

Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

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ABHIVYAKTI/ಅಭಿವ್ಯಕ್ತಿ/अभिव्यक्ति



Voices That Inspire, Stories
That Shine.....

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Message from the CEO's Desk



Dear Parents, Students, and Teachers,

It gives me immense pride to share with you the vibrant learning journey our school experienced in July 2025. Each activity of the month echoed the spirit of growth, discipline, and awareness that we strive to instill in our learners.

The **Periodic Tests (PT-1)** laid the foundation for academic focus, while events like **World Population Day** and the **Nandotsav Competition** nurtured awareness and creativity. **Kargil Vijay**

Diwas reminded our children of the supreme sacrifices made for the nation, deepening their sense of patriotism. The **first PTM of the session** witnessed strong parent participation, strengthening the bond among school, parents, and students.

A series of **Awareness Programs** spanning civic sense, hygiene, climate change, cyber security, environmental protection, and media literacy enabled our students to become socially responsible and thoughtful citizens. The **Eco Club Interhouse Competition** further ignited their passion for sustainability, while the **NCC Orientation Program** encouraged a spirit of discipline and service.

Adding to the vibrancy, competitions like the **Spell Bee** and the **Swimming events** showcased talent and healthy competition. The zeal of our students was crowned with achievements beyond the campus—bringing laurels in **Yogasana** and the **Interschool Swimming Championship**, where our young champions won Gold, Silver, and Bronze medals, making the school community proud.

July was a month of balance—academics, awareness, creativity, and achievements—and together, they marked the holistic progress of our learners. As we step into August, let us carry forward this momentum with renewed energy and commitment to excellence.

Together, we are not just educating; we are **shaping responsible, confident, and compassionate individuals.**

With warm regards,

Dr. Satish M Bejjihally

Ph.D, M.Phil, M.Sc, B.Ed, MBA (Edu), PGDEAS

Chief Executive Officer

Guru Purnima



Beyond the ceremony, Guru Purnima nurtures values of respect, humility, and lifelong learning. It strengthens the teacher–student relationship, connecting us to the rich cultural heritage of the guru–shishya tradition. Let us carry forward this spirit of gratitude and continue to honour those who illuminate our minds and hearts.



Nandotsav Competition



Students from class Balvatika to 10, participated in a Painting competition as part of Nandotsav 2025 organised by ISKCON.

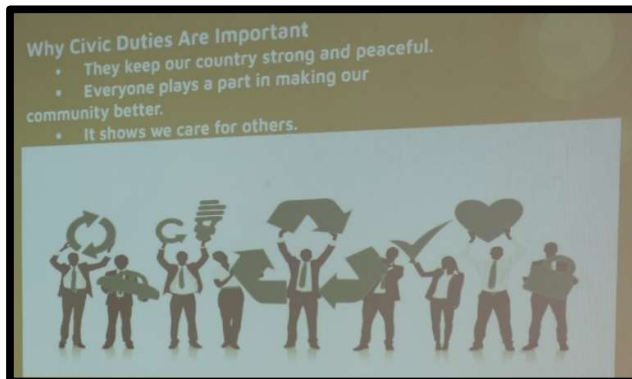
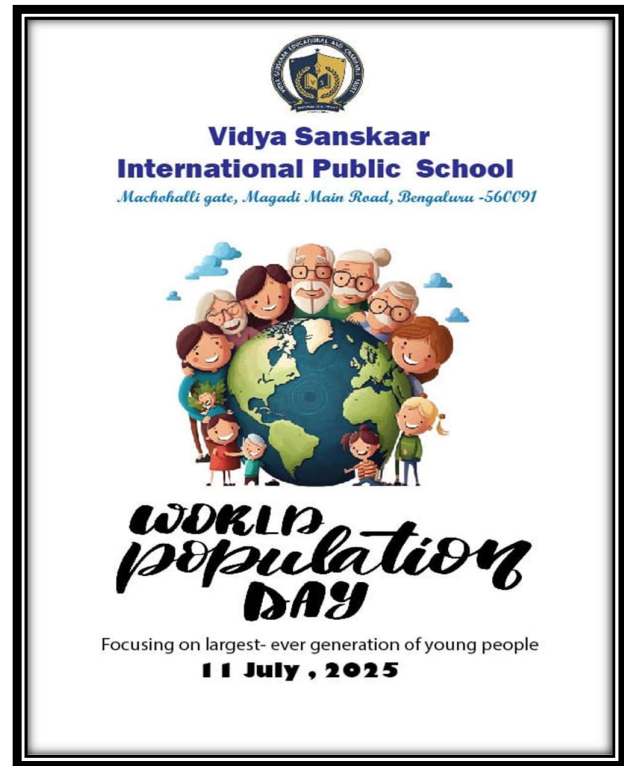
This Painting Competition encouraged creativity and artistic expression among students. With themes ranging from nature and festivals to social awareness, participants used vibrant colors and imaginative ideas to bring their visions to life. The event not only showcased the budding talent of our young artists but also inspired them to think creatively and express their thoughts through art.



World Population Day

Our school observed World Population Day with an engaging assembly that highlighted the importance of population awareness and sustainable living. Students presented thought-provoking speeches, skits, and posters emphasizing the need for resource conservation and responsible citizenship. The program was followed by an interactive quiz, where participants enthusiastically answered questions on global population trends, environmental impact, and solutions for a balanced future. The celebration inspired students to think critically about population issues and their role in creating a sustainable world.

Awareness Program on Civic duty



To instil a sense of responsibility and active citizenship among young learners, an Awareness Programme on Civic Duty was conducted for the students of Class 6. The session aimed to educate students on their roles and responsibilities as future citizens of the country.



Safety and Security of Teenage Girls - 19/05/2025 to 21/05/2025



In today's digital world, where we use the internet for everything—studying, shopping, banking, and social media—cyber security plays a vital role in keeping us safe.

Hygienic practices during menstruation - 24/07/2025



Environmental Protection - 25/07/2025

Today, we are conducting an awareness program on Environmental Protection to help our young minds understand the importance of taking care of our planet. Through this program, Class 7 students will learn how their actions impact the environment and how they can be responsible young citizens who care for nature.



Empowering teenage girls with knowledge, confidence, and a support system is the first step towards safer future. Let us all work together to create a world where every girl can walk freely, dream fearlessly, and live safely.

Cyber Security - 27/06/2025



Menstruation is a natural biological process experienced by girls and women, marking an important stage in reproductive health. However, due to a lack of awareness, taboos, and misinformation, many girls face challenges in managing their periods hygienically and with dignity.



Climate Change - 24/07/2025

This programme served as a reminder that every small action counts and that it is the responsibility of each one of us to protect our planet for future generations.

Inter School Competitions

*Soundarya Central School Alcyone-
2025 Competition.*



*National Public School
Swimming Competition.*



**Together, we celebrate their success
and look forward to many more
achievements!** 🎉

*Nruthya Parva Dance
Competition*

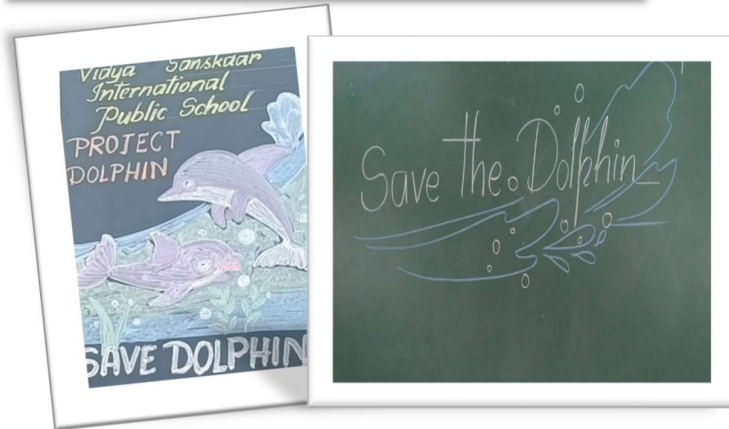


We are delighted to share that our students participated in the **Interschool Swimming and Dance Competition** and brought laurels to our school with their outstanding performance.

- In **Swimming**, our young athletes showcased great talent, determination, and sportsmanship, securing top positions and making us proud.
- In **Dance**, our students impressed the judges with their creativity, rhythm, and graceful moves, winning prizes and appreciation.

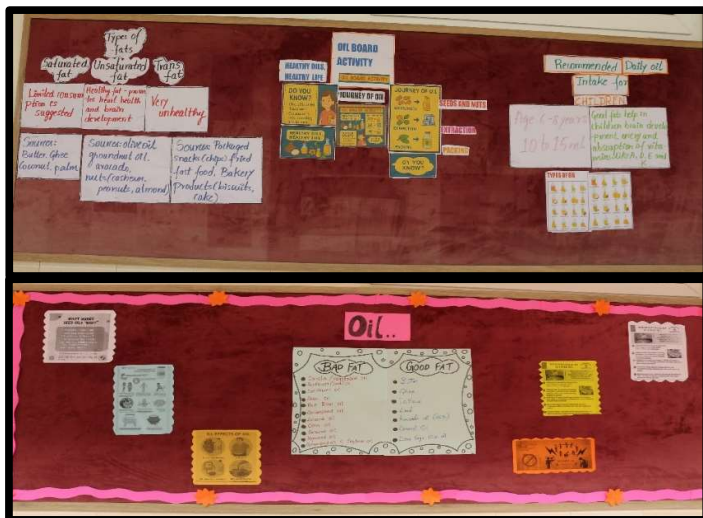
We congratulate all the winners and participants for their hard work and dedication. A heartfelt thanks to the teachers and coaches for their constant guidance and support.

Dolphin Awareness Program



In line with the CBSE circular, our school conducted a Dolphin Awareness Program to highlight the importance of conserving India's National Aquatic Animal. Students participated in presentations, videos, and interactive discussions on dolphin species, their habitats, and threats to their survival. The program fostered empathy towards marine life and encouraged students to contribute to protecting aquatic biodiversity.

Oil Board Activity



As per the CBSE circular, our school organized an Oil Board Activity to promote creative expression and environmental awareness. Students used oil pastels and paints to depict themes such as energy conservation, nature protection, and sustainable living. The activity not only enhanced their artistic skills but also sensitized them towards responsible resource use.

Tata Essay Competition



We are proud to share that our students enthusiastically participated in the *Tata Essay Writing Competition*, a platform that inspires young minds to express their thoughts, creativity, and vision for a better future. Through this competition, students not only enhanced their writing skills but also developed critical thinking and awareness on important social and environmental issues.

The Tata Essay Writing Competition was conducted in our school for students of Classes 6 to 10 on the topic "Five Things I Will Do to Build a Self-Reliant India". The competition aimed to inspire young minds to think critically about their role in nation-building. Students enthusiastically expressed ideas on innovation, entrepreneurship, sustainability, skill development, and responsible citizenship. The essays reflected creativity, awareness, and a strong sense of patriotism. The best entries will be forwarded to the regional and national levels.

We appreciate the efforts of all participants and congratulate the winners who brought laurels to our school. 🌟

Class 8 Selection of NCC



Our school conducted the NCC (National Cadet Corps) selection to identify disciplined and dedicated students for enrolment. Candidates of class 8, underwent a selection process that included physical fitness tests, basic drills, and an interview to assess leadership qualities and commitment. The chosen cadets will now begin their NCC training, fostering values of discipline, patriotism, and community service.



Sadak Suraksha Abhiyan



As part of the *Sadak Suraksha Abhiyan*, our school conducted an awareness programme to highlight the importance of **safe road practices** and encourage responsible behaviour among students, parents, and the community.

The programme aimed to educate young minds about:

- Following traffic rules and signals
- Wearing helmets and seat belts
- Avoiding mobile phone use while driving
- Safe pedestrian practices
- The importance of spreading awareness among peers and family

Road safety is not only the duty of drivers but also of pedestrians and cyclists. Small actions like wearing helmets, slowing down near schools, and respecting traffic rules can save countless lives.

Let us all join hands and make our roads safer for everyone.

Your safety is in your hands – Follow the rules, save lives!

CBSE, COE offline teachers training

Topic	Designation	Name of the Teacher
Mathematics Offline Training Program	Department of Math	Kavya J C
Use of Artificial Intelligence in Classrooms, training	Department of Computer	Kusuma G
Kannada (Secondary Level) two days training Program	Department of Kannada	Harinakshi G N

Teachers actively participated in interactive sessions, group discussions, and hands-on activities designed to address both subject-specific pedagogies and holistic development of learners. The resource persons from COE shared valuable insights on effective teaching methodologies, integration of technology in classrooms, and fostering 21st-century skills among students.

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Kargil Vijay Diwas



Kargil Vijay Diwas is observed every year on **26th July** to honour the courage, valour, and sacrifice of the Indian Armed Forces during the **Kargil War of 1999**. On this day, we pay tribute to our brave soldiers who fought with indomitable spirit to protect our nation's integrity and sovereignty.

The day serves as a reminder of the **supreme sacrifices made by our martyrs**, and inspires every citizen to uphold the values of patriotism, unity, and dedication towards the motherland.

At our school, students observed the day with patriotic fervour. Special assemblies, speeches, and patriotic songs were presented to instil the spirit of nationalism among young learners. Teachers also highlighted the importance of remembering the sacrifices of our heroes and motivated students to contribute positively to the nation's progress.

❖ Let us salute the courage of our soldiers and pledge to always stand united for our country. **"Their sacrifice will forever inspire generations."**

Puppet Show



Our little learners from the Pre-Primary section enjoyed a fun-filled **Puppet Show** conducted at school. The colourful puppets, lively characters, and engaging stories kept the children entertained and helped them learn valuable lessons in a joyful way.

Through this activity, our young ones not only had a memorable experience but also developed imagination, listening skills, and moral values. The day was filled with laughter, curiosity, and excitement as the children watched their favourite stories come alive on stage.



Monthly/Club activities month of July**Electoral and MUN Club**

This interactive club activity aims to simulate the workings of the Indian parliamentary system by forming a Youth Parliament. Students will take on roles such as the Speaker, Prime Minister, Opposition Leader, Cabinet Ministers, and Members of Parliament. Through debates, discussions, and the passage of mock bills, participants will develop a deeper understanding of democratic values, the legislative process, and public speaking.

Activities- Video presentation, discussion and assigning of various roles and responsibilities to the students as part of the formation of Youth Parliament.

Health and wellness club Activity: Poster making on Food safety

Health and wellness Club students participated in a poster making activity on Food safety.

It is an opportunity for students to express their art skill.

Jewellery Making

In this fun-filled Math Club activity, students explore the world of patterns, symmetry, and sequences through jewellery making. Using colourful beads, they create bracelets and necklaces based on mathematical concepts like AB patterns, symmetry, and number sequences. It encourages creativity while reinforcing key math skills in a hands-on way. Ideal for 8–10 students, the activity blends art and math into sparkling creations!



Thankful

Pre-primary assembly activities

Our little learners of the Pre-Primary section participated in their special Assembly with great excitement and joy. The assembly provided a wonderful platform for the children to build confidence, improve communication skills, and showcase their talents.

*Lekhan B M NCC selection*

Master Lekhan B M of class 9 has been selected for TSC- IGC (Thal Sainik camp-

Inter group competition; firing category) camp which will be held in Mysuru from 17th July to 26 July 2025.

CBSE sports Competition

- Badminton
- Yoga
- Swimming
- Kabaddi



CBSE Yogasana competition.
School Boys team U 19, Traditional category is qualified for the National level competition.

We delighted to share the results of CBSE Yogasana competition.



School Boys team U 19, Traditional category is qualified for the National level competition.



Final Result

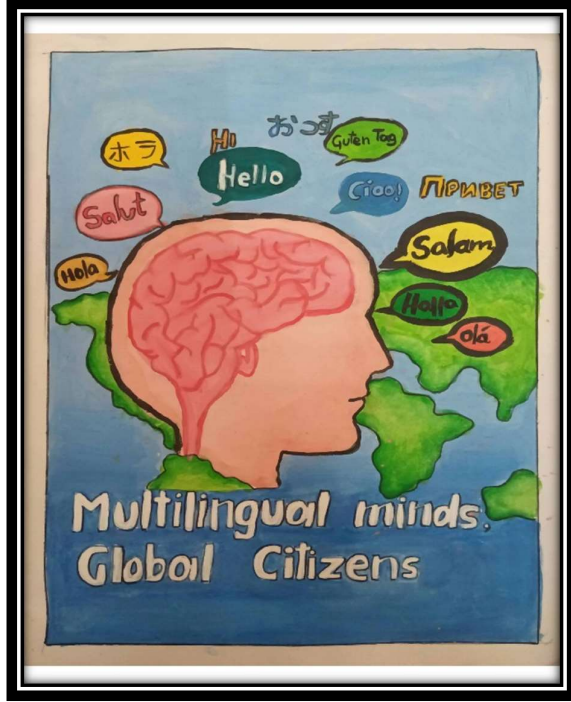
1. Boys Under-14 Secured Second Place.
2. Boys Under- 19 Secured Third Place.
3. Under-14 Boy Divith K, 8th 'B' He Secured Best Rider Award in Cluster level Kabaddi Tournament.

CBSE Cluster Level Kabaddi Tournament 2025, Sangabasava International Residential School, Kavalagi, Vijayapura.



Congratulations Teams for your great effort and hard work 🌸🌸

Art Corner



Staff Corner

Lost Recipes of Karnataka

Nutritional Values



ragi uppu (Finger Millet Porridge) is a traditional wholesome dish popular in Karnataka prepared using ragi flour (finger millet flour). In rich nutritional profile offers a wide array of health benefits. Lets know more about the grain, RAGI.

Karnataka being the major producer of ragi, including Tamil Nadu, Andhra Pradesh, Maharashtra, Uttarakhand and Odisha. It's also cultivated in smaller quantities in states like Gujarat, Jharkhand and Chhattisgarh. Ragi is said to be a rich source of Calcium, Iron and dietary fiber including carboxylates and proteins. It's considered to be beneficial for bone health and preventing anemia. It also aids in digestive tract issues and maintains blood sugar levels as its rich in dietary fiber. Promoting weight loss and improve heart health. Ragi is naturally gluten-free making it a great source for individuals with celiac disease or gluten intolerance.

Ingredient

Dry roast ragi flour - 1 cup (Mix with little water to form granules without lumps)
Water - 2 1/2 cup
Onion - 1 (finely chopped)
Green chilies - 2 Nos.
Ginger - 1 tsp (finely chopped)
Curry leaves - few
Grated coconut - 2 tbsp (optional, for taste)
Salt - to taste
For tempering: Oil - 2 tsp
Mustard seeds - 1/2 tsp
Urad dal - 1/2 tsp
Chana dal - 1/2 tsp

Method:

Heat oil in a pan, add mustard seeds, urad dal, chana dal, curry leaves, green chilies, and ginger. Add chopped onions and sauté till translucent. Reduce the flame and add granules of roasted ragi flour. Mix well. Cover and cook for 5 minutes till it become soft and cooked well. Add the grated coconut and mix well. Serve hot with coconut chutney or curd.

Process of preparing

1. Wash the ragi well and make sure there are no impurities
2. Soak it in hot water for 2-3 hrs.
3. Leave it for 5-10 minutes in the sieve and let the water drain out
4. On a clean kitchen cloth, spread the ragi evenly all over.
5. Leave it dry for 6-8 hours
6. Heat a heavy bottomed pan or kadai on low flame for at least 5 minutes
7. Now add around 2 to 3 Tbsp of ragi into the kadai
8. Remember to always fry on low flame, ragi starts to change color
9. Cover with a lid for a few seconds
10. Now most ragi start to pop and rest of the ragi get roasted
11. Repeat with all the ragi and roast, pop it until it well roasted
12. Allow to cool completely
13. Grind the ragi into powder in a flour mill.
14. (Can be stored in an airtight container for three months)

.....This series continues with a few more recipes



Roopa J
CFP

ಎತ್ತ ಸಾಗುತ್ತಿದೆ ಈ ಸಮಾಜ

ಪರಿಚಯಸ್ಥರನ್ನು ಅಪರಿಚಿತರಂತೆ ನೋಡುವ ಜನ
ನಿಷ್ಕಲ್ಮಶ ನಗುವಿಗೂ ಲಂಚ ಕೇಳುವ ಜನ
ಹಿರಿಯರಿಗೆ ಗೌರವ ತೋರುವಲ್ಲಿ ಬೀಳುವ ಜನ
ತಾಳ್ಮೆ ಸಹನೆ ಎಂಬ ಪದಗಳಿಗೆ ಅರ್ಥನೀಡದ ಜನ
ಕೋಪ ಉದ್ದೇಗಕ್ಕೆ ದಾಸರಾಗಿರುವ ಜನ
ಅಕ್ಷರ ಕಲಿಸಿದಾತ ಎದುರಿಗೆ ನಿಂತಿದ್ದರು, ಆಸನ ನೀಡದ ಜನ
ಬಂಧು ಬಾಂಧವರೊಟ್ಟಿಗೆ ಮಾತನಾಡಲು ಬಿಗಿಮಾಡುವ ಜನ
ತನ್ನ ಆತ್ಮ ಗೌರವಕ್ಕೆ ಬೆಲೆ ಕೊಡದಿರುವ ಜನ

ತನ್ನ ಪ್ರತಿಭೆಗೆ ತಾನೇ ಅವಕಾಶ ಮಾಡಿಕೊಡದ ಜನ
ಇತರರು ಹುರಿದುಂಬಿಸಿದರು ಅದಕ್ಕೆ ಮನಸ್ಸು ಕೊಡದ ಜನ
ತನ್ನ ಭವಿಷ್ಯವನ್ನು ಉಜ್ವಲಗೊಳಿಸಿಕೊಳ್ಳಲು ದೂರಾಲೋಚನೆ ಮಾಡದ ಜನ
ಏ. ಎ ಫೋನುಗಳಿಗೆ ಕೊಡುವ ಪ್ರಾಮುಖ್ಯ ಮನುಷ್ಯತ್ವಕ್ಕೆ ಬೆಲೆ ಇಲ್ಲದಾಯಿತೇ?
ಪೋಷಕರಲ್ಲದ ಇಂತಹ ಗುಣಗಳು ಮಕ್ಕಳಲ್ಲಿ ಬಂದಾಯಿತೇ?
ಜನರನ್ನು ಬದಲಾಯಿಸುವ ಭರದಲ್ಲಿ ಸಮಾಜ ಸೋಲುತ್ತದೆಯೇ ?

ಸಮಾಜವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳದ ಜನ ಮೂರ್ಖರಾಗುತ್ತಿದ್ದಾರೆಯೇ?
ಎತ್ತ ಸಾಗುತ್ತಿದೆ ಸಮಾಜ?
ಇಂತಹ ದೃಶ್ಯಗಳನ್ನು ಕಂಡ ನನ್ನ ಮನಸ್ಸಿಗೆ ನೋವಾಗುತ್ತಿದೆ ಏಕೋ?
ಇಂತಹ ಪ್ರಪಂಚದಲ್ಲಿ ಬದುಕುತ್ತಿದ್ದೇವಲ್ಲ ಎಂಬ ಆಘಾತದಲ್ಲಿ

ಇಂತಿ ನಿಮ್ಮವಳು
ಶಿಲ್ಪ ಬಿ
ಕನ್ನಡತಿ



MYTHS VERSUS TRUTH-IN MATHEMATICS

Myths about math learning abound in our country. Although some may contain half-truths, these persistent myths can harm a child's chances at being successful in this subject, so know the truth. Let us list some of the math-myths and truths:

• **Myth:** "The myth gene": Some people are born "good" at math, so they do math related activities very well. If a child is not able to understand math, then the child will be tagged with "Dyslexia" or "Dyscalculia" without any diagnosis.

• **Truth:** Success and ability in math is malleable and not fixed. Unpreparedness in learning the subject causes a child to assume that genetic ability determines the "performance difference".

Anyone can do good at math with practice in a supportive learning environment. **Myth:** "You don't need math", if you don't pursue your career in engineering/related branches, then you aren't required to learn math.

Truth: Everyone needs math and uses Math. Math helps one to navigate through everyday life. Without math, we cannot think of a day. For eg: Everyday math is used for shopping, cooking, driving. Estimating, telling time... so on. Math is involved in drawing, painting, music, etc.

• **Myth:** "There is only one 'right way' to solve a problem."

• **Truth:** There are multiple ways to solve problems, based on people's individual problem-solving skills.

Some children solve puzzles or math problems in different ways but they are hesitant to express their views. Students should get the environment in which they are problem solvers. Here are some tips to master the subject.

- Practice and more practice
- Review errors
- Pay attention to key concepts

Relate math problems to the real world.

Above all, Math requires "time", "patience" and "concentration", and not to forget that all one needs to do is "Love math".



Mamatha MV
Department of Mathematics



Student Corner

My First Train Journey to Mangalore for my CBSE skill expo

Puneeth H - 7th "C"

➤ **Day 1 - 28th July 2025** - I still remember the excitement on the first day of our trip. Late in the evening, we went to school, packed our model carefully, and kept it in the van. It took us almost two hours to reach the railway station. We sat there for 30 minutes, waiting for the train. At exactly 8:10 pm, the train arrived. We quickly found our seats, had our dinner in the train. Slowly, the sound of the train made us sleepy. When I woke up the next morning, we had already reached our destination Mangalore.



➤ **Day 2 - 29th July 2025** - The second day started with a short rickshaw ride from the railway station to our principal mam's house. After getting fresh, we had a delicious coastal breakfast. By 10 am, we were ready to explore sightseeing. Our first stop was Kadriath temple, where we saw many beautiful idols. Then we visited Gopalswamy temple. The humidity made us tired, so we went to a local hotel for lunch. Right after lunch, we headed to the beach. The waves, the sand, and the cool breeze made the one-hour stay there full of fun and laughter. Back at mam's house in the evening, we checked our model, made small corrections, and practiced our speech for the event. Dinner was served, and the day ended with excitement for the next morning.



➤ **Day 3 - 30th July 2025** - On the third day, we dressed up and carried our model to Shakti Residential School. As soon as we arrived, we were welcomed warmly with an aarti and tilak. After a quick breakfast, we enjoyed the welcome program, which included dances and speeches. Then, it was our turn to stand at our stall and explain our model. Many people came, listened to us, and appreciated our idea. We also walked around to see other models made by students from different schools. In the evening, back at mam's house, we saw her father in law's award winning paintings. They were so beautiful that I took some photos to remember them.



Finally, it was time to return. We freshened up, had dinner, and went back to the railway station. The train took us home safely, where my parents were waiting for me to receive at Bangalore railway station.

I am thankful to my school team, Varsha Mam, Principal Mam, for giving us this wonderful opportunity to learn, explore and enjoy together.

"It was a journey full of learning, fun and memories that will stay with me forever"

THANK YOU



Skill Expo



Students of our school actively participated in the Skill Expo held in Mangalore in July 2025. The event provided a vibrant platform for showcasing creativity, innovation, and practical skills across various domains. Our students enthusiastically presented their projects and models, reflecting critical thinking and problem-solving abilities. The expo not only enhanced their



confidence but also gave them exposure to new ideas and collaborative learning experiences

Retirement Felicitation program



❖ Celebrating a Journey of Dedication and Commitment ❖

Our school/organization proudly organized a **Retirement Felicitation Program** to honor the remarkable service and invaluable contributions of our esteemed staff member(s) who are bidding farewell after years of dedication.

The program was filled with warmth, gratitude, and nostalgia as colleagues, students, and well-wishers gathered to celebrate their journey. The event began with a **welcome address**, followed by cultural performances and heartfelt speeches highlighting the retiree's commitment, achievements, and the positive impact made on the institution.

✿ We extend our heartfelt wishes for a happy, healthy, and fulfilling retired life ahead. ✿



Art Integration activities 1-4



To



make learning joyful and meaningful, our school conducted **Art Integrated Activities** for Classes 1 to 4. Students explored their subjects in a creative way by blending art with academics. Through drawing, painting, craft, music, and role play, children expressed their understanding of concepts from Science, Social Studies, Mathematics, and Languages.

The activities not only enhanced their imagination but also helped them to connect classroom learning with real-life experiences. Students actively participated and showcased their hidden talents with great enthusiasm.



These sessions truly reflected the motto of *learning by doing*, encouraging our young learners to think creatively, work collaboratively, and enjoy the process of discovery.

Important events in August

1. Inter-house sports competitions
2. International youth day celebration
3. Raksha Bandhan Celebration
4. Independence Day celebration
5. Krishna Janmashtami celebration
6. Ganesh Chaturthi celebration
7. Annual sports day- Junior and Senior
8. Club activities/Competition from eco club and literary club.
9. Rangoli Competition.
10. Letter to soldiers.

CBSE activity:

Har Ghar Tiranga celebration

Cluster/ Zonal level sports competitions

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