



# Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

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Issue 11


## ABHIVYAKTI/ಅಭಿವ್ಯಕ್ತಿ/अभिव्यक्ति




“True abhivyakti is not just speaking, but sharing ideas with confidence, creativity, and respect.”

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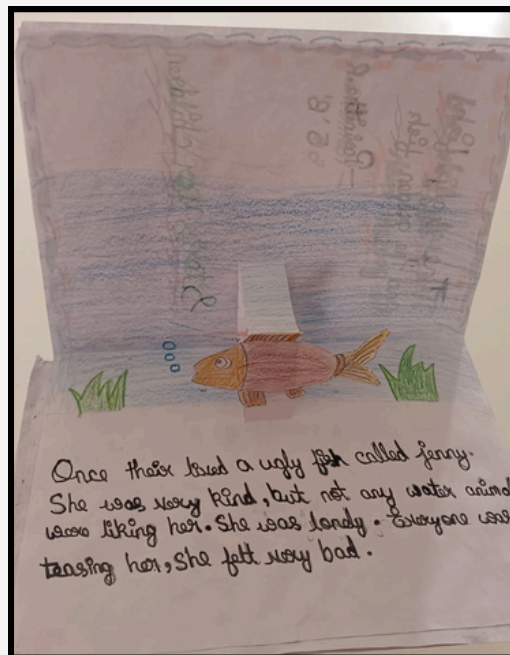
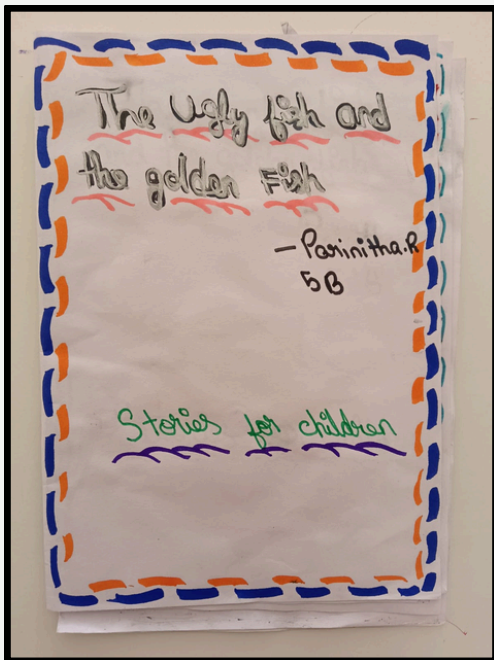
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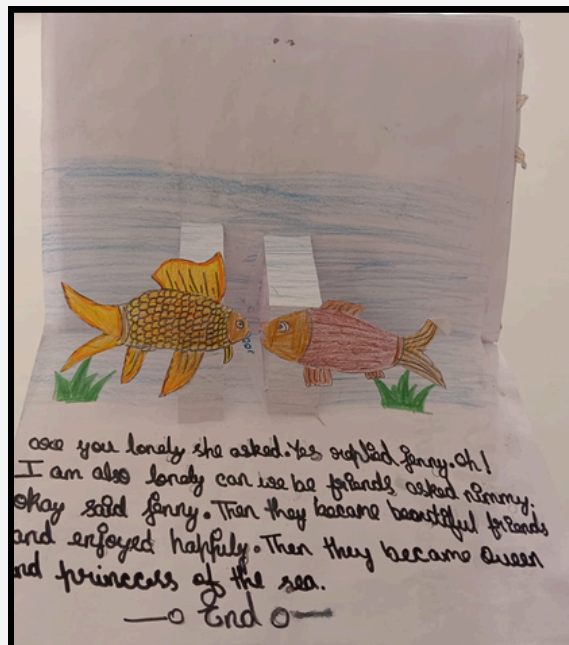
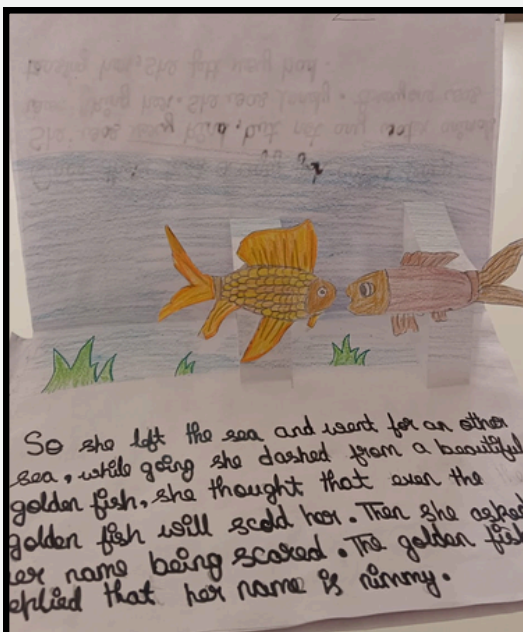
# ANNUAL EXAM STARTS - CL N - 9

The Annual Examination for Class 9 was conducted from 6th March 2026 to 18th March 2026. The examinations were organized smoothly under the guidance of the school administration and teachers. Students appeared for the exams with great sincerity and discipline, demonstrating the knowledge and skills they had acquired during the academic year. The examination process was carried out in a well-organized manner, ensuring a fair and calm environment for all students. We appreciate the hard work and dedication of the students and the support of teachers in successfully completing the examination.

## STORY WRITING COMPETITION

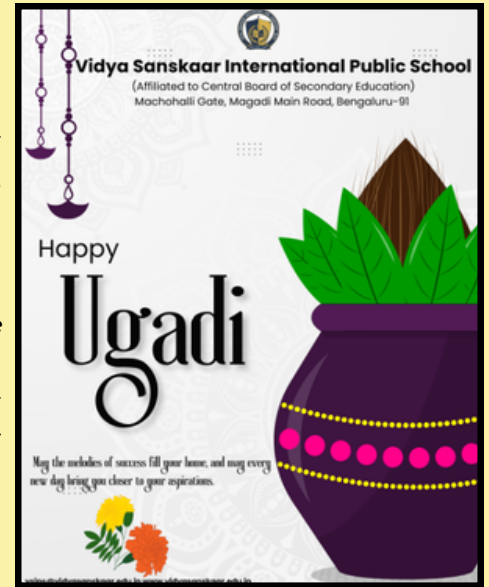


The teachers of the library department conducted a Story Writing Competition for the students. Students from different classes enthusiastically participated and wrote creative stories based on their imagination and ideas. The activity helped students improve their writing skills, creativity, and confidence.



# UGADI CELEBRATION

Ugadi, the traditional New Year festival, was celebrated in our school with great joy and enthusiasm. Students shared the significance of the festival and its cultural importance. They also explained the meaning of Ugadi Pachadi, which represents the different experiences of life. The celebration helped students understand and appreciate our rich traditions while welcoming the new year with positivity.

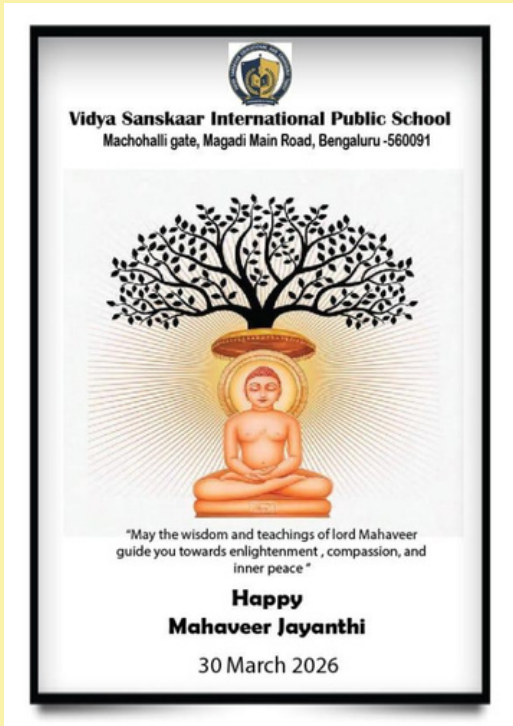


# MOVIE TIME PREPRIMARY

On 3rd March 2026, our school organized a special movie screening of Jungle Book for the Pre-Primary students. The children were very excited to watch the adventurous story of Mowgli and his friends on the big screen. The event created a joyful learning experience where students enjoyed the characters, songs, and important messages about friendship and courage. It was a fun-filled and memorable day for our little learners.

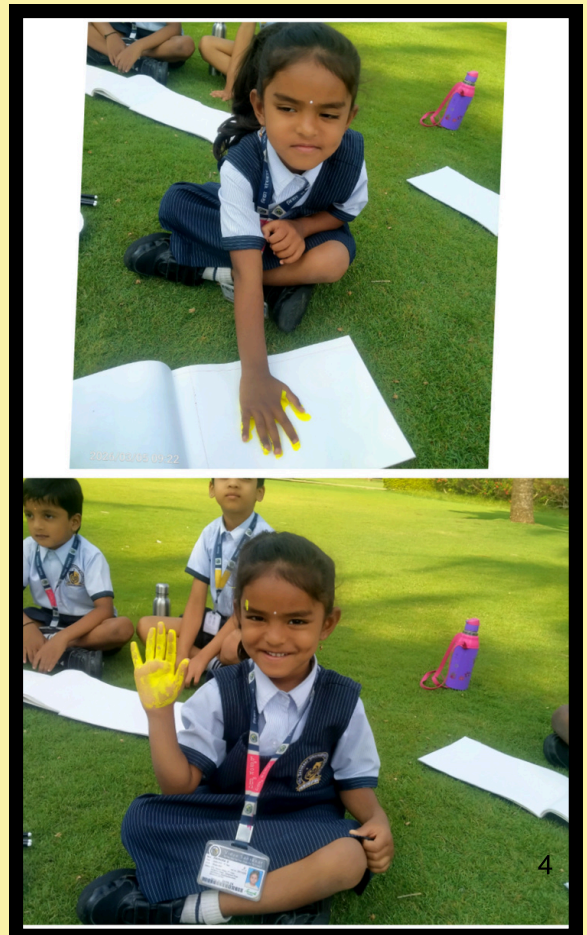
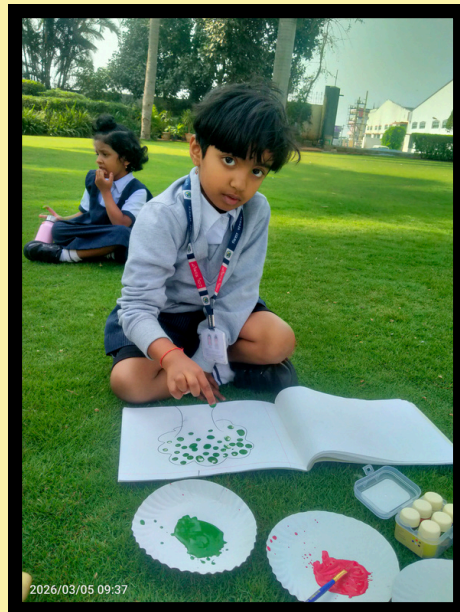


# MAHAVEER JAYANTHI



Our school celebrated Mahavir Jayanti through a brief online program to remember the teachings of Mahavira. Students shared short speeches and thoughts highlighting his values of non-violence, truth, and compassion. Teachers encouraged students to follow these principles in their daily lives. The celebration helped students understand the importance of peace, kindness, and harmony in society.

# HOLI CELEBRATION



The Pre-Primary students celebrated the colorful festival of Holi in a creative and joyful way. Instead of playing with colors, the little ones participated in a fun hand-printing activity, where they dipped their hands in bright paints and stamped them on paper.

# SCY ACADEMY- SUMMER CAMP

Our school successfully conducted a Summer Camp for students in two batches, providing them with an opportunity to learn new skills and engage in creative activities during the vacation period. The first batch was held from 06/03/2026 to 28/03/2026, followed by the second batch from 03/04/2026 to 30/04/2026.

Students enthusiastically participated in various activities such as art and craft, sports, music, dance, yoga, and personality development sessions. The camp helped students enhance their creativity, build confidence, and develop teamwork skills in a fun and engaging environment.

The summer camp was a wonderful experience for the students, making their vacation both productive and enjoyable.

## CLASS PHOTOS

Pre Primary - 1. Nuresery 2. Junior KG A,B,C  
3.Senior KG A,B,C,D





# Class 1



Class 1A- Anith A

Class 1B- Tejashwini K H

Class 1C- Shwetha K

Class 1D- Sujatha B R

Class 1E- Usha R

Co-Teachers - Roopa B V, Pallavi T



## Class 2



Class 2A- Kusuma G

Class 2B- Kavya B

Class 2C- Vaishali

Class 2D- Anuradha Jamindhar

Class 2E- Umaprakash

Co-Teachers - Jarald A, Neelamma  
Huggi

# STAFF CORNER

The summer of 2026 is forecast to be exceptionally hot, with the India Meteorological Department (IMD) warning of above-normal heatwave days from April to June.

Tips to beat the heat this summer

- Stay hydrated
- Wear cotton clothes
- Avoid wearing black colour clothes
- Restrict from moving outside during the afternoon.
- Stay cool indoor
- Stay hygiene
- Eat light and healthy food

To stay cool, fresh and active here I have come with a cool booster recipe

Cucumber, Raw Mango Juice

Serving – 2 glasses

Ingredients:

Cucumber - 5-6 slices

Raw Mango – 3 slices

Jeera – ½ tsp

Ginger- small piece

Jaggery – 1Tbsp

Water – as required

Salt – as per taste

Add all the ingredients and blend it to a fine paste in a blender. Strain it and drink it fresh.

Cucumber acts as a coolant and keeps your body hydrated.

Raw mango prevents heat strokes and provides instant energy.

Ginger and jeera resists infections

Enjoy the refreshing drink and keep yourself healthy and cool this summer

Roopa J  
CFP  
VSIPS



# A Simple Guide to Health & Success

Balancing academics, social life, and personal goals can feel overwhelming for students.

But what if you approached student life like a professional athlete or a successful entrepreneur? With discipline, structure, and smart habits, you can boost your energy, focus, and overall well-being.

Here's how to live your student life like a true professional.

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## 1. Train Your Mind Like a Champion

Professional athletes like Cristiano Ronaldo and Serena Williams don't just train their bodies—they train their minds.

### Student Strategy

- Study at fixed times daily.
- Use the Pomodoro technique (25-minute focused sessions).
- Avoid multitasking—focus on one subject at a time.
- Practice mindfulness or 5-minute meditation before studying.



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## 2. Eat Smart, Think Smart

Your brain needs fuel. Junk food may taste good, but it reduces concentration and energy levels.

Professional Habit:

Athletes follow balanced diets rich in protein, healthy fats, and vitamins. Student

### Plate Should Include:

- Fruits (bananas, apples, berries)
- Vegetables (spinach, carrots, broccoli)
- Protein (eggs, beans, nuts)
- Plenty of water (6–8 glasses daily)

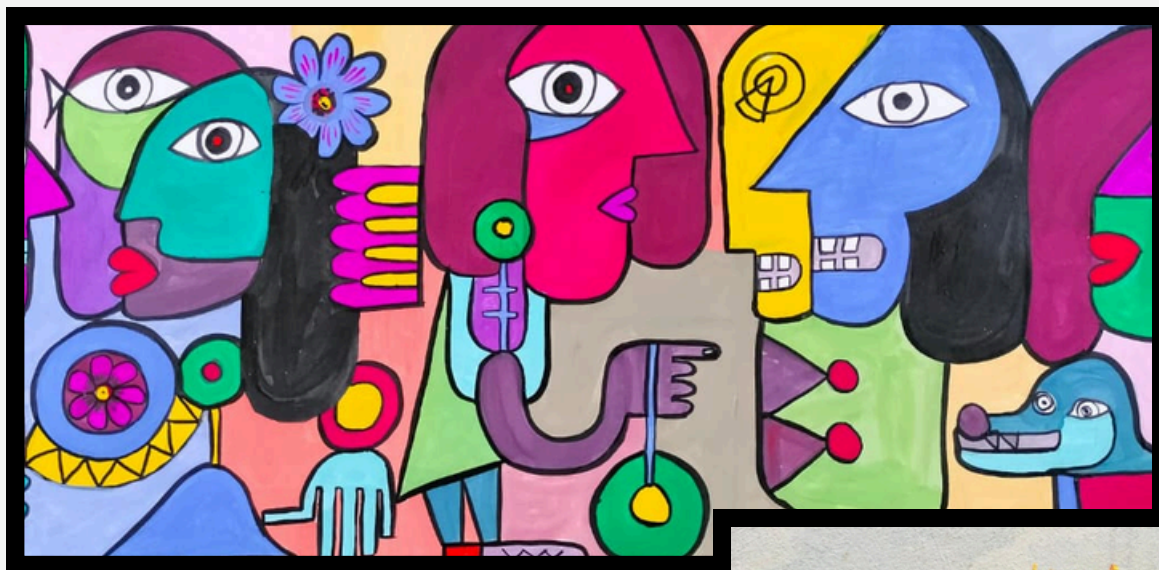


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By  
Krithika M  
Mathematics Department



# ART CORNER



# IMPORTANT EVENTS IN APRIL

1. Parent Teacher meeting Class Nur-9
2. Staff Day
3. Staff Day Formal Program
4. Class photos Class 4 -7
5. B R Ambedkar Jayanthi
6. Basava Jayanthi

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Roopa J (CPF)  
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