



## IN SYNC WITH TECHNOLOGY



Computer lab- A place where students invest their time in learning, programming, and improving basic computer skills that will help them later to define their career goals, The computer lab was revamped and 43 new systems were installed in the lab. Following our traditions, a Pooja was performed by the Executives and staff on 7<sup>th</sup> October, 2022.



## COUNSEL OF THE LEARNED

A session for class X students and parents was conducted on Saturday, 8<sup>th</sup> October, 2022. Sri Prakash F Madhwani, Chairman, SHS, K K Road, advised the students and gave them tips to enhance their academic performance. Sir ,who is a prolific writer himself, stressed on the necessity of inculcating good reading and writing habits. He also advised the parents not to have unrealistic expectations from their children and not to overburden them. Principal, Smt Devika Kiran spoke to the students about UFM - unfair means, stressing on the fact that honesty is the best policy and ended the session by extending vote of thanks.



**Sri.Prakash F Madhwani  
Chairman,SHS K K Road**





# Fledgling Steps towards the Future





**Sri Karan Kukreja,  
Hon Treasurer ,  
Alumni Association**



A pre-counselling session was conducted on Friday, 7<sup>th</sup> October, 2022 for the students by the alumni. Sri Karan Kukreja addressed the students of class 10. The alumni conducted the session to develop an understanding of what the students seek from the counselling session, so that speakers could be called, based on the students' requirements and concerns. Our teachers Smt. Kashish Valecha and Smt. Deepa Santosh enthused the students to take up teaching by counselling them about the requisites for Bachelor of Education .




 **INSIGHT 9** 


Dear Parents & Students  
WE REQUEST YOUR PRESENCE AT THE

## CAREER COUNSELLING SESSION

22 October 2022  
START AT 9:00AM  
SINDHI HIGH SCHOOL  
Kumara Krupa road, Bengaluru

A) ALL STUDENTS ARE REQUESTED TO BE AT THE MAIN HALL WITH THEIR PARENTS BY 8:45AM.  
B) EVERYONE WILL BE GIVEN TIME TO HAVE THEIR DOUBTS CLARIFIED WITH INDIVIDUAL SPEAKERS!

 **Kunal Kaiba**  
Kunal Kaiba  
President  
Sindh High School K K Road  
Alumni Association



**Sri. Prakash F Madhwani  
Chairman, SHS K K Road**



# Our Mentors and the Mentees



**Dr. B. S. Srikanta, Director, Sindhi Degree College(centre) flanked by executives and alumni.**





# A TOKEN OF OUR GRATITUDE





# PLAN, PREPARE, PROPEL

The Annual Sports Meet of Sindhi High School was conducted on Friday, 28<sup>th</sup> October at Malleswaram Grounds. **'Plan, Prepare, Propel'** was the theme of the Sports meet. This year marks the 40 years of the inception of the school. The Chief guest for the Inauguration was Sri. Ashok Kandhari, Honorary Treasurer, Sindhi High School, KK Road and the Chief Guest for the Valedictory was Sri Girish Gowda, Indian Kickboxer. The grounds wore a festive look and the students were at their competitive best. The highlight of the event was the Inter school Relay for the boys and girls and a race for the Alumni. All students participated in the displays which were a visual treat. The Chief guest Sri Girish Gowda exhorted the students to participate in sports. The day ended with the distribution of Prizes and trophies. Not ones to be left behind, parents and staff took part in events conducted specially for them.



**Inaugural Chief Guest  
Sri. Ashok Kandhari,  
Honorary Treasurer, SHS, KK Road**





# KEEP THE FIRE OF SPORTSMANSHIP BURNING WITHIN YOU!!

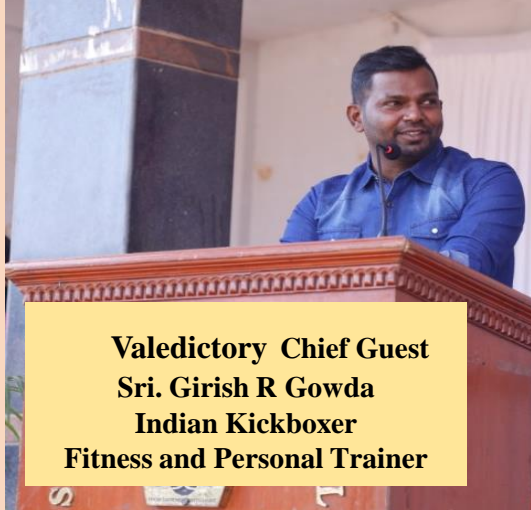




# IT'S SHOWTIME!! DISPLAYS, YOGA, KARATE ...WE HAVE IT ALL....







**Valedictory Chief Guest  
Sri. Girish R Gowda  
Indian Kickboxer  
Fitness and Personal Trainer**

**“Alone We Can Do So Little;  
Together We Can Do So Much.”  
-Helen Keller**





**“A trophy carries dust. Memories last forever”**

**Mary Lou Retton**



**Blast from the past**



**Parents have fun too**



**Inter-school Relay: A game of sportsmanship and healthy competitiveness**



**We have fun too: Staff Events**





**"You were born to be a player. You were meant to be here.  
This moment is yours."**

***Herb Brooks***



**Vaswani House**

**Sri Bansilal L Asrani Memorial Rolling Trophy for Best House in Games**



**Vaswani House**

**Sri Mahesh Gobindram Chabria Memorial Rolling Trophy for Best House in Football**



**Vaswani House**

**Rolling Trophy for Best House in Athletics**



**Vaswani House**

**Sindhi Seva Samiti Rolling Trophy for Best House in Games and Athletics**



**Vaswani House**

**Rolling Trophy for Best House in Throwball**



The more difficult the victory, the greater the happiness in winning.

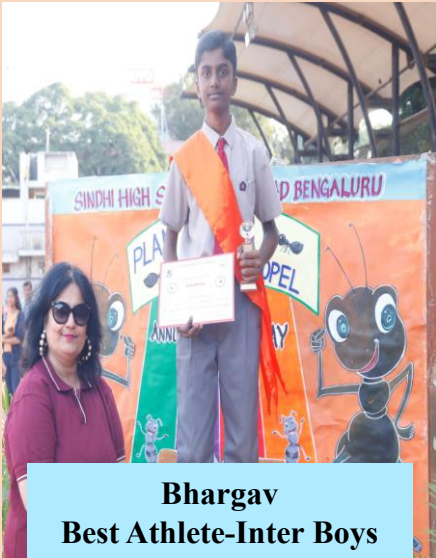
*Pele*



**Arnav Ahuja**  
Best Athlete-Senior Boys



**Yashaswini**  
Best Athlete-Senior Girls



**Bhargav**  
Best Athlete-Inter Boys



**Barkha**  
Best Athlete-Inter Girls



**Sangul M**  
Best Athlete- Junior Boys



**Charvi**  
Best Athlete-Junior Girls



**Mayank G**  
Best Athlete-Sub-Junior Boys



**Devanshi Garg**  
Best Athlete-Sub-Junior Girls



The way a team plays as a whole, determines its success.



**Visvesvaraya House**  
Rolling Trophy for Best House in Cricket



**Patel House**  
Rolling Trophy for Inter-House March Past



The school organised Koti Kanta Gayana – 'Nanna Naadu, Nanna Haadu'- an event where five songs, including the Naada Geethe, were sung on 28<sup>th</sup> October 2022 on account of 67<sup>th</sup> Kannada Rajyotsava. The principal, staff and students participated in the event.



# PRIZE DAY-AN APPLAUSE TO MERITOCRACY

The prize distribution ceremony of our school was held on 12<sup>th</sup> November, 2022. Lion M Anil Kumar (Advocate) was the chief guest for the function. The Chief-guest was warmly received by the Office Bearers, Executives and the staff. The school band gave him a guard of honour. The function commenced with an invocation song. The Chief Guest, President, Office Bearers, Executives and Staff gave away the prizes for Proficiency prize winners of 2021-22 from Class 1-9 and toppers of the AISSE(Class 10).The prize distribution was followed by a short speech by the Chief Guest. He lauded the school for its all-round progress and brought home to the students their duties and responsibilities. The function ended with a vote of thanks and National Anthem.

  
Sindhi High School, K. K. Road, Bengaluru-560001  
(Affiliated to C.B.S.E., New Delhi)  
Sponsors: Sindhi Seva Samiti

Cordially invites you to the Prize Day

**Chief Guest- Lion M Anil Kumar,  
Advocate**

On Saturday, 12<sup>th</sup> November, 2022  
Timing: 9:30 a.m.  
Venue: Seth Naraindas H. Hinduja Hall,  
10/7, Sindhi High School, K.K. Road, Bengaluru-01

**PROGRAMME**

Invocation : School choir  
Lighting of the Lamp : Chief Guest  
President's Address : Sri Madan Doulatram  
Prize Distribution  
Chief Guest's Address : Lion M. Anil Kumar,  
Advocate  
National Anthem

PS: Please be seated by 9:15 a.m.  
Admit only 2 per card.  
Parking at Vishwaneedam Trust  
(Adjacent to Gandhi Bhavan)



**Chief Guest  
Lion M Anil Kumar. Advocate**





**Anvitha S D , I A**  
**1 Place**



**Advith Gorantla , I A**  
**II Place**



**Abishek N , I A**  
**III Place**



**Rachana S Karanth , I B**  
**1 Place**



**Kousthubh S Shinde , I B**  
**II Place**



**Tasmaai K H , I B**  
**III Place**





**Aarohi P , I C  
1 Place**



**Hriyansh Amit Nagpal , I C  
II Place**



**Samstuta Vaibhav  
Konakanchi , I C  
III Place**



**Lishan H Shetty, II A  
1 Place**



**Ashwin S, II A  
II Place**



**K A Anish Hebbar, II A  
III Place**



**Pranisha M, II B  
I Place**



**Vihaan M Jain, II B  
II Place**



**Samay C, II B  
III Place**



**Niharika M, II B  
I Place**



**Deepika Kaushik, II B  
II Place**



**Kavyansh Bokarya, II B  
III Place**



**Aradhya D N, III A  
1 Place**



**Krish M Mehta, III A  
II Place**



**Saanvi M, III A  
III Place**





**Yesha Jain, III B  
1 Place**



**Chirag D, III B  
II Place**



**Yuval Bagrecha, III B  
III Place**



**Dhanya S, III C  
1 Place**



**Labdhi, III C  
II Place**



**Samanyu M S, III C  
III Place**



**Charita N G, IV A  
1 Place**



**B Saanvi Reddy, IV A  
II Place**



**Ganya, IV A  
III Place**



**Vivaan A, IV B  
1 Place**



**Manvik V, IV B  
II Place**



**Dyuti P Gaddale, IV B  
III Place**



**Sarthak S Gowda, IV C  
1 Place**



**Khushi V Jain, IV C  
II Place**



**Devansh Raheja, IV C  
III Place**





**Prerna Pai , V A**  
**1 Place**



**Dev Nichani, V A**  
**II Place**



**Pranathi K, V A**  
**III Place**



**Pranav B R, V B**  
**1 Place**



**Megha Rajpal, V B**  
**II Place**



**Driti Jain, V B**  
**III Place**



**Falak Maniyar, V C**  
**1 Place**



**Nirvi Sharma, V C**  
**II Place**



**Parth Chopra, V C**  
**III Place**



**Meher K Jain, VI A**  
**1 Place**



**Dev Ahuja, VI A**  
**II Place**



**Dhruv S Hiranandani, VI A**  
**III Place**



**Rachan R Rai, VI B**  
**1 Place**



**Khushi Meti, VI B**  
**II Place**



**Siyona C Reddy, VI B**  
**III Place**





**Harshith Narayana, VI C  
1 Place**



**Anirudha A, VI C  
I1 Place**



**Praneeth Jayaprakash, VI C  
III Place**



**Unnati Gowda, VII A  
1 Place**



**Pranav Mayya, VII A  
I1 Place**



**Alok S VII A  
III Place**



**Shourya B, VII B  
1 Place**



**Harini VII B  
I1 Place**



**Vishrutha S Raju VII B  
III Place**



**Manya S Shah, VIIC  
1 Place**



**Hriday K Mehta, VII C  
I1 Place**



**Maran Rangarajan V S, VIIC  
III Place**



**V Poongoval, VIIIA  
1 Place**



**Karan R, VII A  
I1 Place**



**Ria Katara VIIIA  
III Place**







**Akshay Prasanna, VIII B**  
**1 Place**



**Sushanth Rao VIII B**  
**II Place**



**Dhruvi Suresh, VIII B**  
**1 Place**



**Ila BG, VIII C**  
**1 Place**



**Arushi Garg, VIII C**  
**II Place**



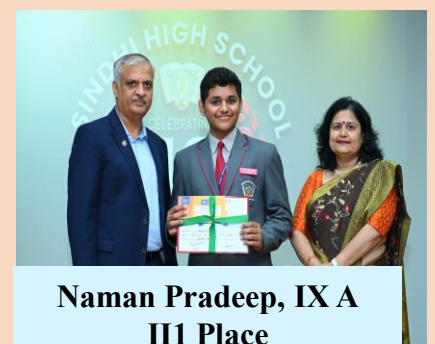
**Trisha Rao, VIII C**  
**III Place**



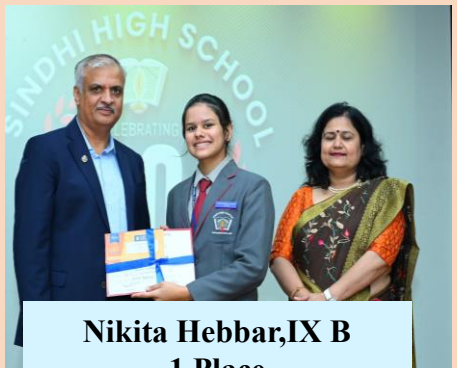
**Neev A Jain, IX A**  
**1 Place**



**Aditya M K, IX A**  
**II Place**



**Naman Pradeep, IX A**  
**III Place**



**Nikita Hebbar, IX B**  
**1 Place**



**Laksh Thaker, IX B**  
**II Place**



**Ishanth Kumar, IX A**  
**III Place**



**Neha Pamnani, IX C**  
**1 Place**



**Janak Rajpurtohit, IX C**  
**II Place**



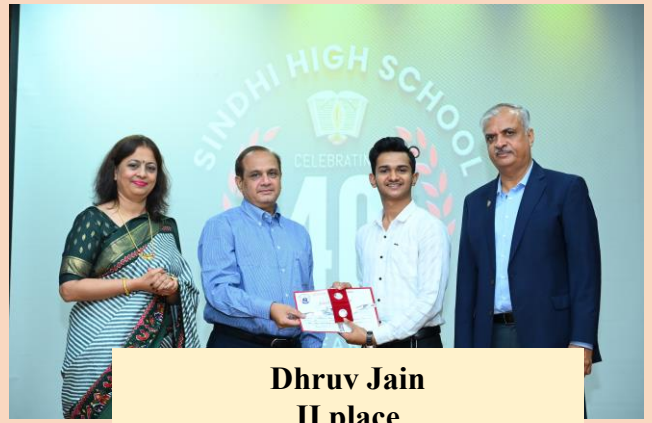
**Sameeksha Srinivas, IX C**  
**III Place**



# CLASS X AISSE 2021-22 TOPPERS



**Shravya N B**  
I place



**Dhruv Jain**  
II place



**Laksh P Jain,**  
**Pushkar Raju**  
III place



**Bruhathee S Kaddi,**  
Sanskrit Topper



**Falak Sharma**  
Topper in English ,Hindi



**Shreya R S**  
Sanskrit Topper



**Sakshi Prabhakar**  
English Topper



**Vaishnavi Murthy**  
English Topper





**Shravya N B, Class X**

**Smt. Eshwari Bai & Sri.Totaram Nagpal Memorial Rolling Trophy for the  
Best All Rounder-Seniors,for the year 2021-22**



**Falak Maniyar, Class V**

**Sri.Doulatram Chetandas Memorial Rolling Trophy for the  
Best All Rounder-Juniors, for the year 2021-22**



# KANNADA RAJYOTSAVA-CELEBRATING OUR STATEHOOD



On the occasion of Kannada Rajyotsava, our Sindhians presented a cultural programme highlighting the history and legacy of the State of Karnataka. The Kannada teachers guided the students to celebrate this occasion. Students presented the rich legacy of the state through songs, dance, drama and powerpoint presentation. Speaking on this occasion, our Principal Smt Devika Kiran urged students to respect the language and take pride in imbibing the culture and values of our vast Indian culture.



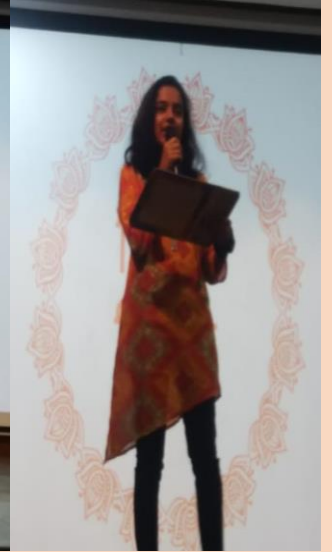


हिंदी दिवस  
की शुभकामनाएं



## HINDI DIVAS-CELEBRATING THE DIVERSITY OF INDIAN LANGUAGES

16 नवंबर 2022 को विद्यालय में हिंदी दिवस का कार्यक्रम आयोजित किया गया। इस कार्यक्रम में कक्षा 7 से लेकर 10 तक के छात्रों ने भाग लिया। हिंदी का महत्व, हिंदी गीत और नृत्य का कार्यक्रम छात्रों ने उत्साह पूर्वक प्रदर्शित किया। हमारी प्रिंसिपल श्रीमती देविका किरण ने कार्यक्रम की सँराहना की और सभी छात्रों और अध्यापिकाओं को हिंदी दिवस की शुभकामनाएँ और बधाई दी।



“सरलता, सहजता और संवेदनशीलता के साथ

हम सब हिंदी का सम्मान करें, और मिलकर इस मृदु भाषा का गुणगान करें।” 124



# CHILDREN'S DAY-CELEBRATING INNOCENCE AND PLAYFULNESS

November 14<sup>th</sup> 2022 - Children's Day - A day marking childhood. The day focused on children and their enjoyment. The day commenced with a friendly throwball match between teachers and students. The tiny-tots of Pre school and Pre-primary came dressed up as fruits and vegetables. The celebrations also included fun filled activities and games planned by the teachers for their children. The teachers made Children's Day special for their children by performing dance and singing. All the children were given chocolates. The students were overwhelmed and enjoyed the day.



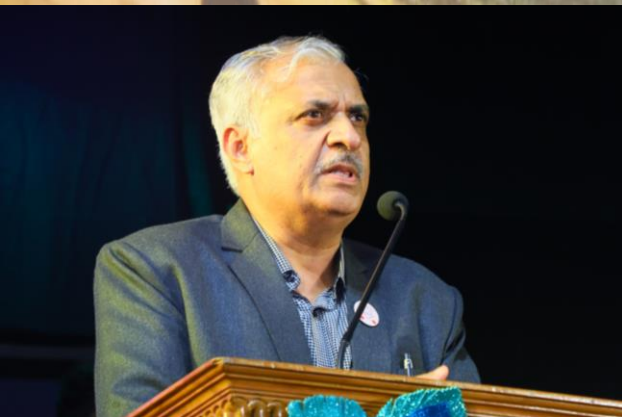


A kaleidoscope of naughtiness, love and glory Ananda Harikrishna - A blue feather in the cap of SHS!!

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत।अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम्  
॥परित्राणाय साधूनां विनाशाय च दुष्कृताम्।धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥



Thursday, 24<sup>th</sup> November and Friday, 25<sup>th</sup> November were red letter days in the calendar of SHS, K K Road. The many facets of Lord Krishna were presented in our magnum opus which showcased his entire journey from his childhood to his revelation through 'Vishwaroopa Darshana'. Each moment was poignant and emotional for the participants and the spectators alike. The children portrayed different roles, right from Kamsa, Yashoda to his loyal devotees and friends. There was an air of festivity and reverence. The program began with a formal function in which Falak Maniyar was awarded the Best all rounder in the Junior category while Shravya N B was awarded the Best all rounder in the Senior category. This visual feast was well attended by parents and various dignitaries.



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



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



# LIFE CHANGING LESSONS TO LEARN FROM LORD KRISHNA

**Our anchors-Day 1**



**The sweetness of Music through our choir**



**Vasudeva's trial through sea**



**Kamsa's fear of Krishna**



**Damodara - The Benevolent**



**Putana - in her element**



**Naughtiness personified - Krishna**



**Krishna- The embodiment of compassion**





**Kalinga Mardhana Krishna**



**Radhekrishna- Love surrounds us**



**Vishwaroopa Darshan  
Gitopadesha**

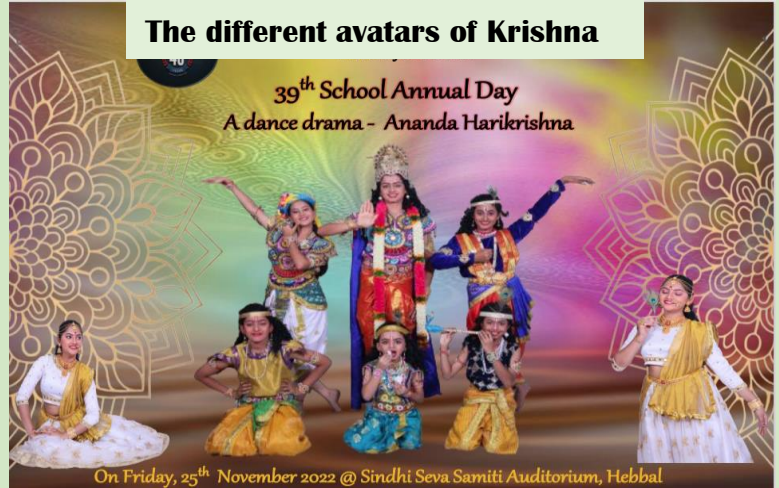


**Our talented artistes- All the world's a stage**



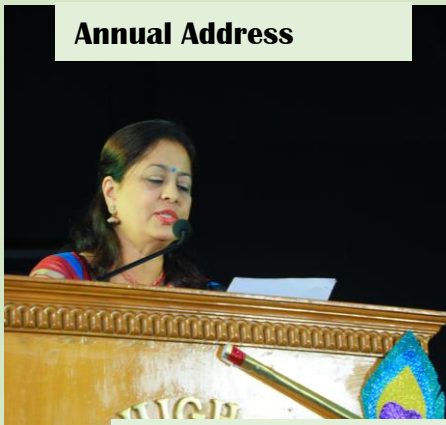


# SURRENDER TO THE SUPREME- KRISHNA.



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

**Annual Address**



**Our Anchors- Day 2**



**Musical Praise to the Lord through our Choir**







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



**Sri. Giridhar Hiranand,  
Past President  
Sindhi Seva Samiti & Sindhi Group  
Of Educational Institutions**



**Sri. Deepak Narang,  
Past President  
Sindhi Seva Samiti & Sindhi  
Group Of Educational Institutions**



**Sri. Biharilal H Menda  
Sindhi Seva Samiti & Sindhi Group Of  
Educational Institutions**



**Vasudeva's ordeal**

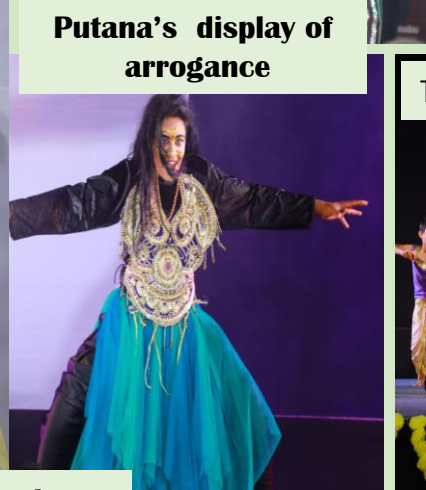


**Kamsa in his element**



**To thee, we surrender**

**Krishna- The serpent slayer**



**Putana's display of  
arrogance**



**The personification of mischief**



**Gopika Manohara, Gopala**





**Krishna- the Map to the seekers of knowledge**



**Our powerhouses of talent**



**The Orchestrators of the Event**



**Our SHS Family**





# TESTIMONIALS FOR THE PARENTS' FEEDBACK FOR ANANDA HARI KRISHNA

Good evening Ma'am, please find the feedback on the programme below from Vishwajith's Parents.

1. Programme was organized very Professionally.
2. Dance programme was awesome.
3. Huge THANK YOU to all the Teachers and choreographers for their efforts and hard work to make the programme successful.

Anand Harikrishna Inbox



Adhish B 5:35 PM  
to me ▾



Hi Sir,

Name :- Soumya.B  
Student Name :- Adhish VG  
Class :- 3B

Anand Harikrishna show was very well scripted & enacted by all kids of all age. Loved the way my son danced too. Tons of appreciation for this great effort taken by all the staff. Great Show mesmerised.

Thanks You  
Regards  
Soumya Basavaraj

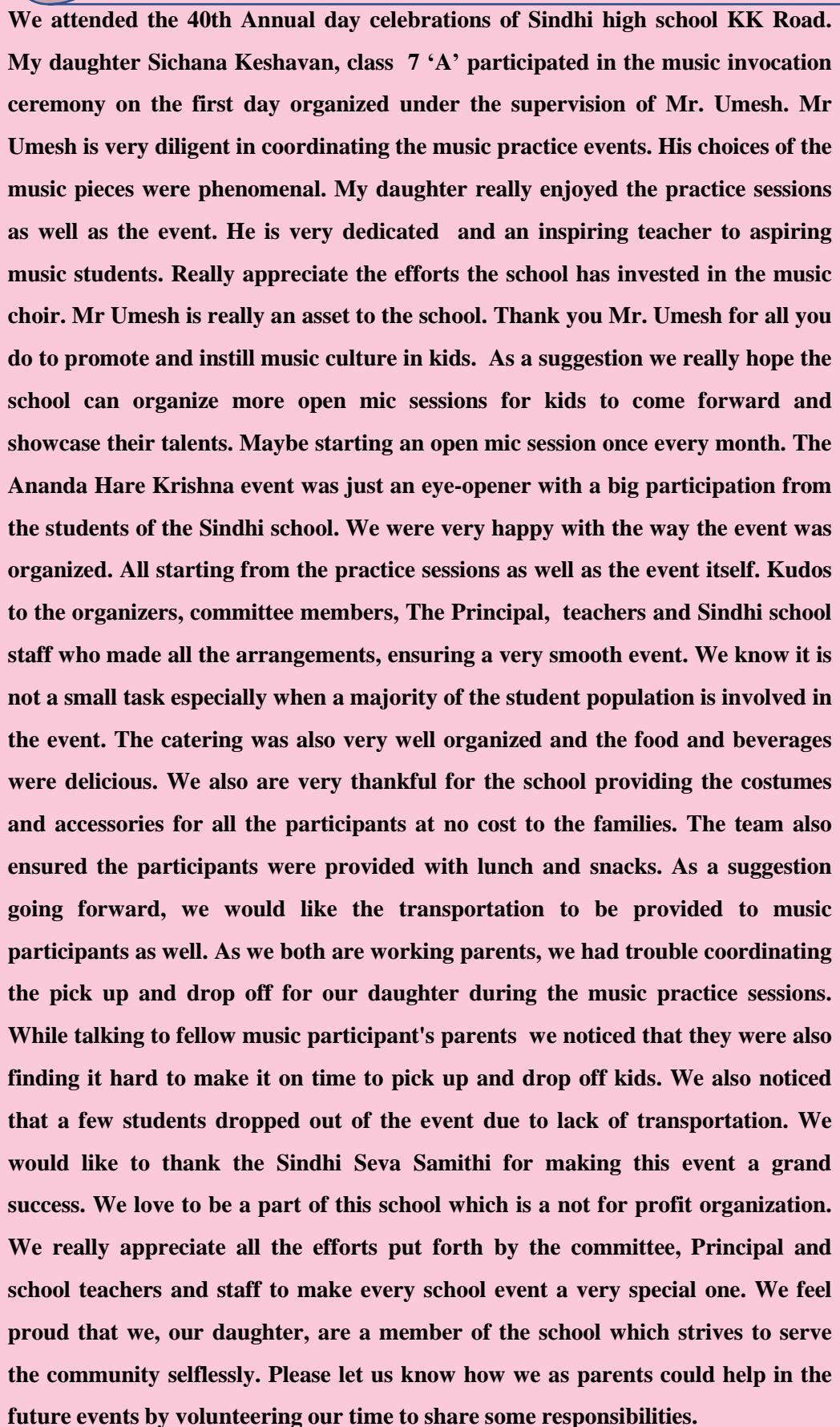
Hello Ma'am, this is Sanvi's mother here. The annual event was brilliant, loved the energy of the staff and guests but the part that stole the show was the dance drama. It was so brilliantly coordinated and put up as wonderful show by all the kids. I must say it was next level of art which we had witnessed. I would love to see it again and again. Thank you so much for everything, letting Sanvi participate and inviting us to witness this amazing event. Cheers to you all and Sindhi school. Proud parents !!

Namaste ma'am.

The Ananda Harikrishna show was amazing. It was completely different than regular Annual day programs. We thank the school management for giving an opportunity to our child to participate in this wonderful show. Even we are thankful for arranging transport facility.

Parents Name Raghavendra Sangeetha  
Students Name Sri Vasavi and Srivaibhavi  
I extend my hearty congratulations to the school for hosting beautiful event on Krishna . The practice sessions brought a great opportunity to our kids to perform on big stage with huge audience .we were over excited to see the kids perform on the stage .I thank all the teachers who trained our kids I also thank Nirmala ma'am for giving an opportunity for my kids to perform well .





We attended the 40th Annual day celebrations of Sindhi high school KK Road. My daughter Sichana Keshavan, class 7 'A' participated in the music invocation ceremony on the first day organized under the supervision of Mr. Umesh. Mr Umesh is very diligent in coordinating the music practice events. His choices of the music pieces were phenomenal. My daughter really enjoyed the practice sessions as well as the event. He is very dedicated and an inspiring teacher to aspiring music students. Really appreciate the efforts the school has invested in the music choir. Mr Umesh is really an asset to the school. Thank you Mr. Umesh for all you do to promote and instill music culture in kids. As a suggestion we really hope the school can organize more open mic sessions for kids to come forward and showcase their talents. Maybe starting an open mic session once every month. The Ananda Hare Krishna event was just an eye-opener with a big participation from the students of the Sindhi school. We were very happy with the way the event was organized. All starting from the practice sessions as well as the event itself. Kudos to the organizers, committee members, The Principal, teachers and Sindhi school staff who made all the arrangements, ensuring a very smooth event. We know it is not a small task especially when a majority of the student population is involved in the event. The catering was also very well organized and the food and beverages were delicious. We also are very thankful for the school providing the costumes and accessories for all the participants at no cost to the families. The team also ensured the participants were provided with lunch and snacks. As a suggestion going forward, we would like the transportation to be provided to music participants as well. As we both are working parents, we had trouble coordinating the pick up and drop off for our daughter during the music practice sessions. While talking to fellow music participant's parents we noticed that they were also finding it hard to make it on time to pick up and drop off kids. We also noticed that a few students dropped out of the event due to lack of transportation. We would like to thank the Sindhi Seva Samithi for making this event a grand success. We love to be a part of this school which is a not for profit organization. We really appreciate all the efforts put forth by the committee, Principal and school teachers and staff to make every school event a very special one. We feel proud that we, our daughter, are a member of the school which strives to serve the community selflessly. Please let us know how we as parents could help in the future events by volunteering our time to share some responsibilities.

Sinchana Keshavan's (7 A) Parent



Namaste Ma'am.

My ward, Ishani Naimpally of Class X B, was fortunate to be a part of this magnificent opus. The organisation, execution and presentation of the programme was excellent. This year being my ward's last year in the school, I was looking forward to her last Annual Day programme and I was not disappointed. The performance made me proud to be the parent of a Sindhian. Now I am eagerly waiting for the photos and videos of the programme (as we were told not to photograph or videograph the show as it was being covered by professionals). A very big Thank you to all the teachers, coaches and mentors who were instrumental in putting up such a magnificent show.

Thanking you

Yours sincerely

Trupti Naimpally

(mother of Ishani Naimpally Class X B)

Feedback regarding Annual function: Arrangement was very good. All kids performed very well according to the given character. Annual function with theme made us to enjoy the story as well. And we were so involved and we didn't move our eyes even for a second. And next time we make sure that our kids also join so that we watch with more enthusiasm. Thank you to all teachers.

Parent of Lakshit Jain, II C

Hello mam, the dance ballet - Ananda Harikrishna, was renditioned beautifully by the children. It was a well planned choreography with best performance. The costumes was very apt for the ballet. Above all, the efforts taken by the teachers, support extended by the school in terms of picking and dropping children, keeping them safe and ensuring they are energised by giving them refreshments is something that really should be appreciated. Thank you all for encouraging students and involving them in the mythological drama which was a visual treat..

🙏 ☺ Jyothi Mruthyunjaya Parent of Vaishnavi MB, 5C

Dear Madam. Ananda Harikrishna was extremely good. My Nikitha enjoyed her practice sessions and gave her best in the annual day programme. I wholeheartedly thank Sindhi High School management, Principal ma'am & all the Sindhi High school teachers, dance teacher - Nirmala ma'am for giving my daughter Nikitha V. Hebbar, a very good role - Raasleela Krishna in Ananda Harikrishna dance drama programme. The programme was extremely superb & it will last in our memories for the life time.

Regards,

Rachanaa, Nikitha's Mother.

Nikita Hebbar (Class 10 A)



# CHANGE OF GUARD

The new team of office bearers was welcomed and introduced and the old team was thanked in a ceremony on 2<sup>nd</sup> December 2022.



**Sri. Sanjeev Atmaram, President  
Sindhi Seva Samiti & Sindhi Group Of  
Educational Institutions**



**Sri. Rajan Doulatram  
Chairman**



**Sri. Avinash S Kukreja  
Hon. Secretary**



**Sri. Anil Jaisingh  
Hon. Treasurer**



**Sri. Nitin Kandhari  
Hon. Jt. Secretary**





# SAVE SOIL- OUR NURTURER AND OUR ANCHOR TO LIFE



Date:5.12.2022

**Land with rich soil & abundant water is the best gift we can offer to future generations – Sadhguru.**

Soil is one of the five elements that make up the world, but mankind has often disregarded its importance. Sadhguru, the founder of Isha foundation, who has started the 'Save Soil' campaign to activate the support of citizens, on a motorcycle, graced us with his holy presence. He was greeted by the President of our school, Sri Sanjeev Atmaram, his team of office bearers, Executives of our school and the Sindhi group of Institutions, students, teachers, parents and passers-by, with reverence and love. The students, inspired by his philosophy, greeted him with songs and a beautiful dance performance. They held placards and recyclable balloons and shouted slogans to highlight our support towards the cause. We, the Sindhians, promise to be conscious and create awareness about the importance of saving our soil, for the benefit of mankind.





# SINDHIANS- LENDING A HAND TO SAVE THE LAND.





# REJUVENATE AND RECHARGE

Students of class 7 to 10 were taken to the different resorts in the city. It was time for fun and frolic, dance, music and good food. They came back recharged and rejuvenated.













# FIRE TRAINING FOR A SAFE SCHOOL



The staff members who are a part of the ERT ( Emergency Response Team) went to the Fire Station at Race Course Road to attend a training session on Saturday, 10<sup>th</sup> December, 2022. The informative session equipped the staff members to deal with any unforeseen emergencies that might crop up at the school premises

# MEATLESS DAY-TAKING THE LEGACY OF DADA VASWANI AHEAD







## A LESSON FROM MOTHER NATURE

Kids for Tigers is an educational outreach programme that touches the lives of rural kids living right next to the tiger and urban kids across the country. The tiger, a metaphor for all of nature, is a rallying point for children working to safeguard their own future. Going way beyond conservation education, the program is dedicated to 'leaving kids with a better planet and leaving the planet with better kids'. To propagate the theme, a nature trail was organized in Lalbaugh. **Sahanaa D** of class 8B and **Trivid Suresh** of Class 7B, mentored by Smt. Sangeeta Maheshwari, our science teacher, participated in the wonderful invigorating session, amidst the lap of nature. Certificates were awarded to the participants by the Principal, in the school assembly



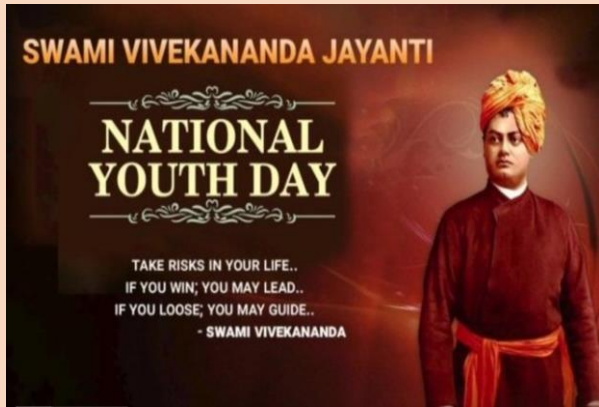
**FOR THE TIGER, WE MUST UNITE, SO THEY DON'T FADE OUT OF SIGHT**





# A TRIBUTE TO SPIRITUALITY: ARISE, AWAKEN- A CLARION CALL TO OUR YOUNGSTERS

National Youth Day was celebrated on 12<sup>th</sup> January, 2023. The teens were encouraged to take inspiration from the life and contributions of Swami Vivekananda to awaken the eternal spirit of adolescents towards enhancing the nation's economy. The day communicated to the youth to build Ek Bharat, Shrestha Bharat. Students were called upon to contribute to the cleanliness drive - Swaccha Bharat. Speech by faculty and power point presentation by students marked the occasion.





## SYNCING EMOTIONAL QUOTIENT WITH INTELLIGENCE

An insightful session on Character Building and Self Discipline was conducted for the students of class 10 by Dr Rajdeep Manwani on Monday, 19th December, 2022. The focus of the session was on taking control of one's emotions and choices, adhering to rules, laws, habits set for oneself and working with focussed determination towards one's goals. The session was followed by an open forum.



## THE GIFT OF THE MAGI

The spirit of Christmas brought great joy to SHS. Teachers exchanged gifts and played games. Laughter and revelry marked the occasion.





Live life to the fullest, and focus on the positive.

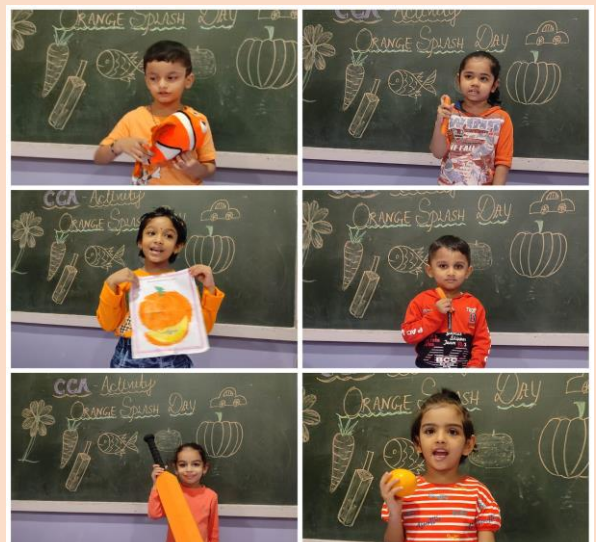
- Matt Cameron



It is nice to have valid competition, it pushes you to do better. Students of pre primary enthusiastically participated in Shloka competition. Few students from LKG and UKG also participated in the Gita Fest conducted at Poorna Prajna School. Ganesh Chaturthi, Diwali and Christmas were celebrated with great fervor and joy. Fireless cooking saw some novel, tasty and unique savories dished by our little chefs. Students looked vibrant and participated in big numbers for the Show & Tell activity during

the yellow, orange and pink color splash. Sports and play are an integral part of growing up. The Pre-primary sports meet was conducted on Friday, 11<sup>th</sup> November 2022. On Grandparents' day, grandparents were happy to be back at school this time for a different reason, to share their priceless thoughts, play games and relive their childhood memories .

## ORANGE COLOR SPLASH





# YELLOW COLOR SPLASH







# DIWALI IS HERE...







# PINK COLOR SPLASH







# RISE AND SHINE



# GITA FEST AT POORNA PRAJNA SCHOOL







# GRANDPARENTS' DAY





# CLEAN AND GREEN - THE URBAN TWINS





# FIRELESS COOKING



# CHRISTMAS TIME





# AWARDS GALORE



Our President **Sri Madan Doulatram** received the award on behalf of **Sri Prakash F Madhwani** from Manipal Education Global Alliance (MEGA) on 19<sup>th</sup> November 2022.



**Sindhi High School KK Road** bagged the award for the category “Joyful Pedagogy & Experiential Learning” Manipal Education Global Alliance (MEGA) on 19<sup>th</sup> November 2022.



**Smt. Devika Kiran** received the Inspiring Principal award. She received the award from Manipal Education Global Alliance (MEGA) on 19<sup>th</sup> November 2022.



## GURU SAMMAN AWARDS

It's Raining Awards at Sindhi High School, K K Road. GURU SAMMAN AWARDS 2022 Bangalore Sahodaya acknowledged exceptional educators who go that extra mile for creating a positive impact in the field of education.

On 29th September, applications were invited from eligible and deserving educators from its 541 registered member schools under 5 categories and SHS KK Road has bagged awards in all the 5 categories. The details of the awardees and the categories are as follows:

**1.Smt. Devika Kiran : Category - 2**

05-10 years (Gold Award)(For School Principals only).

**2. Smt. Lalithamba A : Category - 3A**

(Only For Language Teachers)

**3. Smt. Mishti Makhija :Category - 3B**

(Only For Non-Language Teachers)

**4. Dr. Thanuja Raj :Category - 4**

(For teaching staff of co-scholastic subjects)

**5. Smt. Santosh Sharma :Category - 5**

(For School Administrative staff )

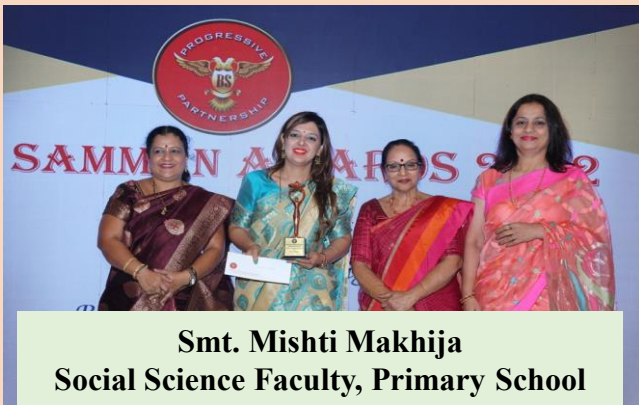
The awards were given at a ceremony held in Capitol Hotel by the Sahodaya School Complex on 10<sup>th</sup> December, 2022.



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



**Smt. Lalithamba A**  
Kannada Faculty, High School



**Smt. Mishti Makhija**  
Social Science Faculty, Primary School



**Dr. Tanuja Raj**  
Dance Faculty



**Smt. Santosh Sharma**  
Admin Staff



## Winning laurels.

**CEIR-THE MENTOR**  
CONCLAVE - 2022, BANGALORE

TWIN CHALLENGES TO SCHOOL LEADERSHIP COVID & NEP

On 29 October 2022 @ The Capital Hotel,Raj Bhavan Rd, Yeshwanth Nagar, Bangalore  
From 9:00 AM To 4:00 PM

REGISTRATION: 9:00 AM to 9:45 AM  
Formal Inauguration : 10:00 to 10:15 AM  
Welcome address : 10:15 to 10:30 AM  
Session One - 10:30 to 11:00 AM  
Tea Break : 11:00 to 11:30 Am  
Session Two- 11:30 to 1:00 PM  
Lunch Break: 1:00 to 1:45 PM  
Session Three : 1:45 to 2:45 pm

Leadership Assessment :2:45 to 3:15 PM  
Mark Of Excellence Award Felicitation :3:15 onwards  
Vote of Thanks : 4:00 PM  
National Anthem  
High Tea

**Key Note Address By:**  
DR. BISHWAJIT KUMAR  
DIRECTOR VOCATIONAL & SKILL EDUCATION, IEC,  
MINISTRY OF EDUCATION  
NEW DELHI

**G. BALASUBRAMANIAM**  
FOUNDER DIRECTOR, ACADEMY OF  
TOTAL HUMAN DEVELOPMENT

Please Note:  
• Complimentary pass for all participants  
• Program includes high tea, lunch and evening tea  
• The Mark of Excellence citation will be awarded to all the Principals

VEDA HANDWRITING LAB



Smt. Devika Kiran, Principal, SHS K K Road attended the prestigious Principals' Conclave organized by CEIR



**NET GAINS:** The Karnataka women's netball team, which won the bronze medal at the National Games

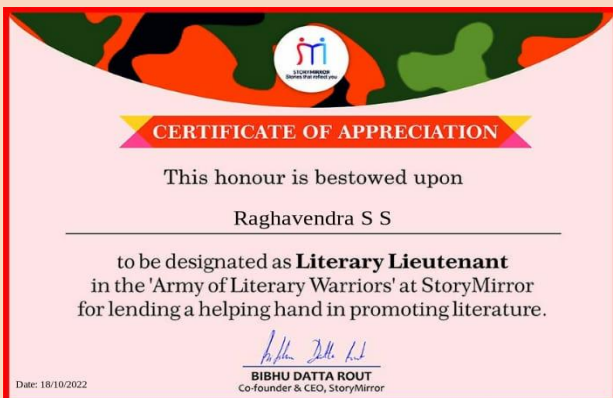
### Karnataka women claim netball bronze

**Bengaluru:** Karnataka and Bihar women shared the netball bronze medal after their clash ended in a 57-57 draw at the National games in Bhavnagar on Friday. Both teams finished at 47:47 during regulation time.

**Tennis team settles for bronze:** Powered by Ankita Raina, Gujarat women's team blanked Karnataka 2-0 in the women's tennis semifinals event. Vaidehi Choudhary gave Gujarat the lead with a 6-3, 6-1 victory over Vanshita Pathania and Ankita Raina closed out the tie with a 6-1, 6-3 win over Sharmada Balu.

**Shinaya bags silver:** In the women's high jump event at the National Games, Karnataka's Abhinaya S Shetty secured a silver with a

Smt. Shipali Manjunath represented Karnataka as a Technical official for the Netball Federation of India, in the 36<sup>th</sup> National games held at Gujarat and was appreciated for her excellent work



Our Kannada teacher Sri.Raghavendra S S was appreciated for his literary contributions to the online platform Story mirror.He was also appreciated for his literacy service in Kannada Rajyotsava program organized by Max Company and



## CRAFTING VICTORY WITH A PEN



Sindhi Seva Samiti conducted an essay competition."Live and Let Live" on the occasion of "Meatless day" which is celebrated to mark the birthday of the spiritual guru T L Vaswani. The competition brought forth an onslaught of prizes with winners from various categories and age groups. The winners were felicitated in an award ceremony.





## INGENUITY AT ITS BEST



Our students **Maran Rangarajan V S** and **Hriday K Mehta** of Class VIII C participated in the Science exhibition conducted by CBSE on 8<sup>th</sup> and 9<sup>th</sup> December at Silicon Academy school. They made us proud by securing a place in the National level of the CBSE Science exhibition.

## MOTIVATED BY THE MOTIVATOR!!

CBSE series-VEER GATHA

Under Azadi ka Amrit Mahotsav CBSE has started the Veer Gatha project. Under this, the students are motivated to read and learn about the life stories of the defence personnel. Taking forward this initiative, Sindhi high school KK Road arranged a visit to the Airforce station for the students of classes 9 and 10. A talk with Air Commodore Mukesh Kumar Yadav was arranged. He has been awarded a Vayu Sena medal (gallantry). The session was interactive. Air Commodore addressed the students and spoke about his experience and the challenges that he faced at the time of the calamity. Only his courage, discipline and the indomitable spirit helped him to complete his responsibility. Students interacted and were left awestruck by the experience.







**Bhuvan Vishnukumar** of class XC has won silver medal and **Adithya Raju .L** of class VIII B has won bronze medal in the kumite category in the 29th SKDUN World Shotokan Karate Championships and 14<sup>th</sup> SKDUN World Shotokan Karate Cup which was held from 30<sup>th</sup> September to 2<sup>nd</sup> October in Karlovy Vary, Czech Republic.



**ಶಿ.ಟಿ.ರವಿ ನಿವಾಸಕ್ಕೆ ಕೈ ಕಾರ್ಯಕರ್ತರ ಮುತ್ತಿಗೆ ಯತ್ನ**

ಬೆಂಗಳೂರು, 26-11-22: ಶಿ.ಟಿ.ರವಿ ನಿವಾಸಕ್ಕೆ ಕೈ ಕಾರ್ಯಕರ್ತರ ಮುತ್ತಿಗೆ ಯತ್ನ. ಕಾರ್ಯಕರ್ತರ ಮುತ್ತಿಗೆ ಯತ್ನ. ಕಾರ್ಯಕರ್ತರ ಮುತ್ತಿಗೆ ಯತ್ನ.

**BANGKOK OPEN INTERNATIONAL TAEKWONDO CHAMPIONSHIP 2022 THAILAND**

- HRIDAY PATEL - 2 Gold Medals
- ADITHYAN - 1 Gold & 1 Bronze Medals
- PARYASH - 1 Silver & 1 Bronze Medals
- SAHARNA - 1 Gold & 1 Silver Medals
- JAANVI - 1 Gold & 1 Bronze Medals
- ARJUN - 2 Gold Medals



**Jaanvi Sachdev** of class V 'B' has won Gold medal in Poomsae and Bronze medal in Kyorogi in Bangkok Open International Taekwondo Championship 2022 Thailand.

**Adhish V G** gave a Splendid Performance to Win Gold Medal - Kyorug (Fight) Bronze Medal - Poomsae at Bangkok Open International Taekwondo Championship - Thailand.



**Manya Shah** of Class VIII C, has successfully completed her Black belt training with KyokuShinKai - Kan

**Praful S** of Class IX A, secured the second place in sparring and 3<sup>rd</sup> place in Tuls at AITA National Taekwondo Championship held at Ongole, Andhra Pradesh



# THE MULTITALENTED SINDHIANS



**Poongoval** of class IX A has won 2nd prize in both vocal and veena conducted by prestigious The Bangalore Gayana Samaja.



**Mohit H K** of class X B, **Sumedha** of class IX C and **Girdhar** of class X B have secured I,II and III prizes in Poster making competition on the topic "Impact of Covid on Child's Education" conducted by Sindhi Council of India, Bengaluru (Ladies Chapter & Nayi Soch).





**Prachi** of Class IX B and **Ila B G** of Class IX C won bronze medal in All India National ISKA Karate championship 2022



**Lakshya** from class I A got 2nd place in CBSE SOUTH ZONE 2 SKATING CHAMPIONSHIP 2022 and she is selected for nationals.



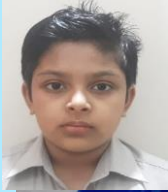


Sri.Shashikanth V Pattar  
Art Master

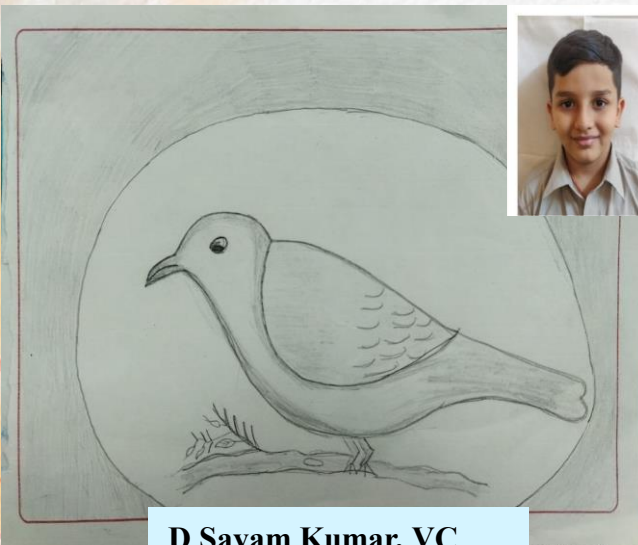


Smt Ashwini R A,  
Computer Science faculty

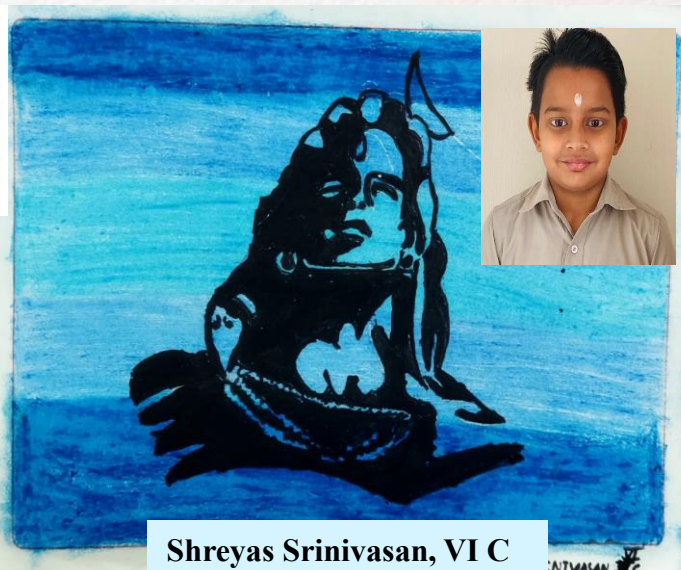
FABRIC PAINTING



Manan N Bohra, V C



D Sayam Kumar, VC

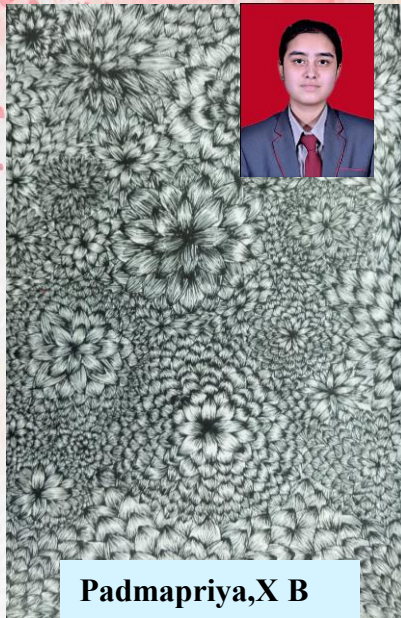


Shreyas Srinivasan, VI C





**Mohammad Saad, VI C**



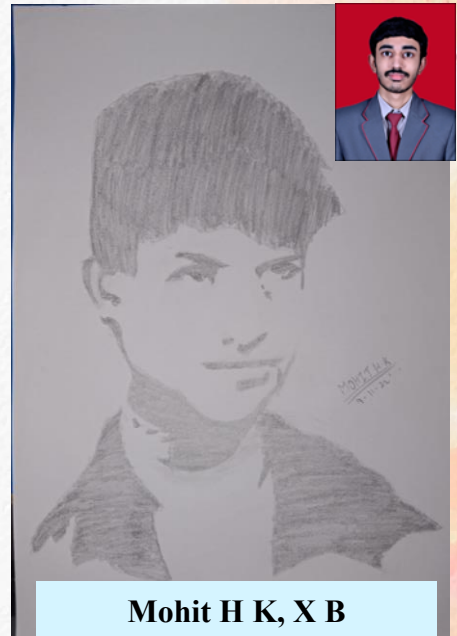
**Padmapriya, X B**



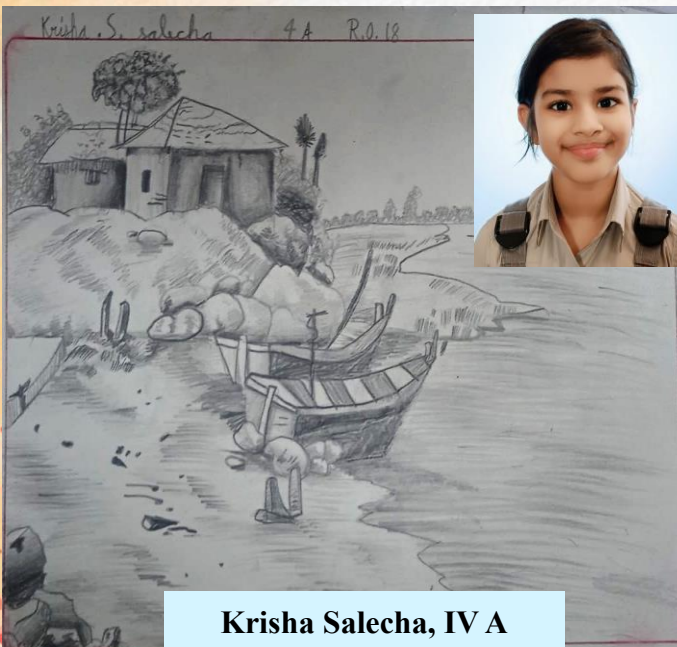
**Anushri B , VII C**



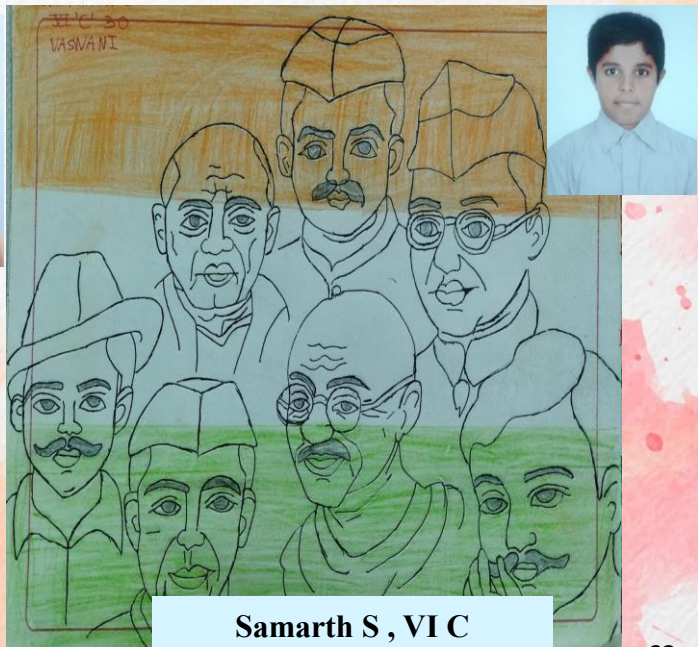
**Vaishnavi M B, V C**



**Mohit H K, X B**



**Krisha Salecha, IV A**



**Samarth S , VI C**

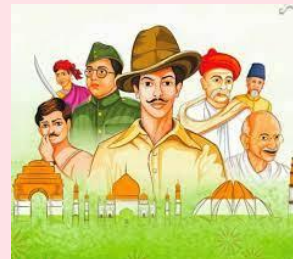


# ENGLISH

## “FREEDOM FIGHTERS”

On the occasion of completing 75 years of our independence, I would like to write a small note about our freedom fighters.

Today we are in the 21st century and enjoy all kinds of freedom without much rules and restrictions. It is because of the sacrifices made by our freedom fighters who are a true symbol of patriotism and bravery.



It is because of them, that we are living in a democratic and independent country. They fought for the protection of people from the injustice, exploitation and cruelty of British rule.

Our freedom fighters are revolutionary and some of them used non-violence as a weapon against “Britishers”.

Our “NATIONAL FLAG” flies so high which reminds us of the history of freedom struggles and sacrifices made by our freedom fighters.

With utmost respect, I salute all our freedom fighters whole heartedly.

I am proud of my country and my freedom fighters.



Shraavya .G  
Class II A

## TECHNOLOGY ROCKS

### Find the words in the puzzle.

1. Words can go in any direction. 2. Words can share letters as they cross over each other.

### Clues:

- a) Central
- b) Computer
- c) Desktop
- d) Headphones
- e) Keyboard
- f) Laptop
- g) Machine
- h) Microphone
- i) Monitor
- j) Mouse
- k) Multimedia





- l) Palmtop
- m) Power
- n) Processing
- o) Speakers
- p) Supply
- q) Tablet



Thungavidya Khatua  
Class II B

## GURU (TEACHERS)



School is like a temple and teachers are like Gods. In ancient Indian civilization, respect for parents, guru and elders was taught from the very beginning. It is our dharma to obey our vidyadaata. Guru makes us human, prepares us for the struggle of life, dispels the darkness of ignorance. So, we should always be faithful to them.



Lakshith Jain  
Class II C

## IMPORTANCE OF EDUCATION

Education makes a person productive, allowing him/her to contribute to the society in a positive way. It teaches us how to face many challenges and conquer them. It teaches us how to live a disciplined life. Our future is built on the basis of education. Education allows a person to become self-sufficient. An educated individual does not rely on others and is capable of meeting their own requirement. A well-educated person also educates his family. It builds confidence.



The process of education is bifurcated into three divisions: primary education, secondary education and higher secondary education. Primary education develops foundation which helps us throughout our life. Secondary education prepares us for further studies. Higher secondary education prepares us in taking the decisions as to what we want to do and where we want to go.

The quality of our education helps in shaping our character. It helps us to become a responsible citizen for the better future and development of our country. It's only the



educated leaders who build the nation and lead it to the heights of success and progress. Education makes people as perfect and noble as possible.

EDUCATION: "A TRUE ASSET IN A MAN'S LIFE."



Labdhi  
Class IV 'C'

## SOLAR ENERGY

Energy that we get from the sun is called solar energy. The energy is directly available from the sun in the form of heat and light. Earth will freeze and life cannot exist on our planet without it. It is vast, inexhaustible, and a clean resource. We can use this energy to produce electricity, heat, water and a variety of other commercial and industrial uses. Solar energy is the future of our upcoming generation. It is a safe, greener and economical alternative. Moreover, it can be replenished, so it serves as a renewable source of energy. As a result, it does not cause pollution.



Solar energy is renewable energy. Solar energy refers to the energy which the sunlight contains in the form of photons. All kinds of microorganisms and single-celled organisms come into existence with solar energy's help. Plants have been using this energy ever since the beginning. We can trap solar energy in a lot of ways. One of the most efficient ways to do this is by using solar power plants. The design of these power plants is such that it helps to produce electricity on a large scale.

Appliances which work on solar energy are solar cookers, solar heaters and solar cells. Solar cookers are said to be the most innovative methods of cooking nowadays. It is a great alternative to conventional fuels like gas, kerosene and wood. These cookers are eco-friendly and also inexpensive means of cooking. Further, we have solar heaters which help to heat water using solar energy. Thus, it does not require electricity to heat water. Finally, we have solar cells. They operate by directly converting solar light into electricity. In areas where supply from the power grid is less, solar cells are quite popular. Similarly, a lot of calculators, wrist watches and other similar systems operate with this technology. The electricity which solar panels produce can be stored in rechargeable solar batteries.



Vedant Tembulkar  
Class V A

## HOW BADLY DO YOU WANT IT?

Do you have a big dream to achieve? There will be plenty of opportunities in life to lose your passion, to get discouraged but if you want to reach your destiny you should make up your mind. If you give up after the 1<sup>st</sup> time or the 5<sup>th</sup> time or the 30<sup>th</sup> time, it only means you didn't want it bad enough.





There should be something that you believe, for that you are relentless, you are not moved by how impossible it looks, you are not discouraged by how long it takes, you don't give up because people told you no, instead your attitude should be that you are not going to settle for mediocrity as it's more than just a will, it's a fire on the inside, a belief that it's supposed to be yours. Stop feeling sorry for yourself; instead have the mentality of a warrior. How badly do you want what God has put in your heart? Bad enough to outlast the opposition, bad enough to overlook some insults, bad enough to do the right thing when the wrong thing is happening. Do you really want it strongly enough to keep pursuing even when circumstances say it's not going to happen? If you don't overcome the problems, circumstances push you down. When the odds are against you, you have to work on a new level. Who are you allowing to influence you? Are they challenging you? Inspiring you? Pushing you forward? Believe that you have seeds of greatness. The pain of discipline is less than the pain of regret. Stir your passion up. Be hungry to accomplish your dream. Quit telling yourself it's too hard, I have had too many setbacks, because you can do what you want to do. What God put in you is worth fighting for, it's worth being uncomfortable for a reason, to get up early, to try again. You can accomplish whatever you desire. The question is how big is your want ? Just dig down deep within yourself and put efforts. Take steps to come up high and God will do the impossible.



Jaanvi Sachdev  
Class V B

## MY TOY COLLECTION

Toys! The word itself brings innumerable memories of our glorious childhood. From the first noise of the rattles that one hears to the rotating hangings and the battery-operated toys, everything brings a memory. Like every child, even I have a huge liking towards my toys. From racing cars to the marvels of all my super heroes to an assorted collection of Lego blocks, my toy shelf is filled with them all.



On every special occasion, be it my birthday or the celebration of my promotion from a lower class to a higher standard, I have been blessed to be rewarded with a toy every time. My love for toys is recognised not only by my parents but also by my grandparents. My grandma had gifted me my first toy train at the age of two. It will always remain my most memorable toy. On my tenth birthday, my father gifted me a huge Lego block set of 587 pieces.

My toy shelf is attractively decorated with stickers. I love to keep my toys very carefully so as not to lose any. The moment is so special, when I open my toy shelf and sit in front of it, it's like the whole toy world comes alive!! I love my toy collection.



Devansh.S.Raheja  
Class V

C



## THE NEW INDIAN PRESIDENT

### DROUPADI MURMU

Droupadi Murmu was born on 20<sup>th</sup> June 1958. She is an Indian politician who is the President of India. She was a member of the Bharatiya Janata Party (BJP). She is the first person belonging to the indigenous, scheduled tribe community to be elected as President of India. Prior to her presidency she served as the ninth Governor of Jharkhand between 2015 and 2021, and held various portfolios in the cabinet of Government of Odisha between 2000 to 2004. Before entering politics, she worked as a junior assistant in the state Irrigation and Power Department from 1979 to 1983, and then as a teacher at Sri Aurobindo Integral Education Center at Rairangpur until 1997. In June 2022, the BJP nominated Murmu as the National Democratic Alliance (NDA)'s presidential candidate for the 2022 election. She was elected president in July 2022, becoming the country's youngest president and the first to be born after India's Independence.



Chetan S M  
VII 'C'

### POWER OF THE HUMAN BRAIN

On 19<sup>th</sup> July, in my English class the teacher asked me to write an article for the magazine. I went home, discussed with my Amma and decided on this topic "Power of the Human Brain". The brain has an incredible and unbelievable capacity. An average person uses only 10% of their brains in their lifetime. Only some of the greatest scientists of all time like Albert Einstein are able to use 100% of their brainpower.



The brain can be divided into right brain and left brain. The left brain has the capacity to store information of logic, analysis, sequencing, planning, facts, math, science, complicated / simple calculations and verbal. The right brain can store information of non-verbal, imagination, emotions and feelings, creativity, creative writing and holistic perception. I have also sketched a simple brain showing this feature. I have heard people saying that a person who is good in Math cannot be good in Arts; a person with artistic temperament is a failure in studies. There are only 1% of the people in the world who are good in both (right brain and left brain).

Coming to the memory or the capacity of information, it can store around 2.5 petabytes which is equal to a million gigabytes. You can think of it as the largest hard disk ever. If the information stored in the brain has to be permanent, it has to be stored in both sides of the brain. Visualization is the key to remember more. It has to be both understood and visualized, to retain the information for ever. There are many people who have exploited their brain power and have succeeded to accomplish much.



Let me now talk about how to improve the capacity of the brain. Bhagavad-Gita, Vishnusahasranama and other holy texts / shlokas help in increasing the brain's capacity and memory power. Playing brain booster games like Chess, solving Sudoku puzzles, Abacus and Chinese checkers are some of the top 5 ways to increase brain power.

There are also some other important things to keep in mind. The mind has to be in a calm, happy and blissful state for both sides of the brain to be in harmony. Sleep, balanced diet, physical exercise and adequate intake (food and water) are also needed for the proper and better functioning of the brain. I am not sure if it is a fact, but I have heard from my grandpa that many developed countries requested for the brain of one of the greatest engineers of all time, Sir M.Vishweshwaraiah (after his death) to study it. Finally, I would like to conclude by saying that the brain is a marvelous gift of God; we have the option to use, misuse or disuse it.



Harshith Narayana.S

Class VII C

## LANKAN CRISIS

The smiles and hospitality of Sri Lanka are world famous and so are its spicy food, exotic fruits, an array of sweetmeats and tourism found nowhere else in the world. However, in recent times, Sri Lanka is facing one of the worst crises in its history. This is the toughest period for Sri Lanka since independence. From petrol and diesel to milk and other food items, every essential commodity has become so expensive that people are unable to buy it. The situation has become such that an emergency has been imposed in the country and President Gotabaya Rajapaksa has fled the country. There are a number of reasons that led to this situation. They are as follows:



### 1. The Government's Mismanagement

For a long time, the Sri Lankan government took large sums of money in the form of loans from abroad for public services, leaving the country in debt. The government ignored expenditure over income, which led to a budget deficit.

### 2. Tourism

Tourism is also a very big factor in Sri Lanka's condition. Since the Easter bombings at various churches in Colombo killed 253 people in April 2019, tourists have been hesitant to visit the place. This affected its foreign exchange reserves. In such a situation, the tourism industry was destroyed, which is a part of the 10 per cent GDP of the country. Tourism also came to a standstill due to COVID-19.



### 3. China's Interference

The proximity of China has weighed heavily on the island nation. China's strategy is such that in countries where it has increased its investments, political and economic instability have increased rapidly. Pakistan is an example of that. Its economic condition is also not sound.

### 4. Prohibition of Fertilizer Imports

To make Sri Lanka a 100% organic farming country, the government has completely banned all fertiliser imports since 2021. This severely affected the food production in the country. Rising food prices, currency depreciation, and to control the rapidly depleting foreign exchange reserves, the Sri Lankan President declared an economic emergency. This decision had an impact on the economy.

### 5. Foreign reserve scarcity

Economic mismanagement in Sri Lanka has depleted 70 per cent of Sri Lanka's foreign reserves with only \$2.31 billion left with debt repayment of over \$4 billion. Sri Lanka's high dependence on imports of essential commodities such as sugar, pulses, and cereals adds fuel to the economic slowdown as the island nation lacks foreign reserves to pay its import bills.

Recently, riots have been happening everywhere in Sri Lanka. There is anger among the people, citizens stormed into Gotabaya's residence. This resulted in the resignation of Gotabaya Rajapaksa.



Jayshree Vaishnav K.Karishma  
Class IX A

## BHAVA-RAGA-TALA

According to the Hindu tradition the term “Bharatnatyam” was derived by joining two words, “Bharata” and “Natyam” where “Natyam” in samskrutham means dance and “Bharata” is the mnemonic comprising “Bha”, “Ra”, and “Ta” which respectively means “Bhava” that is emotion and feelings, “Raga” that is melody and “Tala” that is rhythm. Thus, it is traditionally a dance form where Bhava, Raga and Tala are expressed. Bharatanatyam is the foremost form of Indian classical dance that originated in Tamil Nadu. It has flourished in the temples and courts of southern India since ancient times. It is one of the eight widely documented Indian classical dance forms, and expresses South Indian religious themes and spiritual ideas collectively of Hinduism. The theoretical foundations of Bharatanatyam originate in the Natya Shastra, the ancient Hindu text of performance arts. Natya Shastra is accredited to the ancient scholar Bharata Muni, and its first complete compilation is dated to between 200 BCE and 200 CE. The most studied version of the





Natya Shastra text consists of about 6000 verses structured into 36 chapters. For example, the text encompasses Natalia Lidova which describes the theory of Tāṇḍava dance, the theory of rasa, of bhāva, expression, gestures, acting techniques, basic steps, standing postures—all of which are fragments of Indian classical dances. Dance and performance arts, states this ancient text, are a form of expression of spiritual ideas, virtues and the essence of scriptures. The accompanying music to Bharatanatyam is in the Carnatic style of South India, as is the recitation and chanting. The vocalist is called the nattuvanar, archetypically also the conductor of the entire performance, who may be the guru(teacher) of the dancer and may also be playing cymbals or one of the musical instruments. The recited verses and text in Bharatanatyam are in Tamil, Telugu, Kannada and Sanskrit. The instruments used include the mridangam (double-sided drum), nattuvangam (cymbals), the flute, violin and veena. Bharata Natyam is an art which sanctifies the body of the dancer, who dissolves their identity in rhythm and music, makes their body an instrument, at least for the duration of the dance, for the experience and expression of the spirit. Hereby, I conclude with a Sanskrit verse – यथोहस्तस्ततो दृष्टि यथोदृष्टिस्ततो मनः यथोमनःस्ततो भाव यथोभवस्ततो रसः "Where the hands go, there the eyes should be; wherever the eyes are, there should be the mind; where there is mind involved, there evolves expression and when expression is born, pure joy is experienced." :- Natya Shastra



Shraddha N.S  
Class IX B

## NARUTO: A TRUE INSPIRATION

“THOSE WHO FORGIVE THEMSELVES, AND ARE ABLE TO ACCEPT THEIR TRUE NATURE... THEY ARE THE STRONG ONES!” – ITACHI UCHIHA

Naruto debuted in 1999 in the pages of Shonen Jump, Japan's most popular ‘Shonen Manga’ magazine. Naruto quickly became a reader’s favourite, and today, readers worldwide enjoy the adventures of Naruto Uzumaki and the ninjas of Konoha village. Naruto has been translated into several languages, including Chinese, Korean, English, German and French. In North America, Naruto is serialized in the English-language edition of the magazine and is also a top-rated animated series on the Cartoon Network. Masashi Kishimoto, creator of Naruto is a former apprentice of Akira Toriyama (creator of Dragonball Z). Like Dragonball, Naruto is filled with memorable characters and pulse-pounding fight scenes within a detailed Japanese-inspired, yet fictional world. Kishimoto-sensei was the recipient of the prestigious Hop Step Award for new talent awarded monthly by Shueisha, a major Japanese manga publishing company. Naruto follows the adventures of a teen ninja-in-training, Naruto Uzumaki. Orphaned at birth, Naruto is a practical joker who’ll do anything for attention. His grades at the Ninja Academy suck, and he’s shunned by most of the adults in the village. Naruto’s secret? His body is the living prison for the Nine-Tailed Fox Demon that almost destroyed the Village Hidden in the Leaves 15 years ago. The 39-volume (and counting) series is an epic journey, as the teen Naruto grows from a bratty misfit to a powerful ninja with the potential to become the next Hokage or the leader of Konoha village. Naruto teams up with two other genin, or junior ninja: The talented but tormented Sasuke and the spunky and intelligent Sakura. The three-man team is mentored by Kakashi, a laid-back jonin or senior ninja with a taste for tacky 'adult'





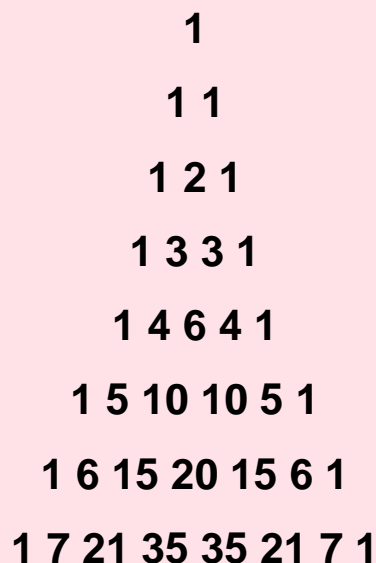
fiction and an arsenal of unbeatable fighting techniques. As the story develops, numerous other ninjas are introduced from Konoha and rival villages, each with their own battle techniques, personalities, loyalties and rivalries. The young ninjas also test their skills against fearsome opponents, including ruthless assassin for hire, Zabuza Momochi and the evil snake ninja Orochimaru. These core elements of Naruto involve vital life lessons, classic shonen storytelling methods, certain aspects of the rich worldbuilding, quirks of the series' exciting combat system, and more. Many of them are fairly broad and abstract, but that makes them easier to convey in countless creative ways throughout the story. Naruto has been all about hope since the start in more than one way. Despite the many hardships he faced as a lonely jinchuriki, Naruto never gave up hope in the future, and he had faith in himself to the point of conceit. It also shows some restraint and balances the power of friendship with other elements to explain how the protagonists become so powerful. Fighting for friends and teammates is always worth it. The moral/message of Naruto is not to judge people. "When people are protecting something truly special to them, they truly can become... as strong as they can be." – Naruto Uzumaki



M C Yashaswini

Class IX C

## PASCAL'S TRIANGLE



.....

It is named after the 17th-century French mathematician Blaise Pascal, but it is far older. Chinese mathematician Jia Xian devised a triangular representation for the coefficients in the 11th century. His triangle was further studied and popularized by Chinese mathematician Yang Hui in the 13th century, for which reason in China it is often called the Yang Hui triangle. It was included as an illustration in Chinese mathematician Zhu Shijie's *Siyuan yujian*, where it was already called the "Old Method."

The remarkable pattern of coefficients was also studied in the 11th century by the Persian mathematician, astronomer, and poet Omar Khayyam.



It's a very symmetric triangle which has lots of patterns and hidden secrets, about which we shall know about in this article which are truly off the limits. Pascal's triangle, in algebra, a triangular arrangement of numbers that gives the coefficients in the expansion of any binomial expression, such as  $(a + b)^x$ . You would probably be imagining, what is the pattern behind this brilliant Triangle. The triangle can be constructed by first placing a 1 along the left and right edges. Then the triangle can be filled out from the top by adding together the consecutive numbers in the triangle. Thus, the second row, in, is 1 1, the third row is 1 2 1, the fourth row is 1 3 3 1, the fifth row is 1 4 6 4 1, the sixth row is 1 5 10 10 5 1, and so forth.

The first row, or just 1, gives the coefficient for the expansion of  $(a + b)^0 = 1$ ; the second row, or 1 1, gives the coefficients for  $(a + b)^1 = a + b$ ; the third row, or 1 2 1, gives the coefficients for  $(a + b)^2 = a^2 + 2ab + b^2$ ; and so forth. Another interesting pattern is that each line's digits arranged in a line are the multiples of 11

For example: In the fourth line  $1331 = 11 * 121$ ; In the fifth line  $14641 = 11 * 1331$ , so on and so forth.

Another interesting pattern is that each line's digit's sum is in the power of two.

For example:

Line 2 = 21 = 2

Line 3 = 22 = 4

Line 4 = 23 = 8

Line 5 = 24 = 16

Line 6 = 25 = 32

Line 7 = 26 = 64

There are few more patterns which are beyond our understandings

Like: Probability, Paths, Fibonacci Sequence, Diagonals, Combinatorics, The Sierpinski Triangle, Binomial Theorem etc...

This triangle is one of the factors that demonstrates the true meaning of mathematics.



Saurav

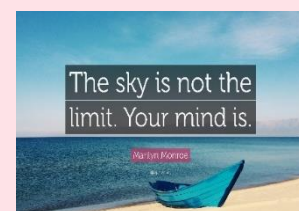
Class IX 'C'

## THE SKY IS OUR LIMIT?

The sky is not the limit, your mind is.

- Marilyn Monroe

Right from the beginning of our childhood, we often hear that we should aim for the sky. We have stopped paying attention to the saying a long time ago, I'm sure. Though it's a metaphor, unlike any other of its kind, its





perception is varied. But as we grow older and ponder back on to this famous saying, we come back with questions. Why is it said that the sky is the limit? Can we reach what's beyond? If so, why are we having a restricted mind-set? 'The sky' is synonymous to the goal or aim we aspire to reach in our life. With sheer determination and hard work, it's definite that our goals will be achieved. Now, imagine you are at a point in your life and your aim has been attained, however with the trained mind-set, we won't bother to exceed our potential. This will limit us. 'Our mind' makes us believe our success point is already achieved. Our moral virtues and humility are lost. Instead, if we still push farther than the best, the results might shock ourselves. Psychology has the best evidences for our fixed mind-set. The sky is not the limit rather it's just the starting point where the universe begins. If we try our best and set a goal as a starting point for success; then there's nothing in the universe we can't achieve. The sky is not our limit.



B.G Ila  
Class IX C

## BULLYING IN SCHOOL

Bullying refers to destructive behaviour so as to overpower the opposite person. The method of harassing somebody through applying coercion, ill-treating verbally or non-verbally, using a menacing attitude, and using various means of violence to make someone do work, or just for the pleasure of the attacker is known as bullying.



Bullying is a common practice in educational institutions. The student who is bullied undergoes enormous mental and physical torture. Certain students even lose their self-confidence and may also suffer from psychological disorders after getting bullied, either awhile or forever.

Different types of bullying are as follows:

**Physical bullying** – It happens when physical actions are used to gain control or intimidate victims. It tends to be bigger and more aggressive than their peers. Examples include pushing, kicking, slapping and shoving. This is the easiest kind of bullying to identify and gets more attention from educational institutions than other forms of bullying.

**Verbal bullying** – Bullies use harsh words or statements to gain power and control over a victim.

**Emotional bullying** – It's a devious type of bullying that is overlooked by teachers and parents. Bullies often ostracize their victims from a group, spread rumours, manipulate situations and intentionally reveal secrets. Examples: Isolating others, tormenting, hiding



books threatening gestures, humiliation, intimidation, exclusion, manipulation and coercion.

**Sexual bullying** – It consists of repeated harmful and humiliating actions that target a person sexually. Examples include sexual name calling, lewd comments, vulgar gestures, uninvited touching, sexual propositioning and pornographic material. Girls are often the targets of sexual bullying by both boys and by other girls. Boys might touch them inappropriately, comment about their bodies or proposition them. Girls might call other girls names, make insulting comments about their appearance and engage in shaming online.

**Cyberbullying** – The most recent type of bullying is online. Bullies use social media to attack their victims by posting on social media, starting rumours, sharing photos sending nasty messages and social exclusion. This type of bullying will be very difficult for the teacher to manage.

Bullying is one of the most horrifying experiences that a lot of students think to themselves there is nothing they can do and feel very helpless. So, they tend to feel very small and feel very weak, and in essence, that's what a bully wants to do. A bully wants to try and make you feel smaller and weaker and helpless because in doing that it makes them feel bigger and stronger and in a position of power because most of the time in their life, they don't feel that way. They have some underlying weaknesses. Unless and until the cowed victim retaliates, the student who cowed does not get any penalization. So, a student ought to be tutored to retaliate against the bully so that the bully does not repeat the same thing again.

Bear in mind that bullying leaves scars and if you have been bullied for quite a long time, then those scars are going to be quite deep. Anticipate those vulnerable times, plan accordingly, beat the blues, and have some strategies up your sleeve. So, in future, whoever tries to bully you, get back at them instantly. Be strong enough not to get bullied.

**Healthy Folks Don't Bully, Solely Unhealthy Ones Do.**

This article is published on the website [www.mypenmyfriend.com](http://www.mypenmyfriend.com)




Nikitha Hebbar  
Class X B

## **THAT LAUGH, MADE MY PROBLEMS HALF**

Another Monday – the bell chimed, classes began, and I as usual, on the move, early in the morning even though the day had not completely started. Oh not much, just table tennis practice, MUN preparations, test preparations, notes, home-work, everything piled up together. And if this was not enough “Sakshiii, did you get the graph book? There is no chance our math teacher will spare me.” Yes, you guessed it, I forgot (again!!). Like any other student, I felt like quitting forever, running till the end and escaping to nowhere.







Tringgg, everyone dragging their voice “Naammastee Maa’aamm...” And there she was. A She-hero or rather the heroine of today’s story, tomorrow’s glory and yesterday’s history. She always had a smile on her face even in the most adverse of situations, Miss Pai, was always sweet as a pie but she is assigned one of the most boring subjects of all ‘Social Science’. But there was a change in her outfit, and it outshone everything, she had become the centre of attraction. But nothing changed in her duty. She exclaimed, “Today, History” and everyone wrangled with her for a free period. Honestly, even though the teachers ask us to forget the past and focus on the future, why do they teach us what happened in our past? Like why should I care about what happened in the French revolution, or why the governments in Sri Lanka and Belgium are different?

But she was determined on her goal. We started the lesson and one topic led to another until she finally reached our daily lesson on writing skills. “Do write articles” she begged us for the ninety-sixth time, literally four more and she will finish a century telling us this. Can we all take a minute and appreciate that I was literally counting the number of times she asked us to write? Jokes apart, I guess she knew I was down that day and keeping eye contact with me, cracked jokes to cheer me up, and somehow managed to bring a smile on my face. I still have no idea how she does it? She can literally turn anything into a laugh and make any problem half. Before she leaves, she always informs us of something new (art competitions, educational apps and more). She patted my back, smiled and said “If you don’t write an article, you see what will happen”. And of course, I agreed with her. But the whole day I wondered why was she so happy with the monsters of our class, why was she so dressed and above all even though she had so much work to do she smiled, unlike me.

I reached home freshened up and checked my phone and there it was, the answer to my questions. It was her birthday. She has never expected anything. No one in school was found to wish her, no gifts were given and nothing to do with a fancy birthday. She enjoyed her job as a teacher and I enjoyed the life as her student. She never said it but always made me feel that it’s okay, not to be okay. Always teaching, laughing, solving, enjoying and writing she spent her life with hundreds of us. Miss Pai, from our first write-up to the many more to come, thank you for guiding me, teaching me, laughing with me and supporting me. Happy Birthday Ma’am.



Sakshi Talreja  
Class XB

This article is published on the website [www.mypenmyfriend.com](http://www.mypenmyfriend.com)

## **WATER – OUR FRIEND AND ENEMY**

Water is used for many different activities, and it has led to the development of many new things, such as the conversion of water into metal by scientists at the Czech Academy of Sciences in





Prague, and there are many more examples. Water is our friend and enemy. Friend because it ensures our survival, and enemy because it has taken away the life it gave us.

Generally speaking, for all organisms, water fills the cell and helps it maintain its shape and size. We all have DNA and proteins that are necessary for a living thing. The protein is converted into amino acids, which are folded by water. Without water, our physical and cognitive functions would decline. Water regulates body temperature in warm-blooded animals.

In humans, it contributes to salivation, the absorption of water helps lubricate and cushion joints, spinal cord and tissues, and it helps dispose of waste in aqueous form. It prevents constipation, a common digestive problem in the United States. It also helps decompose food, break down excess fat, improve blood circulation, prevents diseases such as constipation, kidney stones, physical exertion, asthma, urinary tract infections, etc.

Even single-celled organism needs water, certain microorganisms float in water and absorb the food in the water. Trees need water for photosynthesis, excretion and transport of minerals. Trees and plants can only survive if moisture is present, and we need trees too.

We are all directly and immediately dependent on water. Save water before it runs out. Nature is so abundant that it gives life to everything around it, and we are all unique. Water is the starting point of every species in the world and also because water is what forms the Earth in the first place. Water alone is not your enemy. It can become an enemy with other factors, such as meteorites that caused the extinction of dinosaurs, water was also a factor in this. Volcanoes under water cause tsunamis like the eruption of Krakatoa in 1883 or underwater earthquakes like on 9 July 1958 – the Lituya Bay tsunami in Alaska, considered the largest tsunami recorded in modern times, was caused by a landslide triggered by an 8.3 magnitude earthquake.

Water is an innocent child that does not know what is good or evil. It moves, like volcanoes and earthquakes.



Hrithik S  
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This article is published on the website [www.mypenmyfriend.com](http://www.mypenmyfriend.com)

## AN AUTHENTIC DANCE FORM – GARBA

Garba is a conversation between one's body and soul. The twirls, the sound of enthusiastic music and the energy of devotees of Maa Amba make an outstanding scene to watch. This is performed to celebrate the fertility of women hood and respect goddesses.

It is a religious event that originates from a state of India called Gujarat. It is mainly played during Navratri. Navratri is a





Hindu festival observed in honour of the goddesses Durga or Amba. It spans over 9 nights and is celebrated differently in various parts of Hindu culture.

It was initially performed in Gujarat but due to constant migration throughout the nation, exchange of traditions and culture took place and today many people all around are excellent Garba dancers. There are many places where such events are organised and encouraged and now it's not just Gujaratis but people of various castes and religions perform Garba. Along with Garba, Dandiya is also performed. Basically, Dandiya is played with colourful bamboo or wooden sticks.

A set of lehenga, blouse and especially embroidery dupatta is mostly worn to perform this dance. The costume is decorated with shells, stars, mirrors and stones of various colours on a bandhni cloth. Women wear chaniya cholis. Traditionally women adorn themselves with oxidised silver jewellery like jhumkas, necklaces, chudas etc. Men wear long kurta sets.

Today's generation is eager to learn Garba too. Especially Gujaratis wait for these 9 nights throughout the year. Dressing up and going to Garba nights is a different type of fun that no one would ever want to miss. People win prizes for their dressing and dancing skills.

A lamp or diya or an image of goddess Amba is placed in the middle of circles or rings. It is performed in circles as a symbol of the Hindu view of time. The circles resemble the life cycle from rebirth to death and again to rebirth. The only thing that will remain constant is Maa Amba. The dance represents the feminine forms of the goddess..

Hence it is the only thing that remains unchanging in a universe that keeps changing. These kinds of festivals and dance forms help us understand our history and culture.



Riya Kotecha  
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This article is published on the website [www.mypenmyfriend.com](http://www.mypenmyfriend.com)

## **Carnatic Music- The De-stresser!**

People are so engulfed in their own work that they don't have any time to de-stress. In this scenario, music has played a very major role in unwinding and de-stressing. I am a 4th generation musician belonging to a well-known family of musicians. Carnatic classical music has been hereditary in my house. Based on my personal experience, music doesn't only help in letting out stress, but also increases the IQ power of an average human being. A recent case study in neuroscience has announced that learning music has improved teenagers' academic performances and IQ levels.

Indian classical music is mainly divided into 2 major groups





-Carnatic classical music

-Hindustani classical music

Carnatic music is prominently sung in the southern part of India

Hindustani music is mainly sung in the northern and the eastern part of India

Some exceptional artists who have nailed this art are:

Ustad Salamat Ali Khan, Ustad Bade Ghulam Ali Khan, Bhimsen Joshi, and Pandit Ravishankar, Ustad Mehdi Hassan, as Hindustani classical artists while Dr M Balamuralikrishna, M S Subbulakshmi Dr. Sreepada Pinakapani, N Krishnamurthy, M L Vasanthakumari, D K Pattamal Semamgudi Srinivasa Iyer, V. Venkateshvarulu, M.Suribabu G N. Balamuralikrishna, Madurai Mani Iyer and many more have propagated Carnatic music and are the back bone of this art.

In the late 80s and 90s, Indian classical music had a Bollywood music like craze. People would gather in huge numbers to listen to such kinds of music.

The teen is mostly attracted to the western, hip hop, pop kind of music, nowadays,.

Teenagers elect to look cool by this! Currently, we are gradually seeing a decline in classical Indian music. Even when teenagers are listening to classical music, they are interested in funk or fusion versions, which hides the original essence of the music. The youth is attracted to the western music, leaving behind the most valuable and precious form of fine arts; this is quite dispiriting to the lovers of pure classical music.

Initiatives and measures that can be taken to revive these are:

- Music education- making children aware of these arts and spreading awareness of the greatness of this art form.
- Online streaming and broadcasting - arranging more and more streams and telecast and videocasting classical music concerts and shows that can seize the attention of the audience.
- Internet- well everything is on the internet nowadays. So, utilising the internet properly can indulge the interests of the public in participating in concerts and podcasts

Hereby I conclude with a shloka in samskrutham

Sahitya sangita-kala-vihinah: saatpashuh pucchavishana-hinah|

Trinan na khadannapi jivamanah: tadbhagadeya paraman  
pashunam||

Let's make it happen!



Saideekshith Dhulipal

Class X B



## WATER AND ITS RELATIONSHIP WITH MAN

Water infrastructure is a broad term for systems of water supply, water resource management, flood prevention, hydro power, etc. One of the most important forms of water infrastructure is dams.

The Indira Sagar Dam (Madhya Pradesh) is located along the banks of the Narmada River, one of the most prominent rivers in India. In terms of size and utility, this Dam is located in the Khandwa District of Madhya Pradesh. It stores the largest amount of water in India. The dam is also involved in power generation and irrigation, and has become very popular with tourists. **Man's Influence on Water**



Water has been an integral part of all our lives. Water has played a vital role in the survival and evolution of life forms like plants, insects, birds, fishes, dinosaurs and apes on Earth.

We, humans, are the most intelligent species on the Earth and it is our duty to conserve and sustain water, to protect water and keep it healthy for our future generations. But due to technological advancement, we are neglecting our main root of existence, that is water.

We are polluting water by disposing the industrial waste as well as the agricultural waste and many other kinds of toxic substances. Now, slowly, people are realizing that is our duty to conserve and sustain water. I pray that our efforts towards sustaining water help our Mother Earth become better again.

Once the water becomes healthy for all of us, plants and animals, and every other living creature shall become healthy and prosperous.

### Architectural Wonders on Water

When it comes to architecture and water, the opportunities are infinite.

The Anti Room 2 is located in Valletta, Malta. The project's principal idea is the conception of time and space and how it could be modified by creating a floating space or a cloud on top of water surface. In addition, one of the wonders of this project is how you reach Anti Room 2 – either by boat or swimming. The end experience is not only about how to get into Anti Room 2, but also the appreciation of space through water and light.

Moreover, standing in Maan Sagar Lake in Jaipur, the Jal Mahal Palace was used by the Rajput Kings who were as obsessed with architectural art as they were with wars. Built in the 18th century by Maharaja Jai Singh 2 of Amber, the palace covers an area of 121 hectares.

Many of these Architectural wonders cost a lot of Money to create, which makes it easy to question the economic sense behind it. These structures add beauty to cities and the



old ones like Jal Mahal in Jaipur are historical sites that preserve country's past and pride.

At last, I would like to say let us sustain and preserve water because it is the elixir of life.



Jay P Shah  
Class X C

This article is published on the website [www.mypenmyfriend.com](http://www.mypenmyfriend.com)

## IS POPULATION REALLY A CURSE?

If a country is full of educated well- to- do and decent people then population should be considered a blessing whereas when a country consists of uneducated, unemployed and unhygienic people then it surely, is a curse. Population is in fact not an intractable issue rather it can be controlled by responsible administration. As History states the truth, we know that the largest famine in history was in China due to poor administration while the ethical administration in India handled the problem appropriately. An accountable government can make a difference to prove whether population is a curse. The main factor responsible for a large population is the increasing birth rate. What measures can be taken to reduce a problem as difficult as controlling the population? We can begin by educating people on the said topic and spreading awareness about increasing birth rate to bring down problems. Secondly we must make people realise that they should have as many as kids as they can afford to provide a healthy lifestyle and not just for the sake of a son. Lastly, In my opinion, the best way to decrease birth rate is by convincing people to understand adoption can be the first priority for having a child. Thus, the government must encourage adoption and spread awareness about its superiority. Adopting is a good deed as it provides an orphan with a loving family and a healthy life and can be helpful in controlling the overpopulation. Overpopulation also has its advantages such as expansion of market, we get a developed and efficient labour forces, various job opportunities are available and proper utilization of resources takes place but at the same time, population is definitely a problem in hand. It can surely be handled by responsible administration but not without the support of millions.



Neha Pamnani  
Class X C



# हिन्दी

## मेरा प्रिय खेल

क्रिकेट मेरा प्रिय खेल है। बल्ला और गेंद मेरे घनिष्ठ मित्र हैं।

मैंने अपनी गर्मी की छुट्टियों में क्रिकेट प्रशिक्षण के लिए "कर्नाटक इंस्टीट्यूट ऑफ क्रिकेट" में दाखिला लिया और दो महीने यहाँ क्रिकेट सीखा।

मुझे बल्लेबाज़ी करना बहुत अच्छा लगता है। क्रिकेट में दो टीमों होती हैं। हर टीम में ग्यारह खिलाड़ी होते हैं। जब एक टीम बल्लेबाज़ी करती है, तो दूसरी टीम फील्डिंग करती है।

इस खेल में तीन प्रारूप होते हैं। सबसे पहले टेस्ट मैच, दूसरा वनडे मैच और तीसरा ट्वेन्टी ट्वेन्टी मैच। टेस्ट मैच पाँच दिनों के लिए होता है। वनडे मैच पचास ओवर का होता है और एकदिन के लिए खेला जाता है। ट्वेन्टी-ट्वेन्टी बीस ओवर का होता है और यह भी एक दिन के लिए खेला जाता है। क्रिकेट भारतवासियों का बहुत ही पसंदीदा खेल है। जब भारत की टीम मैच जीत जाती है, तो हम सब बहुत खुशी से उस जीत का जश्न मनाते। मैं बड़ी होकर क्रिकेट की अच्छी खिलाड़ी बनना चाहती हूँ।



प्रणिशा एम  
६ बी

## स्कूल के बाद का जीवन

स्कूल के बाद का जीवन चुनौतियों, मुसीबत और परेशानियों से भरा होता है। स्कूल का हर एक दिन हमारे जीवन के सबसे अच्छे दिन होते हैं। स्कूल में सारे बच्चे हमें जानते हैं तो हमें अच्छा लगता है। स्कूल के बाद हमें हमारी जिम्मेदारी खुद उठानी पड़ती है। स्कूल का मिला ज्ञान हमें हमेशा मदद करता है। स्कूल में भले ही हम अच्छे और बुद्धिमान हो लेकिन हमारे जैसे हजारों लोग होते हैं, और हमसे भी बुद्धिमान, तो हम पीछे रह जाते हैं। और स्कूल की दुनिया बाहर की दुनिया से भिन्न होती है। स्कूल के बाद जीवन बदल जाता है। स्कूल के बाद हम अपने दोस्तों से बिछड़ जाते हैं पर उन्हें और उनकी यादें नहीं भूलते हैं। स्कूल का समय सुनहरा समय होता है। स्कूल दूसरा घर। शिक्षक ज्ञान देते हैं। स्कूल में बिताया हर पल हम सिर्फ महसूस कर सकते हैं। स्कूल का समय समाप्त होने के बाद कॉलेज का समय शुरू होता है और हम व्यस्त हो जाते हैं। यही से हमारा स्कूल के बाद का सफर शुरू हो जाता है और जिस में कई उतार चढ़ाव आते हैं। स्कूल के बाद सब कुछ बदल जाता है कुछ भी पहले जैसा नहीं कुछ भी हो हमें मिला हुआ ज्ञान और बड़ों की सीख हमेशा याद रखना चाहिए। तभी हम जीवन में सफल होते हैं।



बानी.पी. कोठारी  
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## आत्मनिर्भर भारत

आत्मनिर्भर भारत का सपना 1947 के बाद यानी देश की स्वतंत्रता के बाद 'से ही भारत आत्मनिर्भर बनने का सपना देख रहा है। आजादी से पूर्व ही भारत की आजादी की लड़ाई में महात्मा गाँधी द्वारा सविनय अवज्ञा आंदोलन भी चलाया गया था जिसमें लोगों से विदेशी वस्तुओं पर निर्भर न रहकर भारत में बनी वस्तुओं पर निर्भर रहने के लिए अपील की थी। महात्मा गाँधी स्वयं भी स्वदेशी वस्तुओं का उपयोग करते थे, और महात्मा गाँधी ही ऐसे पहले व्यक्ति जिन्होंने आत्मनिर्भर भारत की तरफ पहला कदम उठाया था। परंतु बात करें तो आज भी 70 साल बाद भारत ने इस सपने की





ओर नया कदम नहीं उठाया। मगर विश्व में व्यापत इस कोरोना महामारी की वजह से भारत ने आत्मनिर्भर बनने का सपना एक बार फिर देखा और आत्मनिर्भर का सही मतलब समझा।

आत्मनिर्भर बनने के पांच स्तम्भ:

- अर्थव्यवस्था
- तकनीकी
- इन्फ्रास्ट्रक्चर
- मांग
- बढ़ती जनसंख्या

कोरोना का टीका बना कर दुनिया को दिया संदेश

आत्मनिर्भर भारत के उदाहरण की बात करें तो भारत ने वे ठीक महामारी कोरोना का टीका बना कर विश्व को यह संदेश दिया है कि भारत भी कुछ कर सकता है। भारत ने सबसे पहले कोरोना के टीके का निर्माण सफलतापूर्वक किया है। भारत में स्थित है पुणे के सीरम इंस्टीट्यूट में इन कोरोना के टीके का निर्माण किया गया है। यह टीका भारत के अलावा भारत के पड़ोसी देशों को भी भेजा जा रहा है। इस बात से अब ऐसा लग रहा है की भारत का आत्मनिर्भर बनने का सपना पूरा हो रहा है। भारत आत्मनिर्भर बन रहा है। देश में कोरोना महामारी की वजह से देश कई समस्याओं का सामना करना पड़ा था। देश को कई आर्थिक समस्याओं का भी सामना करना पड़ा था। वर्तमान में देश के आत्मनिर्भर अभियान की शुरुआत के बाद ही हमें इसके परिणाम देखने को मिले हैं। देश में कोरोना से लड़ने के लिए पीपीई किट, मास्क, सैनिटाइजर इत्यादि भारत में बनने लगे और इतना की नहीं वैश्विक महामारी को मिटाने के लिए कोरोना का टीका भी भारत में ही पहली बार बनाया गया है।



अखिल नायर  
८ अ

## पृथ्वी

सौर मण्डल में सूर्य से तीसरा यह है और एकमात्र खगोलीय वस्तु है जो जीवन को आश्रय देने के लिए जाना जाता है। इसकी सतह का 11% भाग जल से, तथा 29% भाग भूमि से ढका हुआ है। इसकी सतह विभिन्न प्लेटों से बनी हुए है। इस पर जल तीनो अवस्था में पाया जाता है। इसके दोनो ध्रुवों पर बर्फ की एक मोटी परत है। पृथ्वी, को ब्लू प्लेबेट के नाम से भी संबोधित किया जाता है। अगर अंतरिक्ष से पृथ्वी को देखा जाए तो यह नीला रंग का दिखाई देता है, और बहुत सुंदर प्रतीत होता है। ऐसा माना जाता है। पृथ्वी की उत्पत्ति 454 अरब साल पहले हुई थी। पृथ्वी के इतिहास के पहले अरब वर्षों के भीतर जीवों का, विकास महासागरों में हुआ, और पृथ्वी के वायुमण्डल और सतह को प्रभावित



करना शुरू कर दिया जिससे अवायुजीव और बाद में, वायुजीवों का प्रसार हुआ। हजारों प्रजातियाँ लुप्त होती गयीं और हजारों प्रजातियाँ उत्पन्न होती गयीं। इसी क्रम में पृथ्वी पर रहने वाली 99% से अधिक प्रजातियाँ विलुप्त हैं। इस पृथ्वी पर लाखों प्रजातियाँ निवास करती हैं, जिसमें सबसे अधिक संख्या मनुष्य की है। सूर्य से उत्तम दूरी, जीवन के लिए उपयुक्त जलवायु और तापमान ने जीवों में विविधता को बढ़ाया। हमें पृथ्वी पर सभी प्रकार की चीजें मिलती हैं जैसे की अग्नि, जल, वायु, मिट्टी और इन्हीं सब चीजों के जरिए हम अपने जीवन को बहुत ही सरल और आसान बना सकते हैं और इस धरती पर



रह सकते हैं। पृथ्वी का वायुमण्डल कई परतों से बना हुआ है। नाइट्रोजन और ऑक्सीजन की मात्रा सबसे अधिक है। वायुमण्डल में ओजोनगैस की एक परत है जो सूर्य से आने वाली हानिकारक पराबैंगनी किरणों को रोकती है।

हमारी पृथ्वी बहुत ही सुंदर दिखाई पड़ती है। जिसको देखते ही हमारी मन प्रसन्न हो जाता है, और हमें बहुत ही अच्छा लगने लगता है क्योंकि जिस धरती पर हम रहते हमारी पृथ्वी पर बहुत ही सुंदर और बड़े विशाल पर्वत देखने को मिलेंगे, जिसने हमारी पृथ्वी की सुंदरता में चार चाँद लगा दिए हैं। पर्वत पर से बहुत ही सुंदर झरने बहते हैं। उन झरनों की आवाज में इतनी खनक होती है कि वह किसी का भी मन मोह लेती है। हमारी पृथ्वी पर और भी कई ऐसी चीज़ें हैं जिसकी वजह से पृथ्वी बहुत ही खूबसूरत प्रतीत होती है, जैसे की नदियाँ, सागर, खूबसूरत हरियाली और अन्य कई सुंदर चीज़ें जिसकी वजह से यह पृथ्वी सुंदर बनती है। पेड़-पौधे भी हमारे जीवन का सबसे बड़ा हिस्सा बनते हैं क्या कि इनकी वजह से ही वर्षा होती है, और जिसकी वजह से हमें पीने का पानी मिलता है। पानी के बिना हमारा जीवन संभव नहीं है। बारिश की वजह से हमें अच्छी फसल और अनाज मिलता है जिसकी वजह से हम पेट भर सकते हैं।

संकलित



खुशी जैन  
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## साइबर क्राइम

दुनिया हम सभी कई चीज़ों के लिए इंटरनेट का इस्तेमाल करते हैं। कुछ जानना हो तो 'हम इंटरनेट पर ढूँढ सकते हैं, महामारी के समय भी हमारी पढाई इंटरनेट के कारण नहीं रुकी किसी को कुछ भेजना हो तो हम फटाफट इंटरनेट के द्वारा भेज सकते हैं। पूरी दुनिया एक "तरह से इंटरनेट से जुड़ी हुई है। इंटरनेट के कई फ़ायदे और नुकसान हैं। अगर इसे ध्यान से इस्तेमाल करें तो कोई नुकसान नहीं होगा पर कभी-कभी लापरवाही की बहुत बड़ी कीमत चुकानी पड़ सकती है। कुछ लोग



कुछ लोग इंटरनेट को गलत कार्यों के लिए करते हैं इस्तेमाल करते हैं और इंटरनेट इस्तेमाल करने वाले दूसरे लोगों को परेशान करते हैं। कंप्यूटर और इंटरनेट के द्वारा "साइबर क्रिमिनल्स" दूसरे कंप्यूटर्स हैक करते हैं और दूसरे लोगों कि सारी गोपनीय जानकारियाँ चोरी करते हैं। इससे पैसों का भी नुकसान हो सकता है। सारी जानकारियाँ मिलने के बाद कई बार वे कई चीज़ों के लिए भयादोहन (ब्लैकमेल) करते हैं और लोग अक्सर परेशान होकर आत्महत्या पर उतर आते हैं। ऐसी स्थिति में समझदारी है। साइबर क्राइम डिपार्टमेंट" में इस चीज़ के बारे में शिकायत करना। यह डिपार्टमेंट खास ऐसे अपराधों के लिए ही है। तेलंगाना में करीब 52,974 साइबर क्राइम्स व 2021 में सामने आए हैं।

यह बहुत जरूरी है कि लोगों को इसके बारे में पता चलें। अगर हमें लोगों में यह जागरूकता फैलाना जरूरी है कि अगर वे इंटरनेट और कंप्यूटर का इस्तेमाल करें तो सावधानी से करें। हमें इसे सही कार्यों के लिए इस्तेमाल करना चाहिए। सोशल मिडिया पर पर्स पर्सनल जानकारियाँ देकर लोगों को ऐसे क्रिमिनल्स को फिर पछताव होता है तो इससे अच्छा हम सावधानी बरकते और कोई आंतरिक और गोपनीय जानकारी सबको न दें। साइबर क्राइम को रोकने के लिए सावधानी बरतनी जरूरी है।



पूजा जैन

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# ಕನ್ನಡ

## ಬೇಡವೆನ್ನಲು ನಾವ್ ಯಾರು

ಬೇಡವೆನ್ನಲು ನಾವ್ ಯಾರು ।

ನೀ ನಿರ್ಧರಿಸಿದೆ ಅಂದೆಂದೆ ॥

ಪ್ರಕೃತಿಯ ಚೆಲುವ ಸವಿಯೆಂದು

ನಡುವೆ ವಿಕೋಪದ ವಿಕೃತಿಯಿಟ್ಟು

ಕಟ್ಟಿದೆ ಜಾಗೃತಿಯ ಗಂಟೆ । ಬೇಡವೆನ್ನಲು ನಾವ್ ಯಾರು ।

ಬೊಗಸೆದುಂಬಿ ಪ್ರೀತಿ ಕೊಟ್ಟು

ಎಲ್ಲ ಅಸ್ಥಿರವೆಂಬ ಸಂದೇಶವಿಟ್ಟು

ಸಾರ್ಥಕತೆಯ ಪಡೆಯೆಂದೆ । ಬೇಡವೆನ್ನಲು ನಾವ್ ಯಾರು ।

ಕಷ್ಟ ಸುಖಗಳ ಮಿಶ್ರಣವನಿತ್ತು

ಎಲ್ಲವೂ ಕ್ಷಣಿಕವೆಂದೇ

ಪ್ರತಿಯೊಂದು ಅನುಭವಿಸೆಂದೆ । ಬೇಡವೆನ್ನಲು ನಾವ್ ಯಾರು ।

ಜೀವನವನ್ನೆ ಪಾಠಶಾಲೆ ಮಾಡಿದೆ

ಸಾಗೆಂದೆ ಅರಿತು ಮುಂದೆ ಮುಂದೆ

ಕಾಲದ ಮುಂದೆ ನೀ ತೃಣವೆಂದೆ ।

ಬೇಡವೆನ್ನಲು ಯಾರು ನಾವು ।

ನಿನ್ನ ಮಾಯಗೆ ಶರಣೆಂದೆ ।



ವಿನಯ ಬಿ.ಆರ್

ಪ್ರಾಥಮಿಕ ಹಾಗೂ ಪ್ರೌಢಶಾಲೆ ಕನ್ನಡ ಶಿಕ್ಷಕಿ



## ಕನ್ನಡ ಒಗಟುಗಳು

1. ಕಡಲೆ ಕಾಳಷ್ಟು ಹಿಂಡಿ 32 ಮನೆ ಸಾರಿಸಿ ಬಚ್ಚಲು ಪಾಲು ಆಗುತ್ತೆ.

ಉತ್ತರ ~ ಹಲ್ಲುಪುಡಿ

2. ಕರಿಗುಡ್ಡೆ ಬಿಳಿ ನೀರು ಅದ್ರಾಗಿ ಕುಂತವಳೆ ಚಂಪ ರಾಣಿ.

ಉತ್ತರ ~ ಗಡಿಗೆ ಮಜ್ಜಿಗೆ

3. ಕೆಂಪು ಕುದುರೆ ಮೇಲೆ ಒಬ್ಬ ಏರುತಾನೆ ಒಬ್ಬ ಇಳಿಯುತ್ತಾನೆ.

ಉತ್ತರ ~ ರೊಟ್ಟಿ, ದೋಸೆ

4. ಹುಲಿಯ ಚಿಕ್ಕಮ್ಮ ಇಲಿಯ ಮುಕ್ಕಮ್ಮ.

ಉತ್ತರ ~ ಬೆಕ್ಕು

5. ಕಡಿದರೆ ಕಚ್ಚೋಕೆ ಆಗಲ್ಲ ಹಿಡಿದ್ರೆ ಮುಟ್ಟಕ್ಕೆ ಆಗಲ್ಲ.

ಉತ್ತರ ~ ನೀರು

6. ಒಂದು ರುಮಾಲು ನಮ್ಮಪ್ಪನೂ ಸುತ್ತಲಾರ.

ಉತ್ತರ ~ ದಾರಿ

7. ನನ್ನ ಕಂಡರೆ ಎಲ್ಲರೂ ಓಡಿಹೋಗುತ್ತಾರೆ.

ಉತ್ತರ ~ ಚೆಂಡು

8. ಬಿಳಿ ಹುಲ್ಲಲ್ಲಿ ಕೆಂಪು ಕುರಿಮರಿ.

ಉತ್ತರ ~ ನಾಲಿಗೆ

9. ಕಾಡಿನಲ್ಲಿ ಹುಟ್ಟುವುದು ಕಾಡಿನಲ್ಲಿ ಬೆಳೆಯುವುದು ಕಾಡಿನಲ್ಲಿ ಕಂಪ ಸೂಸುವೆನು.

ಉತ್ತರ ~ ಶ್ರೀಗಂಧ



ಮಾನ್ಯ.ಬಿ.ಹೆಚ್

ಆ ನೇ ತರಗತಿ 'ಸಿ' ವಿಭಾಗ

## ಭಾಷೆ

ಭಾಷೆ ಎನ್ನುವುದು ಒಂದು ದೊಡ್ಡ ದ್ವಾರ. ಆ ದ್ವಾರ ನಮ್ಮನ್ನು ಕಾಪಾಡಿ ಅನುಗ್ರಹಿಸುವ

ದೇವರು. ಅವನ ಜೊತೆ ಮಾತನಾಡ ಬೇಕೆಂದರೆ ಭಾಷೆ ಬೇಕು. ಆ ದೇವರು ಶಿವನಾದರೆ

ಹಿಂದೂ ಭಾಷೆ, ಏಸುಪ್ರಭು ಆದರೆ ಆಂಗ್ಲ ಭಾಷೆ, ಅಲ್ಲಾ

ಆದರೆ ಉರ್ದು. ಇಂಥ ಮಹತ್ವ ಭರಿತವಾದ

ಭಾಷೆಯನ್ನು, ಜನರು ಮಾತನಾಡದೆ ಬೇರೆ ಭಾಷೆಯ ಬಗ್ಗೆ

ಕೆಟ್ಟ ಮಾತನಾಡುವುದು, ಒಬ್ಬರನ್ನು ಬಯ್ಯಲು,

Consonants														
ಕ	ka	[ka]	ಖ	ka	[kʰa]	ಗ	ga	[ga]	ಘ	ga	[gʱa]	ಙ	ga	[ŋa]
ಚ	ca	[tʃa]	ಛ	ca	[tʃʰa]	ಜ	ja	[dʒa]	ಝ	ja	[dʒʱa]	ಞ	ja	[dʒa]
ಟ	ta	[ʈa]	ಠ	ta	[ʈʰa]	ಡ	da	[ɖa]	ಢ	da	[ɖʱa]	ಣ	na	[ɳa]
ತ	ta	[ʈa]	ಥ	ta	[ʈʰa]	ದ	da	[ɖa]	ಧ	da	[ɖʱa]	ನ	na	[ɳa]
ಪ	pa	[pa]	ಫ	pa	[pʰa]	ಬ	ba	[ba]	ಭ	ba	[bʱa]	ಮ	ma	[ma]
ಯ	ya	[ja]	ರ	ra	[ra]	ರ	ra	[rʱa]	ಲ	la	[la]	ವ	va	[va]
ಶ	sa	[ʃa]	ಷ	sa	[ʃʰa]	ಸ	sa	[sa]						
ಹ	ha	[ha]	ಹ	ha	[hʱa]	ಳ	la	[ɭa]	ಳ	la	[ɳa]	ಞ	ja	[dʒa]



ತೆಗಳಲು ಉಪಯೋಗಿಸುತ್ತಿದ್ದಾರೆ .ನಮ್ಮಲ್ಲಿ ಇನ್ನು ಜೀವ ಇದೆ ಎಂದರೆ ಅದು ದೇವರ ಕೃಪೆ. ಮಾನವೀಯತೆ ಸಹಜವಾಗಿ ತಂದೆ ತಾಯಿಯಿಂದ ಬರುತ್ತದೆ . ಅವರು ನಮಗೆ ಹೇಳುವುದು ಈ ಭಾಷೆಯಿಂದಲೇ . ನಮ್ಮ ಪೂರ್ವಿಕರು ಒಂದು ಮಾತು ಹೇಳಿದ್ದಾರೆ 'ದೇವರು ಒಬ್ಬನೇ ;ಅವನ ನಾಮ ಹಲವು'. ಆ ಜೀವದಾತನೇ ಒಬ್ಬನಾದ ಮೇಲೆ ಭಾಷೆಗಳು ಸಹ ಒಂದೇ ಅಲ್ಲವೆ?? ಈ ಮೂರ್ಖ ಜನರು ತಮ್ಮ ಭಾಷೆಯೇ ಹೆಚ್ಚು ಎಲ್ಲರು ಅದೇ ಭಾಷೆ ಮಾತನಾಡ ಬೇಕೆಂದು ಹೇಳುತ್ತಾ ಜಗಳವಾಡುತ್ತಿದ್ದಾರೆ.ಅವರು ತಮ್ಮ ಬುದ್ಧಿಯನ್ನು ತೊರೆದು ಜಂಭದಿಂದ ಬದುಕುತ್ತಿದ್ದಾರೆ ಇಂಥ ಜನರಿಗೆ ಜ್ಞಾನೋದಯ ಮಾಡಿಕೊಟ್ಟು ಎಲ್ಲ ಜನರು ತಮ್ಮ ಜೀವನವನ್ನು ಸಂತೋಷವಾಗಿ ನಡೆಸಿದರೆ ಆಗದೇ? ಇದು ಯುವಜನರಿಂದ ಸಾಧ್ಯ.

ಸರ್ವೇ ಜನಃ ಸುಖಿನಃ ಭವಂತು

ಒಂದೇ ಮತ , ಒಂದೇ ಭಾಷೆ , ಒಂದೇ ಕುಲ , ಒಂದೇ ಧರ್ಮ , ಒಬ್ಬನೇ ದೇವರು



ಪ್ರತ್ಯುಷ್.ಎಸ್.ಜಿ  
೯ ನೇ ತರಗತಿ 'ಬಿ' ವಿಭಾಗ

## ಕೈಮಗ್ಗ

ನೂಲುಗಳನ್ನು ಸಮಾನಾಂತರವಾಗಿ ಜೋಡಿಸಿಕೊಂಡು ಲಂಬವಾಗಿ ತೂರಿಸಲು ಅನುಕೂಲವಾಗುವಂತೆ ರಚಿಸಿಕೊಂಡ ಯಂತ್ರ ಸಾಧನವೇ ಮಗ್ಗ.



ವಿದ್ಯುತ್ತನ್ನು ಬಳಸದೆ ಒಬ್ಬನೇ ನೇಕಾರ ಮಗ್ಗದ ಮುಂದೆ ಕುಳಿತು ಕೈಕಾಲುಗಳ ಬಲವನ್ನು ಅಷ್ಟೇ ಪ್ರಯೋಗಿಸಬಹುದಾದ ಮಗ್ಗವೇ ಕೈಮಗ್ಗ. ಯಂತ್ರದಲ್ಲಿ ಲಾಳಿ,ಪನ್ನೆ, ಕಾಲು ಮಣೆ,ಅಚ್ಚು ಇವುಗಳ ಸಹಾಯದಿಂದ ಬಟ್ಟೆಗಳನ್ನು ನೇಯುತ್ತಾರೆ. ಭಾರತದಲ್ಲಿ ಕೈಮಗ್ಗವಸ್ತ್ರೋದ್ಯಮ ಒಂದು ಪ್ರಾಚೀನ ಕಾಲದ ಸಂಪ್ರದಾಯಿಕ ತಾಂತ್ರಿಕತೆ ಹಾಗೂ ವಿನ್ಯಾಸವನ್ನು ಒಳಗೊಂಡಿತ್ತು.ಕರ್ನಾಟಕದಲ್ಲಿ ಕೈಮಗ್ಗದ ಸೀರೆಗಳೆಂದರೆ ಚಿತ್ರದುರ್ಗದ ಮೊಳಕಾಲ್ಮೂರು ಹಾಗೂ ಇಳಕಲ್ ಸೀರೆಗಳು ಹೆಸರುವಾಸಿಯಾಗಿದೆ.

ಕೈಮಗ್ಗದ ಸೀರೆ ಅಥವಾ ಬಟ್ಟೆಗಳಲ್ಲಿ ಸನಾತನ ಭಾರತದ ಪ್ರಾಚೀನ ದೇವಸ್ಥಾನಗಳ ಕೆತ್ತನೆಗಳು ವಿವಿಧ ರೀತಿಯ ಉಡುಪುಗಳ ವಿನ್ಯಾಸ ನೇಕಾರಿಕೆಯ ಕಲೆಯನ್ನು ಹೊರದೇಶಕ್ಕೆ ಬಿಂಬಿಸುತ್ತದೆ ಕೈಮಗ್ಗದಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ಸೀರೆಗಳೇ ಹೆಸರುವಾಸಿಯಾಗಿದ್ದರಿಂದ ಭಾರತದ ಮಹಿಳೆ ತನ್ನನ್ನು ಸೀರೆಯಲ್ಲಿ ಗುರುತಿಸುವಂತೆ ಇನ್ನಾವುದೇ ಉಡುಪಿನಲ್ಲಿ ಗುರುತಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಿಲ್ಲ ಎಂಬುದಾಗಿದೆ. ಭಾರತೀಯ ಕೈಮಗ್ಗದ ಸೀರೆಗೆ ವಿದೇಶಗಳಲ್ಲಿಯೂ ಬಾರಿ ಬೇಡಿಕೆಗಳಿವೆ.

ಕೈಮಗ್ಗದ ಸಂಸ್ಕೃತಿಯು ಪವರ್ಲೂಮ್ ಬಂದಾಗಿನಿಂದ ವಿನಾಶದ ಅಂಚಿಗೆ ತಲುಪಿದೆ ಪವರ್ಲೂಮ್ ಬಟ್ಟೆಗಳು ಕಲಬೆರಕೆ ಬಟ್ಟೆಗಳಾಗಿದ್ದು ಒಂದು ಬಗೆಯ ಕಾಗದದ ಹೂವು ಇದ್ದಂತೆ,ಪರಿಮಳ ಇಲ್ಲದ ಹೂವಾಗಿದೆ . ಗ್ರಾಹಕರು ಕಲಬೆರಕೆ ಬಟ್ಟೆಗಳಿಂದಾಗಿ ಮೋಸಕ್ಕೆ ಗುರಿಯಾಗುತ್ತಿದ್ದಾರೆ.



ಕೈಮಗ್ಗಗಳನ್ನು ಸರ್ಕಾರವು ಪುನರ್ಜೀವನ ಗೊಳಿಸಿದರೆ ಜನರಿಗೆ ಉತ್ತಮವಾದ ಗುಣಮಟ್ಟದ ಬಟ್ಟೆಗಳನ್ನು ಪೂರೈಸಬಹುದು ಹಾಗೂ ಹಳ್ಳಿಗಾಡಿನ ಬಗ್ಗೆ ಒಲವು ಮೂಡಿ ಸಿರಿವಂತ ಬಡವ ಎಂಬ ಭೇದ ಅಳಿಯುತ್ತದೆ



ನಯೋನಿಕ.ಎಮ್  
೯ ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

## ಪರೀಕ್ಷೆಯ ಒತ್ತಡವನ್ನು ಹೇಗೆ ಎದುರಿಸುವುದು ??

ಪರೀಕ್ಷೆಯು ಪ್ರತಿಯೊಬ್ಬರ ಜೀವನದಲ್ಲೂ ಮುಖ್ಯವಾದುದು ಆದರೆ ತುಂಬಾ ಒತ್ತಡವನ್ನು ತೆಗೆದು ಕೊಳ್ಳುವುದು ಮಾನಸಿಕ ಆರೋಗ್ಯಕ್ಕೆ ಹಾನಿಕಾರಕವಾಗಿದೆ ಮತ್ತು ಇದು ಏಕಾಗ್ರತೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಿ ಕಡೆಗೆ ಮನಸ್ಸು ಕೇಂದ್ರೀಕರಿಸಲು ಸಾಧ್ಯವಾಗುವುದಿಲ್ಲ. ಅದರಿಂದ ಅವರು ಕಡಿಮೆ ಅಂಕಗಳನ್ನು ಪಡೆದುಕೊಂಡು ತಮ್ಮ ಜೀವನಗಳನ್ನು ಕೊನೆಗೊಳಿಸಿಕೊಳ್ಳುತ್ತಾರೆ.ಇದು ಸರಿಯಲ್ಲ ಈ ಒತ್ತಡಗಳನ್ನು ಹೋಗಲಾಡಿಸಲು ವಿದ್ಯಾರ್ಥಿಗಳು :



- ಪರೀಕ್ಷೆಗಾಗಿ ಪೂರ್ವ ಸಿದ್ಧತೆಗಳನ್ನು ಮಾಡಿಕೊಳ್ಳಬೇಕು
- ಮನಸ್ಸನ್ನು ಮೊದಲು ಕೇಂದ್ರೀಕರಿಸಲು ಧ್ಯಾನ ಮಾಡಬೇಕು

ವಿದ್ಯಾರ್ಥಿಗಳು ಈ ಸಲಹೆಗಳನ್ನು ಅನುಸರಿಸಿದರೆ ಓದಿದ ವಿಷಯವು ನೆನಪಿಸಿಕೊಳ್ಳಲು ಸಹಾಯವಾಗುತ್ತದೆ ಮತ್ತು ಅವರು ತಮ್ಮ ಪರೀಕ್ಷೆಗಳಲ್ಲಿ ಉತ್ತಮ ಅಂಕ ಪಡೆಯುತ್ತಾರೆ. ಆದರೆ ಈ ಸಮಸ್ಯೆಗಳ ವಿರುದ್ಧ ಹೋರಾಡಲು ವಿದ್ಯಾರ್ಥಿಗಳು ಸರಿಯಾದ ಮತ್ತು ಶ್ರದ್ಧಾಪೂರ್ವಕ ಸಿದ್ಧತೆಯನ್ನು ಮಾಡಿಕೊಳ್ಳಬೇಕು.

ಇದರಿಂದ ಓದಿದ ವಿಷಯಗಳು ಮನಸ್ಸಿನಲ್ಲೇ ಉಳಿಯಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಈ ವಿಷಯದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಧನಾತ್ಮಕವಾಗಿ ಇದ್ದು ನಿರ್ದಿಷ್ಟ ಗುರಿ ಹೊಂದಿದ್ದಾಗ ಮಾತ್ರ ಜೀವನದಲ್ಲಿ ಗೆಲುವು ಸಿಗುವುದು ಎಂಬ ಅಂಶವನ್ನು ನೆನಪಿನಲ್ಲಿಟ್ಟುಕೊಳ್ಳಬೇಕು . ಓದಿದ ವಿಷಯವನ್ನು ಬರೆದು ಚೆನ್ನಾಗಿ ಮನನಮಾಡಿಕೊಳ್ಳಬೇಕು . ಓದನ್ನು ಹಾಳುಮಾಡುವ ಎ ಲೆಕ್ಚೂನಿಕ್ ವಸ್ತುಗಳ ಕಡೆಗೆ ಗಮನ ನೀಡಬಾರದು



ಜೀವೇಶ್.ರ.ಎಂ  
೧೦ ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ



# संस्कृतम्

## गणतंत्र दिवस

क्रिस्तीयवर्षानुसारं जनवरीमासस्य षड्विंशे दिवसे अस्माकं देशे गणतन्त्रदिवसः ससमारोहम् सम्भाव्यते । अयं हि दिवसो भारतेतिहासेऽतीवमहत्त्वपूर्णः । पञ्चाशदधिक एकोनविंशतिशततमे क्रिस्तीयवर्षे तस्मिन् दिवसे ऽनेकशताब्दीपरतन्त्रान्तर स्वतन्त्र भारतराष्ट्रं गणतन्त्रमुद्घोषितं । तस्य च स्वकीय संविधानम् स्वकीया च शासनप्रणाली तद्दिनात् प्रवृत्ते । एतदनन्तरमेव भारतेन पूर्णस्वातन्त्र्यं लब्धमिति कथयितुं शक्यते । तस्यैव महत्त्वपूर्णदिवसस्य स्मृतौ प्रतिवर्षमेतद्दिनं राष्ट्रियपर्वरूपेण सम्मान्यते । अस्मिन् दिने देशस्य प्रमुखेषु नगरेषु राष्ट्रियध्वजारोहणं भवति , राजकीयभवनानि च दीपमालाभिर्दीप्यन्ते , मेलकानि आयोज्यन्ते । अस्मिन् दिवसे विशिष्टः समारोहो राजधान्यां दिल्लीयां समायोज्यते । प्रातरेव राष्ट्रपतिभवननिकटस्थे विजयचतुष्पथे विशिष्टे मञ्चे राष्ट्रपतिः भारतीयसेनायाः त्रिभ्य एव जलस्थलवायुसेनाङ्गैः अभिवादनं स्वीकरोति । ततो ऽपि पूर्वाष्ट्रपतिः विशिष्टेभ्यः सैनिकेभ्यो विशेषोत्साहशौर्यकौशलप्रदर्शनार्थं पदकानि वितरति । सेनाङ्गः राष्ट्रपतेरभिवादानावसरे तेषां सेनाङ्गानां स्वोपकरणैः सार्क विजयचतुष्पथादारभ्य राजधान्याः प्रमुखराजमार्गेषु रक्तदुर्ग पर्यन्तं शोभायात्रा भवति । इमां शोभायात्रां लक्षशो जनाः मार्गमुभयतो वा वृक्षेषु वा भवनच्छदिषु वा सौत्सुक्यमवलोकयन्ति । इमामेव द्रष्टुं भारतस्था विविधदेशानां राजदूता अन्ये च विशिष्टा वैदेशिकातिथयोऽपि राजपथं समवयन्ति ।



चेतांसि आन्दोलयति । अस्मिन्नेवावसरे आसेतुहिमाचलम् आद्वारिकाकामरूपं च निखिलभारतदेशस्य सांस्कृतिकी औद्योगिकी चापि शोभायात्रा भवति । वैविध्यमयं भारतीय लोकजीवनं तत्रैकत्रैव वयं द्रष्टुं पारयामः । प्रतिवर्षम् एतानि शोभायात्रादृश्यानि एव मनोहरतराणि नेत्रयोरुत्सवं जनयन्ति । अत एव महति शीते ऽपि आप्रत्युषादेव जनाः स्वस्थानं गृह्णन्ति । सर्वे तत्र सुन्दरं सर्वे शोभाढ्य भारतं नृत्यतीव पुरतः । प्राचीनं वा नूतनं वा , निकटस्थं वा दूरस्थं वा सर्वतत्र साक्षाद् भवति भारतगौरवम् । अन्ते चाकाशे विमानैस्त्रिवणभारतीयध्वजो विशिष्टधूमोद्गमैर्निर्मियते यत् दृष्ट्वा जनाश्चकितचकिता इव भवन्ति । रात्रौ राजकीयभवानि दीपमालाभिः विद्योतन्ते क्वचिच्च ज्वलनक्रीडनकप्रदर्शनमपि भवति । अस्मिन् दिवसे राष्ट्रपतिः गतवर्षस्य विशिष्टविद्वद्भ्यः पुरस्कारान् सम्मानान् प्रददति। अयं दिवसो ऽस्मान् भारतीयान् भेदभावान् विस्मृत्य एकभावेन राष्ट्ररक्षार्थं राष्ट्रसेवार्थं प्रेरयति । अक्षुण्णम् चिरं तिष्ठतु भारतीय गणतन्त्रम् ।

जनगणहृदयानां नित्यमाह्लादकारी

सकलबुधविकासो दुःखिपीडापहर्ता ।



जयश्री वैष्णव  
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## भारतस्वतन्त्रतादिनम्

भारतस्वतन्त्रतादिनम् 'अगस्त'-मासस्य पञ्चदशे (१५/८) दिनाङ्के राष्ट्रियोत्सवत्वेन आभारते आचर्यते । १९४७ तमस्य वर्षस्य 'अगस्त'-मासस्य पञ्चदशे दिनाङ्के भारतगणराज्यं स्वतन्त्रम् अभवत्। अतः एतद्दिनं भारतस्वातन्त्र्यदिनोत्सवत्वेन आचर्यते। तत्पूर्वं ब्रिटिश-जनाः भारतस्योपरि शासनं कुर्वन्ति स्म। १९४७ तमस्य वर्षस्य 'अगस्त'-मासस्य चतुर्दशे (१४/८/१९४७) दिनाङ्के मध्यरात्रौ द्वादशवादने आङ्गलाः भारतगणराज्यस्य शासनं भारतीयेभ्यः यच्छन्तः भारतत्यागम् अकुर्वन्। भारतस्वतन्त्रतायाः तत् दिनं भारते राष्ट्रियपर्वत्वेन आचर्यते।

स्वातन्त्र्योत्सवस्य प्रमुखः कार्यक्रमः देहली-महानगरस्थे रक्तदुर्गे (लालकिला) भारतगणराज्यस्य राष्ट्रपतेः भाषणेन आरभते। ततः प्रधानमन्त्रिद्वारा ध्वजारोहणं भवति। अनन्तरं प्रधानमन्त्री सर्वकारस्य कार्याणां योजनां प्राकटयन् सर्वेभ्यः शुभाशयं यच्छति। ततः सर्वेषां राज्यानां राजधानीषु मुख्यमन्त्रिणः ध्वजारोहणं कृत्वा जनेभ्यः शुभाशयं यच्छन्ति। ततः सर्वेषां राज्यानां राजधानीषु मुख्यमन्त्रिणः ध्वजारोहणं कृत्वा जनेभ्यः शुभाशयं यच्छन्ति । स्वातन्त्र्यदिने प्रातः सप्तवादने ध्वजारोहणस्य कार्यकालः । ततः भारतगणराज्यस्य राष्ट्रपतिः देशं सम्बोध्य भाषणं करोति । राष्ट्रपतेः भाषणानन्तरं भारतगणराज्यस्य प्रधानमन्त्री देशं सम्बोधयति । तस्मिन् दिने भारतीयत्रिवर्णध्वजः सर्वत्र विराजते।



के. करिश्मा

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**“Everyone has inside of him. A piece of good news. The good news is that you don't know how great you can be ! How much you can love! What you can accomplish! And what your potential is!”**

