VIDYAPEETH II GROUP OF SCHOOLS



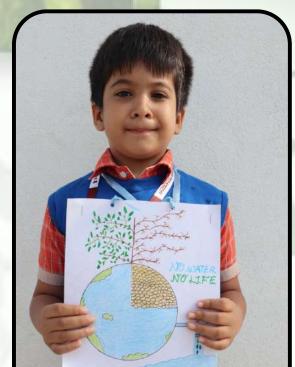
NEWSLETTER June 2024



The little environment change makers!











Vishwa VidyaPeeth strives to create awareness in every child through each event to foster holistic development in them. On the World Environment Day, the ignited minds of Classes 1 and 2 promoted the critical need to save nature through their vibrant display of fancy dresses portraying various elements of nature, endangered species, or symbols of environmental activism. This provided a visual and interactive learning experience through imaginative costumes and meaningful messages. The day's event fostered a deeper connection with nature and a commitment to protect our planet.



Mime and Save! - We, the keepers of Nature! To save the environment is vital for our survival on this planet. The World Environment Day, a global platform to raise awareness and take action on pressing environmental issues was observed in the assembly on Wednesday,5th June 2024 through a thoughtprovoking mime show presented by the students of class IX. They showcased the current situation our nature is facing and the most essential steps we should take to restore it to its earlier glory.



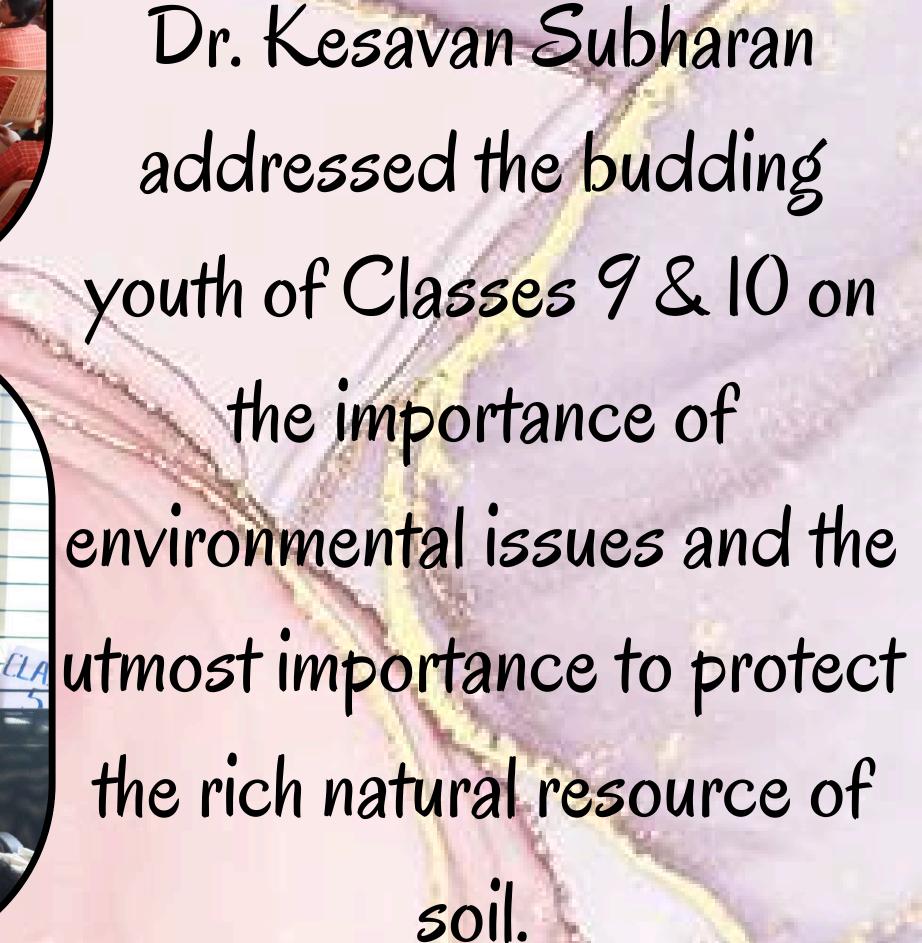
VIDYAPEETH II GROUP OF SCHOOLS

Environment day session by Mr Kesavan Subaharan for class IX and X



"There can be no life without soil and no soil without life."







A healthy mind leads to a healthy body!











The students of Class 5 were fortunate to attend an enriching session by eminent paediatric consultant, Dr. Viswanath Kamoji on 7th June, 2024. The students were taken to the world of healthy nutrition through a colourful, tasty and wholesome balanced diet, emphasising its need for a disease-free healthy living. The importance of regular exercises, yoga, good hydration and adequate rest was highlighted to have a healthy mind leading to a healthy body! The interactive session was well-received by the young minds.











SHOW US THE RIGHT PATH! WE WILL MARCH AHEAD!

The students of grades IX and X were taken through an enlightening session by Dr. Remya focusing on identifying individual interests, skills, strengths and weaknesses to empower them to make informed decisions about their career paths. As they approach the crossroadto choose their subjects for the future, this session provided them the opportunity to





introspect and bring in clarity based on the diverse career opportunities based on their competencies. This session also proved to be a highly motivating one to embrace failures as a path to success and not as a hindrance. An urge to instil confidence, to pursue their passions and aspirations with determination and resilience was a highlight of the enriched session.



A Day for the Dads!:



The students of Class4 were part of the super-fun Father's Day event on Saturday, the 8th of June 2024. The enthusiasm and excitement through the warm smiles of the fathers were infectious. They enjoyed the quizzing rounds with pride and happiness. They were spontaneous and quick to respond. All of them enjoyed playing in the sports arena. The recreational and rejuvenating activities brought back memories of their childhood. The dynamic event concluded with fathers expressing their feelings on the occasion. A lot of appreciation was showered upon the school for organising events that help nurture the parent-child bond.



THE LITTLE YOGIS



The students of classes I and II were part of the International Yoga celebrations by displaying their Yogic skills in their classrooms calming their body and minds. This event was conducted to prepare the little ones for showing off their skills on bigger stages in the years to come.





GROUP OF SCHOOLS







GOING GAGA OVER YOGA!









The learners of classes III to V followed the Ayush protocol by performing various Yoga poses in the school basketball ground on 21st June 2024. Our honourable Principal,Smt.Shanthi Seetharaman, along with a few talented teachers made a grand display of some scintillating yoga poses that enthralled the young audience.



Yoga - A gift from India to the world!

Yoga by classes VI to VII

The International Yoga Day celebrated across the world on 21st June was marked with many different week-long and well-planned events at Vishwa Vidyapeeth. While the students of classes 1 to 4 calmed their minds and bodies in their respective classrooms, the students of classes 6 to 8 participated in a Yoga demonstration in the lush green grounds of Vishwa Vidyapeeth on 20th June 2024. The super-proficient yoga instructors presented an array of mind-boggling yoga poses that kept the one and all enthralled.

We are immensely grateful to our Director ma'am, Smt Suseela Santhosh, for providing such an enriching platform which will help the students to display their talents.























VVP @ Vidhana Soudha

We just don't stop at school. We go beyond! The yogic talents of the students of Vishwa Vidyapeeth were further displayed at the prestigious Vidhana Soudha .Selected students from classes IX and X had the privilege of being a part of the Karnataka State Yoga celebrations there commemorating the International Yoga Day on 21st June, 2024. It's an indeed a great honour for our school to represent at such a huge event.













Yoga at Govt school











A talented bunch from classes 5 to 8 mingled with the students of a Government school at Singanayakanahalli with Yoga display in the presence of the constituency MLA, Shri.B.R.Vishwanath and council members of the Grama Panchayat on Friday, 21st June 2024. A dance recital by Harini of class VII added immense value to the event. The event was attended by our honourable Director, Smt. Susheela Santhosh and respected **Principal, Smt. Shanthi** Seetharaman along with a group of teachers.



Yoga at Godrej Avenues











A grand display of Yoga skills of Vishwa Vidyapeeth students took place at the Godrej Avenue Apartment on 22nd June, 2024. This was conducted as an extension of the International Yoga Day to showcase the abilities of the students of our school.



Music is life!

IN THE EVENT OF WORLD MUSIC DHY, WHICH WHS OBSERVED ON 20TH JUNE 2024 HT VISHWH VIDYHPEETH, THE FURTHDOS SCHOOL OF MUSIC TEHM PRESENTED THE HUDIENCE WITH SOME MELODIOUS HND FOOT THPPING NUMBERS THHT SOOTHED THE MIND, BODY HND SPIRIT! SINCE THE DHY COINCIDED WITH WORLD YOGH DHY CELEBRHTIONS HT SCHOOL, THE CHLMING MUSIC BLENDED WELL WITH THE SETTINGS OF THE DHY!







Democracy @ Vishwa Vidyapeeth

June 24th, 2024 was a day to remember! A well-planned and organised election in the same lines as the national election was conducted to enable the students of classes 6 to 12 to elect the leaders of their choice. The whole event acted as an experiential learning to drive home the entire electioneering process followed in our country.





VISHWA VIDVAPEETH

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BOX~

STUDENT COUN

BALLOT







ELECTION BOOTH

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Handwriting is the mirror of knowledge!



AN EARLY START AT GOOD HANDWRITING GOES A LONG WAY IN DEFINING A CHILD'S TRYST WITH THE PEN. THE STUDENTS OF CLASS I WERE FORTUNATE TO ATTEND A SESSION ON DEVELOPING A GOOD HANDWRITING AND PRACTISING THE SAME UNDER THE ABLE GUIDANCE OF MS. VIDYA DINESH, A GRAPHOLOGIST ON THE 20TH AND 21ST OF JUNE, 2024. IT WAS AN ENRICHING EXPERIENCE FOR THE YOUNG LEARNERS AS THEY STARTED THEIR WRITING JOURNEY.



MUN proceedings:

Model United Nations, also known as Model UN or MUN, is an educational simulation in which students learn about diplomacy, international relations, and the

United Nations. At a MUN conference, each student works as the representative of a

country, organisation, or person, and must solve a problem with other delegates from

around the world. MUN teaches participants skills like research, public speaking,

debating, writing, critical thinking, teamwork, and leadership. For the same preparation

is going on in full swing.











Star class of the week

Discipline being the motto of Vishwa Vidyapeeth, every student is imbibed with values, to be able citizens of India. Recognising the efforts of various classes in maintaining varied disciplinary aspects like regular attendance, classroom cleanliness and adherence to school rules, a star class is selected every Friday. The Star class winners for the month of June were IA, 4A, 6A and 6B. They were awarded a rolling star to flaunt outside their classroom for a week until the next Star class is decided.



Achievers of the month:



Abhiram K Kashyap of class 7B secured fourth position in the Karnataka State Level Children's Chess Tournament, which was conducted by the Chess Knights Academy in collaboration with the Karnataka State Chess Association on June 23, 2024, at Ananya PU college, Ashoka Road, Tumkur.



Abhay Uppoor Bhat of Class 4-C has got 2nd place the Karnataka state level Open Chess Tournament organized by First move chess academy with Karnataka State Chess Association held on 30.06.2024 in Vijaynagar, 4th Phase, Mysore.



Siri Vidyashankar of class VI got 1st place in drawing and painting competition conducted by Suchitra Balajagath on 9th June 2024.





Avni Nayak of **Class VII and** Shivansh Bansal of Class VI received Certificate of Appreciation in



the Prerana Sanskrit Competition conducted by Vidyaniketan school on 28th **June 2024**.



Congratulations !

Bangalore Sahodaya Schools Complex Association

Certificate of Merit

This is to certify that

Sharanth K Appayyanna

of Vishwa vidyapeeth school has secured

TVS

Centum in the Social Studies

subject in the AISSE / AISSCE 2024

Sandeep Pai S Chairperson

Dr. Weener S. Mark Dr. Neenu S Thanki

Vice-Chairperson

Dr. Gowri Prabha Prasad

Secretary

Mrs. Pinkey Singh Treasure

Xil

Bangalore Sahodaya Schools Complex Association felicitated our student Sharanth **K** Appayyanna for securing centum in **Social Studies** subject in CBSE **Board Exam for** the Academic Year

2023 - 24.







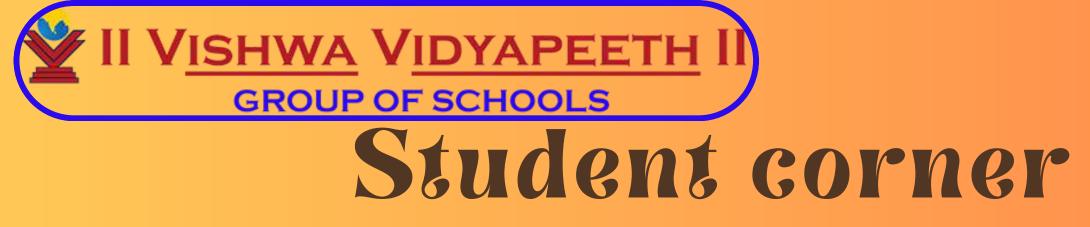
















IMPORTANCE OF EDUCATION

Education is a crucial tool for everyone's success and personal development. It is essential for both men and women, contributing equally to building a knowledgeable and thriving society. Education transforms people's perspectives, fostering positivity while dispelling negativity. From childhood, our parents play a pivotal role in steering us towards education. It equips us to

pursue diverse careers such as medicine, engineering, government service, aviation, teaching, and more. Through the guidance of our parents and teachers, who genuinely wish for our success, we become educated individuals capable of achieving our goals in life.

Arshiya K Dept of Commerce



Mindfulness

Mindfulness, rooted in ancient Indian traditions like Buddhism and Hinduism, holds significant importance for today's students. It teaches the practice of being present in the moment without judgment, which fosters emotional resilience, improves focus, and enhances academic performance. By integrating mindfulness techniques such as breathing exercises and meditation into daily routines, students can learn to manage stress, regulate emotions, and develop empathy. It's like giving our brains a little break to focus better, manage stress, and deal with our emotions. Imagine starting your day with a short breathing exercise or taking a moment to just relax and clear your mind before a big test. These simple practices can actually help us do better in school, feel less stressed, and even be nicer to each other. These practices contribute to personal wellbeing and create a positive school environment conducive to learning and growth. Mindfulness's efficacy in nurturing holistic student development stems from its deep philosophical and spiritual roots in India, making it an invaluable aspect of modern education. So, why not give it a try? Let's explore mindfulness and see how it can make our school days a little calmer and a lot more awesome!

> Aishwarya Roy Dept of Psychology

World Environment Day is a global awareness, celebrated annually on June 5th, to raise awareness and encourage our society for the protection of our environment and natural resources.

History of Environmental day:

The first World Environment Day was celebrated in 1973 with the theme "Only One Earth". In 1972, the United Nations General Assembly (UNGA) passed a resolution, designating June 5th as World Environment Day during the Stockholm Conference on the Human Environment. The 1972 United Nations Conference on the Human Environment in Stockholm was the first world conference to make the environment a major issue. The principal was to safeguard the natural resources.

Theme for 2024:

The theme for 2024, "Our Land, Our Future. We are #GenerationRestoration" emphasize the importance of restoring land, desertification and drought resilience. The #GenerationRestoration hashtag in the slogan 2024 emphasizes the role of young people in leading the change towards a more sustainable future. It inspires and motivates them to take action.

Host country : The host country for World Environment Day changes every year and different nations get a chance to represent and share their vision of climate-related challenges with the world. Saudi Arabia has hosted the global celebrations for World Environment Day 2024. Saudi Arabia launched campaigns to fight against desertification, land restoration and to build drought resilience in the capital city

Riyadh.

The main objective is to involve the young people and local community to play a part in protecting our environment. To create awareness about environmental issues. To draw attention of the society towards global environmental challenges such as climate change, deforestation, pollution, and biodiversity loss, among others. World Environment Day empowers communities to bring in the changes in their local environments, promoting grassroots action and participation.

World Environment Day raises global awareness about pressing environmental issues such as climate change, pollution, deforestation, biodiversity loss, and water scarcity.

Conclusion:

World Environment Day helps make people aware of the problems our environment is facing and what we can do to fight them. It is very beneficial in reducing pollution and preventing the scarcity of non-renewable resources. It teaches people to avoid plastic, planting more trees, recycling, saving water, and protecting our wildlife and animals.

> Meghana YM Dept of Science





ಜ್ಞಾನ ದೀವಿಗೆ ಜ್ಞಾನವೆಂಬ ದೇಗುಲ ನೋಡಿರಿಲ್ಲಿ ಗುರುಕುಲ ಜ್ಞಾನ ಕುಂಬ ತುಂಬಿದೆ ಅಜ್ಜಾನ ಕುಂಬ ಒಡೆದಿದೆ ಸರ್ವ ವಿದ್ಯಾ ಪ್ರವೀಣರು ನಾಸ್ತಿಕರಿಲ್ಲಾಗುವರು ಆಸ್ತಿಕರು ಮನಸ್ಸಿಗಿದೆ ಪ್ರಾಣಾಯಾಮ ಜೀವನಕಿಲ್ಲಿ ಹುಮ್ಮಸ್ಸು ಕೊಡುವರಿಲ್ಲಿ ತಾಕತ್ತು ನಮ್ಮ ಸಂಸ್ಕೃತಿಯ ಮೆರವಣಿಗೆ ವಿದೇಶದಲ್ಲೂ ಆಚರಣೆ

Teachers corner

ಪ್ರೀತಿ ಮಾತಿನ ರಕ್ಷಣೆ ಸಜ್ಜನಿಕೆಯ ಶಿಕ್ಷಣ ಅಚ್ಚಾಗುತ್ತಿರುವುದು ಅನುದಿನ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಬುನಾದಿ ಆಗದಿರಲಿ ಎಂದು ಸಮಾಧಿ ಇಂದಿನ ಮಕ್ಕಳ ಭವಿಷ್ಯ ಸ್ವತಂತ್ರರಾಗಲು ಅವಶ್ಯ ಯಾಂತ್ರಿಕ ಬದುಕಿಗೆ ಕಡಿವಾಣ ನೀಡೊಣ ಪರಿವಾರಕ್ಕೆ ತುಸು ಕ್ಷಣ ಕಲಿಕೆ ಎಂಬುದು ನಿರಂತರ ಆಗದಿರಲಿ ಅಪಸ್ವರ ಕಲಿಯಿರಿ ಕಲಿಸಿರಿ ಜ್ಞಾನ ದೀವಿಗೆ ಬೆಳಗುತಿರಿ ಅಜ್ಞಾನದ ಅಂಧಕಾರ ಹೋಗಲಾಡಿಸಿರಿ ಸುಜ್ಞಾನವೆಂಬ ದಿನಕರ ಉದಯಿಸುತಿರಲಿ ಪ್ರತಿ ಕ್ಷಣ ಅಭಿವೃದ್ಧಿ ನಮ್ಮ ಸಂಕಲ್ಪ ದೀನರಿಗಾಗಿ ಮುಡಿ ಪಿಡಿ ಅಲ್ಪ ಸ್ವಲ್ಪ

ಗುರು ಹಿರಿಯರರಿಗಿಲ್ಲಿ ಆಧರ ಮೂರ್ಖರಿಗಿಲ್ಲಿ ನಿರಾಧಾರ ಕೊಡುವರಿಲ್ಲಿ ಶಿಕ್ಷಣ ಮಾಡುವರು ಸಂರಕ್ಷಣೆ ಶಿಷ್ಯರಿಗಿಲ್ಲ ದಂಡನೆ

> Pushpalatha Naik Dept of Kannada



PATIENCE

"To lose patience is to lose the battle" -Mahatma Gandhi

Patience is an important factor in success. Patience means the ability to wait or to continue doing something despite difficulties or to suffer without complaining or becoming annoyed. The people who have patience are better equipped to deal with stressful and challenging moments in life. This helps our overall mental health and well being. It is one of the most crucial interpersonal skills that a person can have.

It plays a crucial role in problem solving as patience encourages a thoughtful and methodological approach to problem solving which often leads to better outcomes and also it allows us to approach challenges with a clear mind, seeking solutions rather than giving in to frustration.

Patience is a key to success. Achieving significant goals often involves enduring lengthy processes and overcoming obstacles which requires patience. By patiently persisting we enhance our ability to strategize, learn from mistakes and develop resilience. And also we gain the clarity and wisdom needed to make informed decisions that align with our values and goals.

Patience helps students to stay focused and to persevere through difficult tasks.

To cultivate patience, it is important to take time to reflect and practice mindfulness, set realistic expectations and find ways to manage and reduce stress.

"Maybe that's why life is so precious. No rewind or fast forward.. Just patience and faith"

> Thejashree N Dept of Maths

VIDYAPEETH II GROUP OF SCHOOLS

समग्र वेदानां सारभूताः उपनिषदः, मातृदेवो भव, पितृदेवो भव इति मातापित्रोः महत्वम् उद्धोषयन्ति। रामायणं महाभारतम् इत्यादि इतिहासग्रन्थेषु मातापित्रोः स्वसन्तानाय स्नेहः, त्यागः, प्रेम, वात्सल्यं, सम्यगेव प्रतिपादितं वर्तते। सर्वेषामपि जीवने मातापितॄणां स्थानं महत्वं भजते। अपत्याय गुणाः वा दोषाः आदौ पित्रोः सकाशादेव प्राप्यन्ते। गृहात् एव प्रथमः पाठः आरभ्यते। जननी एव प्रथमः गुरुः भवति। तदनन्तरं पिता, अनन्तरमेव गुरोः कृते अवकाशः प्राप्यते पाठयितुम्। सुसंस्कृतः,अपण्डितोऽपि शोभते। अतः ज्ञानस्यापेक्षया आदौ सन्ततौ संस्कारः प्रदेयः। संस्करो नाम दोषापनयनपूर्वकं गुणाधानम् । अर्थात् ये च दोषाः सन्ति, तान् निष्कास्य, गुणाधानं कर्तव्यं सन्ताने। संस्कारप्रदाने एव महान् प्रयासः विधेयः।

बालाः स्वयं बहून् अंशान् स्वानुभवेन पठेयुः तथा तेभ्यः वातावरणं कल्पनीयम्। यथा रामायणे एकः प्रसङ्गः प्राप्यते, विश्वामित्रः श्रीरामं लक्ष्मणं च यज्ञसंरक्षणार्थं स्वेन सह प्रेषयितुं दशरथं कथयति, तदा दशरथः चिन्तायां मग्नो भवति, बालाः तु बहु लघु वयस्काः सन्ति, कथं वा अहं प्रेषयामि इति तस्य प्रश्नः भवति। परं विश्वामित्रस्य वचनानि श्रुत्वा तं विश्वस्य स्वतनयौ यज्ञरक्षणार्थम् अप्रेषयत्। अतः एव तौ अल्पीयसि वयसि एव धैर्यशालिनौ भूत्वा यज्ञविघ्नकर्तृन् बहून् राक्षसान् मारितवन्तौ। एवं बालेभ्यः पालकैः धैर्यं प्रदेयं, न तु अतिरक्षात्मकः भूत्वा तेषां वृद्धिः प्रतिबन्धितव्या। प्रदत्तं वचनं कथं परिपालनीयमिति दशरथः स्वपुत्रं बोधयति। श्रीरामचन्द्रस्य पट्टाभिषेकः निश्चितः आसीत्, सर्वत्र महतः आनन्दस्य विषयः प्रसृतश्च आसीत्, पिता दशरथः श्रीरामचन्द्रम् आहूय मनसि नास्ति चेदपि अकथयत् यत् अहं कैकेय्यै वचनम् अददम्। तद्वचनं मया परिपालनीयमस्ति। तस्याः पुत्रः भरतः अग्रिमः राजा भवेत्, भवान् चतुर्दश वर्षाणि यावत् वनवासं कुर्यात् इति। स्वपितुः स्वस्य उपरि महत् प्रेम अस्ति चेदपि स्ववचनपरिपालने कटिबद्धत्वेन स्थितं पितरं दृष्ट्वा श्रीरामः आनन्देन एव स्वपित्राज्ञां पालयितुं वनवासम् अगमत्। इदानींतन काले अस्माभिः बालेभ्यः एतादृशाः अंशाः बोधनीयाः। स्वपितृभ्यां सह बालाः वादादिकं न कुर्युः। स्नेहेन मातापित्रोः वचनम् परिपालयेयुः। तेषां स्नेहभावं सदा स्मरेयुः। पितृवाक्यपरिपालनाय वनवासं कृत्वा अद्यापि श्रीरामः अविस्मरणीयः यथा वर्तते। तथा अस्माभिः अपि जीवने सफलतायै अवश्यं पित्राज्ञा मात्राज्ञा गुर्वाज्ञा च पालनीया एव। पालकानां कृपाशीर्वादः च प्राप्तव्यः। इति शम् । **Praveen Shastri Dept of Sanskrit**

गुरुर्ब्रह्मा ग्रुरुर्विष्णुः गुरुर्देवो महेश्वरः। गुरुः साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः ॥

As the above sholka and our Indian culture says, a Guruis equivalent to a God. Gumeansignorance/darkness and Rurefers to elimination/removal. To denote 'one who removes ignorance and aptly describes the guru as "dispeller of darkness" The oldest references to the concept of guru are found in the earliest of hinduism. Aguru is a spiritual teacher, mentor, and guide who provides guidance, wisdom. Teachers/Gurucanguidestudentsbybeingapositiverole model for them and plays a very significant role in the lives of students. They impart knowledge and wisdom among children and adults. Teachers/Gurus are the cornerstones of modern-day civilization. They bring in the life of young children certain values. In the teaching_learning process, the teacher has a duty and obligation to guide, motivate, and facilitate the students in studying. The teacher has a responsibility and

right in managing the class. Whether good or not and conducive or not the class depends on the teacher on how they control or manage their class.

VIDYAPEETH II GROUP OF SCHOOLS Sreelakshmi K Dept of English



एक आदमी को बुद्ध ने सुझाव दिया कि दूर से पानी लाते हो, क्यों नहीं अपने घर के पास एक कुआँ खोद लेते? हमेशा के लिए पानी की समस्या से छुटकारा मिल जाएगा। सलाह मानकर उस आदमी ने कुआँ खोदना शुरू किया, लेकिन सात–आठ फीट खोदने के बाद उसे पानी तो क्या, गीली मिट्टी का भी चिह्न नहीं मिला। उसने वह जगह छोड़कर दूसरी जगह खुदाई शुरू की, लेकिन दस फीट खोदने के बाद भी उसमें पानी नहीं निकला। उसने फिर तीसरी जगह कुआँ खोदना शुरू किया, लेकिन यहाँ भी उसे निराशा ही हाथ लगी। इस क्रम में उसने आठ–दस फीट के दस कुएँ खोद डाले, लेकिन पानी कहीं नहीं मिला। वह निराश होकर बुद्ध के पास गया, उसने बुद्ध को बताया कि मैंने दस कुएँ खोद डाले, मगर पानी एक में भी नहीं निकला। बुद्ध को आश्चर्य हुआ। वे स्वयं चलकर उस स्थान पर आए, जहाँ

उसने दस गड्ढे खोदे हुए थे। बुद्ध ने उन गड्ढों की गहराई देखी और सारा माजरा समझ गए।

फिर वे बोले, दस कुएँ खोदने की बजाय एक कुएँ में ही तुम अपना सारा परिश्रम लगाते तो पानी कब का मिल गया होता। तुम सब गड्ढों को बंद कर दो, केवल एक को गहरा करते जाओ, पानी निकल आएगा। उसने बुद्ध की

बात मानकर ऐसा ही किया, परिणामस्वरूप कुआँ पूर्ण होते ही पानी निकल आया। सबने भगवान बुद्ध की जय– जयकार की।

सीखः व्यक्ति को परिश्रम करने के साथ धैर्य भी रखना चाहिए। Ms. Jignasa Prajapati Dept of Hindi