



# Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

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## ABHIVYAKTI/ಅಭಿವ್ಯಕ್ತಿ/अभिव्यक्ति

### Issue 08

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“Every page of Abhivyakti reflects the creativity, talent, and spirit of our students.”

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# PRAJNA PATH



A Prajnath Career Guidance Session was successfully conducted for the Class 10 students and their parents on 6th December 2025. The session aimed to provide clarity on career options, subject selection, and future academic pathways after Class 10.

The resource persons guided students on identifying their interests and strengths, explained various streams and career opportunities, and addressed parents' concerns regarding informed decision-making. The interactive session was insightful and helped students and parents gain a better understanding of planning a confident and well-informed career journey.

## PRE BOARD EXAMINATION - 1

The Pre-Board I Sahodaya Examination for Class X was conducted from 08 December 2025 to 19 December 2025. The examinations were held smoothly in accordance with Sahodaya guidelines, providing students with valuable practice and assessment ahead of the Board Examinations. The initiative helped students evaluate their preparedness and identify areas for improvement.

## PERIODIC TEST - 2

The Periodic Test–2 for the Academic Year 2025–26 was successfully conducted from 17 December 2025 to 24 December 2025 for students from Nursery to Class IX. The assessments were held as per the schedule and provided students with an opportunity to demonstrate their academic progress. We appreciate the cooperation of students, parents, and teachers in ensuring the smooth conduct of the examinations.

## NAVY DAY



Saluting the Guardians of Our Seas.”

Navy Day was celebrated in our school to honour the courage and dedication of the Indian Navy. Students learned about the role of the Navy in protecting the nation through informative talks and activities. The celebration instilled a sense of patriotism and respect for our armed forces.



# ANNUAL DAY

PREPRIMARY  
ON 13/12/2025





# ANNUAL DAY

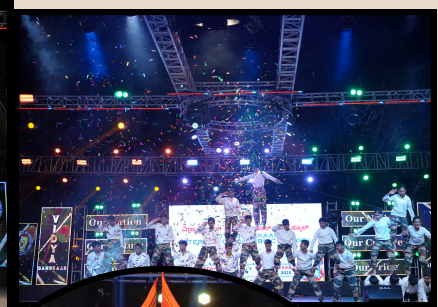
JUNIOR  
ON 13/12/2025





# ANNUAL DAY

SENIOR  
ON 13/12/2025





# VEER BAL DIVAS



A Salute to Fearless Faith”

The school assembly commemorated Veer Bal Diwas, remembering the bravery of young martyrs and inspiring students with values of courage and faith.



## CHRISTMAS CELEBRATION



“Celebrating the Spirit of Christmas”

The Christmas celebration was held during the school assembly with carols, messages of peace, and joyful performances. The programme spread the spirit of love, sharing, and togetherness, making the occasion memorable for all.





## NATIONAL MATHEMATICS DAY



“Masks that Speak the Language of Geometry”

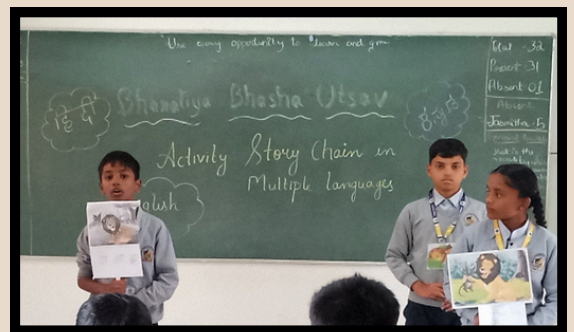
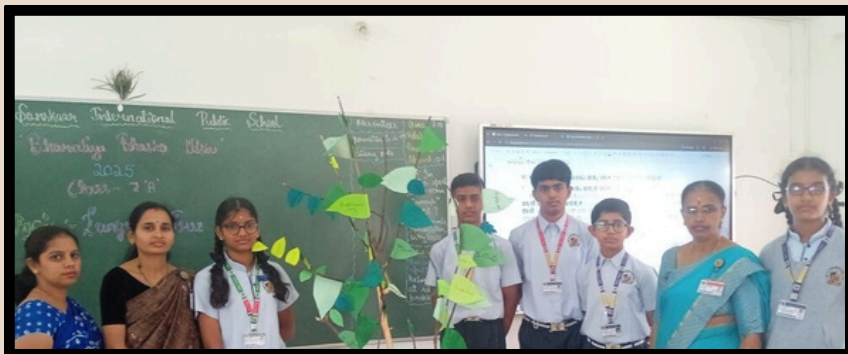
Students celebrated National Mathematics Day with a unique Mask Making Activity using geometrical shapes. Through this creative task, children applied their knowledge of shapes while enhancing fine motor skills and visual thinking. The activity made mathematics lively, enjoyable, and meaningful.



## BHARATIYA BHASHA DIVAS

“Bharatiya Bhasha Utsav: One Nation, Many Languages.”

Bharatiya Bhasha Utsav was celebrated in our school for one week to promote India's rich linguistic diversity. Through fun and engaging activities like storytelling, recitation, quizzes, and speeches, students enhanced their listening, speaking, reading, and writing skills in different Indian languages. The celebration encouraged respect for all languages and highlighted the spirit of unity in diversity.





## HDFC ESSAY WRITING COMPETITION



Writing Today, Leading Tomorrow”

An essay writing competition was conducted by HDFC Bank for Class 6 and 7 students to encourage creative thinking and improve writing skills. The activity helped students express their ideas confidently and develop a love for language.

## DEBATE COMPETITION



Debating Today, Shaping Tomorrow.”

A debate competition was held among the different houses of the school on the topic “Is Voting Necessary or Not?” Students presented their views confidently and logically, showcasing strong speaking and critical-thinking skills. The event encouraged awareness about civic responsibility and healthy exchange of ideas.



## EMRS EXAMINATION

Our school served as an examination centre for the EMRS recruitment examination for the posts of Hostel Warden and Female Nurse. A total of 240 candidates were registered for the examination, out of which 91 candidates appeared and successfully wrote the exam. The examination was conducted smoothly, adhering to all prescribed guidelines and procedures.

## CLASSROOM ACTIVITIES



### Robot Making



### Calligraphy - Discover the beauty of every letter

The art of calligraphy enhances students' fine motor skills, concentration, and confidence while making writing enjoyable. It also encourages students to slow down, think clearly, and write with purpose. A calligraphy teaching activity was conducted for students by Ashwini Ma'am to develop artistic skills and improve handwriting.



### HUMAN RIGHTS

#### "Voices Without Words"

As part of the Human Rights assembly, students presented a powerful mime highlighting the importance of equality, freedom, and respect for all. Through silent expressions and meaningful actions, the performance conveyed strong messages about dignity, justice, and compassion.





# STAFF CORNER

## Still she stood

Shifa belonged to a very conservative family. She lived in a joint family. When she met me she was in class 9 in a CBSE school. She exhibited great interest in learning and wanted to move ahead in life pursuing her path in the science stream. She was a timid girl who used to talk less and listen more.

Her parents were very supportive and wanted her to complete her class 10 with good grades. Otherwise, she would get married at a young age as per their community head's advice.

They were financially stable enough to provide her good education. But at the same time they could not go against the decision of the elders in the family. The only way they found was to empower their daughter and continue to inspire her to work hard to achieve their dreams.

When I interacted with the parents, I could make out that she had issues in understanding mathematics. She could manage other subjects. But in Math she expressed that she has never crossed the passing mark. She prayed desperately to me to make her pass in Math once. That was a challenge.

Both Shifa and I took it upon ourselves and worked together. Initially she was struggling in unit tests and periodic tests. Through consistent effort and dedication, Shifa passed class 10 with 60%.

This child is one of the examples that I would like to share with each batch of students for it is a true case of overcoming hurdles and achieving a short-term goal. Shifa showed resilience each time she failed in her attempt. She would struggle to solve simple math problems. But she would try each question till she understood the method to solve. She used to ask many questions out of her curiosity to find a way to get a solution for a given problem. She was never late, never missed any of the classes and always stayed late night solving problems. It has been more than 20 years since we parted. I do not know what she is doing now or where she is.

But I know she is always here in my heart being remembered as a student with strong determination and willpower who faced all the odds of that time.

God bless her.

Thank you

Sumana Shenoy  
Principal

Vidya Sanskaar International Public School  
Machohalli Gate, Magadi main Road, Bengaluru-560091



## Brainy Tummy

### - A series of Brain Boosting Food Recipes

Do you know which part of our body helps us to think, read, remember, and learn? Yes! It is our **brain**.

Just like your phone needs charging, our **brain also needs good food** to work well or get charged

As Parents we are all concerned about the health of our kids but our focus is more on building up physical health than providing food known to **support brain health**. Brain development is very essential for **Young Learners** to focus on memory, concentration, and maintain mental alertness.

Here is a **simple, Indian-friendly recipe known to boost brain health**. It's easy to prepare and suitable for daily meals and for all age groups.



#### 1. Almond-Walnut Milk (Morning Brain Booster)

##### Ingredients

- 5 soaked almonds
- 2 soaked walnuts
- 1 cup warm milk (or almond milk)
- A pinch of turmeric
- Optional: 1 date or a spoon of honey

##### Method

- Peel almonds,
- Blend all ingredients
- Drink warm in the morning

##### Why should I prepare this recipe for my child?

- Almond-Walnut Milk is Excellent for the Brain
- Its Rich in omega-3 fatty acid, vitamin E
- ✓ Improves **memory & concentration**
- ✓ Supports **brain development in children**

##### When we eat healthy food:

- We can remember better
- We can pay attention in class
- We feel active and happy

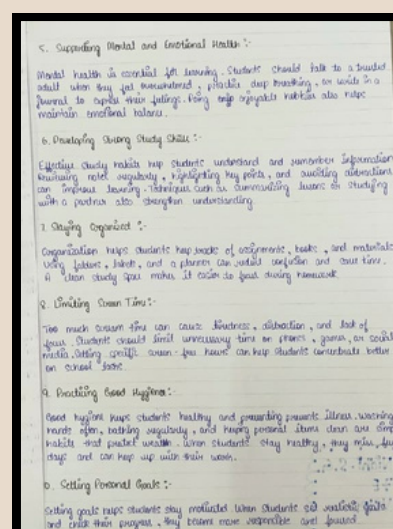
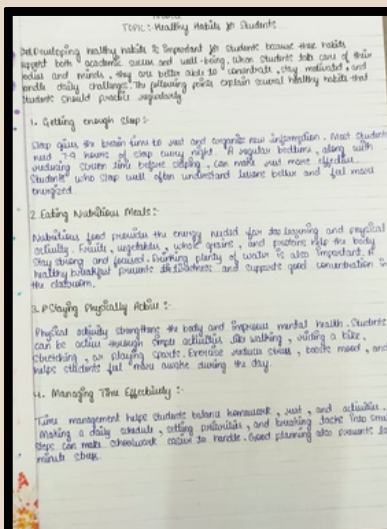
##### Kindly Note:

- Always soak almonds & walnuts overnight
- Avoid sugar; use dates or honey.
- Not suitable for nut allergies.
- Use warm milk for better digestion

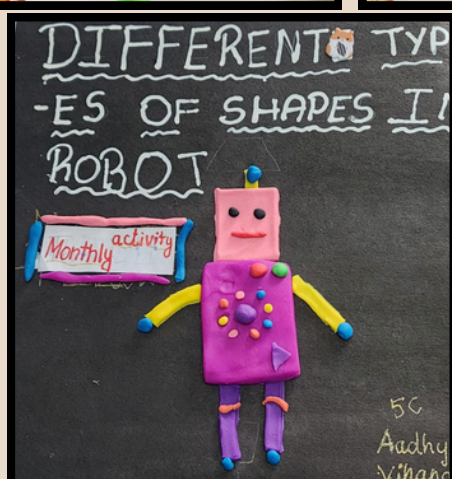
Roopa J  
CFP



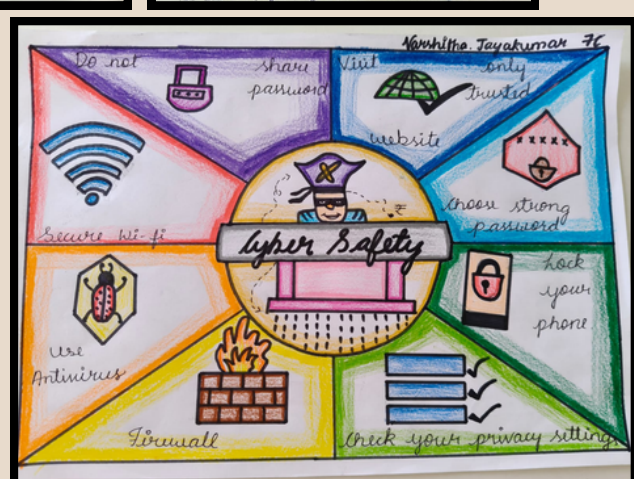
# STUDENT CORNER



NAME :- NIDHIS G  
CLASS:- 7TH (E)



NAME :- AADHYA VIHAAN  
CLASS:- 5TH (C)



NAME :- VARSHITHA JAYAKUMAR  
CLASS:- 7TH (C)



# ART CORNER



**NAME:- KRUTHIKA SR**  
**CLASS:- 8TH (A)**



**NAME :- LALITHA. C**  
**CLASS:- 8TH (A)**



**NAME:- AMRUTHA.K**  
**CLASS:- 8TH (A)**



**NAME:- SANVI.M. PATIL**  
**CLASS:- 8TH (A)**



**NAME:- TANVI.RANA**  
**CLASS:- 8TH (A)**



# IMPORTANT EVENTS IN JANUARY

1. PTM 3/1/2026
2. Sr kg full day class commencement 5/1/2026
3. Pre board2 class 10: 8/1/2026
4. National Youth day- Assembly program: 12/1/2026
5. Makara Sankranthi holiday: 15/1/2026
6. PT3 starts: CIN-9: 16/1/2026
7. Republic day: 26/1/2026
8. Saraswati Pooja: Class 10: 30/1/2026
9. Samavartan Sanskaar : class 10, Parent engagement activity: pre primary: 31/1/2026

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Roopa J (CPF)  
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