



# Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

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## ABHIVYAKTI/ಅಭಿವ್ಯಕ್ತಿ/अभिव्यक्ति

**FEBRUARY 2026 - ISSUE 09**



**Abhivyakti is the courage to  
express what the heart feels  
and the mind believes.**

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# NEW YEAR 2026

The New Year Celebration 2026 was joyfully conducted during the school assembly at Vidya Sanskaar International Public School (VSIPS). The assembly began with a positive thought highlighting hope, new beginnings, and gratitude.



Students shared short speeches and wishes, spreading cheer and optimism for the year ahead. A brief message encouraged everyone to set goals, practice kindness, and work together for success in academics and values. The celebration concluded with a collective New Year pledge and the National Anthem.

The assembly created a warm and inspiring start to 2026, motivating students and staff to move forward with confidence and positivity.

## PTM 31/1/2026

The Parent-Teacher Meeting (PTM) for Nursery to Class 9 was successfully conducted on 03 January 2026 in a warm and positive atmosphere.

The meeting provided a valuable platform for parents and teachers to interact and discuss students' academic progress, behavior, attendance, and overall development. Teachers shared individual feedback, highlighted students' strengths, and suggested ways to support learning at home.

## PRE BOARD 2 CLASS 10: 8/1/2026

The Pre-Board Examination for Class X was successfully conducted from 8th January to 13th January 2026.

The examinations were organized smoothly in a disciplined and exam-oriented environment.

The pre-board exams helped students to:

- Understand the exam pattern and time management
- Identify their strengths and areas for improvement
- Prepare confidently for the upcoming Board Examinations

Teachers guided and supported students throughout the examination period. We appreciate the cooperation of students and parents in ensuring the smooth conduct of the exams.

We wish all our Class X students the very best for their Board Examinations. 🌟

# National Youth day- Assembly program: 12/1/2026



On 12th January 2026, our school observed National Youth Day with a meaningful morning assembly to commemorate the birth anniversary of Swami Vivekananda, a great spiritual leader and youth icon of India.

The assembly began with a prayer followed by a brief introduction highlighting the importance of National Youth Day and the inspiring life of Swami Vivekananda. Students shared his thoughts and messages that motivate young minds to be confident, disciplined, and dedicated to nation-building.

## Try this....

### Lava Lamp experiment

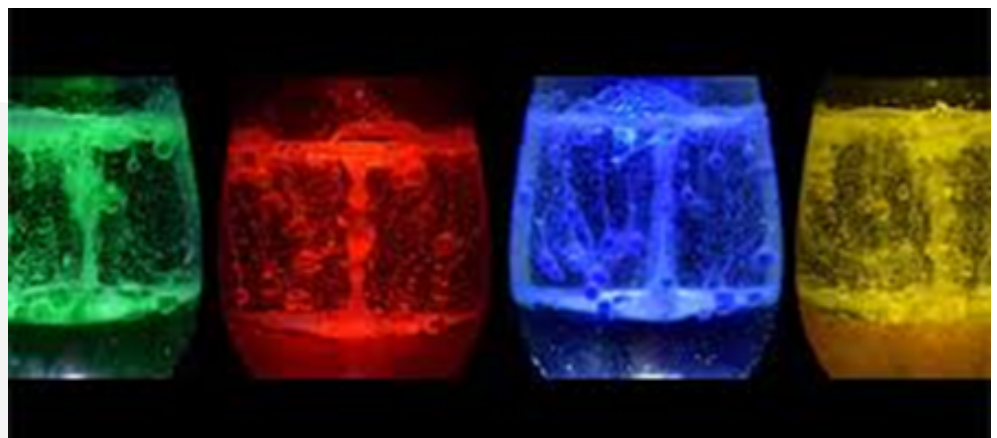
Fill the jar half-way with vegetable oil.

Add water until the jar is about three-quarters full.

Add 5-10 drops of food coloring.

Break an antacid tablet into several pieces and drop the pieces into the jar one at a time.

Watch the lava lamp activate!



# Makara Sankranti



Makara Sankranti, the harvest festival, was celebrated with joy and enthusiasm at VSIPS. Students came dressed in traditional attire and learned about the importance of the festival and gratitude towards nature.

Various activities like colouring, drawing, and rangoli making were conducted. Teachers explained the cultural significance of Sankranti in a simple and engaging way.

The celebration helped students understand Indian traditions and the value of sharing and thankfulness.



# Republic day



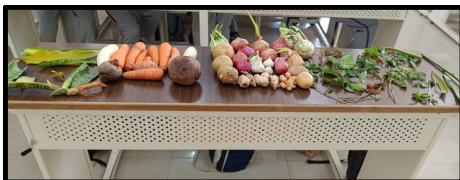
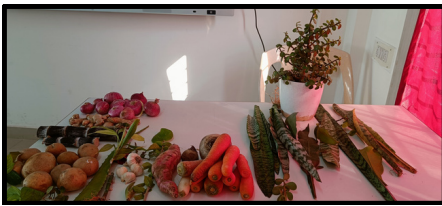
Vidya Sanskaar International Public School (VSIPS) celebrated the 77th Republic Day on 26th January 2026 with pride and enthusiasm. The programme began with the hoisting of the National Flag and the National Anthem. Students participated in patriotic songs and speeches, spreading the message of unity and love for the nation. The Principal addressed the students and highlighted the importance of the Constitution and good citizenship. Sweets were distributed to all students at the end of the programme. The celebration helped students understand the values of freedom, equality, and responsibility.

# SIP Winners + IGKO Winners



## Club Activity

### cooking without fire



## Science Club



## Cultural Heritage Club

# Math Club



# quiz club



# Monthly activity - January



# Saraswati Pooja

On 30th January 2026, Saraswati Pooja was celebrated with devotion and enthusiasm along with the Class 10 students in the Seminar Hall. The hall was beautifully decorated with flowers and rangoli, creating a peaceful and spiritual atmosphere.



## Parent engagement activity: pre primary



Our school successfully conducted a **Parent Engagement Activity for Pre-Primary** students, creating a joyful and memorable experience for both parents and children.

The program included a **Rangoli Competition**, where parents actively participated with creativity and enthusiasm. A colorful **Kite Activity** added fun and excitement, symbolizing happiness and togetherness. In addition, various **classroom activities** were organized, allowing parents to engage closely with their children's learning environment.

The event concluded on a happy note with the distribution of medals to parents as a token of appreciation for their active involvement and support.

Overall, the activity strengthened the bond between parents, children, and teachers, making it a meaningful and enjoyable day for all.



# Samavartan Sanskaar : class 10



The Samavartan Sanskaar (Graduation Day) for Class X students was celebrated with pride and joy on 31st January 2026 at Mamatha Conventional Hall.

The programme marked an important milestone in the academic journey of our students. The ceremony began with a prayer, followed by inspiring addresses from the school management and teachers, encouraging students to uphold values, discipline, and lifelong learning.

Students were blessed and honoured for successfully completing their secondary education. Parents and teachers shared the proud moments as students stepped forward towards a new phase of life.

The event concluded with warm wishes for a bright future and a vote of thanks. The Samavartan Sanskaar 2026 remained a memorable and meaningful occasion for students, parents, and the school community.



# Staff Corner

Series -2 Feb

## Brainy Tummy

- Welcome to the series of Brain Boosting Food Recipes  
Today , come let's learn a new Tummy Yummy recipe rich in Protein + Iron + folate + improve oxygen supply to the brain  
Here,s a simple Yummy Paneer recipe for your brainy

### Spinach & Paneer Stir-Fry

Paneer is the main protein and fat source, while spinach contributes fiber, micronutrients, and very small carbs

#### What are the ingredients?

Chopped spinach (palak)  
Coriander leaves  
Paneer cubes  
Sliced Garlic, jeera  
Little ghee  
Lemon Juice - 1Tsp



#### How to prepare it?

Heat ghee, add jeera & sliced garlic  
Add finely chopped spinach, saute for a while  
Add paneer, salt, pepper, lemon juice  
Cook 3-4 minutes  
Garnish with finely chopped coriander leaves  
Serve Hot with Chapathi, Dosa Rice, etc

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

A balanced diet with protein, healthy fats, carbohydrates, fiber, and micronutrients helps to

Improve memory  
Increase attention span  
Support emotional stability  
Enhance overall brain growth

**EAT  
SMART  
,  
THINK  
SHARP!**



Roopa J  
CFP  
VSIPS

## ಪುಬುದ್ಧತೆ

ಸಂತೋಷದ ಅತಿರೇಕದಲ್ಲಿರಲಿ  
ನಿಯಂತ್ರಣದ ಪುಬುದ್ಧತೆ

ನೋವಿನ ಅತಿರೇಕದಲ್ಲಿರಲಿ  
ಸಹನೆಯ ಪುಬುದ್ಧತೆ

ಮನಸ್ಸಿನ ಭಾವನೆಗಳಲ್ಲಿರಲಿ  
ಸಂಭಾಳಿಸುವ ಪುಬುದ್ಧತೆ

ಸಂಬಂಧಗಳ ನಡುವೆಲ್ಲಿರಲಿ  
ಸಹಿಸಿಕೊಳ್ಳುವ ಪುಬುದ್ಧತೆ

ಜೀವನದ ಕಷ್ಟಗಳಲ್ಲಿರಲಿ  
ಪಲಾಯನವಲ್ಲದ ಪುಬುದ್ಧತೆ

ಕರ್ತವ್ಯದಲ್ಲಿರಲಿ  
ನಿಷ್ಠೆಯ ಪುಬುದ್ಧತೆ

ನಮ್ಮೆಲ್ಲರಿಗೂ ಅರಿವಿರಲಿ  
ಮೌನ ಮಾತುಗಳ ಪುಬುದ್ಧತೆ



ಕಾವ್ಯ ಜೆ ಸಿ  
ಶಿಕ್ಷಕರು  
ಗಣಿತ ವಿಭಾಗ  
ವಿದ್ಯಾ ಸಂಸ್ಕಾರ ಇಂಟರ್ನ್ಯಾಷನಲ್  
ಪಬ್ಲಿಕ್ ಸ್ಕೂಲ್ - ಬೆಂಗಳೂರು

## An Epigram

A teacher's life isn't easy.  
Fun filled frolic yet always busy.  
Math, Science or law that we teach,  
We stay alert and always preach.

Questions Keep Coming our way,  
We manage with a smile to keep problems away

'I know I learn so they say  
'we learn, we teach - modesty is our way.  
'Grades or mocks utter Confusion.  
Oh God! Is there not a clear solution?  
Lessons we teach and behaviour  
So they say 'you a saviour?'

Aim the stars, skies you'll reach  
We come, we see, we teach.  
A teacher's life isn't easy  
Fun filled frolic yet 'ALWAYS BUSY'

Mamatha M V  
Department of Mathematics  
VSIPS



## Sleep Smart, Shine Brighter

Dear Students,

In the busy rhythm of school life, it's easy to trade sleep for assignments, social time or screen time. Many of you stay up late. But let's pause and talk about something just as important as studying — **sleep**.

Sleep is not a luxury. It is a necessity for your brain, your body and ultimately your success.

When you get enough rest, your brain works more efficiently. You remember what you learn in class, concentrate better, and think more clearly. Sleep also plays a major role in regulating your mood, reducing stress, and keeping your immune system strong. In simple terms, good sleep helps you perform better — academically and personally.

On the other hand, lack of sleep can quietly affect your daily life. It can lead to poor concentration, low energy, irritability, weaker memory, and difficulty making decisions. No matter how hard you try, a tired brain cannot function at its best.

So how can you build healthier sleep habits?

Start by maintaining a consistent sleep schedule. Try to sleep and wake up at the same time every day, even on weekends. This helps your body develop a natural rhythm.

Create a calming bedtime routine. Reading, light stretching, or relaxing music can signal your brain that it's time to rest.

Limit screen usage before bed. The light from phones and devices can interfere with your ability to fall asleep easily.

Keep your sleep environment comfortable. A cool, quiet, and dark room improves sleep quality.

You can also practice mindfulness or relaxation techniques. Reflecting on positive moments, thinking about acts of kindness or feeling gratitude for people in your life such as teachers, friends or family can calm the mind and reduce worry, making it easier to sleep.

Remember, staying up late to study may seem productive, but consistent sleep deprivation often reduces the effectiveness of your efforts. A well-rested mind learns faster, thinks sharper, and performs better.

**"Good Sleep, Great Days."**

Varsha Raj  
Department of Science  
VSIPS



## SILENT SPRING

Amidst the restless breath of the city,  
Where concrete towers touch the sky,  
You rise in a crown of tender pink,  
A quiet miracle passing by.  
Between honking horns and hurried feet,  
You bloom without a single sound,  
Spilling softness into crowded streets,  
Turning dust to sacred ground.  
Your petals hold the blush of dawn,  
Your branches cradle light and air.  
And weary hearts that pass beneath  
Find unexpected comfort there.  
You whisper to the broken soul,  
"Seasons change, just wait and see,  
Even after the longest fall,  
There comes a time to flower free."  
O gentle bloom in urban gray,  
You teach us, patient and strong,  
When our moment finally arrives,  
We too shall glow, where we belong. ✨



Shwethakrishna  
English Teacher  
Vidya Sanskaar International Public School



## कविता

न चादर बड़ी कीजिये,  
न ख्वाहिशें दफन कीजिये,  
चार दिन की जिंदगी है,  
बस चैन से बसर कीजिये...

न परेशान किसी को कीजिये,  
न हैरान किसी को कीजिये,  
कोई लाख गलत भी बोले,  
बस मुस्करा कर छोड़ दीजिए...

न रूठा किसी से कीजिये,  
न झूठा वादा किसी से कीजिये,  
कुछ फुरसत के पल निकालिये,  
कभी खुद से भी मिला कीजिये ...



दिपांजली एम. के.

## ಗುರು

ಗುರುಗಳೇ ಏನಿದು ನಿಮ್ಮಯ ಮಹಿಮೆ  
ನಮ್ಮಯ ಬಾಳಲಿ ನೀವಿರುವುದು ನಮ್ಮಲ್ಲರ ಹಿರಿಮೆ  
ಶಾಲಾ ಮಕ್ಕಳಿಗೆ ನೀಡಿರಿ ಅಪಾರ ಪ್ರಾಮುಖ್ಯ  
ಅದುವೇ ನಿಮ್ಮಯ ಬದುಕಿನ ದೈವಯ ವಾಕ್ಯ

ಶಾಲೆಗೆ ಬರುವವರಿಗೆ ನೈಜತೆಯ ಪಾಠ  
ಶಾಲೆಗೆ ಗೌರವದರಿಗೆ ನೀಡಿ ಪಾಠ  
ತರುತ್ತಿದ್ದೀರಿ ಎಲ್ಲಾ ಮಕ್ಕಳನ್ನು ಶಿಕ್ಷಣವೆಂಬ ಚೌಕಟ್ಟಿನೊಳಗೆ  
ಎಲ್ಲರಿಗೂ ಕಠಿಣವಿಧಿ ಕಡ್ಡಾಯ ಶಿಕ್ಷಣದ ಒಳಗೆ

ಪ್ರತಿದಿನ ನೀಡುವಿರಿ ಮನ ಕೆಲಸವೆಂಬ ಅಭ್ಯಾಸದಾಳ  
ಇದರೊಟ್ಟಿಗೆ ತೆರೆಯುವಿರಿ ಕನಸೆಂಬ ಮಗುವಿನ ಹಾಳ  
ಸಕಾಲಕ್ಕೆ ಹಾಕುವಿರಿ ಪರಿಶ್ರಮವೆಂಬ ಗೊಬ್ಬರ ಮತ್ತು ನೀರು  
ಇದನ್ನು ಬಳಸಿ ನೀಳವಾಗಿ ಬೆಳೆಯುವುದು ಕನಸೆಂಬ ಬೇರು

ನನ್ನ ಜೀವನದಲ್ಲಿ ನೀವಾದಿರಿ ಬೆಳಕು  
ನಿಮ್ಮ ಮಾರ್ಗದರ್ಶನ ಸಹಕಾರ ಮರೆಯಲಾರದು ಇಹಕು ಪಠಕು  
ನಿಮ್ಮ ತೋರಿಸಿದ ದಾರಿಯಲ್ಲಿ ಹಾಕಿದ ನಾನು ಹೆಜ್ಜೆ  
ಯಾರೇ ಏನೇ ಅಂದರೂ ಮಾಡಿಕೊಳ್ಳಲಿಲ್ಲ ಲಜ್ಜೆ

ನನ್ನ ಹಿಂದಿನ ಯಶಸ್ಸಿಗೆ ನೀವೇ ಕಾರಣ  
ನಾ ಹೇಗೆ ತಿಳಿಸಿರಿ ನಿಮ್ಮ ಋಣ  
ಗುರು ಶಿಷ್ಯರ ಪರಂಪರೆ ನನವದು ಮೌನಿಯಾಗಿ  
ನಾ ಕಾಯುತ್ತ ಕುಳಿತಿರುವ ನಿಮ್ಮ ನೇವಾಗಾ



ಕೆ.ಎಲ್. ಡಿ  
ಕನ್ನಡ ಮಾರ್ಗದರ್ಶಕಿ

## Small Gestures, Big Results



How Hakini and Jnana Mudras Empower Student Success.

Today, students face a lot of competition. They often feel stressed and tired. Sometimes they find it hard to concentrate. Simple yoga practices like Hakini Mudra and Jnana Mudra can help.

These are easy hand gestures. Students can practice them anywhere.

**Hakini Mudra** is done by touching the fingertips of both hands together. It helps improve memory and focus.

It makes the mind clear and active. Students can practice it for 5–10 minutes daily. It is helpful before studying or exams.



**Jnana Mudra** is done by joining the thumb and index finger. The other fingers stay straight. It helps calm the mind. It reduces fear and anxiety. It helps students feel relaxed and confident.

Practicing these mudras daily improves attention and positive thinking. They do not need any special tools. They take only a few minutes. Hakini Mudra and Jnana Mudra are simple but powerful. They help students stay focused, calm, and do well in studies.



Anuradha Jamindar  
EVS Teacher  
Vidya Sanskaar International Public School

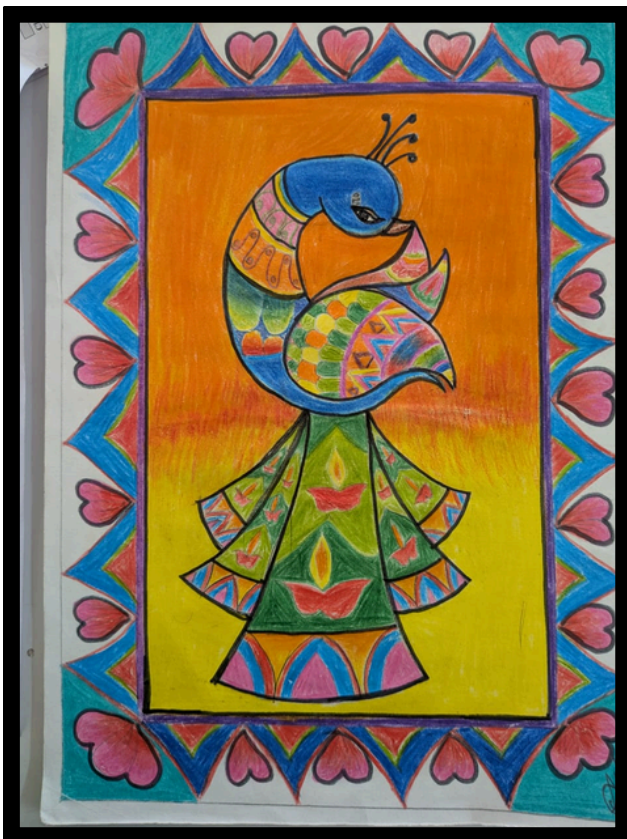
# Student Corner



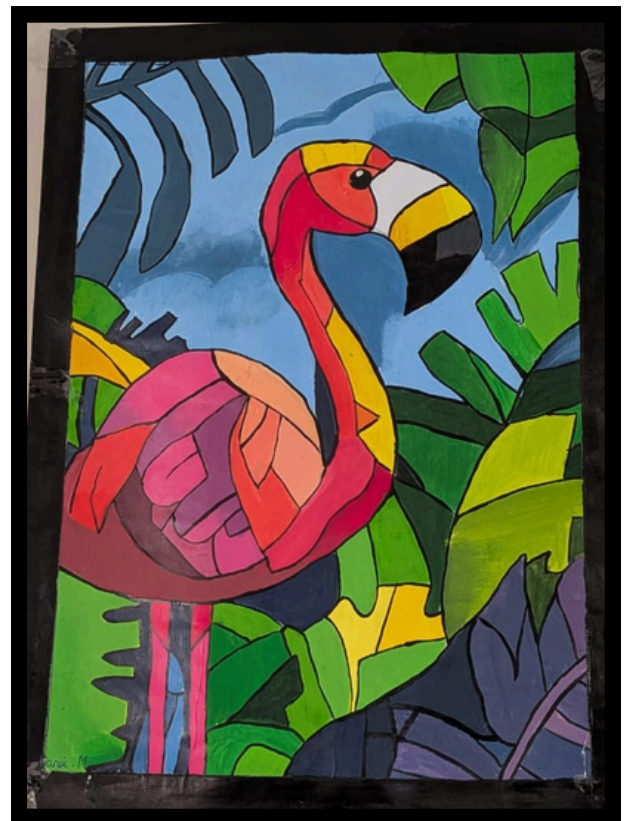
**Bahusshruth**  
**7B**



**Ayush Gowda H M**  
**5B**

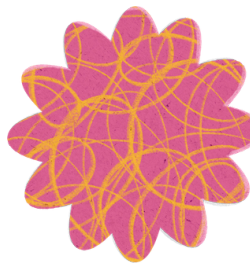


**Shushanth Gowda J**  
**5A**



**Manvi M**  
**8 D**

# Art Corner



**Art by Ashwini S  
( Art & Craft  
Department)**

# Important events in February

1. Pre board 3 exam for class 10
2. Class 8 and 9 Pre annual examination
3. Class 10 Board exam starts
4. Mega blood donation cap
5. Awareness program on Financial Literacy
6. National Science Day
7. Pre primary Open Day

## Editorial Committee

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VSIPS

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