



Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)

Machohalli Gate, Magadi Main Road, Bengaluru-91

Email: vsips@vidyasanskaar.edu.in, www.vidyasanskaar.edu.in

ABHIVYAKTI/ಅಭಿವ್ಯಕ್ತಿ/अभिव्यक्ति



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1. Pre-primary Fancy dress competition 05 August

Our little stars lit up the stage with creativity and charm at the Pre-Primary Fancy Dress Competition! Dressed in various characters, the children confidently showcased their talents and imagination. It was a delightful event filled with color, confidence, and cheer – a true celebration of self-expression and fun!



2. Raksha Bandhan 09 August



To celebrate the beautiful bond between brothers and sisters, our students participated in a heartwarming Raksha Bandhan celebration. The day was filled with joy as children tied handmade rakhis, shared sweets, and learned about the cultural

significance of this cherished festival. It was a lovely way to promote love, respect, and unity among our young learners.



3. International Youth Day – 12 August

Our school observed International Youth Day with a special assembly highlighting the power, potential, and responsibility of youth in shaping a better future. Students presented thought-provoking speeches, inspiring skits, and soulful songs emphasizing this year's theme. The program encouraged young minds to be changemakers, promoting leadership, compassion, and global awareness.

4. Krishna Janmashtami – 14 August

The school came alive with joy and devotion as students celebrated Krishna Janmashtami with great enthusiasm. Dressed as little Krishnas and Radhas, the children performed delightful dances, bhajans, and presented drama. The celebration beautifully reflected the spirit of love, mischief, and divinity associated with Lord Krishna





5.



5. Independence Day – 15 August

The spirit of patriotism filled the air as our school proudly celebrated Independence Day with great enthusiasm. The program included a flag-hoisting ceremony, inspiring speeches, patriotic songs, and vibrant cultural performances by the students. It was a heartfelt tribute to the nation and a reminder of the sacrifices made for our freedom.



6. CBSE Sports Achievements

- Taekwondo - 07/08/2025 to 09/08/2025



- Volleyball - 29/07/2025 to 02/08/2025



Our school boys' volleyball team displayed remarkable teamwork and determination, securing the runner-up position in the tournament. Their dedication and sportsmanship made everyone proud



7. Junior and Senior Sports Day – 29 & 30 August

Junior Sports Day

“Celebrating the energy and enthusiasm of our young achievers.”

The school playground came alive with joy and excitement as our Junior Sports Day was celebrated with great enthusiasm. The young champions of the primary section participated in a variety of fun races, relays, and team games that highlighted their energy, confidence, and sportsmanship.

The event began with a cheerful march-past and oath-taking ceremony, setting the tone for the day.

From sprint races to novelty events like sack race, lemon-and-spoon race, and obstacle race, every competition was filled with laughter, determination, and team spirit. The vibrant participation of students, along with the cheers from classmates and teachers, created a lively atmosphere.

Medals and certificates were awarded to the winners, encouraging all participants to continue nurturing their talents. The day beautifully showcased the importance of fitness, teamwork, and the joy of healthy competition at a young age.



Senior Sports Day

The Senior Sports Day was conducted with great zeal and enthusiasm. The event featured a vibrant march-past, oath-taking, and thrilling track and field competitions. Our esteemed guest inspired the students with motivating words, and winners were honored with prizes, making the day a true celebration of talent, teamwork, and sportsmanship.





8. Best teachers award – 31 August

ನಮ್ಮ ಶಾಲೆಯ ಹೆಮ್ಮೆ - ಅತ್ಯುತ್ತಮ ಶಿಕ್ಷಕ ಪ್ರಶಸ್ತಿ 2025

ನಮ್ಮ ಪ್ರಿಯ ಕನ್ನಡ ಶಿಕ್ಷಕಿಯರಾದ ಶ್ರೀಮತಿ ಅಶ್ವಿನಿ.ಜಿ ಹಾಗೂ ಶ್ರೀಮತಿ ಶಿಲ್ಪಾ.ಬಿ ಅವರಿಗೆ "ಅತ್ಯುತ್ತಮ ಶಿಕ್ಷಕ ಪ್ರಶಸ್ತಿ - 2025" ಲಭಿಸಿರುವುದು ನಮ್ಮೆಲ್ಲರಿಗೂ ಹೆಮ್ಮೆಯ ಸಂಗತಿ. ಈ ಪ್ರಶಸ್ತಿಯನ್ನು ಜನಸಿರಿ ಫೌಂಡೇಶನ್ ವತಿಯಿಂದ ಪ್ರದಾನ ಮಾಡಲಾಯಿತು.

ವಿದ್ಯಾರ್ಥಿಗಳ ಪ್ರಗತಿಯಿಗಾಗಿ ತೊಡಗಿಸಿಕೊಂಡಿರುವ ಅವರ ನಿರ್ವಹಣಾ ಶ್ರಮ, ಬೋಧನೆಗೆ ತೋರಿದ ಪ್ರೀತಿ ಮತ್ತು ಪ್ರೇರಣಾದಾಯಕ ಮಾರ್ಗದರ್ಶನವೇ ಈ ಗೌರವಕ್ಕೆ ಕಾರಣವಾಗಿದೆ. ಈ ಪ್ರಶಸ್ತಿ, ಅವರ ಪರಿಶ್ರಮ ಮತ್ತು ಬದ್ಧತೆಯ ಸ್ಮರಣೆಯಾಗಿ, ನಮ್ಮ ಸಂಸ್ಥೆಯ ಗೌರವವನ್ನು ಇನ್ನಷ್ಟು ಹೆಚ್ಚಿಸಿದೆ.

ನಮ್ಮ ಗೌರವಾನ್ವಿತ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತ ಶಿಕ್ಷಕಿಯರಾದ ಅಶ್ವಿನಿ.ಜಿ ಮತ್ತು ಶಿಲ್ಪಾ.ಬಿ ಅವರಿಗೆ ಹಾರ್ದಿಕ ಅಭಿನಂದನೆಗಳು.



9. CBSE offline training program

“Empowered teachers create empowered learners.”

Our teachers recently attended a CBSE Board Training Program conducted at other schools. This initiative aimed at upgrading teaching methods, sharing best practices, and enhancing classroom strategies. Such training sessions not only enrich our teachers' professional skills but also bring new and innovative learning experiences for our students.



10. Staff Corner

The Lost Recipes Continued....

Ragi Laddoo (Finger Millet Laddoo)

It's a great source of calcium, iron, protein and fiber making it beneficial for bone health, preventing anemia and aiding digestion issues. It's also known to help manage blood sugar levels, promote weight management and potentially reduce the risk of heart disease. Ragi is naturally gluten-free, making it a suitable option for individuals with celiac disease or gluten sensitivities. This healthy snack is a boon to young children to boost their energy levels.

Ingredients:

Dry roast ragi flour – 1 cup
Water /Milk – 1cup
Grated coconut – 2 tbsp
Jaggery Powder- ¼ cup
Sesame seeds - 3 tbsp
Groundnut - 4tbsp
Dry fruits(cashew, almonds) - 3tbsp (optional)
Cardamom powder - a pinch
Ghee - 1 tbsp
Dry coconut powder - 3-4tbsp



Method:

Dry roast the groundnut and remove the peel.
Boil the water/milk.

Mix Dry Ingredients

- In a bowl, combine Roasted Ragi Flour, Jaggery powder, grated coconut, sesame seeds, roasted groundnut and cardamom powder. Mix it well

Bind To Make Laddoos

- Sprinkle water/milk, grease the palm with ghee. Take small portions and press it gently with palms to form laddoos. If the mix feels too dry add a little more water/ghee. Roll it on dry coconut powder.

Cool & Store

- Allow Laddoos to cool fully. Store it in an airtight container.

Note : Adding warm milk brings flavor and softness to the laddoos but then the shelf life will be shorter.

Try, taste and enjoy this healthy laddoos.
Please share the review.

Roopa J
CFP
VSIPS



ಸಾಧನೆಯ ಬದುಕು

ವಿದ್ಯೆಯ ಸಾಧನೆಗೆ
ಪ್ರಯತ್ನದ ಫಲ
ಜ್ಞಾನದ ಸಾಧನೆಗೆ
ಏಕಾಗ್ರತೆಯ ಫಲ
ಮನಸ್ಸಿನ ಸಾಧನೆಗೆ
ಅರಿವಿನ ಫಲ
ಕನಸಿನ ಸಾಧನೆಗೆ
ಅಚಲತೆಯ ಫಲ
ಸಾಧಿಸುವ ಸಾಧನೆಗೆ
ಹಂಬಲದ ಫಲ
ಸಾಧಿಸಿದ ಸಾಧನೆಗೆ
ಸವಿಯದ ಫಲ
ಭಾವನೆಯ ಸಾಧನೆಗೆ
ಗಟ್ಟಿತನದ ಫಲ
ಆಸೆಗಳ ಸಾಧನೆಗೆ
ಕಡಿವಾಣದ ಫಲ
ಬದುಕುವ ಸಾಧನೆಗೆ
ಅಳಿವು ಉಳಿವಿನ ಫಲ
ಸಾವಿನ ಆಚೆಯ ಸಾಧನೆಗೆ
ಬದುಕಿನ ಅನುಭವದ ಫಲ
ಒಟ್ಟಿನಲ್ಲಿ ಸಾಧನೆಯ ಬದುಕು
ಬದುಕುವುದೇ ಒಂದು ಫಲ

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



Our Art Teacher recently created a series of beautiful **water paintings** that highlight both skill and imagination. The use of soft shades and delicate strokes made each painting a true piece of inspiration. His work encourages students to appreciate the beauty of art and motivates them to explore their own creativity.

OR

This month, our Art Teacher splashed colors onto paper and created magic through **water painting**. Each stroke danced like waves, each shade spoke a story. His art reminds us that creativity flows like water—gentle, free, and full of life. He inspires us all to pick up a brush and let our imagination flow!

Tag line : "Where colors flow like water, art finds its voice."



Sharanappa V.M.
Art and Craft Department
Vidya Sanskaar International Public
School.

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

11. Student Corner

Rising Through the Ranks: A Promising Cricket Star Inspired by Smriti Mandhana

In the footsteps of Indian cricketing icon **Smriti Mandhana**, a young and dynamic girl has stepped onto the cricket field with ambition in her stride and discipline in her game. Over the past year, she has embarked on an incredible journey — transforming passion into performance and slowly carving out her identity in the world of women's cricket.

Performance Highlights:

Since the beginning of her cricketing journey just a year ago, she has:

- Played 24 Matches
- Scored 172 Runs
- Maintained a Strike Rate of 56.95
- Best Performance: 44 Runs off 48 Balls (Strike Rate: 98.7) — Awarded Best Batter

Notably, her standout innings of 44 (48) earned her accolades as the **Best Batter** in the tournament — a moment of pride and promise. She was also recognized as the **Player of the Match** in the East West Premier League, further establishing her as a name to watch in the upcoming seasons.

Tournaments Played:

This budding cricketer has already showcased her talent in multiple prestigious tournaments across Bengaluru and Mysuru, including:

- RRCC CF – Women's T30 Tournament (Green Sports Village, Bengaluru)
- SD Quadrangular Women's Tournament 2025 (Samprasiddhi Sports Estadio, Bengaluru)
- Women's Tiger Cup 2025 (Samprasiddhi Sports Estadio, Bengaluru)
- 22 Yards Women Premier League – 2 (2025) (Ram Sports Club, Bengaluru)
- East West Premier League (Cosmic Cricket Academy, East West College, Bengaluru)
- Karnataka Women's Cricket Tournament – Season 3 (SICE & SDNR Wodeyar Grounds, Mysuru)

Each of these tournaments has added valuable experience, helping her evolve as a composed, confident, and technically strong cricketer.

Learning from the Legends:

Throughout her journey, she has had the rare privilege to interact and receive guidance from some of the finest women cricketers of India:

- Veda Krishnamurthy – Former Indian Cricketer
- Shreyanka Pattil – Indian Cricketer
- Roshini Kiran – Captain, Karnataka U-23 Women's Team

These interactions have been deeply motivational, providing her not only technical insights but also instilling in her the belief that with discipline, humility, and relentless effort, anything is possible.

The Road Ahead

Still in the early innings of her career, she stands as a beacon of determination, proving that dreams backed by dedication and inspiration can shape a powerful journey. With her bat doing the talking and her mindset aligned with greatness, there's no doubt that she's got a long way to go — and the potential to go all the way. **Hey Everyone! I'm Just Getting Started...!**

I'm a young girl with a big dream and a bigger bat in hand — and I've set my heart on cricket!

Ever since I saw **Smriti Mandhana** step onto the field with fearless flair, I knew that's what I wanted to do — hit hard, play smart, and leave a mark. One year ago, I took the first step into my cricketing journey — and what a ride it's been!

My Stats So Far:

- 24 matches played
- 172 runs scored
- Strike Rate: 56.95
- Best performance: 44 runs off 48 balls (SR: 98.7) — I was thrilled to win **Best Batter** that day!
- Also bagged the **Player of the Match** title in the **East West Premier League**

Every game has taught me something new. Some days I win, some days I learn — but I show up, and I grow stronger with every match.

Tournaments That Fuelled Me:

In just one year, I've played in some of the most exciting and competitive tournaments around Bengaluru and Mysuru:

- RRCC CF – Women's T30 Tournament (Green Sports Village, Bengaluru)
- SD Quadrangular Women's Tournament 2025 (Samprasiddhi Sports Estadio)
- Women's Tiger Cup 2025 (Samprasiddhi Sports Estadio)
- 22 Yards Women Premier League – 2 (Ram Sports Club)
- East West Premier League (Cosmic Cricket Academy, East West College)
- Karnataka Women's Cricket Tournament – Season 3 (SICE & SDNR Wodeyar Grounds, Mysuru)

Each of these matches tested me, pushed me, and helped me raise my game — and I'm loving every bit of it.



Thoughts and Reflections:

Tracing Footsteps in Moonlight: Guru Purnima

Once every year, under the soft radiance of the full moon in the month of Aashaadha, **Guru Purnima** arrives, not with bursts of noise, but in a gentle call for reflection. Rooted in the legacy of Maharishi Vyasa, who is credited with compiling the Vedas and shaping the Mahabharata, this day reaches beyond traditions, nudging us to recognise the guiding lights who have shaped our journey.

Whether in the pages of a book, a teacher's advice, or the silent lessons of mistakes, gurus show up in countless ways. They don't just offer knowledge; they bring clarity where there was once confusion, spark courage when uncertainty looms, and inspire direction when paths seem blurred. **Guru Purnima** invites us to pause and honour each of them.

Reimagining the word 'Guru'

'Guru' combines the syllables 'gu' meaning darkness, and 'ru' meaning remover, referring to someone who guides us out of ignorance. In today's world, this role has expanded far beyond spiritual guides. Mentors, peers, authors or even a moment of solitude become carriers of wisdom. A podcast that reframes our worldview or a painting that reminds us of forgotten things can become a guru in disguise. The evolution of the guru has reflected that learning can come from anywhere.

Everyday teachings

Often, life's most powerful teachings lie in its ordinary corners. A stranger's kindness becomes a lesson of empathy. A setback carves out resilience. Nature, often overlooked, gently reminds us of growth, harmony, and change. **Guru Purnima** invites us to notice the things around us that usually go unnoticed, lessons passed not with ceremony, but with care.

Gratitude at the Core

What lies at the heart of this celebration is gratitude—not just for the ones who guided us kindly, but for the ones who challenged us, too. Even discomfort, failure, and criticism hold value when viewed as teachers. A simple message, heartfelt gesture, or quiet moment of thanks deepens our understanding of how far we have come and who helped us get there.

Listening to the Inner Guide

Among the many voices that shape us, there's one we often forget: our own. The inner guide speaks softly, but it urges for truth, pushes us to be authentic, and resists what doesn't feel right. Honouring this quiet wisdom means paying attention not just to desires, but to what truly aligns with who we are.

As the moon casts its glow on everything it touches, **Guru Purnima** offers clarity about our past and our path ahead. In remembering those who shaped us, we also recognise our ability to shape others. A kind word, a shared insight, a moment of presence—each becomes a ripple that extends beyond us.

Name: Anushka Sheetal Murtalamura

Class: 9 C

Year: 2025



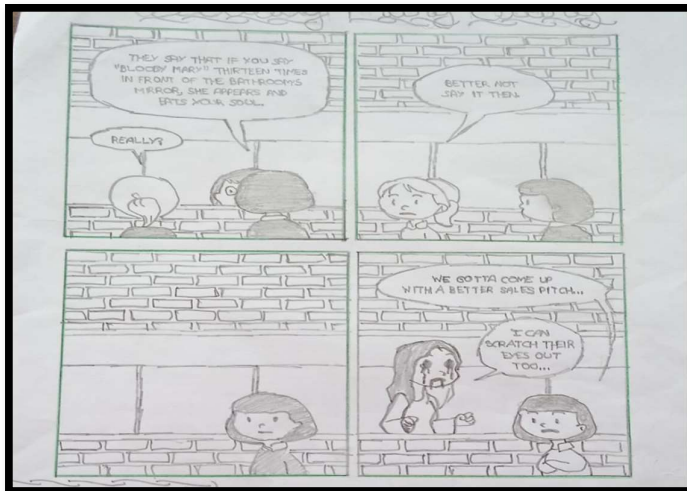
12. Art Corner

COMIC STRIP

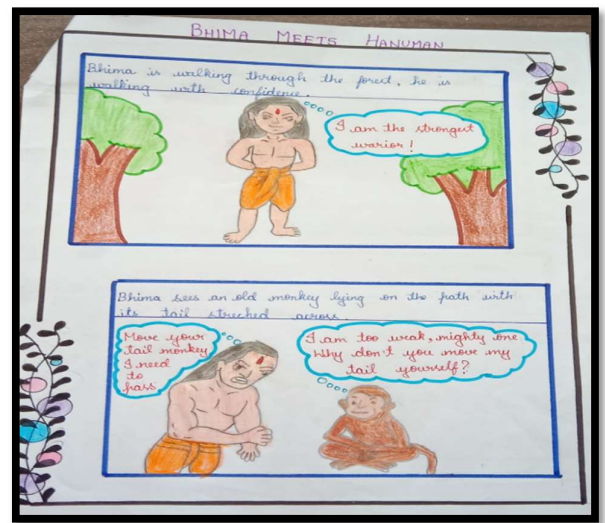
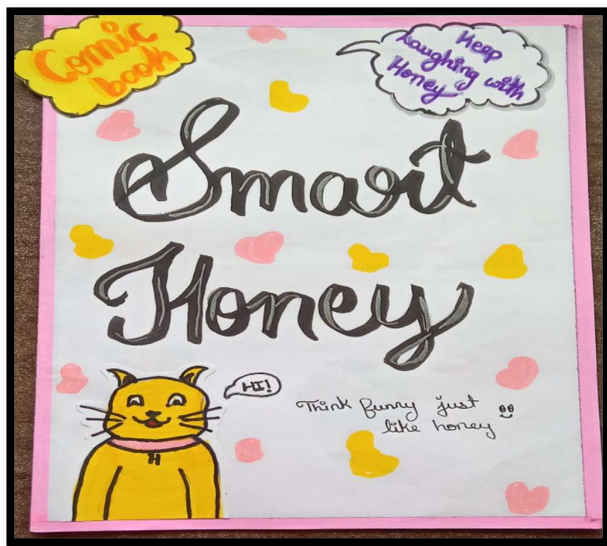
Heading

Our comic strip section brings stories to life with humor, imagination, and a touch of wit. Each strip is designed to entertain while sparking curiosity and laughter.

Enjoy comic strips designed by our talented students—full of humor, imagination, and fresh perspectives. This section showcases the creativity of our students through original comic strips. Each panel reflects their ideas, humor, and artistic skills, making learning both fun and inspiring.



TAGLINE : "A splash of creativity and humor, straight from our students!"



Handwriting

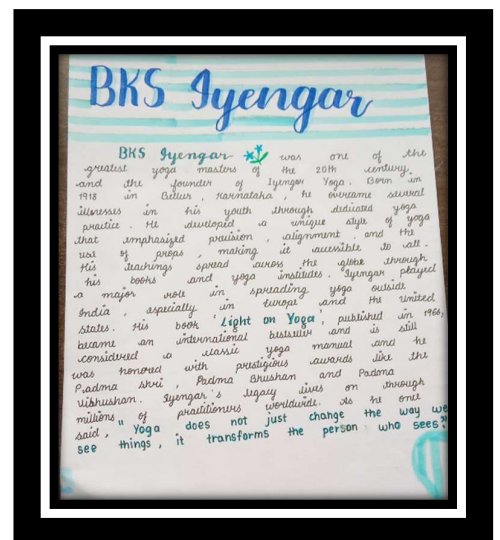
"Good handwriting is a mirror of good learning habits."

Handwriting is not just a skill, it is an art that reflects discipline, focus, and creativity. Handwriting is more than just putting words on paper – it is a lifelong skill that shapes learning and expression. For students, good handwriting plays a vital role in both academics and personal growth.

To encourage students and highlight their efforts, we are delighted to showcase good handwriting samples in all three languages – Kannada, Hindi, and English. Through this display, we hope to inspire all students to take pride in their handwriting, making every word they write a reflection of beauty and clarity.

In today's digital age, handwriting continues to be a timeless skill. Every student should cultivate the habit of writing neatly, as beautiful writing is not just about letters, but about building character and confidence.

"Good handwriting, good learning, good future."



Important events in September

1. Teachers' Day
2. Hindi Diwas
3. Engineers Day
4. Half Yearly Examination
5. Staff Orientation Day Program
6. Flora Day

Editorial Committee

Core Committee:


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