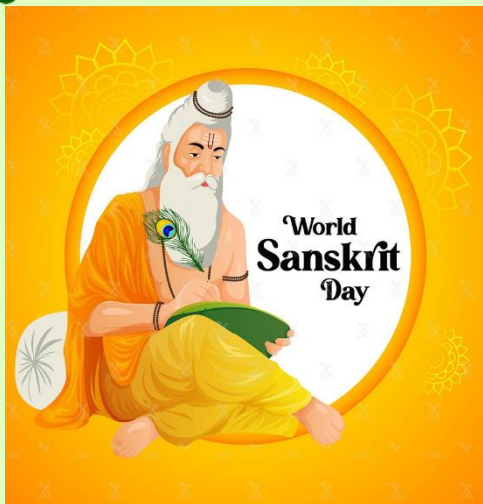


**Guest of Honour
Ms. Aditi P Joshi
International Table Tennis Player**

**Chief Guest (Valedictory)
Ms. Yashaswini D Ghorpade
International Table Tennis Player**





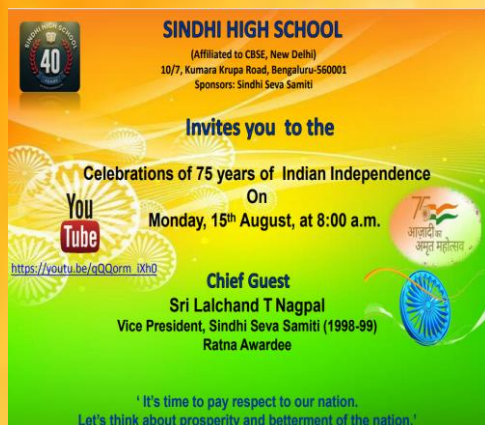


Sindhi High School, K K Road celebrated Sanskrit Diwas on 12th August 2022. The programme commenced with an invocation song in the praise of Lord Almighty. The programme included skit, shloka chanting from Srimadbhagavatgita, and a PPT on Uttarakhand, our partnering state under the Ek Bharat Shreshtha Bharat initiative of GOI .The most breath-taking part of the programme was the dance that left the audience spellbound.The entire programme was presented only in Sanskrit language. Speaking on this occasion, the Principal Smt. Devika Kiran highlighted the importance of Sanskrit language and its demand globally. Principal urged students to respect and take pride in imbibing the culture and values of our vast Indian Culture. Indeed it was a wonderful programme.





TRICOLORED EMOTIONS FLY HIGH..



Azadi ka Amritmahotsav, the 76th Independence Day was celebrated with fervour, passion and patriotism. Emotions ran high as the chief guest Sri Lalchand Nagpal hoisted the Indian National Flag . After the salute and the National Anthem , the Chief Guest addressed the students and reminisced about the struggles they had to encounter in order to start an educational institution in the heart of the city. He expressed his gratitude at the way the institution has made a mark in the educational landscape of the city .Today there are 9 educational institutions under the aegis of the Seva Samiti.He expressed great pride on the completion of 40 years of our school coinciding with the 76th Independence Day.The chief guest emphasised on the fact that democracy gives us the power to build our nation and live in our country as free citizens,and we need to cherish our freedom. Later,a drama and a PowerPoint presentation highlighting the contribution of Sindhis were presented to the audience .Students also portrayed their feelings of patriotism for the country, through a beautiful dance recital. The program concluded with the singing of Saare Jahaan se Achha.



Sri Lalchand T Nagpal
Vice President, Sindhi Seva Samiti (1998-99)
Sindhu Ratna Awardee





SINDHYAT JO JAZBO-SPIRIT OF SINDHIS

Inter-school Elocution competition was held on 11th August 2022 to mark 40 years of inception of the school. Students from prominent schools of the city took part in the competition. Eminent personalities in education and literature, Smt Himani Madhwani, Smt Seethalakshmi Kumar and Smt Debaleena Mukherjee were the judges for the competition. Sri Prakash F Madhwani, chairman and chief guest for the inaugural ceremony, addressed the audience and set the tone for the competition. The participants spoke with great zeal and fervour and highlighted the many challenges faced by Sindhis and their contributions to various fields in the country.

Sri. Biharilal H Menda, Past President of Sindhi Seva Samiti, was the chief guest for the valedictory ceremony. The first prize of the competition was bagged by Bhavya of Jain Vidyalaya for her passionate address and extraordinary oratory skills. The winners walked away with exciting prizes such as laptops, iPad and smart watches. The event ended with the thanksgiving prayer of Sindhis-Palav, and was a resounding success.



Sindhi High School
(Affiliated to CBSE, New Delhi)
10/7, Kumara Krupa Road, Bengaluru-560001
Sponsors: Sindhi Seva Samiti

Invites you to the
INTER SCHOOL ELOCUTION COMPETITION ON THURSDAY, 11TH AUGUST, 2022
To promote Sindhyat Jo Jazbo – "Spirit of Sindhis"

Inauguration at 9.00 a.m.
Chief Guest
Sri Prakash F Madhwani
Chairman- Sindhi High School, K K Road



Valedictory at 10.30 a.m.
Chief Guest
Sri. Biharilal H Menda
Past President – Sindhi Seva Samiti
Sindhu Ratna Awardee

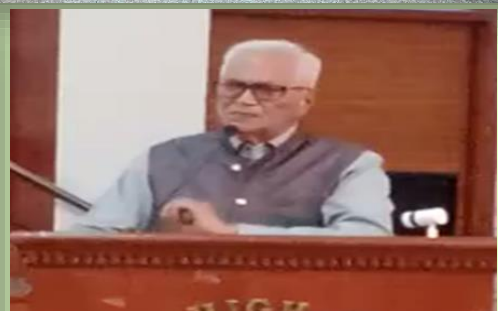
Venue,
Sindhi High School
Seth Naraindas H Hinduja Hall
Kumara Krupa Road, Bengaluru-560001
Phone: 22261509/22282161
Email: shs.kkroad@sindhihighschool.edu.in



Sri. Madan Doulatram
President, Sindhi Seva Samiti &
Sindhi Group of Educational
Institutions



Chief Guest (Inaugural)
Sri. Prakash F Madhwani
Chairman, SHS, K K Road



Chief Guest (Valedictory)
Sri. Biharilal H Menda
Past President, Sindhi Seva Samiti



Smt. Himani Madhwani



Smt. Seethalakshmi Kumar



Smt. Debaleena Mukherjee

THE WINNER TAKES IT ALL



ANANDA HARI KRISHNA CELEBRATING THE DIVINITY THROUGH DANCE



A dance drama, Ananda Harikrishna, conceptualized by Smt Nirmala Jagdeesha, President, Parvathi Nrithya Vihangama Trust, will be enacted by our students in November as a part of the 40 year celebrations. The practice session began by seeking divine blessings.



A DIVINE SOJOURN - TIRUPATI

A trip to Tirupati was organized for the staff on the 5th and 6th of September, 2022. The powerful chanting inside Sri Venkateswara Temple exuded a positive energy that stayed with us long after we had left the sanctum.





"The true teachers are those who help us think for ourselves"

- Dr. Sarvapalli Radhakrishnan



The theme for World Teachers' Day is 'Leading in Crisis, reimagining the future', a befitting theme in the post-COVID scenario. The onus is now on teachers to ensure that our children are equipped to deal with different challenges that the world is facing that may come their way, through innovative and creative solutions while ensuring that the two year gulf in education is bridged. This year, Teachers' Day was celebrated on the 3rd of September, 2022 and teachers of various institutions under the aegis of Sindhi Seva Samiti were felicitated for their years of committed service with passion, dedication and commitment. Smt. K.S.Sugandhalakshmi was appreciated for 25 years of service while Smt. Mangala and Smt. Nirmala were felicitated for completing 15 years of service, in our institution. Teachers from the various institutions were appreciated for completion of 25 and 15 years of service. Our President Sri Madan Doulatram appreciated the teachers' hard work and highlighted the need to educate the boys about respecting the opposite gender so that crimes against women would be prevented, in the near future. The program concluded with a sumptuous lunch, courtesy the management.

SILVER HUES OF SELFLESS SERVICE..



Smt.K S Sugandhalakshmi
Hindi faculty
Secondary School





Smt. Mangala
Hindi faculty, Primary School



Smt. Nirmala Lawrence
English faculty, Secondary School





Celebrating Teacher's day at school is one of the finest memories from the school days. The students surprised the teachers by decorating the school beautifully. A play, dance and variety entertainment programs left a mark in the memory of all the teachers.



A WALK TO REMEMBER

'NAMMA BENGALURU, CLEAN BENGALURU, GREEN BENGALURU'



Route of the walkathon- Cubbon Park to Sindhi High School(Kumara park)

A walk to remember- 'Namma Bengaluru, Clean Bengaluru, Green Bengaluru' 'एक कदम स्वच्छता की ओर' – ಹೆಸರಿಗೆ ಉಸಿರು

A walkathon to promote a clean and green Bengaluru, was organized on Saturday 10th September 2022 by the Sindhi Seva Samiti to celebrate 40 years of our great institution.. The event was attended by the members of the Sindhi Seva Samiti, the hosts Sindhi High school, KK Road, Sindhi High School, Hebbal branch, Sindhi Pre-University College, Sindhi Seva School, parents and the general public. There were more than 2000 participants. The event was covered extensively by media Radio FM, Red FM who propagated the cause and broadcasted the details of the event. Advitya and Amulya, the mascots for the occasion, were dressed up as the Earth and Mother Nature to highlight the importance of participation and create awareness for the cleanliness campaign. The walkathon was flagged off by none other than our beloved Member of Parliament, Sri L S Tejasvi Surya. He spoke at length about the services of the Sindhi community and the Sindhi legacy. The Guests of Honour were Sri Sandeep Patil (IPS-Additional Commissioner of Police- West), Dr. B.R. Ravikanthe Gowda (IPS-Joint Commissioner of Police-Traffic), Sri S Sampath Kumar, Ex-Corporator BBMP, Vasanthnagar Ward and Dr. Ranbir Singh(CBSE-Regional Officer, Bengaluru). The President of our school Sri Madan Doulatram appreciated the efforts of the students and teachers in promoting our Honorable Prime Minister Shri Narendra Modi's vision. Volunteers in a jeep and four bikes manned the progress of the walkathon. Students of the Nature club took charge and cleared the roads of the litter. Dance, Nukkad Natak, and songs were performed at several locations on the way. Convoys showcasing a tableau and the theme of cleanliness were the highlight of the occasion. Plants were distributed along the way. Several pourakarmikas were appreciated and felicitated on the route and at the school venue, for their key role in keeping Bengaluru clean. The event was a great success and another feather in the cap for our institution.





Chief Guest
Sri L S Tejasvi Surya,MP- Bengaluru South



Guest of Honour
Sri Sandeep Patil, IPS, Additional Commissioner of Police
Alumnus SHS- K K Road



Guest of Honour
Dr Ravikanthe Gowda,IPS
Joint Commissioner of Police (Traffic)



Guest of Honour
Smt Shivani De- Mrs India Finalist 2019-20



Guest of Honour
Dr Ranbir Singh
Regional Officer, CBSE Bengaluru Division



Guest of Honour
Sri.Sampath Kumar
Ex Corporator BBMP, Vasanthnagar ward



Guest of Honour
Sri.Dattatreya
Marathon Runner

SPRIGHTLY SINDHIANS.



ON THE MOVE.



Gratitude - A Catalyst for Happiness.



The Team- From Conception to fruition.



Parents' Feedback

We are parents of Hiranmayee, from UKG A in your school. We had the great fortune and pleasure to be a part of the walkathon organized on 10th of September. We would like to express our gratitude in being a part of such an excellent event. At the same time, would like to put forth a few humble words of our appreciation of the way the event was conducted and also congratulations on the walkathon's success. The dedication, effort involvement of the management and staff was a very heartening sight. The teachers, led by the dynamic headmistresses ensured that all the events went along smoothly without the least snag. The programme went very smoothly which is no mean task considering the distance, number of children involved and that there were roadshows arranged at three different places along the route. To get so many children to perform all this and within the planned time is an effort that deserves great praise. We congratulate the management, staff, the students for making this programme such a roaring success. Here we would like to add that we were also fortunate enough to get the opportunity of taking part in the blood donation drive. That was another very successful programme and the arrangements were immaculate. We would like to conclude by saying that we are feeling blessed, honoured and dare we say very proud that our child is studying in such a great institute with such noble values as Sindhi Seva Samithi. Congratulations once again and we hope that there would be more such wonderful occasions where we may find a humble role for us. We are most grateful for all the efforts that have been put from the school management and staff. Thank you so much for everything.

Dear Teacher, Today morning we witnessed one of the best events and the grandeur celebration of 40th Anniversary of Sindhi High School. It is nothing but a reflection of institute's leadership, discipline, selfless and dedicated efforts of Teachers, Students and non teaching staff. The entire event was meticulously managed and lineup of events within the program like walkathon, dance, tableaux, school band, inclusion of entire SHS group of institutions, Green Bangalore initiative was feast to eyes and ears. We feel proud that our son is part of SHS family. Also the efforts and support provided by the Securities and Police Staff is worth appreciation. Further, we wish SHS all the very best in its future endeavors of delivering knowledge and sculpting future citizens of Bangalore/India/The world in general. We wish the reputation of the school reaches to the skies and may SHS celebrate many more such anniversaries. Thank You (Madhukar Joshi & Savitha, Parents of Advait Joshi - 9A)

Namaste Madam - I participated in the Walkathon and would like to share my feedback: It was a wonderful event organised for a cause with a message - Cleaner Bengaluru, Greener Bengaluru. It was very well organised true to its perfectionthe planning, the execution, care and co-operation. All in all, the event was a big success. I would like to thank the Management, teachers, office staff, helping staff and each & everyone who are involved in making the event a big success. Thank you for inviting the parents for this event...it was a treat to watch the children holding banners, placards and shouting slogans. Wishing Sindhi High School, many more decades of success - Rohidas Pai, father of Prerana Pai, 6 A

Alumni's Feedback

My association with SHS goes way back to 1982, being the founder student of this esteemed institution. 40 years, 4 decades and innumerable memories and life lessons have been learnt through the medium of my school, the incredible teachers and my batch mates. I have seen SHS as a student, as an Alumni and as a parent and it is safe to say, different roles but the love for my temple of learning has only grown stronger over the years. The Walkathon celebrating these 40 amazing years was indeed a good way to go back to school and be part of the historic milestone. A message of clean environment and green surroundings through the walk was a great way to bring awareness to this socio-environmental concern and being a part of it along with my batch mates brought back lots of nostalgia and spirit of responsibility. All in all, SHS has been a home for 40 years and it was a proud moment celebrating its foundation in such a grand and eco-friendly way.-

Pooja, Batch 1991-92

SHS has been my learning abode for 13 years and continues to be my place of comfort and nostalgia ever since. As a student my school has always given me the best in terms of teaching, teachers, classmates and opportunities to grow and now, as an Alumni it provided us with an excellent chance to get back to our alma mater by being part of the Walkathon celebrating 40 glorious years of this respectable institution. It felt unreal to have witnessed the mega event in presence of my batchmates and reliving our golden memories. A Saturday morning that I'll forever cherish for having celebrated my school and supporting an environmental cause. -

Akanksha, Batch 2017-18

MEDIA COVERAGE

Meet the press



In the news for the right reasons.



Smt.Kala Krishnaswamy, IPS
Deputy Commissioner of Police
Traffic East Division



Sri.Gopal Krishna
Assistant Commissioner of
Police Traffic West Subdivision



Sri Ramalinga Gowda
Assistant commissioner of Police Traffic
Central subdivision

WE VALUE YOUR
SUPPORT



Sri.Balakrishna
Joint Director, Horticulture Dept



Smt Poonam Patil, Advocate
High Court



Sri.Chandrashekar
Director, Horticulture Dept

ON AIR



ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮಾಲಿನ್ಯ ನಿಯಂತ್ರಣ ಮಂಡಳಿ ಪ್ರಾಯೋಜಿತ ಕಾರ್ಯಕ್ರಮ ತಾಜ್ ನಿಯಂತ್ರಣ ರೀತಿ - ಮನೆ ಬಾಗಿಲಿಗೆ ಸಮಗ್ರ ಮಾಹಿತಿ ಸರಣಿ,

8 ಸೆಪ್ಟೆಂಬರ್ 2022, ಗುರುವಾರ ಬೆಳಿಗ್ಗೆ 8.02ಕ್ಕೆ 101.3FM RAINBOW ದಲ್ಲಿ

9 ಸೆಪ್ಟೆಂಬರ್ 2022 ಶುಕ್ರವಾರ ಸಂಜೆ 5.45ಕ್ಕೆ ಆಕಾಶವಾಣಿ, ವಿವಿಧ ಭಾರತಿ, ಕನ್ನಡ ವಾಹಿನಿಯಲ್ಲಿ,

10 ಸೆಪ್ಟೆಂಬರ್, 2022 ಶನಿವಾರ ಬೆಳಿಗ್ಗೆ 7.15ಕ್ಕೆ ರಾಜ್ಯವ್ಯಾಪಿ ಜಾಲದಲ್ಲಿ ಪ್ರಸಾರವಾಗಲಿದೆ.

ಭಾಗವಹಿಸುತ್ತಾರೆ
ದೇವಿಕಾ ಕಿರಣ್
ಪ್ರಾಂಶುಪಾಲರು
ಸಿಂಧಿ ಪ್ರೌಢಶಾಲೆ
ಕುಮಾರ ಕೃಪಾ ರಸ್ತೆ
ಬೆಂಗಳೂರು ಅವರು

ಪ್ರಸಾರದ ಸಮಯದಲ್ಲಿ ಕೆಳಲು

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11:33 am



Mr.Rajas
R J Radiocity



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Mr.Shaayan Bhattacharya
RJ red FM



<https://drive.google.com/file/d/17UBibvD8C80IfLCCGLfZqK15ZQb4IRV/view?usp=sharing>



At Sindhi High School our little stars spread smiles in everything they do. For a small child, there is no division between playing and learning.

- Colours brighten our world and lend a glow to our classes as the children come dressed in a particular colour for our “**Colour splash days**”. The blue day, green splash and orange day were celebrated where activities brought in the cheerful element.
- Competitions like Shloka recitation and storytelling gave the students a platform to showcase their skills..An awareness session on the “good touch bad touch” was conducted for the students. Innovative props and hand puppets were used by our little ones.
- Festivities are always welcome .The children were dressed in ethnic wear for Ganesha pooja celebrations. Learning of a shloka, small devotional song brought in peaceful vibes and positive energy.

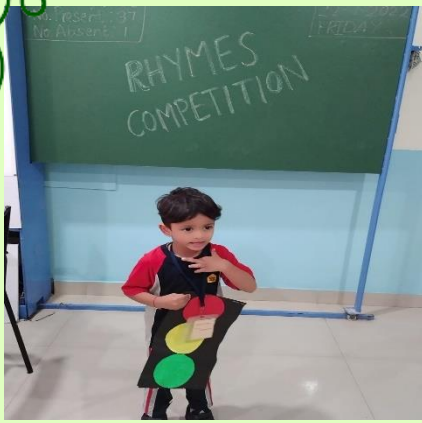
PROTECTION THROUGH COMPREHENSION



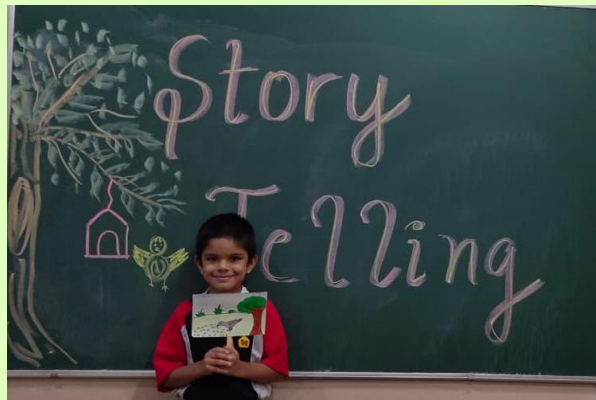
DIFFERENT HUES



RHYME AND RHYTHM GO HAND IN HAND



SPINNING A TALE



A WINNER NEVER STOPS TRYING



RESPECTING OUR TRADITIONAL ETHOS



BEYOND THE BADGES



Monitors were appointed and badges were pinned in the assembly, to instil discipline and smooth functioning of the classes. The students were chosen on the basis of their exemplary behaviour in the classroom.



KARATE- POWER TACTIC DEFENCE.



SEVA WITH SMILE

Blood Donation Drive, a noble initiative of the Samiti, was organised on Sunday, 26th June, 2022 in association with the Lions Club. Many of our staff members donated blood.



HEALTH CAMP

A Health Camp was organised by the Sindhi Seva Samiti on 10th July, 2022 in the school premises. Staff members and parents availed the facilities.

Sindhi Seva Samiti
Health is First form of Wealth

Celebrates 40th year of Sindhi High School - KK Road

On this Momentous Occasion Organizes
FREE HEALTH CAMP
In Association with
Indian Medical Association
Bangalore Branch

On Sunday, 10th July 2022 | Time: 9am to 2pm
At our premises NO: 10/7, Kumara Krupa Road, Bangalore-560001

Tests: • ECG • ECHO • BP • SUGAR • HB • DENTAL
• EYE • THYROID • LIPID PROFILE • LIVER FUNCTION TEST
• CHOLESTROL • BONE MARROW DENSITY

Special Tests: • PAP SMEAR • CERVICAL
• BREAST • CHEST (LUNGS)

MEDICAL CHECKUP



ART GALORE



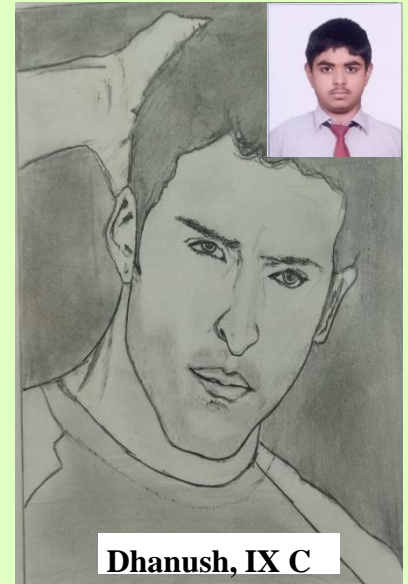
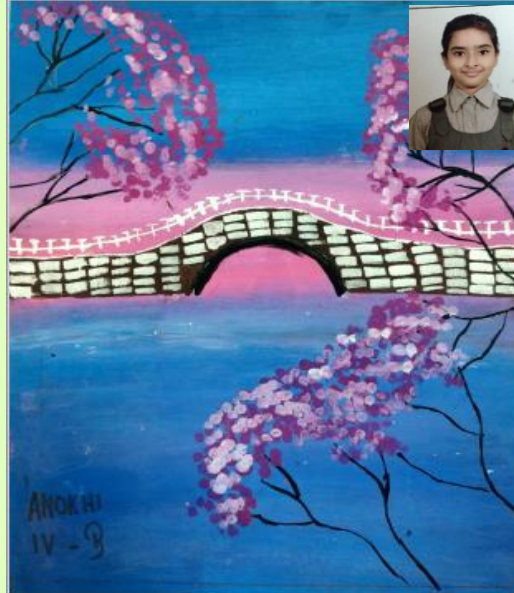
Sri.Shashikanth V Pattar,Art Master



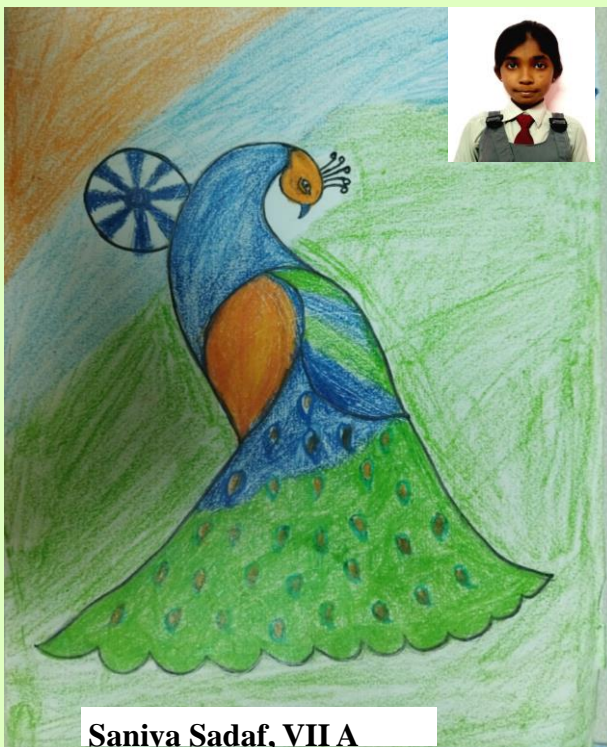
Smt.Ashwini R A, Computer Science Faculty



Diya Gaba,VII C



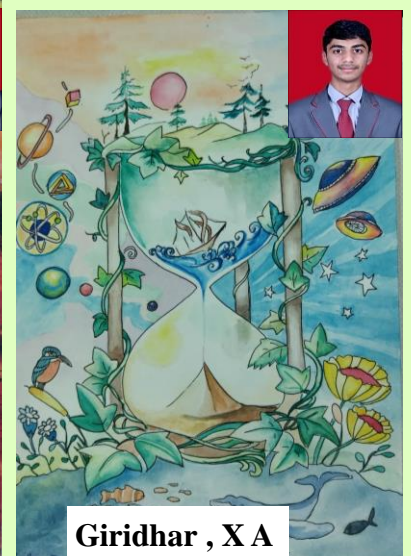
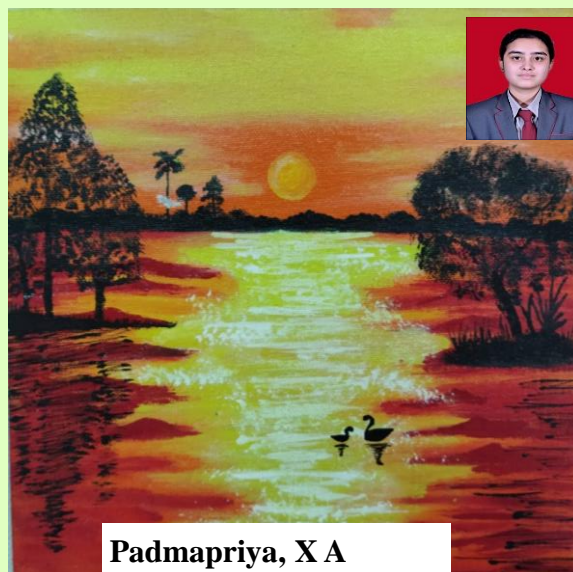
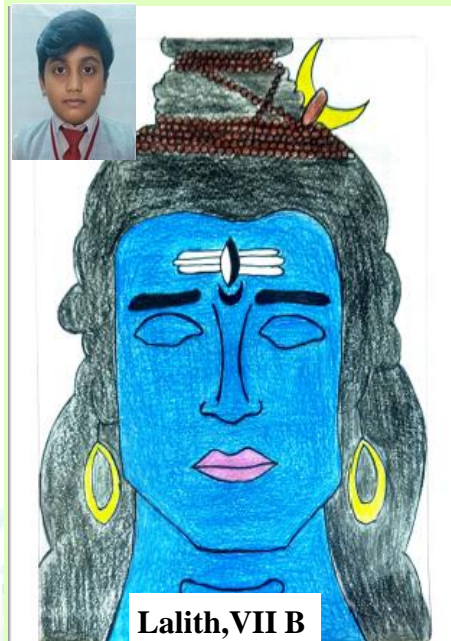
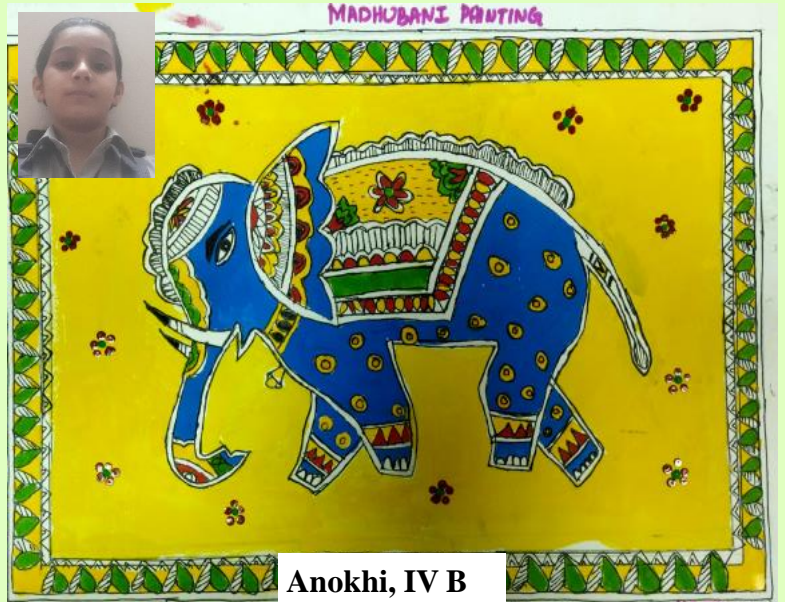
Dhanush, IX C



Saniya Sadaf, VII A



Sayam D Kumar, V C



ENGLISH

FEED YOUR DESTINY !

What ever you feed is going to grow. If you are always feeding negative thoughts then you end up feeding doubt, mediocrity, fear. Instead spend the same energy feeding your faith, feeding your hopes/dreams. Yes, we make mistakes but God's mercy is above all our mistakes.

The people you are spending time with, the thoughts you are dwelling on to, is it good or junk ? From today , can we have a new diet plan ? Not physically but the inner diet. No more dwelling on thoughts of fear, worry, limited mindset, no more condemnation. Let the new prescription be faith food. Feed your confidence, feed your destiny. Quit on insecurities, instead feed your values. What you won't feed will eventually die. We all do have some weeds in our mind like weeds of negativity, weeds of self-doubt . Don't be alarmed by the weeds. Don't mistake watering these weeds. Don't give them any energy. Don't let them take any space in your mind. Let's check , currently are we watering something we don't want ? Don't water what didn't work out. Don't feed the self pity. Quit re living the hurts. You can't feed your history and feed your destiny at the same time. You cannot go into a new season if you are always looking back at the old. If you are feeding the hurts , you are watering discouragement. You don't have to take revenge for the wrong which has been done to you , God will make up for the wrong , he will be your vindicator. Bad breaks, losses can happen but don't re live in those failures. Yes, there is a season of mourning but don't keep it for a lifetime. Put your energy into your destiny. Quit looking backwards and hope for a new beginning. Every setback has a stronger comeback.




Ms.Nitya Lulla
English Faculty
Primary School

MY EXPERIENCE IN KUPPALLI

Finally, the wait of 2 whole long years was over !! I was, at last, going back to the much- awaited summer camp in the small village, Kuppalli. I had last been to the camp in 2019 after which the pandemic hit India and the camp was not conducted at all for 2 years. Also, I had a very big desire to go there as there was an age limit and if I would not go this year, the next year, I would exceed the limit. Also, I had gone to the





camp twice before and I had absolutely fallen in love with the greenery of the village. As soon as I reached the camp, I felt the refreshing pure air, unlike Bengaluru's polluted air. Everybody welcomed me with open hands and I felt in a homely environment. In addition to that, I got appointed as the leader of one of the four houses in the camp. It was a huge responsibility as I had to guide about 26 people. At the camp, we had a lot of fun activities and about 6 of us had gone from our school. On the first day, there was a very fascinating magic show. The magician did a lot of tricks like turning a candle into a bouquet, creating food in seconds etc. The next few days continued to be amazing as we went trekking at 4 in the morning. There were activities like face painting, scenery drawing, human tug of war, human mirror & many more. Out of the total twelve days in the camp, we spent the last 3 days preparing for a skit that the parents would watch when they would come to pick us up. Also, a few people from a tribal group had come to teach us their dance form called "siddhi". Being a leader, I faced a lot of trouble maintaining the children of small ages as they would always be up to something. I had to assemble all the members of the Group in the shortest amount of time so that I would get a good name. We also had assemblies in which we would speak on our opinions about a topic. For example, once we were given the topic of what our dream school would be like. Many students had different opinions about it. The smaller children gave cute answers like the school had to be made of chocolate. Whereas the elder group gave opinions like there should be a better way of teaching the students rather than just explaining the textbook. Through this, we would get interesting ideas for improving our society.

One most important thing that I liked about the camp was that we learnt how to stay independent and also, we were not allowed to carry any electronic devices to avoid unnecessary distraction. We were only given about 2 times to talk to our parents in the middle of the camp as there was a very poor network connection there. On the last day, we had to wear ethnic dresses and take photos. The boys took handsome solos whereas the girls took photos in their ghagra and sarees. After the camp, I felt happiness on one hand as I had gone to the camp after 2 years and had been appointed as the leader. On the other hand, I felt sad as it was the last time that I would be going to the camp. But overall, I had a very good, and peaceful time in the camp and I wish I could go back once again.



Naman Pradeep
Class X A

This article is published on the website www.mypenmyfriend.com

LATA MANGESHKAR – THE INDIAN NIGHTINGALE

The owner of the mellifluous voice, Guinness world record holder of the most recorded artist in history with more than 25000 songs in the world, is none other than the Nightingale of India, Lata Mangeshkar. Lata Mangeshkar was a singer gifted with an extremely melodious voice of a Nightingale and also the talent of creating varied tunes with her sweet voice. It seemed like music was in her blood. She belonged to a musical family where her grandma, father, mother everybody had music themselves. Lata Mangeshkar, popularly known as ‘Swar Kokila’ was born on September 28th, 1929. Her father Dinanath Mangeshkar was a classical singer, and a theatre actor also running a drama troupe. Her mother’s name was Shevanti. Lata started to work as an actress in her father’s musical plays at a very early age of 5. She took her initial music lessons from her father. She was named Hema at her birth. Later her parents changed her name to Lata after a feminine character Latika, in one of her father’s plays. Unfortunately, her father died, leaving the entire family bereaved and stunned by his sudden death. As Lata was elder, the entire responsibility of the family fell on her when she was barely 13 years old.



Lataji acted in 8 movies from 1942 to 1948 which never was her forte. She always kept music above all other interests. In the year 1948, Lata Mangeshkar sang her initial song for the Hindi movie Majboor and won tremendous admiration for it. Thereafter, a queue of film producers, awaiting to sign her for their films. Lata sang many songs for Hindi films and attained popularity not only in India but all around the world.

In many regional languages, her sweet voice has breathed life. The Queen of Melody as a vocalist sang many songs from love songs to sorrowful blues to classical singing and Ragas to Bhakti and Devotional—there appears to be nothing left unturned and unexplored by Lata Mangeshkar. She has sung over 40,000 songs for three generations of heroines, from Madhubala to Zeenat Aman to Kajol. Our Lataji also composed music for many films and also produced 4 films, a Marathi film in 1953 and 3 Hindi films.

Lataji was honoured by numerous awards. The Dada Saheb Phalke award, Padma Bhushan & Padma Vibhushan award for her extraordinary contribution to the film industry. In the year 2001, she received the prestigious Bharat Ratna award for her contribution to the Indian Musical Industry. She was also the receiver of 3 National awards. She even composed music and won Maharashtra Government’s Best Music Director award. The Nightingale of India, Lataji became

the first Indian to give her melodious performance in London at Royal Albert Hall in the year 1974. It's said that when Lata has sung the song “**Aye Mere Watan Ke Logo, Zara Aankh Mein Bhar Lo Pani**”, she moved the first Indian Prime Minister, Pandit Jawahar Lal Nehru to tears.

Lataji was nominated to the Rajya Sabha in 2000 for her contribution to vocal art and melody. She frequently contributed to the welfare of the country to improve the lives of the underprivileged. Despite having such a fantastic name, she was still a simple person at heart. Our Country's Nightingale, Lataji's hallmark garment is a white silk saree with a traditional crimson border and plait. Her melodious voice has impacted millions of people in India and has also spread harmonious Indian music all over the world.

Queen of Melody, Lataji breathed her last at the age of 92 years on February 6th, 2022 at Breach Candy Hospital in Mumbai. Lata Mangeshkar was an impressive singer and a wonderful personality. Through the decades, her voice continues to resonate as a clear, distinct, and representative voice of an entire era and nation. Her voice had such substantial power that it had exceeded all barriers of language, caste, creed, culture, boundaries, region, and religion. Her contribution in the field of singing will never be forgotten and her Golden voice will remain EVERGREEN.....



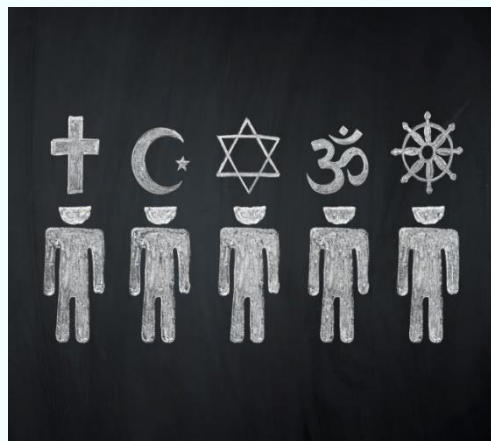
Nikita Hebbar
Class X B


This article is published on the website www.mypenmyfriend.com

A FUTURE WITH NO RELIGION

I always dream of a future where there will be no restrictions on people. We will be free to do whatever we want. The only religion that we follow would be humanity, which will be based on a good value system.

We are in a generation where only adults know about religion, and young people don't care anything about religion and only work with their hearts. Don't you think it's good for the future? I do believe it's 50% true and 50% false.





Yes, you know why it's good? It is simply because you are allowed to do anything you want. Marry the girl you always wanted to, which might be stopped due to religion. You prefer non-vegetarian food, but you are not allowed because you belong to a religion where non-veg is prohibited. Does it make sense? I'm not saying this because I'm a non-vegetarian. But honestly, when we say non-vegetarians are cruel, they kill animals etc, when vegetarians eat plant and plant produce are we not killing them? Is that ahimsa? You guys can think about it. Politics is often done in India with religion and caste. It can be stopped, and many riots case can also be stopped. Don't you think it's great? Oneness in people will be created mainly. Girls are the ones who are more affected by religion than anyone else, and you know why?

Not having a religion is also bad because you are allowed to do anything you want. Don't get me wrong: too much freedom is also bad. This is the problem in your country. Some children are given too much freedom, which will disrupt their lives, and some are jailed in their homes with no real experience. Back to the topic, there are some sensitive things you have to follow for a healthy life.

Example – Fasting helps you lose weight, control sugar, improve blood circulation and prevent cancer. We have forgotten to question our ancestors about these practices and are blindly following them, which only a few know. A few have just left it and others are blindly following them. Please be aware of your practice and pass it on to future generations.

In my opinion, the future should be able to eat anything, follow any religion, and marry anyone they want to. We should also restrict them to some things. We, as the youth, should carry the idea that we believe our future needs. We can't see it but our children can experience the true freedom. Only religion that we follow should be humanity.

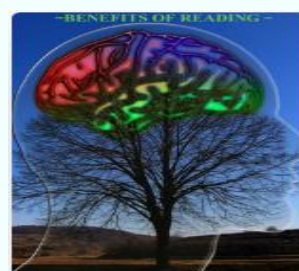


Hrithik S
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This article is published on the website www.mypenmyfriend.com

BENEFITS OF READING

A reader lives thousands of lives before he dies. Reading is the most important skill of a human as it is the source of knowledge. Not only during our education reading is important throughout our life. Just not knowledge it has many advantages. Reading actually builds our



When we read more and more, we know ourselves more. We learn to empathize and sympathize with the people. Reading can even heal mental illness If we can't carry books everywhere then we can read E BOOKS on our smartphones. The start might be difficult but we always end up learning something new. In the end, it is our day and making it productive by reading at least for some time can be a great decision...



WHAT IS CORRUPTION?

Types of corruption

1. **Bribery:** Bribing people for one's profit or gain
2. **Frauds:** such as Cyber Crimes, stealing of money online
3. **Blackmail:** Threatening people with their private, sensitive information
4. **Extortion:** Obtaining money through illegal and unpleasant means
5. **Theft** etc.



6. Causes of Corruption

The causes of corruption differ from place to place, person to person, country to country. Something considered corruption or illegal activity might not be considered the same in a different country. Common reasons for corruption are poverty, lack of education, negative influence, religion etc. But these factors are a part of the main cause behind corruption. The major causes for corruption are political and economical environment, habits and traditions.

Political and Economical Environment

Corruption is strongly influenced by the political and economic environment. Politicians use their power in their favour. Strong powers exercise power and get things done for their benefit.

Effects of Corruption on Society

Corruption undermines the Sustainable Development goals of a nation. Corruption leads to economic loss and inefficiency which leads to instability in the country. It also leads to poverty and inequality in society. Poverty might lead to involvement in criminal activities like terrorism.

Solutions to control corruption

Corruption can easily be controlled by imposing stricter laws in order to regulate the citizens. A code of conduct might help in such situations to control corruption. The public sector must be honest and transparent. The Government officials must be accountable and their jobs must be supervised. Digitalization can help in managing and running the government smoothly and without corruption. E-Governance can be introduced to have an account of the jobs done by officials. Most important of all, social awareness must be spread regarding the demerits or bad impacts of corruption in our lives. Above all, the feeling of ending corruption in our country must rise in each and every citizen's mind in order to end corruption. By doing this, the citizens are actively participating in the contribution of the nation's development.

“CORRUPTION IS A CANCER, A CANCER THAT EATS AWAY AT A CITIZEN’S FAITH IN DEMOCRACY AND DIMINISHES THE INSTINCT FOR INNOVATION AND CREATIVIT



Rehaan Maniyar
Class XB

This article is published on the website www.mypenmyfriend.com

THE LIMITS OF HUMANITY-HOW FAR CAN WE GO?

Is there a border we will never cross? Are there places we will never reach, no matter how hard we try? Turns out, there are! Even with science fiction technology, we are trapped in the Universe. How can that be? How far can we go? We live in a quiet arm of the Milky Way, a spiral galaxy of average size, which is about 1,00,000 light-years across, consisting of billions of stars, gas clouds, dark matter, neutron stars, black holes and planets with a supermassive black hole in the centre. From a distance, our galaxy seems dense but in reality, it consists mostly of empty space. 47 trillion kilometres is the average distance between the stars. With our current technology, it would take thousands of years to send a human to the nearest star. So, our galaxy is pretty big. The Milky Way is not alone though. Along with the Andromeda galaxy and more than 50 dwarf galaxies, it's a part of the Local group, a region of space which is about 1,00,00,000 light years in diameter. It is one of the hundreds of galaxy groups in the Laniakea Supercluster, which itself is one among millions of Superclusters that make up the observable universe. Now, let's assume for a moment that we have a glorious future. Human civilization would become highly developed. We would develop interstellar travel based on our current understanding of physics. In this scenario, how far could we possibly go? The answer is the Local group. It is the biggest structure that humanity will ever be a part of. While it is certainly huge, the Local group counts for only 0.00000000001% of the observable universe! We are limited to a 1,00,00,00,00,000th of a per cent of the Observable universe. It is a simple fact that there is actually a limit for us and that there is so much of the universe that we will never be able to touch, and it is frightening. Why can't we go further? The fact is that our Local group is bound to us gravitationally. What's the problem then? Why can't we travel to other superclusters? Here, dark matter makes everything complicated. It's basically an invisible force or effect that causes and speeds up the expansion of the universe. We don't know why or what dark energy is but, we can observe its effect. None of the stuff outside the Local group is gravitationally bound to us. This means that while the universe expands, dark energy will push everything outside our Local group away from us. Over time, this will make the other galaxy groups almost unreachable. The next galaxy group is already millions of light years away and they are moving away from us at speeds we can't ever hope to match. We could leave the Local group and fly through intergalactic space into the darkness but we would never reach anywhere. As time passes, the Local group will become more tightly bound. The Andromeda galaxy will merge with the Milky Way galaxy to form one giant elliptical galaxy with the unoriginal name – Milkdrameda in a few Billion years. Now, it becomes even more depressing. At some point, the galaxies outside the Local group will be so far away that they will be too faint to detect and the few photons that do make it to us will be shifted to such long wavelengths that they'll be undetectable. Once this happens, no information outside of the Local group will be able to reach us. The universe will recede from view. It will appear to be dark and empty in



all directions forever. A being born in the Milky Way will think that there is no other galaxy but its own in the whole universe. When they see far into empty space, they will only see more emptiness and darkness. They won't be able to detect Cosmic Background Radiation and they won't be able to learn about the Big Bang. They will have no way of what we know today – the nature of the expanding universe, when it began and how it will end. They will think that the universe is static and eternal. Milky Way will become an island in the darkness, slowly becoming darker and darker. Still, with its trillion stars, the Local group is certainly large enough for humanity. After all, we have still not figured out how to leave our Solar system and we have billions of years to explore our galaxy. We have the incredible love to exist at the perfect moment in time to see not only our future, but also our distant past. As isolated and remote as the Local group is, we can perceive the entire universe to be grand and spectacular as it is right now.



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This article is published on the website www.mypenmyfriend.com

CONFIDENCE, SELF MOTIVATION, WILL POWER

Confidence, Self Motivation and Will power are the most important things in any person's life. Without these three it is like a Vehicle without petrol.

Flashback to April 2022:

11th April 2022 was my Class 9 results. After the results I was devastated to know that I had failed in my Maths exam. I lost all confidence and motivation. Even though the re-exam was one and a half months later, I had no confidence to write the re-exam. For the next week or so I cried and didn't know what to do. But thanks to my friends, who motivated me in a real good sense, I started developing the belief and my self confidence increased. It was my friends who really helped me with this. They visited my house regularly and helped solve my doubts. After that the second week was much better. But yet I didn't know if I would clear the re-exam. At this stage my tuition teacher helped me to gain confidence to appear for the re-exam. Then came the exam day i.e., 26th May, 2022. I gave my exams and started feeling good. This got better with every passing day. Also while preparing for the exams I watched the IPL Finals and it helped me to relax. I do not know if I passed the exams in flying colors or not, but I certainly did pass my fears. I was promoted to Class 10th and I feel more confident and comfortable with Mathematics as a subject. It was my friends who constantly infused confidence in me and pushed me to appear for the re-exams.



Once you are self-confident, you will truly realise your potential and enjoy the grind.



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This article is published on the website www.storymirror.com

हिन्दी

टूकान: एक लंबी चोंच वाला पक्षी

टूकान विशेष प्रकार के पक्षी हैं। एक टूकान अपनी विशाल चोंच के लिए पहचाना जाता है। हैरानी की बात यह है कि टूकेन की चोंच काफी



नरम होती है, जिसका अर्थ है कि टूकान पक्षी भोजन पाने के लिए खुदाई करने या लड़ने में बहुत अच्छे नहीं होते हैं। टूकान मध्य और दक्षिण अमेरिका के वर्षावन छतरियों में अपना जीवन उच्च स्तर पर व्यतीत करते हैं; वे शायद ही कभी वन तल की यात्रा करते हैं। टूकेन के लिए घर एक खोखली-बाहर पेड़ की गुहा में एक घोंसला है।



माही मेहता

8 बी

भारतीय संस्कृति लुप्त

आज भारतीय समाज अपना पहनावा खान - पान , रीति - रिवाज भूल रहा है तो इसका मूल कारण पाश्चात्य संस्कृति और उसका प्रभाव है। हम पश्चिम के देशों के तौर तरीके अपनाने की होड़ में लगे हैं और हमारी - अपनी सभ्यता संस्कृति को भूल रहे हैं।



हमें समय रहते ही सावधान हो जाना चाहिए और अपनी संस्कृति को बचाने का प्रयत्न करना चाहिए क्योंकि हमारी संस्कृति आध्यात्म प्रधान संस्कृति कही जाती हैं | जबकि पाश्चात्य संस्कृति भौतिक प्रधान। पाश्चात्य संस्कृति के कारण संयुक्त परिवार प्रणाली का विघटन हो रहा है । पारिवारिक जीवन तनापूर्ण एवं संघर्षपूर्ण हो गया है। अगर संयुक्त परिवार होता तो बड़े बुजुर्ग बच्चों और बड़े को संभाल लेते और समस्या और तनाव भी काम हो जाता। अगर इसी तरह चलता रहा तो हमारी आने वाली पीढ़ी को

हमारी भारतीय संस्कृति के बारे में कुछ भी नहीं पता चलेगा। और वह हमारे रीति रिवाज को भी नहीं समझ पाएँगे, तथा उन्हें इनके बारे में ज्ञात भी नहीं होगा। हमें नई पीढ़ी को आधुनिक परम्परा के साथ संस्कृति और सभ्यता का भी सम्मान ज्ञान देना चाहिए। हमें हमारे नई पीढ़ी का ध्यान रखना चाहिए कि हमारी संस्कृति कभी लुप्त न हो।



प्राची के जैन
9 बी

फैशन से हानि

भारत एक संस्कृति प्रधान देश है। यहाँ से ठाठ-बाट की कहानियाँ आज भी मशहूर हैं। वह एक दौर था जब राजा-महाराजा तथा उनकी रानियाँ राजसी ठाठ से रहा करते थे। उनका पहनावा भी उसके अनुरूप था तथा शर्म एवं हया उनके रंग-रंग में बसी हुई थी। अंग्रेजों ने आकर अपने देश पर तक़रीबन सौ वर्ष तक शासन किया। जाते-जाते अपनी आधुनिकता को हमारे देश में फैशन का नाम दिया। बच्चों से लेकर बूढ़ों तक फैशन का जुनून है। भले ही वह चीज़ हमारे ऊपर अच्छी दिखे न दिखे लेकिन ज़माने के साथ चलने के लिए हमें वो चीज़ लेनी पड़ती है। बच्चे संस्कारहीन होने के साथ-साथ माँ-बाप को तुच्छ समझने लगे हैं। उनकी माँगों को पूरा न कर वे घर वालों से रूठ जाते हैं और सबको दुखी करते हैं। यह सब भी फैशन का किया धरा है। मेरा आप से निवेदन है कि प्रत्येक माता-पिता से कि अपने बच्चों को समय दे तथा उनमें संस्कारी होने की प्रवृत्ति डालें। धार्मिक अनुष्ठानों में भी अपने बच्चों को ले जाए ताकि बढ़ते फैशन से बिगड़ने का खतरा कम हो जाए।



रिया के मेहता
9ब

हमारी शिक्षिकाओं में है मां की ममता

आज मैं फिर कहता हूं कि हमारी शिक्षिकाओं में है मां की ममता
याद है मुझे वह पल जब हम सब रोते हुए आते थे
फिर भी वे हमें हंसाते हुए सिखाते थे
सहिष्णुता के साथ पढ़ाने के लिए चाहिए अलग ही क्षमता
आज फिर कहता हूं हमारी शिक्षिकाओं में है मां की ममता



हमारी हर गलती पर वह हमें डांटते थे
पर बाद में प्यार से भी समझाते थे
हर एक उस शिक्षक को हमारी है कृतज्ञता
आज फिर कहता हूं हमारी शिक्षिकाओं में है मां की ममता

हमारे हर संकट में वह करते हैं हमारी सहायता
इसलिए हमारे जीवन में है आज उनकी है महत्वता
हर एक शिक्षक में हम देखते हैं दृढ़ता
आज फिर कहता हूं हमारी शिक्षिकाओं में है मां की ममता

ज्ञान के भंडार की सबसे बड़ी है यह कमाई
कोई इनके ज्ञान की नहीं कर सकता भरपाई
इनकी वजह से हर विद्यार्थी का जीवन है खिलता
आज फिर कहता हूं हमारी शिक्षिकाओं में है मां की ममता

हर प्रसंग से याद आती जिंदगानी है
सिंधी हाई स्कूल की तो बात ही निराली है
शिक्षिकाओं की वजह से नाम हमारा रहा है बढ़ता
आज फिर कहता हूं हमारी शिक्षिकाओं में है मां की ममता



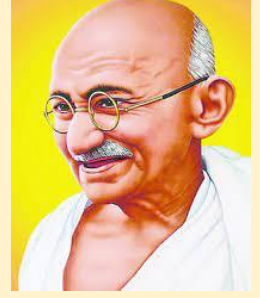
उजीथ

10 बी

संस्कृतम्

महात्मा गान्धि:

महात्मा गान्धिः भारतस्य राष्ट्रपिता कथ्यते । विश्ववन्द्यस्य प्रातःस्मरणीयस्यास्य महात्मनो जन्म काठियावाड़प्रदेशे पोरबन्दरनामके स्थले एकोनसप्तत्यधिकाष्टादशशततमे ख्रिस्तीयवर्षे अभवत् । अस्य पूर्णं नाम मोहनदासकर्मचन्दगान्धिः इत्यस्ति । आबाल्यादेव अयं सत्यवादी आसीत् । अस्य विवाहः कस्तूरबानामन्या धार्मिकमहिलया बभूव । कुशाग्रबुद्धिरयं विधिशास्त्रस्योच्चशिक्षां प्राप्तुं विदेशं गतः, परन्तु तत्र तेन संयमपूर्वकं मांसमदिरापरिहारः कृतः । एवम् आत्मशुद्धिपूर्वकं प्रावीण्यं लब्ध्वा स्वदेशं प्रतिनिवृत्य पुनः वृत्त्यर्थम् अफ्रीकां गतः । तत्रत्यानां भारतीयानाम् आंग्लशासकैः कृतां दुर्दशामवलोक्य तस्य हृदयं द्रवीभूतं, तदर्थं च तेन न्याययुद्धं प्रारब्धं येन तत्रत्यानां भारतीयानां दशा किञ्चित् परिष्कृता । तदनु भारतं प्रतिनिवृत्य आंग्लशासने भारतीयजनानां कष्टानि दृष्ट्वा तेन सर्वं जीवनं भारतीयस्वातन्त्र्ययुद्धाय आहुतम् । तेन हरिजनोद्धारणे अन्यैश्चोपायैः भारतीयजनेषु ऐक्यभावः सञ्चारितः यतः संघट्टनेन ऐक्येन च विना आंग्लशासनात् मुक्तिः असंभवा आसीत् । तेन सम्यक् ज्ञातं यत् महत्या आंग्लशासनशक्त्या अहिंसयैव योद्धुं शक्यते न हिंसया । अतएव तेन अहिंसकैः असहयोगान्दोलनः आंग्लीया भारतशासनं त्यक्तुं विवशीकृताः । सः स्वयं सत्याचरणम् अकरोत् । तेन भारतीयाः स्वदेशिवस्तूनां प्रयोगाय विदेशिवस्तूनां परित्यागाय च प्रतिबोधिताः । भारतीयतां भारतीयगौरवं च जनमानसे प्रतिबोधयितुं तेन संस्कृतज्ञानस्य महत्त्वं ख्यापितं हिन्दीभाषायाः प्रयोगश्च प्रसारितः । सर्वधर्मसमभावः तस्यान्दोलनस्य मूलमासीत् । स्वातन्त्र्ययुद्धे सः अनेकवारं कारागारे निगृहीतः । सर्वं भारतीयं तस्य प्रियम् आसीत्, दरिद्राणां दुःखिनां विपन्नानां च कष्टेन तस्य हृदयं द्रवीभूतम्, तेषामुत्थानाय तेन महान् प्रयत्नो विहितः । ग्रामोन्नतिरेव भारतस्य उन्नतिरिति तेन सत्यं प्रतिपादितम् । अष्टचत्वारिंशदधिकैकोनविंशतिशततमे ख्रिस्तीयवर्षे जनवरीमासस्य त्रिंशे दिवसे कस्यापि अविमृश्यकारिणः नाथूरामगोडसेनाम्नो जनस्य गोलीप्रहारेण दिवंगतोऽयं महात्मा ।



के.करिश्मा

IX ए

भगतसिंहः

भगतसिंहः स्वतन्त्रभारताय स्वप्राणाहूतिं दत्त्वा अमरः अभवत्। कश्चन सायन्तनः कालः। त्रिवर्षियः कश्चन बालकः स्वपित्रा सह विहारं कुर्वन् आसीत्। ताभ्यां सह कश्चन वृद्धः अपि आसीत्। सम्भाषणं कुर्वन्तः ते ग्रामसीमां प्राप्तवन्तः। तत्र सस्यानां हरितवर्णेन परिसरः आह्लादकरः दृश्यते स्म। भाषणं कुर्वन्तः ते एकस्य सस्यक्षेत्रस्य घट्टं प्राप्तवन्तः। बालकस्य आगमनशब्दः न श्रूयते इति पिता परिवृत्य दृष्टवान्। बालकः क्षेत्रे उपविश्य किमपि खनति स्म। " किं करोति वत्स ? " इति पिता पृष्टवान्। " पश्य तात ! अस्मिन् क्षेत्रे अहं सर्वविधसस्यानि सफलानि करोमि। " इति बालकः उक्तवान्। तस्य बालस्य नयनद्वयं द्योतते स्म। क्षेत्रे अवश्यं फलं प्राप्नोमि इति विश्वासः तस्य वचनेषु ध्वन्यते स्म। तस्य स्वरेण तौ ज्येष्ठौ आश्चर्यान्वितौ अभवताम्। सः बालकः एव भगतसिंहः। अनन्तरकाले मातृभूमि स्वतन्त्रं कर्तुं वीरोचितं युद्धं कृतवान् अयं समरसिंहः। पञ्जाबप्रान्तेलाहोरजनपदे बङ्गा इति ग्रामः। सरदारकिषनसिंह इत्येतस्य वीरपुरुषस्य वंशजाः तत्र निवसन्ति स्म। तस्मिन् वंशे अनेके वीराः आङ्ग्लेभ्यः भारतस्य विमोचनं कारयितुं युद्धं कृतवन्तः। बालके भगतसिंहे सर्वे स्निह्यन्ति स्म। अग्रे कदाचित् एषः बालकः प्रसिद्धो भविष्यतीति सर्वे परस्परं कथयन्ति स्म। तस्य मातुः विद्यावत्याः जीवनम् आरम्भतः अपि कष्टैरेव यातम्। क्रान्तिकारी तस्याः पतिः सर्वदा अज्ञाततया पर्यटन् गृहतः दूरे एव भवति स्म। भगतसिंहस्य कनिष्ठपितृव्यौ आस्ताम्। तयोः स्वरणसिंहम् आङ्ग्लेयाः द्वितीयपर्यायार्थं कारगारं प्रेषितवन्तः। कारागारजीवनं दुर्भरम् आसीत्। अतः स्वरणसिंहः रोगग्रस्तः अभवत्। कारागारतः विमोचनानन्तरमपि तस्य स्वास्थ्यं सम्यक् नाभवत्। कतिपयदिनेषु सः दिवङ्गतः।।



दोषिणां विषये न्यायालये वादप्रतिवादमारब्धम्। तेषु दिनेषु राजनैतिककारणैः बद्धानां विषये अधिकारिणः सम्यक् न व्यवहरन्ति स्म। तेभ्यः। उत्तमं भोजनं न ददाति स्म। तान् अनेकधा पीडयन्ति स्म। भगतसिंहः, तस्य अनुचराश्च तादृशलज्जास्पदानां कार्याणां विषये सङ्घर्षं कर्तुं निश्चितवन्तः।



साक्षी तलरेजा

x 'बी'

ಕನ್ನಡ

ನನ್ನ ಪ್ರೀತಿಯ ಹಕ್ಕಿ- "ಗಿಳಿ"

ಗಿಳಿ ಬಹಳ ಸುಂದರ ಹಕ್ಕಿ.

ಇದು ಹಸಿರು ಬಣ್ಣ ಹೊಂದಿರುತ್ತದೆ ಹಾಗೂ ಕೆಂಪು ಬಣ್ಣದ ಕೊಕ್ಕನ್ನು ಹೊಂದಿದೆ.

ಗಿಳಿ ಹಣ್ಣು, ತರಕಾರಿ, ಧಾನ್ಯಗಳನ್ನು ತಿನ್ನುತ್ತದೆ.

ಇದು ಮರದ ಮೇಲೆ ವಾಸಿಸುತ್ತದೆ.

ಗಿಳಿಗಳು ಅತ್ಯಂತ ವೇಗವಾಗಿ ಹಾರುವ ಹಕ್ಕಿಗಳು.

ಇದು ಹೇಳಿದ್ದನ್ನು ಮಾತನಾಡಬಲ್ಲದು.

ಜನರು ಅದನ್ನು ಸಾಕಲು ಇಷ್ಟಪಡುತ್ತಾರೆ.



ಹೆಸರು- ಶ್ರಾವ್ಯ .ಜಿ
ತರಗತಿ-೨ ವಿಭಾಗ-ಎ

ಓ ಗೆಳತಿ

ಓ ನನ್ನ ಗೆಳತಿ,ಓ ನನ್ನ ಗೆಳತಿ

ಹೇಳಲೇ ಒಂದು ಅಂದದ ವಿಷಯ

ತಾಯಿ,ತಂದೆ,ಗುರು,ದೇವ ಇದೆಲ್ಲ ನಮ್ಮ ವಿಧಿ

ನಿನ್ನಂತ ಗೆಳತಿ ಸಿಕ್ಕರೆ, ನನಗೆ ಅದೇ ನಿಧಿ



ಆರಾಧ್ಯ .ಎನ್

4 ಎ

ನಮ್ಮಿಬ್ಬರದು ಬೇರೆ ಧರ್ಮ, ಬೇರೆ ಜಾತಿ,ಬೇರೆ ಭಾಷೆ,

ನಮಗಿಲ್ಲ ಯಾವುದೇ ಭೇದ-ಭಾವ,ಇವೆಲ್ಲ ಬರೀ ತಮಾಷೆ

ನಿನ್ನಂತ ಗೆಳತಿ ಎಲ್ಲರಿಗೂ ಸಿಗಲಿ

ನಮ್ಮ ಈ ಸ್ನೇಹ ಎಂದೆಂದಿಗೂ ಇರಲಿ

ಮಹಿಳಾ ಸಬಲೀಕರಣ

ಎಲ್ಲಿ ಮಹಿಳೆಯರನ್ನು ಪೂಜಿಸುತ್ತಾರೋ ಅಲ್ಲಿ ದೇವತೆಗಳು ಸಂತೋಷಪಡುತ್ತಾರೆ ಎಂಬ ಮಾತೊಂದಿದೆ. ಮಹಿಳೆಯರು ಪುರುಷರಷ್ಟೇ ಸಮರ್ಥರು ಸಮಾನರು. ಇಂದು ಮಹಿಳೆಯರು ಎಲ್ಲಾ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಪುರುಷರಿಗೆ ಸರಿಸಮಾನರಾಗಿ ಸಾಧನೆಯನ್ನು ಮಾಡುವ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿದ್ದಾರೆ. ಆದರೆ ಕೆಲವು ಕಾರಣಗಳಿಂದ ಸ್ತ್ರೀಯರು ಅವಕಾಶ ವಂಚಿತರಾಗುತ್ತಿದ್ದಾರೆ. ಆದ್ದರಿಂದ ಅವರಿಗೆ ಅವಕಾಶಗಳನ್ನು ನೀಡಿ ಮಹಿಳಾ ಸಬಲೀಕರಣ ಮಾಡಬೇಕಾಗಿದೆ. ಮಹಿಳೆಯರನ್ನು ಸಬಲರನ್ನಾಗಿ ಮಾಡಲು ಸರ್ಕಾರವು ಹಲವು ಯೋಜನೆಗಳನ್ನು ಹಮ್ಮಿಕೊಂಡಿದೆ. ವಿಶೇಷವಾಗಿ ಗ್ರಾಮೀಣ ಮಹಿಳೆಯರ ಸ್ವಾವಲಂಬನೆ ತಂದು ಅವರನ್ನು ಸಬಲರನ್ನಾಗಿಸುವಲ್ಲಿ ಸ್ತ್ರೀಶಕ್ತಿ ಯೋಜನೆಗಳನ್ನು ಜಾರಿಗೊಳಿಸಲಾಗಿದೆ ಇದಕ್ಕಾಗಿ ಸ್ವಸಹಾಯ ಗುಂಪುಗಳನ್ನು ನಿಯೋಜಿಸಲಾಗಿದೆ. ದೌರ್ಜನ್ಯಕ್ಕೊಳಗಾದ ಮಹಿಳೆಯರಿಗೆ ಆರ್ಥಿಕ ಸಹಾಯ ಮತ್ತು ಕಾನೂನು ನೆರವುಗಳನ್ನು ನೀಡಲು ಹಲವು ಯೋಜನೆಗಳನ್ನು ಜಾರಿಗೊಳಿಸಲಾಗಿದೆ. ಸ್ವಉದ್ಯೋಗ ಕೈಗೊಳ್ಳಲು ತರಬೇತಿ ನೀಡಲಾಗುತ್ತಿದೆ. ಗರ್ಭಿಣಿ ಹಾಗೂ ಬಾಣಂತಿಯರಿಗೆ ಪೌಷ್ಟಿಕ ಆಹಾರವನ್ನು ವಿತರಣೆ ಮಾಡಲಾಗುತ್ತಿದೆ. ಒಟ್ಟಿನಲ್ಲಿ ಮಹಿಳೆಯರಿಗೆ ಗೌರವ ನೀಡಿ ಅವರು ಸಹ ಸ್ವಾಭಿಮಾನದಿಂದ ಸ್ವಾವಲಂಬನೆಯಿಂದ ಬದುಕಲು ನೆರವಾಗುವುದರ ಮೂಲಕ ಮಹಿಳಾ ಸಬಲೀಕರಣವನ್ನು ಮಾಡಬೇಕಾದ ಜವಾಬ್ದಾರಿ ಸರ್ಕಾರದೊಡನೆ ಸಾರ್ವಜನಿಕರದ್ದು ಆಗಿದೆ.



ದಿಯಾ.ಸಿ. ಎಮ್

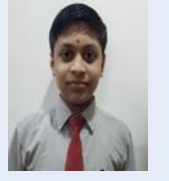
8ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

ಚಂದ್ರನಿಗೆ ಶಾಪ

ಒಮ್ಮೆ ಗಣೇಶ ಇಲಿಯ ಮೇಲೆ ಸಂಚಾರ ಮಾಡುತ್ತಾ ಚಂದ್ರಲೋಕಕ್ಕೆ ಬರುತ್ತಾನೆ. ಚಂದ್ರನೋ ಸರ್ವಾಂಗ ಸುಂದರ. ಅವನಿಗೆ ತನ್ನ ಸೌಂದರ್ಯದ ಮೇಲೆ ಅಪಾರ ಮಮತೆ, ವಿಕಟರೂಪನಾದ ಗಣಪನನ್ನು ಕಂಡು ಅಪಹಾಸ್ಯ ಮಾಡುತ್ತಾನೆ. ಜೋರಾಗಿ ನಗುತ್ತಾನೆ. ಗಣಪನಿಗೆ ಅವಮಾನವಾಗುತ್ತದೆ. ಚಂದ್ರನಿಗೆ ಹೀಗೆ ಶಾಪ ನೀಡುತ್ತಾನೆ. 'ಎಲೈ ಚಂದ್ರ ನೀನು ಸೌಂದರ್ಯ ಮದದಿಂದ ಬೀಗುತ್ತಿದ್ದೀಯಾ ಮೂರ್ಖ! ಅದಕ್ಕೆ ತಕ್ಕ



ಫಲವನ್ನು ಅನುಭವಿಸು. ನಿನ್ನೆಲ್ಲಾ ಗರ್ವ, ಅಜ್ಞಾನಕ್ಕೆ ಕಾರಣವಾದ ಸೌಂದರ್ಯ ಕುಂದಿ ಹೋಗಲಿ. ಭಾದ್ರಪದ ಶುದ್ಧ ಚೌತಿಯಂದು ನಿನ್ನನ್ನು ನೋಡುವವರು ಅಪವಾದಕ್ಕೆ ಗುರಿಯಾಗಲಿ!' ಎಂದು ಶಪಿಸುತ್ತಾನೆ. ಶಾಪಗ್ರಸ್ತನಾದ ಕೂಡಲೇ ಚಂದ್ರನ ಅಹಂಕಾರ ಇಳಿದು ಹೋಗುತ್ತದೆ. ಅವನಿಗೆ ತನ್ನ ತಪ್ಪಿನ ಅರಿವಾಗುತ್ತದೆ. ಗಣೇಶನ ಮುಂದೆ ಭಯ-ಭಕ್ತಿಗಳಿಂದ ಕೈಮುಗಿದು ನಿಂತು, 'ಸ್ವಾಮಿ, ನನ್ನ ಅಜ್ಞಾನವನ್ನು ಕ್ಷಮಿಸಿಬಿಡು ನನಗೆ ಕೊಟ್ಟಶಾಪವನ್ನು ಹಿಂತೆಗೆದುಕೊಂಡು ಉದ್ಧರಿಸು' ಎಂದು ಬೇಡಿಕೊಳ್ಳುತ್ತಾನೆ. ಗಣೇಶ ಚಂದ್ರನನ್ನು ಕ್ಷಮಿಸುತ್ತಾನೆ. 'ಚೌತಿಯ ದಿನ ನಿನ್ನನ್ನು ನೋಡಿ ಮಿಥ್ಯಾಪವಾದಕ್ಕೆ ಗುರಿಯಾದವರು ಶುದ್ಧ ಬಿದಿಗೆಯ ದಿನ ನಿನ್ನ ದರ್ಶನ ಮಾಡಿದರೆ ಅಥವಾ ಸೈಮಂತಕ ಮಣಿಯ ಕಥೆಯನ್ನು ಕೇಳಿದರೆ ಅಂಥವರು ಅಪವಾದದಿಂದ ಮುಕ್ತರಾಗಲಿ' ಎಂದು ಹೇಳುತ್ತಾನೆ.



ಉತ್ಸವ ಕರಿಯಪ್ಪ

8 ಸಿ

ಜಲ ಮಾಲಿನ್ಯ

ಜಲ ಮಾಲಿನ್ಯವು ಭೂಮಿಯ ಮೇಲೆ ನಿರಂತರ ಎದುರಿಸುತ್ತಿರುವ ಸಮಸ್ಯೆಯಾಗಿ ಮಾರ್ಪಟ್ಟಿದೆ. ಎಲ್ಲಾ ಪ್ರಾಣಿಗಳ ಮತ್ತು ಮಾನವರ ಮೇಲೆ ಎಲ್ಲಾ ಅಂಶಗಳಲ್ಲಿ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಜಲ ಮಾಲಿನ್ಯವು ಮಾನವನ ಚಟುವಟಿಕೆಗಳಿಂದ ಉತ್ಪತ್ತಿಯಾಗುವ ನೀರಿನಲ್ಲಿ ವಿಷಕಾರಿ ಅಂಶಗಳು ಮತ್ತು ಕಲ್ಮಶಗಳ ಮಾಲಿನ್ಯ ಶೇಖರಣೆಯಾಗಿದೆ. ಜಲ ಮಾಲಿನ್ಯವು ಜಗತ್ತನ್ನು ಬೆದರಿಸುವ ಗಂಭೀರ ಸಮಸ್ಯೆಯಾಗಿದೆ. ಇದಕ್ಕೆ ಪರಿಹಾರವನ್ನು ಕಂಡುಹಿಡಿಯಲು, ನಾವು ಮೊದಲು ಮೂಲವನ್ನು ಕಂಡುಹಿಡಿಯಬೇಕು. ಕೃಷಿ, ಕೈಗಾರಿಕೆ, ನಗರಗಳಲ್ಲಿ ಕೊಳಚೆ ನೀರಿನ ಹರಿವು, ಪ್ರಾಣಿಗಳ ಮಲ, ಶವ, ಭೂಕುಸಿತ, ಮತ್ತು ಇತರ ಮಾನವನ ಚಟುವಟಿಕೆಗಳಿಂದ ಜಲಮಾಲಿನ್ಯವು ಸಂಭವಿಸುತ್ತದೆ. ಈ ಚಟುವಟಿಕೆಗಳಲ್ಲದೆ ಸುನಾಮಿ, ಚಂಡಮಾರುತ, ಭೂಕಂಪ, ಜ್ವಾಲಾಮುಖಿ ಸ್ಫೋಟ ಮುಂತಾದ ನೈಸರ್ಗಿಕ ಕಾರಣಗಳಿಂದಲೂ ಜಲಮಾಲಿನ್ಯ ಸಂಭವಿಸುತ್ತದೆ. ಮಾನವರು ಅವುಗಳನ್ನು ನಿಯಂತ್ರಿಸಲು ಅನೇಕ ಚಟುವಟಿಕೆಗಳನ್ನು ಕಡಿಮೆ ಮಾಡಿದರೆ ಜಲಮಾಲಿನ್ಯದಿಂದ ಉಂಟಾಗುವ ಹಾನಿಯನ್ನು ಕಡಿಮೆ ಮಾಡಬಹುದು. ಬೇಜವಾಬ್ದಾರಿ ಮಾನವ ಜಲಮೂಲಗಳನ್ನು ಕಲುಷಿತಗೊಳಿಸುತ್ತಿದ್ದಾನೆ., ಜಲವು ಎಲ್ಲಾ ಜೀವಿಗಳಿಗೂ ಆಧಾರವಾಗಿದೆ. ಸಾಕುಪ್ರಾಣಿಗಳನ್ನು ನೀರಿನಲ್ಲಿ ತೊಳೆಯುವುದು, ಬಟ್ಟೆ ಒಗೆಯುವುದು, ಪ್ರಾಣಿಗಳ ಮೃತದೇಹ ಮತ್ತು ಮಲವನ್ನು ಎಸೆಯುವುದು ಇತರ ಚಟುವಟಿಕೆಗಳು ಜಲ ಮಾಲಿನ್ಯಕ್ಕೆ ಕಾರಣಗಳಾಗಿವೆ.



ಜಲಮಾಲಿನ್ಯವನ್ನು ನಿಲ್ಲಿಸಲು ಮತ್ತು ಜಲಮಾಲಿನ್ಯವನ್ನು ತಡೆಗಟ್ಟಲು ಸೂಕ್ತ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳಬೇಕು. ಜಲ ಮತ್ತು ಭೂಮಾತೆಯನ್ನು ಉಳಿಸಲು ನಿರಂತರ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು.ಹಾಗಾದರೆ ಮಾತ್ರ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಶುದ್ಧ ಜಲವನ್ನು ನೀಡಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. .



ಕುಶಾಲ. ಕೆ ಲ 'ಸಿ

Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what is going to happen next

