September 2026

Issue -05

Vidya Sanskaar International Public School

(Affiliated to Central Board of Secondary Education)
Machohalli Gate, Magadi Main Road, Bengaluru-91

ABHIVYAKTI | ಅಭಿವ್ಯಕ್ತಿ | अभिव्यक्ति



“ಅಭಿವ್ಯಕ್ತಿ ಎಂದರೆ ಪದಗಳು, ಕ್ರಿಯೆಗಳು ಮತ್ತು ಕಲ್ಪನೆಗಳ ಮೂಲಕ ಆಲೋಚನೆಗಳು, ಭಾವನೆಗಳು ಹಾಗೂ ಸೃಜನಶೀಲತೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸುವ ಕಲೆಯಾಗಿದೆ.”

“Abhivyakti is the art of expressing thoughts, emotions, and creativity through words, actions, and imagination.”

EMAIL: VSIPS@VIDYASANSKAAR.EDU.IN, WWW.VIDYASANSKAAR.EDU.IN

Table of Contents

- Krishna Janmashtami Celebration
- Teachers Day Celebration
- Open Day - Sanskaar Spectrum
- Engineer's Day
- Class Nursery - 10 Half Yearly Examination Starts
- CBSE Sports Achievements
- Gowri Ganesha Celebration
- Hindi Diwas
- Best Student and Class Monitor
- Monthly Activities Winner
- Student Corner
- Staff Corner

Letter from the Principal

Abhivyakti Newsletter | October 2026

Dear Readers,

Greetings from Vidya Sanskaar International Public School

It gives me immense pleasure to present another edition of Abhivyakti, our school newsletter, which reflects the enthusiasm, creativity, achievements, and vibrant learning experiences of our school community.

The months have been filled with joyful celebrations and meaningful learning opportunities. The celebration of **Krishna Janmashtami and Gowri Ganesha** enriched our students' understanding of Indian culture and traditions. **Teachers' Day** provided a heartfelt opportunity to acknowledge the dedication and invaluable contributions of our teachers, while **Engineer's Day** inspired our students to appreciate innovation, creativity, and the spirit of problem-solving. The observance of **Hindi Diwas** further strengthened our appreciation of language and cultural diversity.

Our **Open Day** – Sanskaar Spectrum offered a valuable platform for strengthening the partnership between parents and teachers, celebrating students' progress, and encouraging collaborative efforts in their learning journey. As our students from **Nursery to Class X** undertake their Half-Yearly Examinations, we encourage them to approach their assessments with confidence, sincerity, and a positive attitude.

We are proud of our students' participation and achievements in CBSE sports events, which demonstrate their perseverance, teamwork, discipline, and sporting spirit. Recognising our Best Students, Class Monitors, and Monthly Activity Winners encourages leadership, responsibility, and consistent effort among our learners.

The Student Corner celebrates the imagination, talents, and creative expressions of our young minds, while the Staff Corner recognises the commitment, expertise, and contributions of our dedicated educators and team members.

At Vidya Sanskaar International Public School, we believe that education extends beyond textbooks and examinations. It is about nurturing responsible citizens, confident individuals, compassionate hearts, and lifelong learners.

I extend my sincere appreciation to our teachers, students, parents, and support staff for their continued cooperation and commitment. May we continue to learn, grow, and achieve together.

Smt. Sumana Shenoy
Principal, VSIPS



Pre Primary

Krishna Janmashtami Celebration











Krishna Janmashtami was celebrated with great devotion and enthusiasm in our school, bringing together students, parents, and teachers to commemorate the birth of Lord Krishna. The celebration created a vibrant and festive atmosphere, strengthening the bond between the school and parents while promoting our rich cultural heritage



High School
Krishna Janmashtami Celebration









“Celebrate the Birth of Lord Krishna, Embrace His Wisdom, and Spread the Message of Love and Peace.”

The high school students celebrated Krishna Janmashtami with devotion and enthusiasm, showcasing the rich cultural and spiritual heritage of India. The celebration highlighted the life and teachings of Lord Krishna through vibrant cultural performances and devotional activities, inspiring students to follow the values of love, kindness, truth, and righteousness. The event created a joyful atmosphere and helped students appreciate the importance of Indian traditions and values.

Open Day - Sanskaar Spectrum
Sustainability











“Small Steps Today, A Greener Tomorrow.”

Through Sanskaar Spectrum – Open Day 2026-27, our students showcase their creativity, knowledge, innovation, and commitment to a sustainable world. From renewable energy and water conservation to waste management, biodiversity, and eco-friendly living, each project reflects the importance of making responsible choices.





Food Court

"Eat Responsibly, Waste Less, Live Sustainably!"













Our Food Court celebrates the importance of healthy eating, responsible consumption, and environmental care. Through mindful food choices, locally sourced ingredients, minimal food waste, and eco-friendly serving practices, we aim to make every meal a step towards sustainability.

Good Food • Happy Hearts • Healthy Planet

Sports

Fitness Today, A Healthier Tomorrow





Through simple, engaging games, we promote togetherness, happiness, and intergenerational bonding, reminding everyone that play has no age limit. This initiative celebrates our rich heritage and strengthens the beautiful connection between generations.







Our Open Day celebrates the joy of traditional games that bring generations together. These fun-filled activities encourage elders to revisit cherished childhood memories while sharing their experiences and cultural traditions with the younger generation.



Dance

"Feel the Beat," "Express" and "Soul."

















Dance is a beautiful form of expression that brings together movement, music, creativity, and culture. As part of our Open Day – Sanskaar Spectrum, students showcase their talent, confidence, and artistic skills through vibrant dance performances. Each performance celebrates our rich cultural heritage while promoting teamwork, discipline, and self-expression.Through dance, students also spread awareness about sustainability, encouraging everyone to appreciate nature, protect our planet, and move towards a greener future.

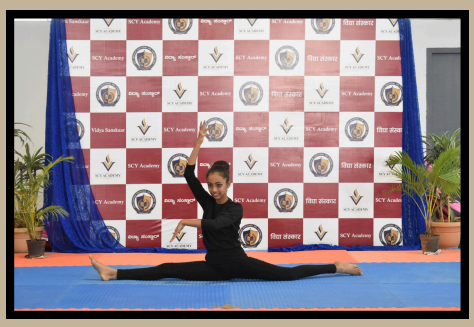
"Every Step Tells a Story, Every Rhythm Inspires Change!"



Yoga & Music








Yoga is an integral part of holistic education that promotes physical fitness, mental well-being, concentration, and inner peace. As part of our Open Day – Sanskaar Spectrum, students showcase various yoga asanas and breathing techniques, highlighting the importance of mindfulness, balance, flexibility, and discipline.

Music is a universal language that inspires emotions, nurtures creativity, and brings people together. As part of our Open Day – Sanskaar Spectrum, students showcase their musical talents through melodious singing, instrumental performances, and rhythmic expressions.

CBSE Taekwondo National-Level Achievement

Third Place (Bronze Medal)

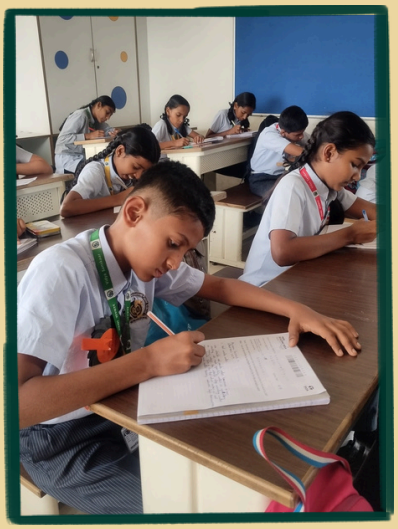


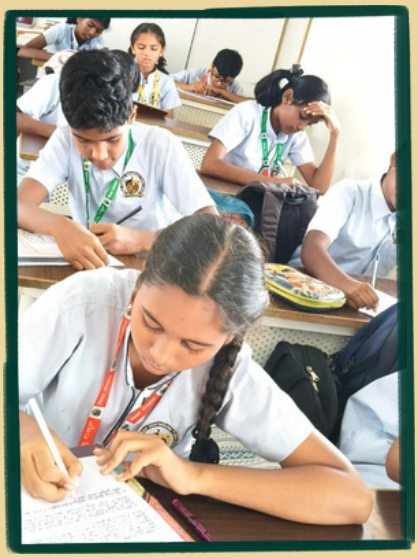


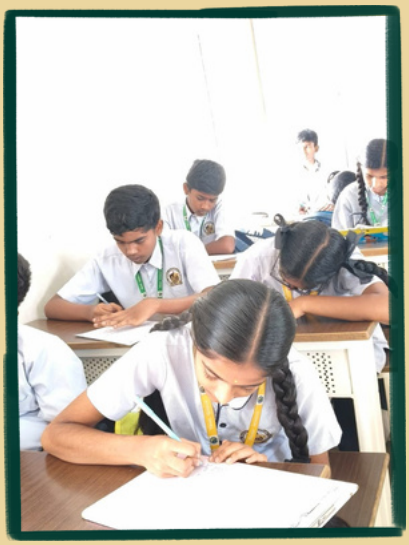


We are proud to celebrate the remarkable achievement of our student Chandan M 8 'C' secured 3rd Place in the CBSE Taekwondo Championship and earned the opportunity to compete at the National Level. Their dedication, discipline, perseverance, and fighting spirit reflect their commitment to sporting excellence. This achievement brings immense pride to our school and inspires fellow students to pursue their sporting aspirations with confidence and determination.

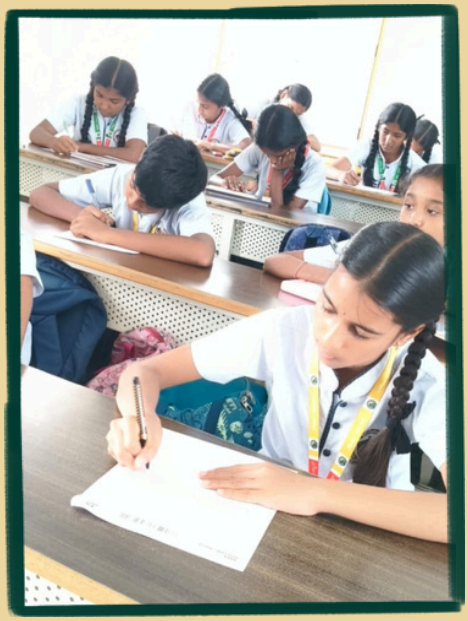
TCS ESSAY WRITING











THE TCS WRITING COMPETITION PROVIDED STUDENTS WITH A WONDERFUL PLATFORM TO SHOWCASE THEIR CREATIVITY, IMAGINATION, AND WRITING SKILLS.

STUDENTS PARTICIPATED ENTHUSIASTICALLY, DEMONSTRATING ORIGINALITY, VOCABULARY, AND CLARITY OF EXPRESSION.

THE ACTIVITY HELPED NURTURE THEIR COMMUNICATION SKILLS, CRITICAL THINKING, AND CONFIDENCE WHILE FOSTERING A LOVE FOR WRITING.

Engineer’s Day Celebration









Engineers’ Day was celebrated with great enthusiasm in our school to honour the contributions of engineers and commemorate the birth anniversary of Sir Mokshagundam Vishvesvaraya, one of India’s most renowned engineers. The celebration aimed to create awareness among students about the importance of engineering, innovation, and technological advancement in our daily lives.

Students participated in engaging activities that highlighted the role of engineers in shaping the modern world. The celebration inspired young minds to think creatively, develop problem-solving skills, and explore the wonders of science and technology.

The event was a meaningful learning experience that encouraged students to dream big, innovate, and contribute towards building a better future.

Ganesha Chaturthi







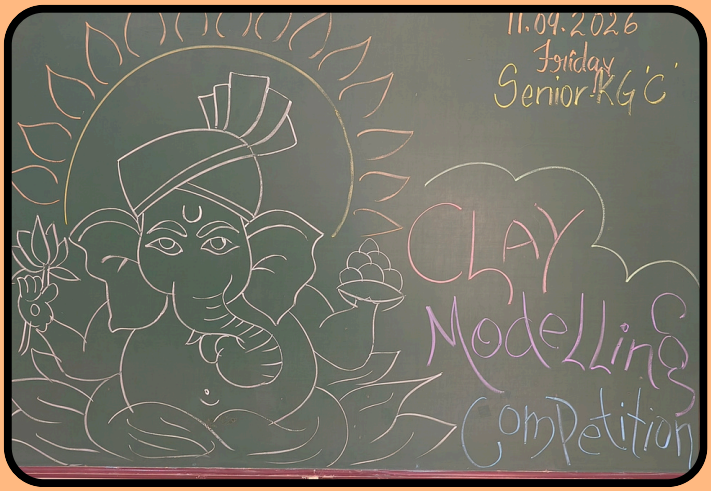
Ganesha Chaturthi was celebrated with devotion, joy, and enthusiasm in our school. The celebration began with prayers seeking the blessings of Lord Ganesha, the remover of obstacles and the symbol of wisdom, prosperity, and new beginnings.

Students and teachers came together to celebrate the festival through devotional activities, cultural performances, and vibrant dances. The celebration created a spiritual and festive atmosphere across the campus, fostering a sense of unity, happiness, and togetherness among everyone.

The occasion also helped students understand the cultural and traditional significance of the festival, encouraging them to respect our rich heritage and celebrate festivals with devotion and environmental awareness. The celebration concluded on a joyful note, spreading positivity and the message of wisdom, harmony, and new beginnings.

Pre Primary Clay Modelling

With little hands and big imaginations, children make beautiful clay Ganesha idols, exploring their creativity while learning about Indian culture and traditions.



This joyful hands-on experience enhances fine motor skills, hand-eye coordination, concentration, and artistic expression while nurturing devotion and respect for our cultural heritage.











"Little Hands Shape Big Dreams!"

MA - 1 activity (ದೇಶಭಕ್ತಿ ಗೀತೆ ಸಮೂಹ ಗಾಯನ)





MA - 2 activity (ವಿಷಯ ನಕ್ಷೆ)





MA - 3 Activity (ಕಲಾ ಏಕೀಕರಣ)





Hindi Diwas

Hindi Diwas – Celebrating the Beauty of Hindi!

Hindi Diwas was celebrated with great enthusiasm to promote the importance of the Hindi language and create awareness about its rich cultural and literary heritage.



Students participated in various activities such as Hindi speeches, poetry recitation, storytelling, and cultural performances.





“हिंदी हमारी शान है, भारत की पहचान है।”



“हिंदी का करें सम्मान, यही है भारत की पहचान!”





“Hindi ki shaan, Bharat ki pehchaan!” Our young learners celebrated Hindi Diwas in the morning assembly, embracing the beauty of Hindi and honouring its rich cultural heritage with pride and enthusiasm.

Best Student and Class Monitor Class 1-2

1	September	1A	Medhansh V Shetty	1- Thanish Mahesh 2- Keerthana R
2		1B	Jhanvika P R	1- Jashvika P 2- Mokshith Raj M
3		1C	Manvitha N	1- Hruthvik R 2- Lekhana V
4		1D	Lahari V	1- Pranathi P 2- Dishanth P
5		2A	Abhigna G Gowda	1- Subrahmanya mushty 2- Panchami S Gowda
6		2B	Hanvith N	1- Pranam Gowda R 2- Rushira J
7		2C	Chintana G S	1- Ganika C 2- Thanmay Gowda B S
8		2D	Nishvika A	1- Sanvika H 2- Yuvansh P H

Best Student and Class Monitor Class 3-4

1	**September**	3A	Kushank K C	1- Samarth Gowda C 2- Nirosha S Gowda
2		3B	Praneeth K N	1- Siddartha V 2- Rishika P
3		3C	Charika C	1- Prahas M Havanur 2- Punarvi AJ
4		3D	Shatha Keerti	1- Charvi KP 2- Sai Krish
5		3E	venugopala	1- Yuvith sagar 2- Harshika
6		4A	Dhanyashree R	1- Uttam Gowda E 2- Gnanavi R
7		4B	S Ishwa	1- Tejith Krishna A 2- Liyana M Gowda
8		4C	Manvith H M	1- Rohan jamadar 2- Jaanvi V D
9		4D	Khushoo Patel	1- Maanya Gupta 2- Ruthvik M P
10		4E	YuvanMahesh	1- ManyashreeGowda 2- Partha S

Monthly Activity Winners Class 1-4

MONTH	ACTIVITY	COMPETITION DATE	CLASS/SEC	1st	2nd	3rd
SEPTEMBER 2026	Thank you card	Sep 9, 2026	1A	Achintya V	Shrishanth Gowda B	Sanchith Kumar HS
			1B	Sahishnutha R	Nuthan S	Gunashreya
			1C	Jananya H Gowda	Hruthvik R	Manvitha N
			1D	Siri D	Anved	Siri Shree M
	Thank you card	Sep 9, 2026	2A	Pranam Poojary	Gunav H	Subrahmanyam Mushty
			2B	Hanvith A Gowda	Ruchit S	Hanvith N
			2C	Punarvasu N C	Rishi N	Vihaan K Gowda
			2D	Shamit M	Kushi Gowda S	Krishna H Patel
	Thank you card	Sep 9, 2026	3A	Tridhara B S	Advith A K	Janhvi Sandeep
			3B	Rishika. P	Atharva. C	Shradha. C R
			3C	Mourya M	Veeha R	Punarvi AJ
			3D	Niyathi Srivathsava	Rekha Raani	Hita K
			3E	Tasya P	Parinitha Chethan	Gloria Jimson
	Thank you card	Sep 4, 2026	4A	Chethan	Bhuvanya R	Uttham Gowda E
			4B	Nitya priya H C	Rithanya Lokesh	Jatin M R
			4C	C H Nithanshi Gowda	Manushi Gowda P	Saanvi M
			4D	Tvisha M	Panvith Simha L	Hadvitha Gowda
			4E	Jayanth S	Lasya M Gowda	Yashmith A

Best Student and Class Monitor Class 5-7

1		5A	Medhavi Shrivastava	1- Shushruth 2- Karunya
2		5B	Himashree L	1-Adhithi Mary S 2-Dhanvine Y
3		5C	Jeevitha P	1- Shreya G Gowda 2-Samarth K Gowda
4		5D	Yashaswi K	1- Keerthan 2-Bhandavya
5		5E	Tejasmitha M	1- Pratyusha Chouhan 2- Purvik G
6		6A	Yukthi Yashas	1- Harshavardhan S M 2- Varshini P
7		6B	Samarth R	1- Gagandeep KN 2-Lavi priya M
8	**September**	6C	Nisarga R	1- Dhanya L Gowda 2- Lakshmish Gowda
9		6D	Gagan Shree Gowda	1- Ishaan C 2- Sanvi R Hiremath
10		6E	N. Janavi Naidu	1- Vikram Payak S 2-Manasvi C
11		7A	Laasyashree R	1- Nisarga Shree D G 2- Shreyas M
12		7B	M B Deeksha	1- Prathiksha G 2- Virat Narayan B
13		7C	Punarvika N	1- Aadya Bhat 2- Charan U
14		7D	Yashmitha S M	1- Vandana M 2- Vikul Gowda
15		7E	Manogna R	1- Sohan 2- Nimisha M Gowda

Monthly Activity Winners Class 5-7

MONTH	ACTIVITY	COMPETITION DATE	CLASS /SEC	1st	2nd	3rd
SEPTEMBER 2026	Teacher appreciation poster	9.09.2026	5A	Nidhi K	Shushruth H	Sharaj Lokesh
			5B	Rachan V	Shrusti Y	Sharadda U
			5C	Nethanya M	Vivikth	Jashwanth S
			5D	Dhruva	Yashaswi K	Tanashvini R
			5E	Jeevitha R	Sanvi M S	Kruthagna K
	Drawing competition	8.09.2026	6A	Tejaswini M	Dileep. S	Harshavardhan S
			6B	Inchara. H	Samarth R	Kruthika R
			6C	Maanya N	Namana B	Ruthvega V C
			6D	Tejas	Nirosha R	Gagan Shree
			6E	S Sanvika	Moulya H M	Shraddha M
	Poster making Theme : " My Teacher My Inspiration" "Teachers Shape our Future"	8.09.2026	7A	B R Ragavarshini	Simran Rana	Harshika B J
			7B	Dyuti Gowda B. S	Hitarth Krishna A	Hemanth Raj S B
			7C	Saanvi S	Thanvi M	Chethana D
			7D	Dhruthi R	Diya S Pathange	Impana S
			7E	Avni Pavan Kumar	B C Vijayaraghav	Bhuvanashree A

Best Student and Class Monitor

Class 8-10

1	**September**	8A	Suryadev	1.Yashas 2.Sanvi Gowda
2		8B	Harshitha	1. Raksha T 2. Namitha S
3		8C	Deepak Mayar M	1. Chaithanya B 2. Vinamrutha H
4		8D	Tilak singh	1. Harini B Gowda 2. Kushanth S
5		9A	Shamithashree P	1. Thanmayee S 2. Charan H
6		9B	N Lochan Sai Pradhan	1. Shivika K C 2. Gowtham M
7		9C	Hansika R	1. Naman Jaiswal 2. Manya M R
8		9D	Hema	1. Thanmaya. 2. Hemchand
9		10A	Prathiksha K	1. Shreyank U Gowda 2. Manya B
10		10B	Samikshaa	1. Bhavana Choudhary 2. Saketh M
11		10C	Nedha G	1. P Akshaya 2. Pankaj Ullas N

Staff Corner

ಸಮಯ ಪ್ರಜ್ಞೆ

ಅರ್ಥ: ಸಮಯದ ಮಹತ್ವವನ್ನು ಅರಿತುಕೊಂಡು, ಪ್ರತಿಯೊಂದು ಕೆಲಸವನ್ನು ಸರಿಯಾದ ಸಮಯದಲ್ಲಿ ಮಾಡುವುದರಿಂದ ಜೀವನದಲ್ಲಿ ಯಶಸ್ಸನ್ನು ಸಾಧಿಸಬಹುದು.
ಸಮಯವು ಬಹಳ ಅಮೂಲ್ಯವಾದದ್ದು. ಸರಿಯಾದ ಸಮಯವನ್ನು ಮತ್ತೆ ಪಡೆಯಲು ಸಾಧ್ಯವಿಲ್ಲ. ಆದ್ದರಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳು ಸಮಯವನ್ನು ಸರಿಯಾಗಿ ಬಳಸಿಕೊಳ್ಳಬೇಕು.

ಮಹತ್ವ:

→ ಸಮಯಕ್ಕೆ ಸರಿಯಾಗಿ ಕೆಲಸಗಳನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.
→ ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳನ್ನು ಸರಿಯಾಗಿ ಮಾಡಲು ನೆರವಾಗುತ್ತದೆ.
→ ಶಿಸ್ತು ಮತ್ತು ಜವಾಬ್ದಾರಿಯ ಗುಣಗಳನ್ನು ಬೆಳೆಸುತ್ತದೆ.
→ ಜೀವನದಲ್ಲಿ ಯಶಸ್ಸನ್ನು ಸಾಧಿಸಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ.

ಸಾಧನೆಗಳು: ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ದಿನಚರಿಯನ್ನು ಸರಿಯಾಗಿ ಯೋಜಿಸಿದರೆ, ಓದು, ಪ್ರತಿಭೆ ಮತ್ತು ಇತರ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಉತ್ತಮ ಸಾಧನೆ ಮಾಡಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ.

ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಸಮಯವನ್ನು ಸರಿಯಾಗಿ ಬಳಸಿಕೊಳ್ಳುವುದು ಪ್ರಮುಖ ಹವ್ಯಾಸವಾಗಿದೆ. ಈ ಹವ್ಯಾಸವು ನಮ್ಮ ಜೀವನವನ್ನು ರೂಪಿಸಿಕೊಳ್ಳಲು ನೆರವಾಗುತ್ತದೆ.

→ ಪ್ರತಿದಿನ ನಿಗದಿತ ಸಮಯದಲ್ಲಿ ಕೆಲಸಗಳನ್ನು ಮಾಡಬೇಕು.
→ ಶಾಲೆಗೆ ಸಮಯಕ್ಕೆ ಸರಿಯಾಗಿ ಹಾಜರಾಗಬೇಕು.
→ ಪ್ರತಿದಿನದ ಪಾಠಗಳನ್ನು ಅಂದೇ ಪೂರ್ಣಗೊಳಿಸಬೇಕು.
→ ಓದು, ಆಟ, ವಿಶ್ರಾಂತಿ ಮತ್ತು ಇತರ ಚಟುವಟಿಕೆಗಳಿಗೆ ಸಮಯವನ್ನು ಹಂಚಿಕೊಳ್ಳಬೇಕು.

ಈ ಅಭ್ಯಾಸಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಶಿಸ್ತು ಮತ್ತು ಜವಾಬ್ದಾರಿಯನ್ನು ಬೆಳೆಸುತ್ತವೆ.
ಸಮಯದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಅರಿತವರು ಜೀವನದಲ್ಲಿ ಉತ್ತಮ ಸಾಧನೆ ಮಾಡುತ್ತಾರೆ. ಸಮಯದ ಪಾಠಗಳನ್ನು ಅರ್ಥಮಾಡಿಕೊಂಡು, ನಮ್ಮ ಕರ್ತವ್ಯಗಳನ್ನು ಸರಿಯಾದ ಸಮಯದಲ್ಲಿ ನಿರ್ವಹಿಸಿದರೆ ಜೀವನದಲ್ಲಿ ನಿರೀಕ್ಷಿತ ಗುರಿಗಳನ್ನು ಸಾಧಿಸಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಪ್ರತಿಯೊಂದು ಕ್ಷಣವನ್ನು ಅರಿತುಕೊಂಡು ಬಳಸಿಕೊಳ್ಳಬೇಕು. ವಿದ್ಯಾರ್ಥಿಗಳು ಬಾಲ್ಯದಿಂದಲೇ ಸಮಯಪಾಲನೆಯನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿಕೊಂಡರೆ ಭವಿಷ್ಯದಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ.

"ಸಮಯವನ್ನು ಬಳಸಿಕೊಳ್ಳುವವನು ಜೀವನವನ್ನು ರೂಪಿಸಿಕೊಳ್ಳುತ್ತಾನೆ."



ಶ್ರೀಮತಿ ನಾಗವೇಣಿ
ಕನ್ನಡ ವಿಭಾಗ
ವಿದ್ಯಾ ಸಂಸ್ಕಾರ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ಪಬ್ಲಿಕ್ ಸ್ಕೂಲ್



The day I got an award – My journey to success

The day I received an award of honour from Guru Suman was a very special moment in my life. It made me feel proud, happy, and confident. The award taught me that hard work, dedication, and determination are the keys to success. It motivated me to set higher goals and continue improving myself.

As a teacher, I believe that success is not only about receiving awards but also about making a positive difference in children's lives. I think that I can become a successful teacher by learning new teaching methods, understanding children's needs, encouraging them, and creating a joyful learning environment.

My award was not just a moment of recognition; it was a motivation to keep learning, growing, and becoming a better teacher and a successful person.



Smt. Pushpalatha
Pre Primary
Vidya Sanskaar Inter National Public School

ದೇವರ ರುಜು

ಆಕಾಶದಲ್ಲಿ ಹಾರುವ ಹಕ್ಕಿಗಳ ಸಾಲಿನ ಮೋಜು
ಹೇ ಮನುಜ ನೀ ತಿಳಿ ಅದು ಆ ದೇವನ ರುಜು

ಭೂಮಿಯ ಮೇಲೆ ಹರಿಯುವ ಇರುವೆಗಳ ಸಾಲು
ಕ್ಷಣ ನಿಂತು ನೀ ನೋಡು ಶಿಸ್ತು ಬಲು

ಅಮೃತಕ್ಕೆ ವಿಷ ಹಾಕೋ ದಾನವ ನೀನು
ವಿಷ ತಿಂದು ಅಮೃತವ ನೀಡೋ ಕಾಮಧೇನು

ಶಿಸ್ತಿಲ್ಲ, ಸಹನೆಯಿಲ್ಲಾ, ಓಡುತ್ತಿರುವೆಯಲ್ಲಾ
ನೀನರಿಯೇ! ಮನುಜ ಈ ಪಥ ಸರಿಯಿಲ್ಲ

ತಾಳ್ಮೆಯಿರಲಿ ಬಾಳಿನಲ್ಲಿ, ಬದುಕಲಿ ಎಲ್ಲರೂ
ಶಾಶ್ವತವಲ್ಲ ಭೂಮಿಯ ಮೇಲೆ ನಾವ್ಯಾರು

ದೇಹದಲ್ಲಿ ಇರುವ ತನಕ ಈ ಉಸಿರು
ಬದುಕೋಣ, ಬದುಕಲು ಬಿಡೋಣ,
ಹಾರೈಸುವ ಆ ದೇವರು

ಶ್ರೀಮತಿ ಅಶ್ವಿನಿ ಜಿ
ಕನ್ನಡ ವಿಭಾಗ
ವಿದ್ಯಾ ಸಂಸ್ಕಾರ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ಪಬ್ಲಿಕ್ ಸ್ಕೂಲ್



Owning Up to Responsibility



It always feels difficult, tiring, and confusing to figure out what to do when every door seems closed. In those moments, it can be hard to even think: **Why am I here? What can I even do?** How will I cope with the things I am struggling with?*

The answer begins when you own up to your responsibilities and start asking yourself a few reflective questions:

* Where am I struggling?
* How can I overcome these struggles?
* What specific challenges are keeping me from reaching the heights I aim for?

These questions find their answers quickly when you shift your approach in a positive direction. Whenever you feel lost, alone, or unworthy, go back to your own strengths and overcome your weaknesses through courage and confidence.

Smt. Prarthana S R
CHP, VSIPS



Paneer Melt Magic Toast

Health is wealth. This month I am here with you to share a healthy evening snack.

Paneer Cheese Toast is a quick, tasty, and wholesome snack prepared with soft paneer, melted cheese, fresh vegetables, and bread. It combines taste with nutrition, making it a wonderful choice for both children and adults. Paneer and cheese provide protein and calcium, while vegetables add flavour and valuable nutrients. With its crispy bread base and delicious topping, this easy-to-make recipe is perfect for breakfast or an evening snack.

Ingredients



- 4 bread slices
- 1 cup crumbled or grated paneer
- ½ cup grated cheese
- 1 small onion, finely chopped (optional)
- 1 small tomato, finely chopped
- 1 small capsicum, finely chopped
- 2 tablespoons chopped coriander leaves
- ½ teaspoon black pepper powder
- ½ teaspoon chaat masala or mixed herbs
- Salt to taste

Method:

Step 1: Prepare the stuffing In a bowl, combine the crumbled paneer, grated cheese, chopped onion, tomato, capsicum, coriander leaves, black pepper, chaat masala, and salt. Mix everything well.

Step 2: Assemble the toast Spread a little butter or ghee on the bread slices. Add a generous amount of the paneer-cheese mixture and spread it evenly over each slice.

Step 3: Toast the bread Heat a pan or tawa on a low flame. Place the prepared bread slices on the pan, cover with a lid, and cook until the bread turns crispy and the cheese melts.

Serving Suggestions: Serve the Paneer Cheese Toast hot with mint chutney, tomato ketchup, or a glass of milk or fresh juice.

Tip for kids

For young children, You can skip green chillies and add grated carrot or sweet corn. Cut the toast into triangles or finger shapes for easy eating."

Smt. Roopa J
CPF, VSIPS



Art CORNER





Sanchith Kumar H S 1st 'A'





Jashvika 1st 'B'





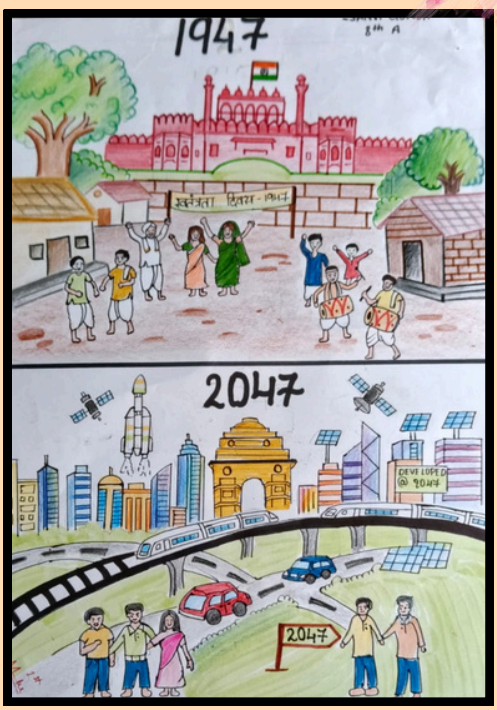
Hansika R 9th C



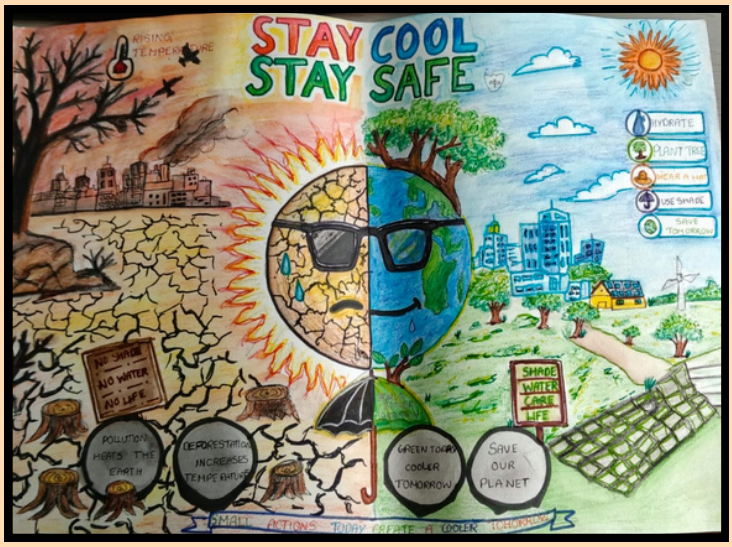
Student corner



Vinamrutha H 8th 'C'



Vinamrutha H 8th 'C

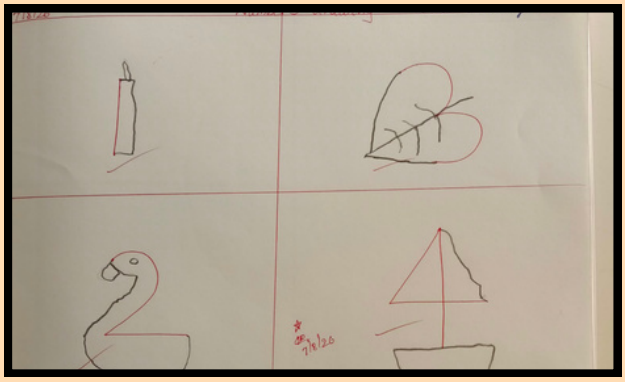




Vihar M Jr kg 'A'



Bhaviak G Jr Kg 'A'



Pariniya R Nur 'A'

The Student Corner is a vibrant platform that showcases the creativity, talents, and achievements of our students. It provides an opportunity for young minds to express their ideas, share their artwork, display their literary skills, and celebrate their accomplishments. Through this initiative, students are encouraged to explore their potential, build confidence, and develop a spirit of innovation and self-expression.

Important Events in September

- Shri Krishna Janmashtami Celebration
- Teachers' Day Celebration
- Open Day - Sanskaar Spectrum
- Engineers' Day
- Class Nursery -10 Half Yearly Examination Starts
- CBSE Sports Achievements
- Gowri Ganesha Celebration
- Hindi Diwas

Editorial Committee

Patrons



H B Shyamsundar
Secretary, VSECT



Sri M K Ramaswamy
Academic Director, VSECT

Advisors



Mr. Harshith Gowda S
Educational and
Development Leader,
VSECT



Dr. Satish M Bejjihally
CEO, VSECT

Core Committee



Smt. Sumana Shenoy
Principal VSIPS



Smt. Roopa J
CPF, VSIPS



Mr. Shivaraj Prasad B
CSecS, VSIPS



Smt. Prarthana S R
CHP, VSIPS

Members:

- Ms. Sunitha N K- English
- Ms. Aparna- English
- Ms. S Meena Gowda - English
- Ms. C Shubhamangala - Hindi
- Ms. Harinakshi G N- Kannada
- Ms. Lavanya- Pre primary
- Ms. Shwetha K- English
- Ms. Shilpa B, SDA

/vidyasanskaar.bengaluru
/c/VidyaSanskaarInstitutions
@vidya_sanskaar
@vidyasanskaarbengaluru
abhivyakti@vidyasanskaar.edu.in