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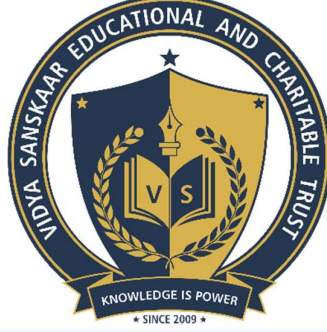
July: 2025

# Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

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ABHIVYAKTI/ಅಭಿವ್ಯಕ್ತಿ/अभिव्यक्ति



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## School Reopen Pre-primary-June 2



### First Day... School

02/06/2025  
Our tiny tots as King and Qu...



welcome to your first  
classroom!



We are thrilled to welcome our little stars to the **first day of the Pre-Primary Academic Year 2025–26**! It was a delightful start filled with bright smiles, tiny steps, and the joy of new beginnings.

**Today a reader, tomorrow a leader –**



It takes a big heart to shape little minds –  
and today, many hearts began their journey!

Tiny hands held crayons, toys,  
and new friendships today



**Environment Day Celebration – June 5**

Our school marked Environment Day with enthusiastic energy and a powerful message: #BeatPlasticPollution. Children joined hands to clean up our campus, craft eco-friendly posters, and performed creative skits highlighting the harm of plastic waste. Through tree planting and workshops, students learned to refuse, reduce, reuse, recycle, and rethink plastics—a vital step toward caring for our planet. The day inspired every young mind to play their part in building a cleaner, greener tomorrow.



**A single seed can start a forest;  
a single thought can spark a revolution.**





## Colors Day Celebration June 5 – June 27



### Colorful Moments, Cheerful Hearts

Colours Day was a vibrant and joyful celebration for our pre-primary students, aimed at helping them explore and identify different colours. The day was filled with colourful activities, songs, and games that made learning fun and engaging. It was a wonderful opportunity for our little ones to develop visual recognition, creativity, and self-expression in a playful environment.





## School Election

🗳️ Democracy in action! Our young leaders stepped up with confidence and vision during the school elections.



✦ Every vote counts!

A vibrant school election fostered awareness, expression, and a sense of responsibility.



🏆 Winners were chosen, but true victory lies in participation, learning, and standing up for what you believe in.

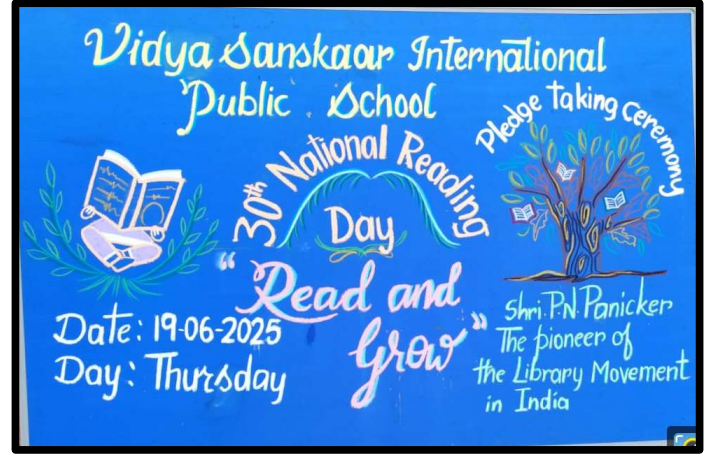
School corridors turned into campaign grounds – excitement at its peak!

**Leaders Today, Trailblazers Tomorrow.**



## *National Reading Day Celebration -19 June*

National Reading Day was celebrated with great enthusiasm to honour the legacy of P.N. Panicker and to ignite the love for reading among students. Various activities like book reading sessions, storytelling, and reading pledge assemblies were conducted to encourage students to develop the habit of reading regularly. The event successfully highlighted the power of books in shaping curious, thoughtful, and informed individuals.





## *International Day of Yoga – June 21*

This year, at our school, we proudly observed International Day of Yoga with the theme Yoga for One Earth, One Health. Parents, Students and teachers came together for an enriching session of asanas and breathing exercises that highlighted the vital link between personal well-being and the planet's health.



The event fostered mindfulness, unity, and a deep appreciation for nature, encouraging everyone to embrace yoga not just as a practice but as a way of living in harmony—with ourselves and Earth.



Students, teachers, and staff came together to perform asanas and learn about the benefits of yoga for physical and mental well-being



## World Music Day Celebration

World Music Day was celebrated in our school with rhythm, melody, and enthusiasm. Students showcased their musical talents through songs, instrumental performances, and dance, filling the atmosphere with joy and harmony. The event highlighted the power of music to unite



hearts, spread happiness, and inspire creativity across cultures and generations.

*Let the Music Play, Let the Soul Shine!*

Do it yourself

# Rainbow Milk

Add a few drops of food colouring to a shallow dish of milk, then dip a cotton bud coated in washing-up liquid into the milk and watch as the colours swirl and mix together.

## Workshop for Teachers – Promoting Mental Health and Wellness Among Students

### Empowering Educators: Health & Wellness Training Session

As part of our commitment to fostering holistic development, our dedicated teachers recently participated in a specialized training session focused on **Promoting Health and Wellness Among Students**.

The session provided valuable insights into the importance of mental, emotional, and physical well-being in a student's academic journey. Through interactive discussions and expert-led modules, teachers explored strategies to encourage healthy habits, manage stress, and create a positive, inclusive classroom environment.

The training also highlighted the role of schools in developing lifelong wellness habits and emphasized how small, consistent efforts can lead to a healthier and happier student community.

With this enhanced understanding, our educators are now better equipped to integrate health and wellness practices into everyday classroom routines, ensuring that every child thrives both in body and mind.



*Healthy minds, healthy futures — together, we grow.*





## Awareness Program for Students Cyber Security – June 27

To empower students with essential knowledge and skills to stay safe in the digital world, a **Cyber Security Awareness Program**. The session aimed to sensitize students about the importance of protecting personal information, identifying cyber threats, and practicing safe internet behavior.



- Importance of **strong passwords** and **two-factor authentication**
- Safe usage of **social media platforms**
- Identifying and reporting **cyberbullying**
- Avoiding **phishing emails** and suspicious links
- Responsible sharing of information online
- Applications under **Cyber Laws in India**





## Investiture Ceremony – June 28



Investiture ceremony was a proud moments where young leaders were chosen through a democratic process, fostering the spirit of responsibility and leadership. The elected student council members were formally entrusted with their duties during the investiture ceremony, inspiring them to lead with integrity, dedication, and teamwork. It was a meaningful step in nurturing future leaders who will contribute positively to the school community.



The Investiture Ceremony at our school marked a proud moment as young leaders were officially entrusted with responsibilities for the academic year





## Parent Engagement Activity- Happy Hours (Pre - Primary)

Bond between parents, students, and the school community. Parents actively participated in interactive sessions, creative activities, and fun-filled games alongside their children. The event provided a wonderful platform for parents to connect with the learning environment and contribute meaningfully to their child's educational journey.

🤝 “Together We Grow, Together We Glow!”





## Club Activities Month of June

Club activities in our school provide students with a platform to explore their interests and showcase their talents beyond academics. Through participation in various clubs like Literary, Drama, Eco, Art, and Music, students develop essential life skills, leadership qualities, and teamwork. These vibrant sessions encourage creativity, curiosity, and active learning, helping students grow holistically.

✿ Explore, Engage, Excel.

### Best out of Waste

Best out of waste” competition was held on 06/06/2025 at P Block. Students from class 8, 9 & 10 participated enthusiastically, creating innovative models using recyclable materials. The event was judged based on creativity, usefulness, presentation and eco-friendliness. “Creativity is making marvellous out of the Discarded”



### Eco club Activity

Theme- Leafinity: Creativity using leaves

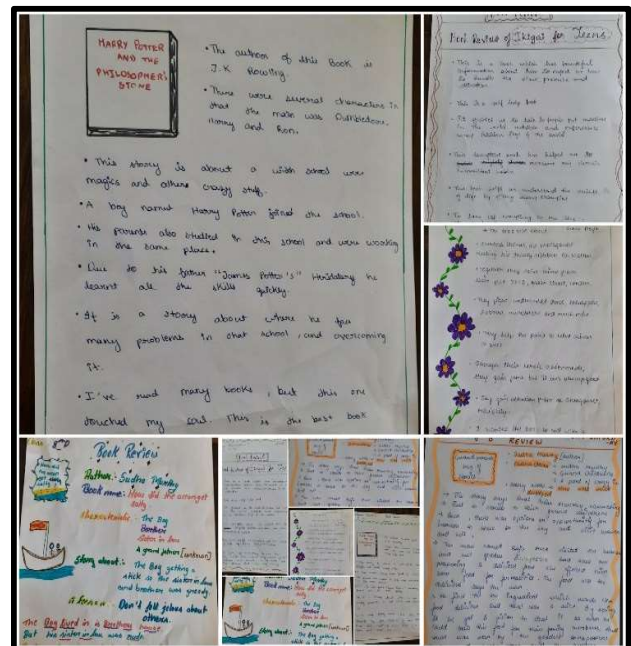
✿ Green Today, Better Tomorrow.

### Literary Club Activity:

#### Booked for Life: Voices Beyond the Pages

Students explored the world of books and shared their reflections through engaging book reviews. The activity sparked imagination, improved expression, and celebrated the joy of reading.

✦ Where Words Come Alive.







### Math Club Activity:



### Storyboarding with Tangrams – A Creative Math Adventure

Students use tangram pieces to create a visual storyboard that tells a simple story. Through this hands-on activity, they explore geometric concepts such as shapes, symmetry, area, and spatial reasoning while enhancing creativity and storytelling skills.

### Health and Wellness Club Activity:



**Wellness is not a destination, it's a lifestyle – and we're living it.**



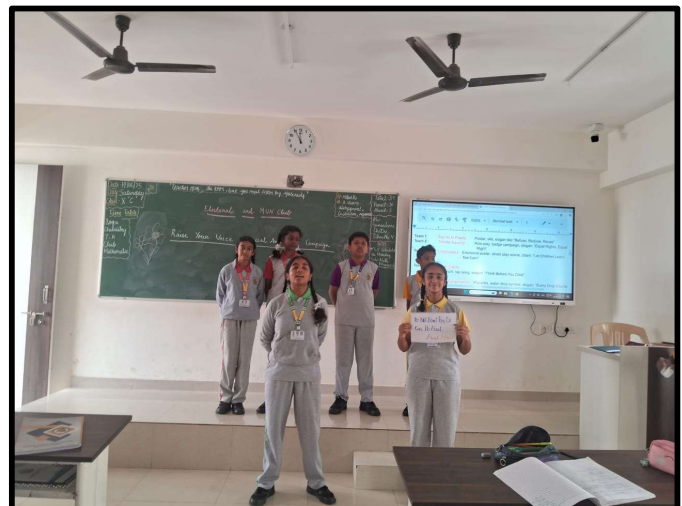
### Heritage Club Activity:



**Preserving the Past, Inspiring the Future.** An engaging activity where students explore historical places in India, learn about their significance, and discuss their cultural and architectural heritage through interactive sessions.

### Raise Your Voice- Social Awareness Program

Social Awareness Program was conducted to sensitize students on key societal issues such as Say No to Plastic, Water Conservation, Gender Equality. Through engaging activities, speeches, and presentations, students actively participated in spreading awareness and promoting sustainable habits.



## *Jnana Sante*

### Book Exhibition at School

The school organized a vibrant Book Exhibition - JNANA SANTHE-to ignite the joy of reading among students. A wide range of books across genres and age groups were displayed, encouraging students to explore, browse, and develop a love for literature. The exhibition provided a valuable opportunity for young readers to discover new authors, interesting stories, and educational resources, promoting lifelong reading habits. Discover, Read, and Grow.





*CBSE, COE offline teachers training*

Topic	Designation	Name of the Teacher
Classroom Management	Department of Math	Mamatha M V
Classroom Management	Department of Math	Krithika M
Inclusive Education	Department of EVS	Anuradha Jamindar
Art Integration	CFP	Roopa J

As part of the continuous professional development initiative by CBSE, our teachers recently participated in offline training sessions organized by the *Centre of Excellence (COE)*. The sessions were held in collaboration with three reputed schools in the region, offering a rich platform for knowledge exchange and skill enhancement.

Teachers from our school attended training programs on innovative teaching methodologies, competency-based education, and classroom management strategies. The interactive sessions were facilitated by experienced CBSE resource persons, and provided valuable insights into implementing NEP 2020 reforms effectively.

This collaborative effort across schools not only broadened the pedagogical perspectives of our educators but also encouraged cross-institutional networking and sharing of best practices. The training reinforced our commitment to delivering quality education and fostering holistic development in students.

## Guru Samman Award 2024-25

### **SCHOOL CRUSADER AWARD**

Ms. Sumana Shenoy, Principal of VSIPS, Honoured with School Crusader Award at Guru Samman 2024–2025. We are proud to announce that Ms. Sumana Shenoy, Principal of Vidya Sanskaar International Public School (VSIPS), has been awarded the prestigious School Crusader Award as part of the Guru Samman 2024–2025 ceremony. This recognition celebrates her outstanding leadership, unwavering commitment to educational excellence, and her inspiring role in shaping future generations.



### **CHAMPION EDUCATOR AWARD**

Ms. Ashwini G, from the Kannada Department, has been honoured with the School Champion Educator Award at Guru Samman 2024–2025, in recognition of her outstanding dedication, innovation, and impact in the field of education.

### **SCHOOL ACTIVITY WARRIOR AWARD**

Ms. Asha Badrinath from the Music Department was honoured with the School Activity Warrior Award during Guru Samman 2024–2025, in recognition of her outstanding contributions to school events and cultural activities.



### **OPERATIONAL STAR AWARD**

Ms. Ashwini from the Admin Department has been honoured with the School Operational Star Award at Guru Samman 2024–2025 for her outstanding contribution to the smooth functioning of school operations.



## Student Corner

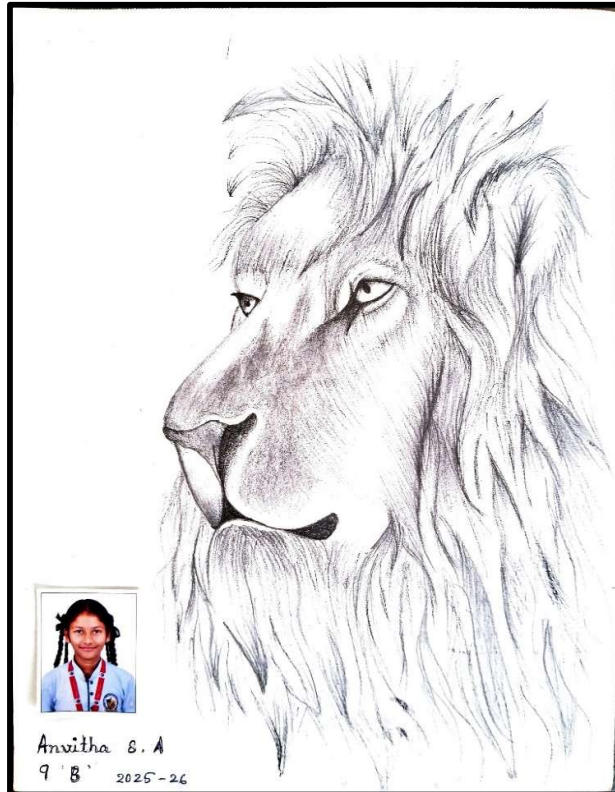


## विश्व पर्यावरण दिवस

समय रहते क्यों ना बचा लें हम,  
इस प्रकृति को इस धरती को।  
वरना आने वाला समय कुछ ऐसा होगा।  
मुँह पर मास्क और कंधों पर ऑक्सीजन  
सिलेंडर होगा।  
अगर काट दिए जाएँगे सारे जंगल तो  
जीना मुश्किल हो जायेगा।  
हवा बिकेगी पैसों में हाहाकार मच जायेगा।

नदी, झील, तालाब और झरने जब सब  
गन्दे हो जाएँगे।  
तो पीने वाला पानी हम सब और कहाँ से  
लाएँगे।  
प्रलय मचेगी इस धरती पर सब ऋति ऋति  
चिल्लायेगी।  
फिर शैने के सिवा हम और कुछ भी नहीं  
कर पाएँगे !!  
आओ आज से मिल कर ये करामत खोएँ  
पैड़ लगाएँ और पर्यावरण की बचाएँ !!

Manvi M  
8'D - 2025-26



### The Sum-Her Fun

I wasn't really ready to go for the summer trip! I am in class 10 and studious. But one thing I wish to say is, dear readers - it's just one life, enjoy it to the fullest and live it to the fullest. The first two places I visited were temples. I sought the blessings of Goddesses and prayed for myself and each of my schoolmates to do well in the exams (it's one of my defining qualities).

The next place I visited totally proved my preconceived notions wrong! It was Uva meridian water park! That was the place where I enjoyed the most.

Then we visited many more temples. One thing I saw was that when we took the entry in the most sophisticated path, there were many devotees left back who waited nearly for three long hours! If I get a chance in the future, I would like to maintain trusted officers and strict rules in these crowded places.

No one would say no for my next destination, because it was Malpe beach. I achieved the best moment of my life there - parasailing. I did many more activities such as jet skiing, camel ride, bumpy ride, zorbing etc. The night breeze at Kapu beach filled me with immense tranquility. I felt inner calmness and gratitude for everything I had. The fish meal I had was the best. Loved the food! I would like to boast myself because I touched a crab, actually a dead one and somehow made my mind, heart and soul ready to eat it.

The next morning we packed our bags and left for home. The whole week I visited many places and had tons of fun. I have tried to sum up all my fun in this piece of sheet. But it is beyond that. I thank my entire family for spending time with me, making me feel relaxed after an intense study year. Not everyone will have such a loving family and if you have, you are very lucky. Spend time with them, keep them smiling and keep smiling.

Keerthana M, Class : 10 C, 2025

## Staff Corner

**Lost Recipes - Origin of JHUNKA**

Jhunka also known as Zunka or Pitla is a traditional dish with origins from Mysore, North Karnataka and Maharashtra cuisine. It is a Bengal gram/ Horse gram based dish which is cooked with spices, onions and leafy vegetables.

**Ingredients:**

It is a Bengal gram/ Horse gram based dish which is cooked with spices, onions and leafy vegetables.

There are variations like Methi/ Coriander/ Spinach Jhunka with either of them added at more quantity. It can also be prepared as a dry, crumbly dish or a semi gravy version. It can be consumed as a snack, side dish with roti or chapati.

Nutrition Value- Jhunka is considered as a nutritious dish with protein, fibre and carbohydrates contents.

**Why don't you try this out?****Jinuka****Ingredients**

Bengal gram flour- 1 cup (Horse gram flour)

Jeera powder- 2tsp

Green Chilli - 4nos (finely chopped)

Garlic - 4.Scloves (finely sliced)

Onion- 1 small (finely chopped)

Curry leaves - 10leaves - finely chopped

Coriander leaves - a small cup (finely chopped)

Oil 3Tbsp

Turmeric powder - 1tsp

Salt as required

In a bowl add gram flour, salt, turmeric powder mix well with water with no lumps to dosa batter consistency.

Take a thick kadai bring it to heat add oil followed with curry leaves ,green chilli, garlic ,coriander leaves (spinach/ methi can be used), onion, jeera powder and salt, once cooked pour the mixed flour, stir continuously until it thickens and starts getting separated from the kadai. Transfer it to a plate and cut into pieces desired shapes. Serve it hot with onion and green chutney.

Roopa J  
CFP

**मेरे सपनों का भारत**

"जहाँ डाल डाल पर सोने की चिड़िया करे बसेरा, वह भारत देश है मेरा ।"

मैं चाहती हूँ कि मेरा भारत फिर से सोने की चिड़िया के रूप में उभरे। एक नया युग फिर से आए, जहाँ पर समानता हर क्षेत्र में हो। आनेवाले समय में मेरे सपनों का भारत सामाजिक, आर्थिक, धार्मिक, राजनीतिक, कृषि, विज्ञान, खनिज, अनुसंधान आदि सभी क्षेत्रों में प्रगति करेगा।

मैं अक्सर सोचती हूँ कि भविष्य में मेरे भारत के लोग अपने परिवार में खुशी से रहे। घर में बच्चों - बच्चों में यानी कि लड़का या लड़की कहकर भेद भाव न करे। पति पत्नी और सारे परिवार वाले एक दूसरे का सहारा बने। सुखी परिवार होगा तो देश भी खुशहाल होगा। सभी शिक्षित होंगे। सभी को उच्च शिक्षा पाने का मौका मिलेगा। सभी आत्मनिर्भर बनेंगे। अपना जीवन सुख और संतुष्टि से बिताएंगे। किसी पर भोज नहीं बनेगा। जब परिवार सुखी रहेगा तो एक स्वस्थ समाज का निर्माण होगा। देश भी प्रगति की ओर बढ़ेगा।

मेरे सपनों के भारत में सभी लोगों की आर्थिक स्थिति अच्छी होगी। सभी को अपने अपने योग्यता के अनुसार उद्योग मिले। लोगों को अपने कौशल के अनुसार काम करने का क्षेत्र मिलेगा। कोई भी और किसी भी क्षेत्र भेद नहीं रहेगा।

मेरे सपनों के भारत में सभी जाति और धर्म के लोग मिलकर रहेंगे। एक दूसरे धर्म को सम्मान और प्यार देंगे। उन्हें समझाया जाएगा कि ईश्वर एक है, उस तक पहुँचने का मार्ग अलग अलग है।

मेरे सपनों के भारत में हर नागरिक अपनी संस्कृति, संस्कार और परंपराओं का आदर करेगा। भारत कृषि मूल्यों का देश रहा। उनसे परेगा पाकर मेरे सपनों के भारत में सभी लोग अपनी मन की शांति और तनाव से मुक्त होने के लिए ध्यान प्रवृत्ति को अपनाएंगे।

भारत में ऐसे नेताएँ होंगे जो निजी स्वार्थ को छोड़कर, लोगों के हित में काम करेंगे। अपनी ही नहीं बल्कि देश की तरक्की के बारे में सोचेंगे। फिर एक बार पूरा विश्व हमारी तरफ झलकेगा।

मेरे सपनों के भारत में जैविक कृषि ही होगी, जिससे रसावन से मुक्त फसल होंगे। कोई भी किसान कृष के भोज से आत्महत्या नहीं करेगा। उन्हें ऐसा शिक्षित किया जाएगा कि वह अपनी भूमि में ऐसे कृषि उत्पादकों को उगाएँ ताकि वे भी गरीब न रहकर एक सार्थक जीवन जी सकें।

मेरे सपनों के भारत में विज्ञान की आविष्कार होगी जो प्रगति की ओर ले जाएगी न की विनाश की ओर। विज्ञान का आविष्कार मानव के हित और कल्याण में होगी।

मेरे सपनों के भारत में प्रदूषण और ग्लोबल वार्मिंग की समस्या नहीं रहेगी। आनेवाले समय में मेरे देशवासी वृक्षों के महत्व को समझे और अपने निजी लाभ के लिए वृक्षों को काटना बंद करेंगे। देश को हरा-भरा बनाने में सभी सहयोग देंगे, जिससे मेरे भारत में हर तरफ हरियाली ही हरियाली होगी।

मेरे सपनों के भारत में केंच-नीच, अमीर-गरीब, लिंग-भेद किसी भी क्षेत्र में असमानता नहीं होगी। समानता और खुशियों से भरा संपन्न, सुसंस्कृत और ऊन्नत देश होगा। सारे विश्व को एक माननेवाला 'वसुदेव कुटुंबकम्' का नारा संच करने वाला और विश्व में शांति बनाए रखने वाला होगा अपना-मेरे सपनों का भारत ।"



रजनी बी. बदामी  
हिंदी शिक्षिका  
July 2025-26

**My Dream India**

Everyone has their own dream for India. My dream for India is very close to my heart. I dream of an India where not only human beings, but also animals are respected, cared for, and protected.

In India, we see many people coming forward to help other people in need. The government is also doing a lot by giving food, houses, and support to poor people. I feel very happy about that. But in the same country, we also see many animals suffering on the streets. Stray dogs, cats, and other animals live without food, shelter, and care. When they are hurt or sick, very few people come forward to help them. This makes me feel very sad.

Animals also have feelings just like human beings. They feel pain, hunger, sadness, and also happiness. But most people do not understand this. Many times, animals are ignored, hurt, or treated badly. I want this to change in my dream India.



My dream is to see a country where the government takes steps to protect animals. Just like there are plans and schemes for helping poor people, I wish the government also creates special shelters, hospitals, and food centers for stray animals. There should be a proper system where people can report if an animal is in danger, and help should reach them quickly. If we provide food, medicine, and a safe place to live, we can save many animals.

Also, we should teach children from a young age to love and respect animals. Schools can have small sessions or activities where students learn how to care for stray animals. People should also come together in communities and try to feed and take care of animals living around them.

In my dream India, I want to see humans and animals living in harmony. I believe that animals are also part of our society. They also deserve care, attention, and protection. If the government takes proper action and people become more aware, we can make India a better place not just for people, but for all living beings.

My dream is simple — to see an India where every animal is safe, cared for, and loved. I hope one day this dream will come true. That will be my true "Dream India."

Note: Since I am not good at drawing, I would like to paste a few related pictures at the end of this essay. These pictures will show people helping stray animals, animal shelters, and happy animals in a safe environment — which matches my dream for India.



Sujaya B Shetty  
Department of Social  
VSIPS

ಬದುಕು ಎಲ್ಲರಿಗೂ  
ಗರ್ವ ಪಡೆದೇದ ನಾಂಧಾರಿಯ ಗರ್ವ  
ನುಚ್ಚುನೂರಾದ್ದು ಕೇರಿದಲ್ಲ  
ಅತಿಯಾಸೆ ಪಡೆದೇದ ಅರಸನಂತೆ  
ಸಾವಿರ ಕೋಟಿ ಸರದಾರ ಸಿಂಹಾರ್  
ನೀರು ಪಾಲಾದ್ದು ನೋಡಿದಲ್ಲ  
ದುರಂಶಕಾರ ಪಡೆದೇದ ಮೈಸೂರು ಹುಲಿ  
ಖಡ್ಗ ಕೊಂಡ ಮಲ್ಲ ಮರಮಾಣಿ  
ಓಡಾಡುವುದನ್ನು ಓಡಿದಲ್ಲ  
ಸಾಧ್ಯವಾದರೆ ಸರ್ವ ಸುಖಮೂರ್ತಿಯಂತೆ  
ಸೆರಳು ನೀಡುವುದು ತಮ್ಮನಂತೆ.....

ಅಮ್ಮಾ... ಎಂಬುದೊಂದು ಅದ್ಭುತ ಮಾತು  
ಅವಳ ಮೋಲಿಗೆಗೆ ಬಗದಲ್ಲ ಯಾವುದೇ ವಸ್ತು  
ಅವಳೊಂದು ಕಡಲಾಳದ ಮುತ್ತು  
ಅವಳಿಂದ ಸಮಗೆ ಸಿಗುವ ಕೈಮತ್ತು  
ಪ್ರಪಂಚದಲ್ಲಿ ಅತಿ ಬೇರ ಜಾಳುವ ವಸ್ತು  
ಪ್ರೀತಿ,ಪ್ರೀತಿ,ಮಮತೆ, ಕರುಣೆ, ವಾತ್ಸಲ್ಯ  
ಇವೇ ಅವಳ ಅಭರಣ  
ತೀರಿಸಲಾಗದು ಅವಳ ಮೂ...



ಅಕ್ಕಿ. ಬಿ

ಕನ್ನಡ ವಿಭಾಗ  
ವಿ.ಎಸ್. ಐ. ಪಿ. ಎಸ್



# Sports Academy Coaching Classes

Our Sports Academy Coaching Classes provide structured and professional training to help students develop their athletic skills and excel in their chosen sports. With expert coaches and well-planned sessions, students receive specialized coaching in disciplines such as athletics, badminton, yoga, Kho Kho, Kabaddi, swimming, Volleyball and Cricket. The academy focuses on building stamina, discipline, team spirit, and sportsmanship, nurturing young talents to compete confidently at various levels and promoting a healthy, active lifestyle.

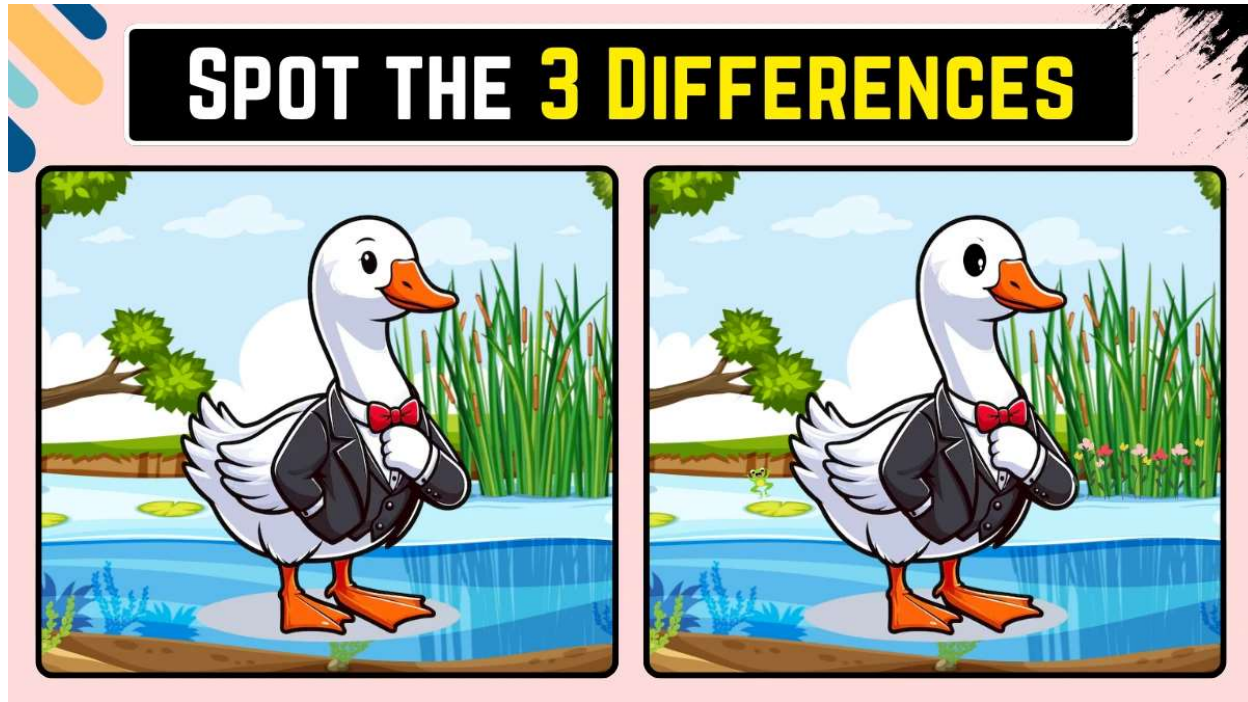


From Grassroots to Greatness –  
Learn Kabaddi Like a Pro

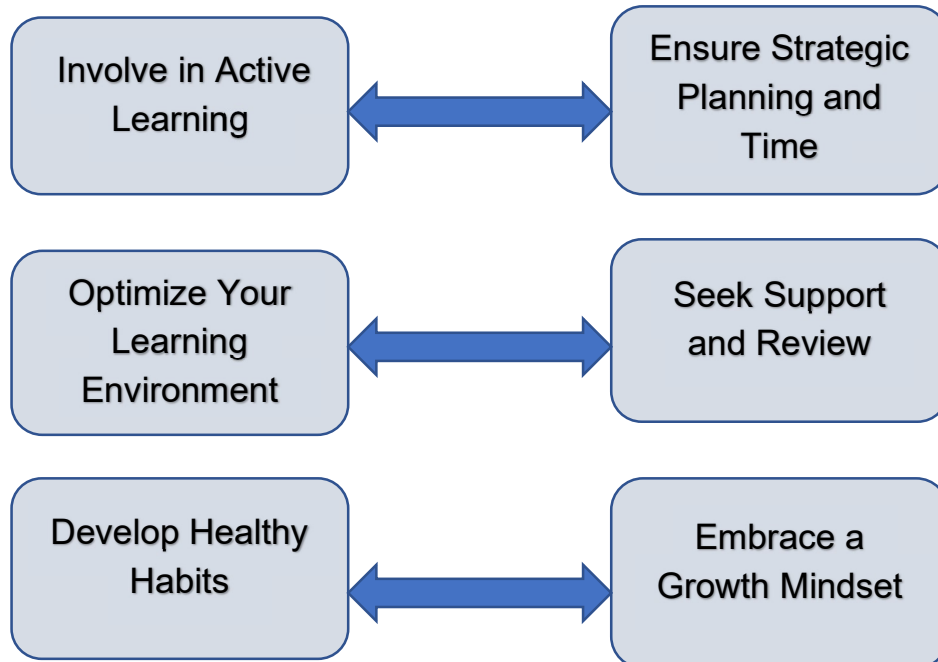
Our young athletes are learning the value of teamwork, strategy, and fitness through engaging sports coaching sessions



Spot three differences



Study tips for students





## Art Corner



Art is not what you see, but what you make others see.



Our students expressed their creativity and emotions beautifully in this week's art activity.



**Important events in July**

- 1. Periodic test 1*
- 2. Nandotsav 2025*
- 3. Class 8 Selection of NCC cadets 2025*
- 4. Guru purnima celebration*
- 5. World Population Day celebration*
- 6. Awareness program on Civic duty - Class 6*
- 7. Parent Teacher Meeting*
- 8. Inter School competitions:*
- 9. CBSE sports competitions*
- 10. Dolphin awareness program*
- 11. Institution Responsibility activities.*



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