



# Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

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## ABHIVYAKTI ಅಭಿವ್ಯಕ್ತಿ अभिव्यक्ति

ISSUE 7



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**“Abhivyakti gives wings to  
imagination  
and strength to hidden dreams.”**



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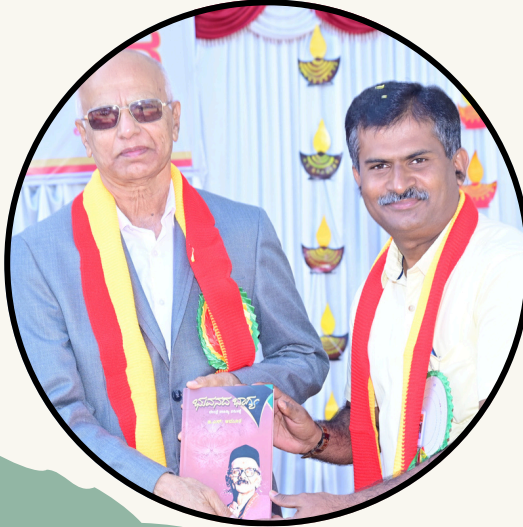
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# Kannada Rajyotsava



Our school celebrated Kannada Rajyotsava with great pride and enthusiasm, honoring the rich heritage of Karnataka. The programme began with a special assembly highlighting the importance of Kannada language and culture. Students showcased their talents through Kannada songs, dances, speeches, and skits. Traditional attire added vibrant colours to the celebration. Teachers spoke about the values, history, and unity of Karnataka. The event instilled a sense of respect and love for our mother tongue among students. The celebration concluded with the rendition of “Jaya Bharata Jananiya Tanujate”, leaving everyone inspired and proud.

# **Kanakadasa Jayanthi**

**Date in 2025: Saturday, 8 November 2025 – This day marks the birth anniversary of Saint Poet Kanaka Dasa, celebrated primarily in Karnataka**

**Our school observed Kanaka Dasa Jayanthi with reverence and enthusiasm to honor the great saint, poet, and social reformer. The celebration highlighted Kanaka Dasa's teachings on equality, devotion, and social harmony. Students spoke about his life and contributions in simple and inspiring words. Devotional songs and bhajans composed by Kanaka Dasa were sung with devotion. A brief address emphasized the relevance of his message in today's society. Students learned the importance of humility, unity, and respect for all. The programme encouraged moral values and cultural awareness among students. Teachers guided students to reflect on his philosophy of devotion beyond caste and class. The celebration concluded with a message of harmony and inclusiveness. The event was meaningful and left a lasting impression on young minds.**

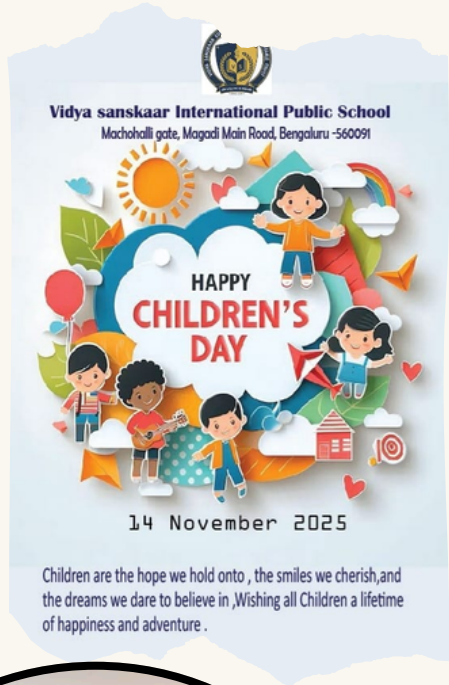
## **National Education Day**

**Our school celebrated National Education Day with great enthusiasm to honour the birth anniversary of Dr. Sarvepalli Radhakrishnan. The day highlighted the importance of education in shaping responsible and enlightened citizens.**

**A special assembly was conducted with speeches on the life and contributions of Dr. Radhakrishnan. Students participated in thought-provoking talks, quizzes, and creative activities. Teachers shared inspiring messages emphasizing values, knowledge, and lifelong learning. Posters and quotations on education were displayed across the campus. The celebration encouraged students to respect teachers and value education. It was a meaningful occasion that inspired academic excellence and moral growth. The programme concluded with a vote of thanks. The day truly reinforced the spirit of learning and gratitude.**



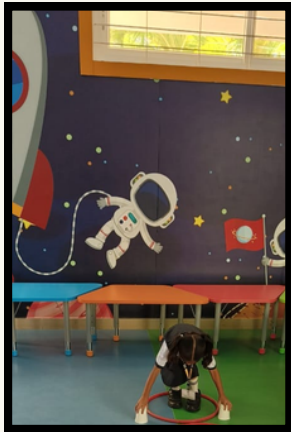
# Children's Day



As a special highlight of the Children's Day celebrations, our teachers performed beautiful songs that filled the campus with energy and happiness. Their heartfelt participation made the event memorable for all our students.



“On the occasion of Children's Day, our teachers organized fun and engaging activities for the students, including a ‘Touch and Feel’ sensory game and an exciting round of Musical Chairs. The children participated enthusiastically and enjoyed the celebrations thoroughly.”

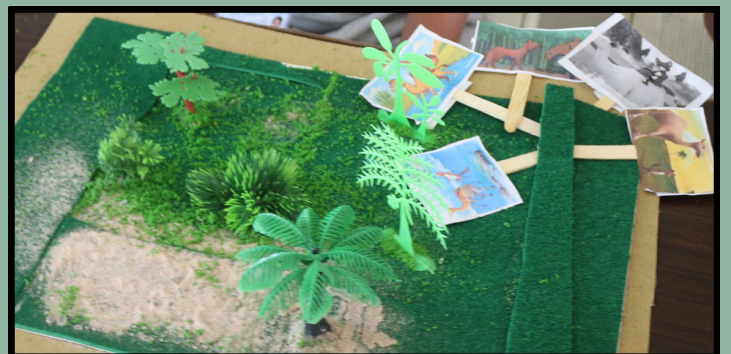
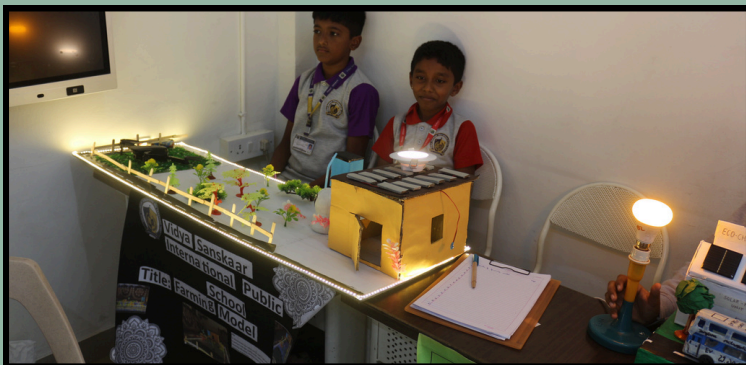
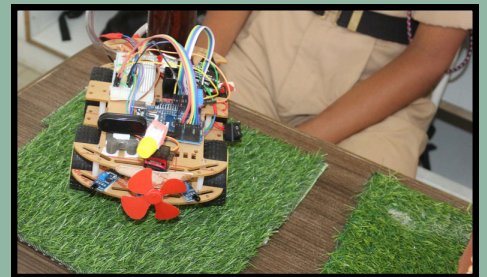




Open day exhibition





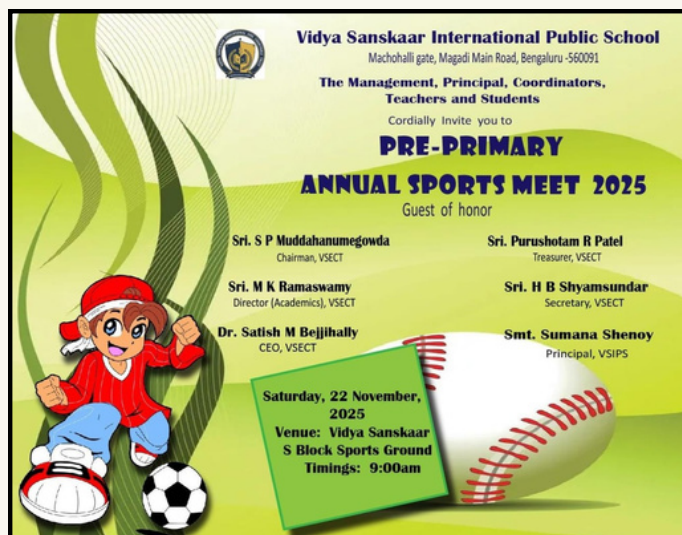


**"OUR SCHOOL CELEBRATED OPEN DAY WITH GREAT ENTHUSIASM, AND WE WARMLY WELCOMED ALL OUR ESTEEMED GUESTS TO THE EVENT."**

**"Spectrum of success begins with the foundation of great sanskaar."**



# Pre Primary Sports Day



Our Pre-Primary Sports Day was a joyful celebration of energy, enthusiasm, and teamwork. The tiny tots participated with great excitement in fun-filled races and age-appropriate games designed to develop motor skills and coordination. With bright smiles and boundless confidence, the children showcased true sportsmanship. Parents cheered enthusiastically, adding to the lively atmosphere. The event emphasized the importance of physical fitness, discipline, and joyful learning, making it a memorable day for everyone.







In a moment filled with respect, joy, and school spirit, our beloved Principal Ma'am received the school flag back from the students during the ceremony. The students, who carried the flag with honour throughout the event, returned it as a symbol of unity, discipline, and the values our institution upholds



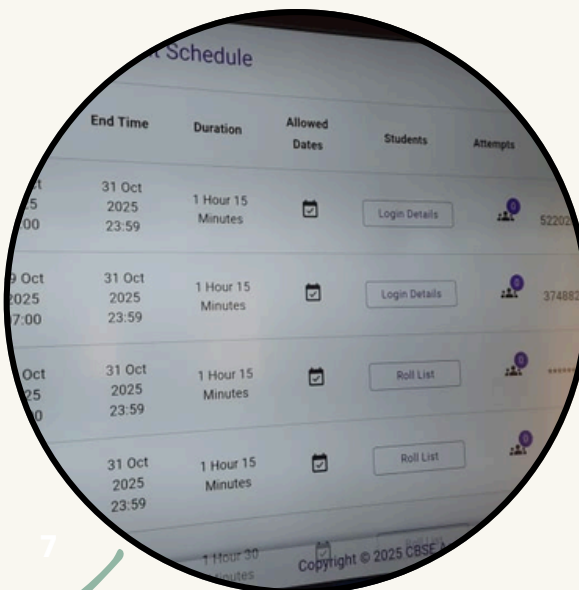
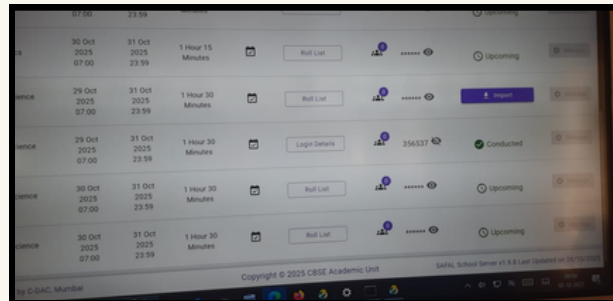
# Constitution Day



## Constitution Day (26 November)

Constitution Day commemorates the adoption of the Constitution of India on 26 November 1949. It reminds us of the visionary leadership of Dr. B. R. Ambedkar and the values that guide our nation—justice, liberty, equality, and fraternity. The Constitution is the supreme law that protects citizens' rights and defines their duties. Observing this day inspires students to respect democratic principles and uphold constitutional values in everyday life. Let us pledge to be responsible citizens and contribute positively to the nation's progress.

# SAFAL examination



The SAFAL (Structured Assessment for Analyzing Learning) Examination was conducted successfully at our school in a smooth and well-organized manner. Students of the concerned classes participated with enthusiasm and confidence. All examination guidelines issued by CBSE were strictly followed. The examination process was carried out peacefully under the supervision of the examination committee and invigilators. Adequate arrangements were made to ensure a fair and comfortable environment for the students. We appreciate the cooperation of students, teachers, and support staff for the successful conduct of the examination.

## Drawing grade examination registration

Our school has successfully registered students for the Drawing Grade Examination. A total of 48 students from our school have enrolled for the examination. Additionally, 20 students from outside schools have also registered through our centre. This reflects the growing interest in fine arts among young learners. The Drawing Grade Examination provides a valuable platform to showcase artistic skills. It encourages creativity, imagination, and visual expression. Our institution continues to support and promote art education. Proper guidance and training were provided to all registered students. We wish all the participants the very best for their examination. May this experience inspire them to explore their artistic talents further. 🎨

## Netanya gold medal - interschool Gymnastics competition



**We are proud to announce that Netanya secured the Gold Medal at the Interschool Gymnastics Competition.**



**Her outstanding performance showcased exceptional strength, balance, flexibility, and discipline. Competing against talented gymnasts from various schools, Netanya's dedication and hard work truly stood out. This remarkable achievement brings great pride to our school community. We congratulate Netanya and appreciate the guidance of her coaches and the support of her parents. Wishing her continued success in future competitions!**



# ICRO Result 2025

## School level rank



**Arjun Gowda**  
**3A -Rank 1**



**Jhanya Bilaha K**  
**3A-Rank 2**



**Vedhanth H Gowda**  
**3E-Rank 3**



**Sathvik K**  
**3C-Rank 4**



**Abhay Rajshekar Soddy**  
**3E-Rank 5**



**Vedhanth K C**  
**3E-Rank 6**



**Sehaj N Kumar**  
**3B-Rank 7**



**Nemmadith R Gowda**  
**4A -Rank 1**



**Pratyusha Chouhan**  
**4C-Rank 2**



**Deekshith Gowda KM**  
**4E-Rank 3**



**Kushik Gowda M**  
**4B-Rank 4**



**Parikshit K V**  
**4B-Rank 5**

# In-house Mental health awareness program



Our school organized an in-house Mental Health Awareness Program to promote emotional well-being among students and staff. The session highlighted the importance of managing stress, building resilience, and maintaining a positive mindset. Through interactive discussions and simple activities, participants learned healthy coping strategies for daily challenges. The program emphasized that mental health is as important as physical health. Students were encouraged to express their feelings openly and seek help when needed. The initiative created a safe and supportive environment within the school. The program was informative, engaging, and well appreciated by all.

## Kannada Rhymes Recitation Competition



The school successfully organized the Kannada Rhymes Recitation Competition for our young learners with great enthusiasm. The event aimed to promote interest in the Kannada language and enhance students' pronunciation, rhythm, and confidence. Students participated with joy and recited rhymes with clear expression and actions. Colorful costumes and lively performances added charm to the program. The competition provided a wonderful platform for children to showcase their talent. Judges appreciated the efforts of all participants. Winners were encouraged and certificates were awarded. The event concluded on a joyful note, fostering love for Kannada and cultural values.



# The Best Students



The school proudly issued Best Students Certificates to recognize outstanding academic performance, discipline, and overall excellence. The certificates were awarded to students who consistently demonstrated dedication, sincerity, and a positive attitude towards learning. This initiative aims to motivate students to strive for excellence in both academics and character. The management and teachers congratulated the achievers and encouraged all students to work hard and set higher goals. The event fostered a spirit of healthy competition and appreciation within the school community.



# Staff Corner

## Lost Recipes

### Uppu Huli Dosa

A savoury which was prepared in the coastal areas of Karnataka is losing its flavour nowadays. It's a very healthy dish which acts as an immunity booster for winter.

This is a recipe which can be prepared and served as per the choice of a foodie. That's it! Dosa - Its preparation is very simple. Have you forgotten to soak the rice? Here's an instant, healthy, spicy, tangy and veryyyy tasty dosa recipe to prepare as a healthy breakfast for children.

Dosa is an easily digestible food. The spices add flavour and are beneficial for winter to reduce cold and cough.

#### Ingredients

- Dosa rice - 1 cup
- Grated coconut- 1/2 cup
- Coriander seeds- 1 tbsp
- Cumin seeds- 1/2 tbsp
- Red chilly- 3-4 nos.
- Tamarind- small lemon sized
- Jaggery- 1 tbsp
- Salt- 1 tsp



#### Instructions

##### Preparation

0. Rinse the rice with enough water and soak it for 3 hours.

##### Method

0. In a mixer jar take coconut, coriander seeds and cumin seeds.
1. Add red chillies, jaggery, tamarind and salt too. Grind them together to a coarse paste adding required water.
2. Include soaked and drained rice to the same mixer. Grind everything together into a fine batter.
3. Transfer the batter to a wide bowl. Heat a dosa griddle and pour a ladle full of batter. Spread it in a circular shape.
4. Cook it covered for a few seconds. Once done, remove from the griddle and repeat the process with the rest of the batter.
5. Amazingly delicious Uppu Huli Dosa is ready. Serve it hot with coconut chutney or honey or butter.

#### Notes

0. Grind the spices with coconut first and then include soaked rice. It eases grinding.
1. You can rest the batter for 2 hours before making the dosa. Or you can make it instantly too.
2. You can add greens like fenugreek leaves, drum stick leaves or spinach to this batter and make dosa more healthy.

Try and don't forget to share the review.

Roopa J.-Coordinator (F&P)



# Student Corner



She



I am happy because of Her as,  
She works even when the sun  
goes up and again back down,  
Her life is full of ups and downs,  
Her smile hides secrets which  
Cannot be secreted.

She is surrounded by rules and boundaries,  
Her dreams to achieve will be a daydream.  
She takes the bitterness and gives her sweetness.  
She is blamed for no reasons,  
Her mood swings as seasons,

She crosses the rain of pain,  
She sees the woman she is, in her eyes;  
Who can never be defeated even  
by being wise,  
She can be a lover or a fighter  
But she is always my inspiring warrior.



"Strong women  
don't play victim.  
don't make  
themselves look  
pitiful,  
and don't point  
fingers.  
They stand and  
they deal."  
-Marilyn Robinson



-Yukthi M  
S.A.

## RURAL INDIA: SHAPING URBAN LIFE

India is like a huge family with two main homes. The busy, fast-paced cities and the calm, green villages. It might look like they are very different, but they are actually connected by many strong links. Rural India, with its fields and simple life, is the main support system that allows city life to thrive and grow every day. The first and most important gift rural India gives to the cities is food. Farmers work hard on their land to grow the wheat for our bread, the rice for our meals, and all the fruits and vegetables we buy in city markets. Rural areas are the country's giant kitchen. If the farms stop producing, life in the city would become impossible very quickly. This constant flow of food from the fields ensures that everyone in the city, from students to business owners, has something to eat. Next, villages provide the people needed to run the cities. Many young men and women leave their villages and move to cities for better jobs and to give their families a better future. These migrants are the strong hands that build skyscrapers, drive the rickshaws, work in factories, and deliver goods. They keep the whole city machine working. However, when so many people arrive in the cities, they face challenges like crowded homes, less clean water, and traffic jams. These new problems become a big part of city life. Finally, rural India enriches the cities with culture and tradition. When villagers move, they bring their unique regional festivals, languages, songs, and food recipes. This blend of traditions makes the cities exciting and diverse. For example, many big city celebrations for festivals like Diwali or Holi use customs that first began in the fields and temples of the villages. Also, these migrants often send money back to their villages, helping to build new schools and houses there. This creates a strong, two-way bridge between the two Indians.

In summary, rural India is the essential foundation of urban India. By providing food, workers, and a rich culture, the villages constantly shape the cities. To have strong, successful cities, we must first make sure our villages are healthy and well-supported.



RAHUL T

7 standard 'C' Section

VIDYA SANSKAR INTERNATIONAL PUBLIC SCHOOL



# Art Corner



**Hanisha S  
8 th (A)**



**Hanisha S  
7th (B)**



**Vinamrutha .H  
6th (C)**



**Krutika  
8th (A)**



# Important events in December

- **Annual Day**
- **Prajna Path**
- **Periodic Test 2**
- **EMRS Rxamination**
- **National Mathematics Day**
- **Bharatiya Bhasha Utsav**

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Roopa J (CPF)  
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