

# Penlighten

November - March  
2023 - 2024



National Public School ,Chikkabanavara

10  
Years

*“A decade down, a lifetime of learning to go”.*

# Look At The Bright Side

**Learn to look at the bright side,  
The good things in life.**

**Do not let the shadow of discouragement  
And despondency fall on your path.**

**Never doubt for a moment that everything  
Will turn out for the best in the end.**

**If you believe firmly in yourself you will be given  
The strength to do some day what may now  
Seem to be impossible.**

**Your effort and success will accord with  
The amount of faith and hope you put into your work.**

**Do not anticipate trouble.  
Cut out all anxiety and advance fearlessly and bravely.**

**Take the road and it will lead you to the goal,  
though strewn with difficulties.**

**Don't fret and give up in despair if you don't 'arrive'  
As soon as you would like to;  
All progress, of the best kind, is slow;  
But to him who works faithfully and in a right  
Spirit will be given the reward in good time.**

**Hold up your head and look the world in the face;  
Hold your ground and march bravely forward,  
Over all obstacles, and the world will make way for you.  
"They can who think they can."**

**- George F. Butler**

# PRINCIPAL'S MESSAGE



## Reflecting on a Remarkable Academic Year 2023 -24

Dear Students, Parents and Teachers,

It was with great excitement and enthusiasm we stepped into a Glorious 10th year. The year 2024 was a milestone in the history of National Public School, Chikkabanavara. To make this year memorable a lot of planning and preparation was done and we left no stone unturned to mark the importance of our journey.

Penlighten, an in-house biannual Newsletter began in the year 2019 and we have successfully brought out these over the last couple of years. Inesperia, our very first School Magazine was released in the Academic Year 2021-22. I wish to thank the Editorial Team for their unwavering support and hard work in enabling a dream come true.

As we draw towards the end of another academic year, it is with immense pride and gratitude that I reflect upon the remarkable journey we have undertaken together at National Public School. This year has been nothing short of extraordinary, marked by outstanding achievements, unwavering dedication and a vibrant display of talent in various domains.

Our students have once again showcased their brilliance, not only within the walls of our classrooms but also at the National level. Their outstanding academic achievements serve as a testament to their relentless pursuit of excellence and the dedication of our faculty in nurturing their potential. Whether it be excelling in competitive exams, participating in research projects or presenting innovative solutions to real-world problems, our students have truly distinguished themselves.

Beyond academics, the cultural and artistic landscape of our school has flourished abundantly. Our students have shone brightly in music and art competitions, captivating audiences with their creativity and passion bringing home laurels.

From soul-stirring musical performances to captivating artwork that tell stories of its own, our students have demonstrated the power of artistic expression in enriching our lives and connecting us on a deeper level. The Diwali Fete that was organised with exhibits from every form of art and skill, spoke volumes for itself.

It is heartening to witness the strong sense of community that permeates through every aspect of our school life with the celebration of events such as National Festivals, Deepanjali, Annual Day and in celebrating the achievements of our outstanding Graduates.

The support and encouragement extended by parents, the guidance and mentorship provided by teachers and the hard work and enthusiasm exhibited by our students have truly made National Public School a thriving hub of learning and growth.

As we bid farewell to this academic year, let us carry forward the lessons learnt, the friendships forged and the memories cherished. Let us remain committed to our pursuit of excellence, both individually and collectively, and continue to uphold the values of integrity, respect and empathy that define us as a school community.

In closing, I would like to express my deepest gratitude to each and every member of the National Public School family for their unwavering support and dedication throughout this journey. Together, we have achieved great heights and I am confident that the coming years would only bring forth greater successes and accomplishments.

Wishing you all a restful and rejuvenating break and looking forward to the adventures that await us in the new academic year.

Warm regards  
Ms. Mary Thomas  
(Academic Director and Principal)



## A Note from the Editor's Desk

*"You cannot go back and change the beginning,  
but you can start where you are and change the ending"*

*As we draw the curtains on another enriching volume of our newsletter, we find ourselves amidst a landscape that continues to evolve at a rapid pace. It has been a journey of exploration, learning and growth, and we are immensely thankful for the opportunity to have shared it with you.*

*At the heart of our school's mission is a commitment to fostering a culture of curiosity and collaboration among our students. We believe that by nurturing these essential qualities, we empower our students to become lifelong learners and responsible global citizens.*

*As we reflect on the past few months, let us remember the insights we have gained and carry forward the spirit of curiosity, resilience and collaboration that has defined this volume. Let us continue to seek growth and learning in all aspects of our lives.*

*We extend our heartfelt thanks to each and every one of you for being a part of this incredible journey. Your support means the world to us, and we look forward to continuing this journey with you in the volumes to come.*

*We express our gratitude towards the unflinching support and motivation provided by the Management of the school for letting us assume the responsibility of bringing out this edition of the newsletter.*

*Here's to a volume filled with inspiration, insight and the boundless potential of the human spirit.*

*We do hope you will have as much fun reading it as we had compiling it.  
Happy Reading!*

*Chief Editor  
Academic Director and Principal  
Ms. Mary Thomas*

*Vice Principal  
Ms. Priyanka S*

*Members of the Committee  
Ms. Anupama T S, Ms. Akhila Dayanandan, Ms. Gowri S,  
Ms. Grace Glory, Ms. Navarathilova L Richard,  
Ms. Sashi Ramesh, Ms. Sindhu*

# KANNADA RAJYOTSAVA



The tiny tots from the Pre-Primary segment celebrated Kannada Rajyotsava with great enthusiasm. The students and teachers were dressed in yellow and red. A special assembly was conducted to help students understand the significance of the day.



# DIWALI CELEBRATION



Diwali was celebrated by the little stars of Pre-Primary with zeal. A special assembly was conducted and students from KG II spoke about the importance of the festival and rendered a song wishing everybody a very happy Diwali.



# CHILDREN'S DAY



The children of Pre-Primary celebrated children's day with great enthusiasm. A special assembly was conducted and teachers sang a melodious song for the little children. Children came dressed in party wear and relished their favourite food with friends. Games were organized in each class and they had a great time. It was a fun-filled day full of joy and laughter!



HAPPY CHILDREN'S DAY

# PRE-PRIMARY COLOUR DAYS



The little ones from Pre-Primary celebrated Orange Day on Friday, the 24th of November 2023. A zestful and stimulating learning environment was created to help students explore their imagination and creativity through craft activities such as making a carrot, pumpkin, starfish, crab, flowers, fish, owl, maple tree and an orange. It was a day full of fun and children enjoyed thoroughly.



# PRE-PRIMARY COLOUR DAYS



Pink Day was celebrated by the Pre-Primary students on Friday, the 19th of January 2024. The teachers and the little ones looked stunning in their pink attire. An array of pink colour objects like balloons, soft toys, bags, ball, boxes, crayons and paper cut-outs of flamingos were at display.

It was indeed a day of learning through fun and play!

# PRE-PRIMARY COLOUR DAYS



Purple day was celebrated by the little enthusiasts on Friday, the 23rd of February 2024. The teachers and children were dressed in shades of Purple. A special assembly was conducted to help them understand more about the colour Purple. They also brought many purple coloured objects like toys, fruits, vegetables etc.

# SHOW AND TELL



An event titled, 'SHOW AND TELL' was organised for the little children of KG-I on Wednesday, the 29th of November 2023. The aim of the event was to help children develop their verbal communication skills, enhance their social skills and help them improve their self-confidence to speak in public. Models, charts and photographs were used to present their topics. Students participated enthusiastically and displayed confidence.



# RHYME AND RHYTHM



Rhyme and Rhythm was organised for the tiny tots of Nursery on Tuesday, the 28th of November 2023. The aim of this event was to provide an opportunity and platform to the budding poets of the Nursery Wing. The students participated enthusiastically and recited the rhymes with actions, expressions and confidence. Props were used as a tool of expression.



# CHRISTMAS CELEBRATION



The little angels of Pre-Primary celebrated Christmas with great pomp and show. The teachers and students came dressed in red, green or white. A special assembly was conducted to help students understand the significance of the day. Carols were sung and children enjoyed dancing to them.



# STORY TELLING



A story telling event was organised for the little story tellers of KG II on the 4th and 5th of December respectively. Students participated enthusiastically and stories such as 'The Lion and the Mouse', 'The Fox and the Grapes', 'The Thirsty Crow' and many more were narrated. Props and Charts were used to support them and they displayed confidence.



# MAKAR SANKRANTI CELEBRATION



Makar Sankranti was celebrated with great enthusiasm. A special assembly was conducted to help the tiny tots understand more about the festival. Children enjoyed flying kites and had a lovely time!



# PUTANI BAATEIN



An event titled, 'Putani Batein' was organised for the young stars of KG II on the 20th and 21st of February 2024. The aim of the event was to help students develop an interest in the second language and encourage them to speak in sentences.

Props/ Models were used to support them. Children participated enthusiastically, thus making this event a successful one.





# SUBJECT ENRICHMENT ACTIVITIES



Subject Enrichment activities were conducted to help little children overcome stage fear and develop confidence. Students participated enthusiastically and came forward with wonderful charts/models.





# FIELD TRIPS (KG I & KG II)



The young voyagers of KG I went on a field trip to the Fire station on Friday, the 9th of February 2024. The objective of this trip was to enhance visual learning and crisis handling abilities among children and to help students understand the work of the fire station. It was indeed an immense learning and fun experience for our students.

The little ones of KG II went on a field trip to the HMT museum on Friday, the 9th of February 2024. The aim of this educational excursion was to help students understand the working of the clock. Students were impressed with the collection of watches and the engineering marvels produced by HMT. They also enjoyed looking at tiny parts of machines with the help of magnifying glasses and microscopes.

# YOUNG ARTIST



The little artists of Pre-Primary actively took part in an event, 'Young Artist' on Wednesday, the 10th of January 2024. Children from Playgroup, Nursery, KG I and KG II participated with zeal and showed their talent. It helped them in exploring new ideas, creativity as well as a sense of colours.



# WATER PLAY



The tiny tots from Pre-Primary had an opportunity for unstructured free play, allowing them to explore and engage in spontaneous water activities, fostering independence and creativity. This eagerly awaited event, “Splash Day/ Water Play” was thoroughly enjoyed by each child on Tuesday and Wednesday, the 5th and 6th of March. The little ones had a delightful water play experience.



# STORY TIME



A role-play on the story, 'The Enormous Carrot' was enacted by the teachers of Pre-Primary on Tuesday, the 5th of March 2024. The little ones were naturally drawn to the imaginative and interactive nature of the role-play. They eagerly listened to the story and became fully engaged as they observed their teachers taking on different characters and bringing the narrative to life. The response of the little ones was overwhelmingly positive.



# GRADUATION DAY



## Celebrating Milestones and Growth

**“Graduation is not the end, it’s just the beginning”**

The Kindergarten Graduation ceremony for the tiny tots of Pre-Primary was held on Friday, the 22nd of March 2024. It was a heartwarming affair filled with joy and pride. Parents, grandparents and siblings gathered to witness their little ones take the centre stage. Children proudly donned caps and gowns, symbolizing their readiness to take the next step in their educational journey.

The ceremony featured speeches highlighting the achievements of the graduating class and offering words of encouragement for the future. Children also showcased their talents through performances, whether it be dancing, singing songs or sharing their experiences at the Kindergarten Wing of National Public School, Ckbnr. The tiny graduates proudly walked across the stage and received mementos from the CEO, Mrs. Preethi Reddy and the Academic Director and Principal, Mrs. Mary Thomas.

It was indeed a beautiful mix of excitement, pride and a hint of nostalgia for the little ones as well as their parents.



# KANNADA RAJYOTSAVA



Kannada Rajyotsava is an important cultural and historical celebration which marks the formation of the state of Karnataka on November 1, 1956. At National Public School, Chikkabanavara we celebrated this day with great fervour and enthusiasm.

The highlight of the celebration was a special assembly conducted by our students which began with a prayer song in Kannada followed by a Thought and Speech on the significance of the day. The students also recited a poem by the famous Kannada poet Manku Thimmana Kagga and elucidated the meaning. The assembly culminated with the State Anthem followed by the vote of thanks in Kannada.

On this special day, students and teachers were dressed in shades of red and yellow depicting the colours on the flag of Karnataka, which added to the overall cultural ambience of the celebration. Kannada Rajyotsava celebration in our school reflects the love and respect we have for our state's culture, heritage and language.



# INTER HOUSE COMPETITIONS



National Public School, Chikkabanavara hosted Inter-House Competitions for students to showcase their talent. The competitions included Rangoli, Pot and Diya Decoration, Flower Arrangement, Solo Dance, Solo Song and Solo Instrumental competitions. These competitions provide a platform for students to showcase their individual talents, explore their creativity, artistic skills and passion for the performing arts. Through the lens of dance, song, and instrumental prowess, these events not only foster healthy competition but also celebrate the diverse talents within the student body. These competitions celebrate the rich cultural heritage of India. They encourage students to engage with traditional art forms, keeping them alive for generations to come. Through the rhythm of dance, the melody of song, and the harmony of instrumental performances, students create memories that resonate long after the applause fades away.



# CAREER COUNSELLING



## Navigating the Future

Career Counselling plays a pivotal role in shaping the future of students by helping them make informed decisions about their academic and professional paths. In a rapidly evolving global landscape, where career options are diverse and the job market is competitive, effective career counselling becomes indispensable for students seeking clarity and direction.

We at National Public School, Ckbnr understand the crucial need for students to receive proper guidance in making informed career choices. Hence, a session on Career Counselling was organised for the students of Grades IX to XII in collaboration with Mind map Associates. Ms. Chandra and Ms. Tilottama Chatterjee, Co-founders of Mind map Associates, delved into trending career options, providing valuable insights into courses, colleges and emerging career paths. One of the primary objectives of this workshop is to assist the students to identify their strengths, interests and values.

Parents and students were actively engaged, infusing the session with liveliness. Key topics encompassed the distinctions between profession, career and job, the significance of career counselling, steps in career planning (PRNCS), SMART goals and the CASA framework. Profile building myths and steps (PACE) were discussed, underscoring the importance of constructing a robust profile.

As students embark on their career paths, the guidance received during the counselling process becomes a valuable asset in achieving long-term success and fulfilment.



## Harmony in Lights: Deepanjali Fest at NPS Chikkabanavara

The campus of National Public School, Chikkabanavara, was ablaze with a warm, inviting glow as we gathered to celebrate the Deepanjali Fest on the auspicious occasion of Diwali. Parents, staff and students came together for a day filled with cultural richness and joyous festivities, creating an atmosphere brimming with excitement and togetherness.

Our esteemed Chairman, Shri Raja Reddy, inaugurated the fest alongside the CEO, Mrs. Preethi Reddy, and the Academic Director and Principal, Mrs. Mary Thomas. Their presence added significance and leadership to the event, setting the tone for a memorable celebration.

The cultural exhibition featuring the talent and creativity of the students of Grades VI to VIII, showcased their artwork in different stalls for sale. The aroma of traditional Diwali sweets and delicious cuisines prepared by students from Grades IX to XII wafted through the air as the school also hosted a delightful food festival.

Our school premises transformed into a visual feast, adorned with vibrant decorations reflecting the spirit of Diwali. Traditional diyas illuminated walkways, colorful rangoli adorned entrances and festive banners and torans added a touch of tradition to the celebration.

The memories created during this fest will undoubtedly linger, fostering a spirit of celebration and cultural appreciation throughout the school.

# CHILDREN'S DAY



## Cherishing Childhood

Children's Day is always a special occasion at National Public School, Chikkabanavara to honour and cherish the innocence, creativity and potential of children.

The day started with a special assembly conducted by the teachers which included the school prayer, thought for the day, news report and a speech. A special speech on the significance of Children's Day by a Pre-Primary student spread a special vibe of innocence. Our honourable Principal shared a few words of wisdom to edify the students on the importance of transforming themselves into confident individuals.

Children's Day celebration creates lasting memories for students, fostering a sense of nostalgia and companionship among students and teachers. It strengthens bonds and relationships within the school community, creating a positive and supportive learning environment for children.



# CONSTITUTION DAY



## Constitution Day Radiance at NPS Chikkabanavara

Every year on November 26th, Constitution Day, also known as Samvidhan Diwas, is commemorated to honour the adoption of the Constitution of India in 1949. Our school observed this day with a dedicated assembly aimed at imparting the importance of the Indian Constitution and its core principles to our students.

During the special assembly, both students and staff participated in taking an Oath, symbolising their commitment to uphold the values enshrined in the Indian Constitution. The Vice-President of our school, Hemal, led this solemn moment.

To deepen our understanding, Aswathi Bimal from Grade XII delivered a thought-provoking speech, providing insights into the principles that form the bedrock of our democracy.

Through these activities, we aspire to instil a profound sense of pride in our students for their country's democratic principles and underscore the significance of upholding constitutional values. We believe that fostering this awareness contributes to nurturing responsible citizenship among our students.



# NATIONAL MATHEMATICS DAY



## Nurturing Mathematical Minds

The National Mathematics Day is dedicated to honour the remarkable Mathematician Srinivasa Ramanujan on his birth anniversary.

The festivities commenced with an inspiring address in the special assembly, creating an atmosphere filled with curiosity and excitement. Students and faculty joined together to pay a heartfelt tribute to Srinivasa Ramanujan, exploring the brilliance and enduring contributions of this Mathematical luminary. The assembly also included the character portrayal of prominent Mathematicians of India like Aryabhata, Shakuntala Devi, Brahma Gupta and Srinivasa Ramanujan.

The assembly featured a visually captivating presentation, tracing the evolution of Mathematics throughout the ages. This engaging journey aimed to connect the historical roots of Mathematics with our contemporary understanding, showcasing its continual growth and relevance in our lives. This not only brought a sense of joy to the occasion but also highlighted the diverse personalities within the Mathematical world.

The day was filled with inspiration and a deeper appreciation for the beauty of numbers.

# SCHOOL TRIP GRADES VI – VII



## A Day of Learning, Laughter, and Lasting Memories

National Public School, Chikkabanavara had organised a day out for the students of Grades VI - VIII on 12th January 2024 where they experienced a day of unique learning.

The students of Grade VI delved into an adventure at Infantry Vama Camp in the foothills of Nandi Hills. Facilitated by seasoned veterans, they absorbed survival skills, imbibed military discipline, and honed social skills. The day was a blend of excitement and practical life lessons, creating an unforgettable experience for our young learners.

The students of Grade VII enjoyed a day of exploration at Switch on Suggee Resort, immersing themselves in recreational activities and delightful meals. The day fostered a sense of companionship and discovery, offering our students a break from routine with a perfect mix of leisure and nourishment.

# SCHOOL TRIP GRADES VII – IX



## Exploring The World Beyond Classroom Walls

The students of Grade VIII embarked on a cultural journey at Green Lush. Guided by knowledgeable naturalists, educational nature walks provided insights into plant life and other activities. Outdoor activities and team-building exercises not only fostered camaraderie but also added an element of adventure. A delicious meal amidst the lush surroundings offered a perfect backdrop for students to socialize and build connections.

All grades enjoyed sumptuous meals, engaging activities and life lessons that go beyond the classroom. The day was not just an excursion; it was an opportunity for our students to create lasting memories and friendships, gaining insights that will stay with them

School trips that are organised by National Public School, Ckbnr are an integral part of the educational experience, offering students an opportunity to step outside the confines of the classroom and immerse themselves in real-world learning. These excursions go beyond textbooks, providing a dynamic and interactive platform for students to witness, experience and appreciate the subjects they study in a tangible and memorable way. As part of this experience our students of Grades IX visited the Elim Resort. For the students it was a transformative learning experience that fostered personal growth, cultural awareness and academic achievement.

# BREAK THROUGH GRADE X



## A Memorable Trip

In the heart of the academic year, National Public School, Ckbnr organised for the students of Grade X, an unforgettable journey to Breakthrough, a serene and adventurous destination nestled amidst nature's embrace. The school trip aimed not only to provide a respite from the rigours of academic life but also to foster camaraderie, teamwork and personal growth among the students.

The journey commenced with palpable excitement as the resort offered a plethora of activities designed to challenge students physically, mentally and emotionally. Team-building exercises ensuring a perfect blend of thrill and learning. The resort's trained instructors facilitated activities that encouraged problem-solving, effective communication and leadership skills.

As the sun dipped below the horizon, the resort came alive with evening entertainment. Campfires and stargazing sessions provided moments of relaxation and camaraderie. The students revelled in the opportunity to create lasting memories and forging bonds that extended beyond the confines of the classroom.

As they returned to their academic pursuits, the echoes of laughter, the sense of accomplishment, and the new found camaraderie continued to resonate, serving as a testament to the success of 'Breakthrough'.



# “Harmony in Motion”

## Jack & the Beanstalk (with a Twist)



### Pre-Primary

Grand Annual Day Celebrations of National Public School, Chikkabanavara unfolded with unparalleled grandeur and enthusiasm on 21st and 22nd December 2023 in the school auditorium. The event, themed "Harmony in Motion," aimed to resonate with the diverse talents and achievements of our students, bringing together a harmonious blend of cultural diversity.

The annual day celebration of National Public School, Ckbnr Pre-primary Section was held on 21st December 2023 in the school auditorium. The theme for the Pre-primary section for this year's Annual Day celebration was “Jack and the Beanstalk” (with a Twist).

The venue was adorned with colourful decorations, sparkling lights and whimsical props, creating a magical ambience that captured the attention and imagination of the young children. The students mesmerised everyone with their delightful dance performances, choreographed to catchy tunes and rhythmic beats. Their energetic moves and vibrant costumes added charm and excitement to the celebration.

The celebration was like a magical journey filled with laughter, music, dance and creativity. The event concluded on a high note, leaving everyone with cherished memories of magical moments that will be treasured for years to come.

# “Harmony in Motion”

## Alice’s Little Adventure



### Grades I & II

The Annual Day celebration of Grades I & II was a delightful event held on the 21st of December 2023 in the school auditorium. The theme was “Alice’s Little Adventure”. It aimed to create an atmosphere of wonder, creativity and exploration, reflecting the magical journey of early education experienced by our young students. The venue was beautifully decorated with vibrant colours, thematic props and imaginative displays, creating an enchanting ambience. The young students delighted the audience with their charming musical performances. Their innocent voices and enthusiastic participation filled the air with joy and melody. Their energetic movements and colourful costumes added charm and excitement to the celebration.

Short skits performed by Grade I & II students, highlighting the significance of the nine emotions, showcased their dramatic flair. After travelling past the tumultuous tides of sadness, anger and greed, the audience were taken to the island of compassion, happiness, peace and contentment. The enactment resonated with emotions and touched all the hearts. The imaginative and heartwarming tales brought smiles and laughter to the audience.

# “Harmony in Motion”

## Ritu



## Grades III – V

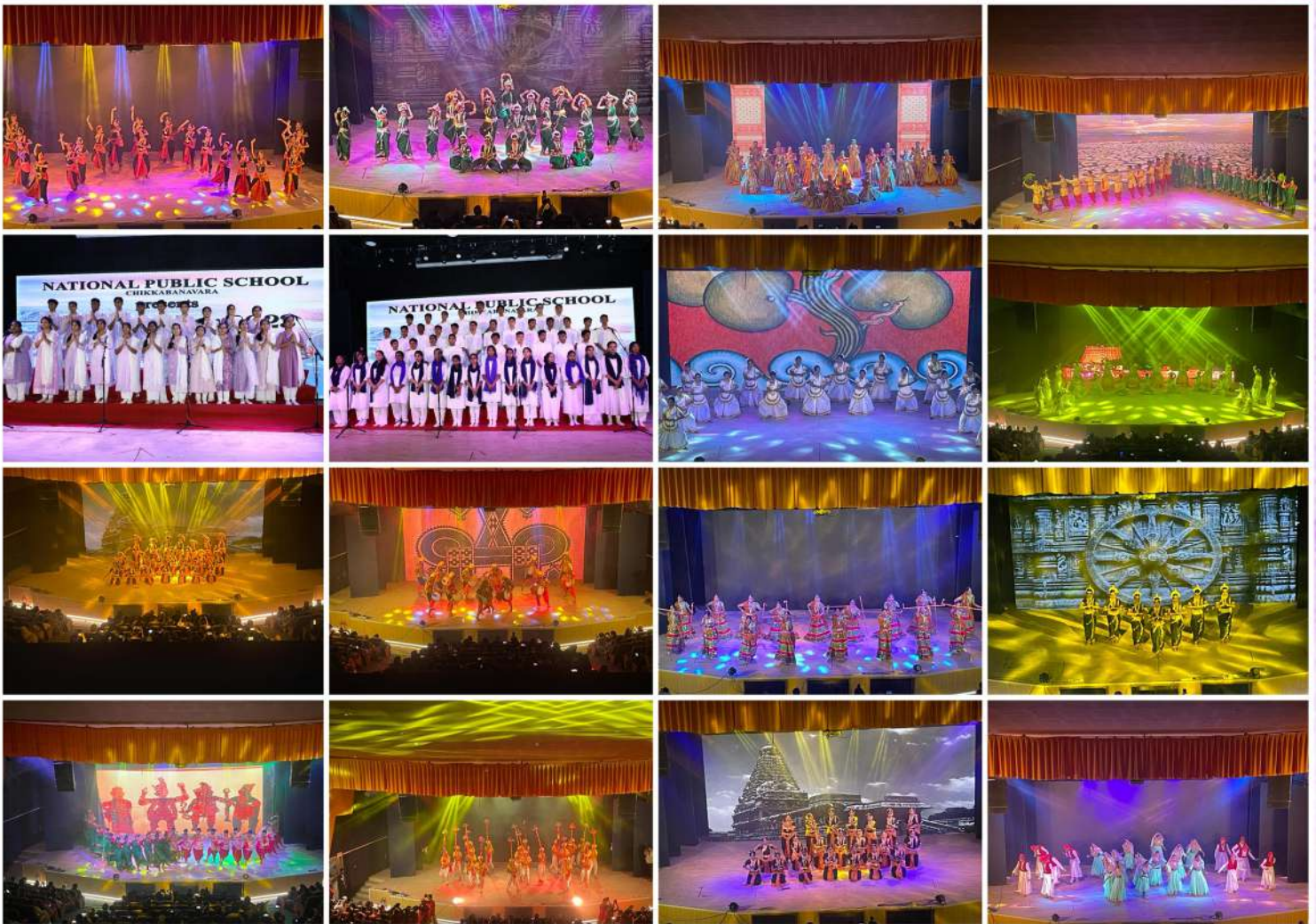
The Annual Day celebration of Grades III - V was a spectacular event held on the 21st of December 2023 in the school auditorium. The theme for this year was “Ritu”. Each season has its own unique beauty, and together, they create the tapestry of our existence, weaving memories and experiences that shape who we are. From the warmth of summer to the colours of autumn, the freshness of spring and the tranquility of winter, we witness the splendour of each season.

The beauty of the changing seasons is a reminder that nothing lasts forever, but there is always something new to look forward to. The day featured a diverse range of performances, presentations and activities that showcased the transformation of season. The colourful costumes, rhythmic music and graceful movements mesmerized the audience, celebrating the cultural diversity of our school community.

As we reflect on this memorable event, we are inspired by the passion, enthusiasm and potential of the students.

# “Harmony in Motion”

## Samyog



### Grades VI – XII

Grand Annual Day Celebrations of National Public School, Chikkabanavara unfolded with unparalleled grandeur and enthusiasm on the 22nd December 2023 for Grades VI – XII, in the school auditorium. The event, themed "Harmony in Motion," aimed to resonate with the diverse talents and achievements of our students, bringing together a harmonious blend of cultural diversity.

The occasion commenced with an elegant opening ceremony that set the stage for the festivities. The heart of the celebration was undoubtedly the cultural extravaganza that showcased the incredible talents of our students. A kaleidoscope of performances, including dance, music and drama, captivated the audience and brought to life the theme of "Samyog". Students showed their prowess in various forms, from classical dance to contemporary music, creating an electric atmosphere within the auditorium.

The spectacular event not only celebrated the present accomplishments but also ignited the flame of inspiration for the future, promising another year of academic excellence and cultural vibrancy within the National Public School, Ckbnr family.

# GRADUATION AND BLESSING DAY



The Graduation Day and Blessing Ceremony was held at National Public School, Chikkabanavara on 3rd February 2024 in the school auditorium. It was a momentous occasion, marking the culmination of years of hard work and dedication for the Class of 2023-24. The event was a celebration of academic achievements, personal growth and the commencement of a new chapter in the lives of the graduates.

The Ceremony commenced with a procession of the students of Grades X and XII and the respective faculty members which was followed by the lighting of the ceremonial lamp and the prayer song by the school choir, invoking the blessings of the Almighty.

Outstanding students of Grades X and XII, who have demonstrated exceptional dedication and loyalty towards the school over the past ten years were recognized and felicitated.

The ceremony featured keynote addresses from The CEO Mrs. Preethi Reddy, Chief Guest Prof. Maneesha S Inamdar and The Academic Director and Principal Mrs. Mary Thomas, who shared words of wisdom, inspiration, and advice with the graduating class.

The School President Miss Prakriti Dwivedi shared a few words on this auspicious occasion which was followed by the ceremonial handing over of the school flag to the Principal for safe keeping.

The conferring of degrees was a pivotal moment, as each graduate was called forward to receive the Yearbook and the Scroll, symbolising the culmination of their academic journey. It was an overwhelming moment for the students of Grade XII, when the esteemed Academic Director and Principal Mrs. Mary Thomas announced them as graduates, and the caps went flying symbolising their personal growth, perseverance and academic excellence.

The ceremony concluded with closing remarks from Master Mohnish of Grade XI, who expressed gratitude towards the graduating class, faculty, staff and families for their support and dedication.

# FAREWELL



The farewell party for the Grade XII students at National Public School, Ckbnr was an event filled with nostalgia, laughter and heartfelt emotions. Organised by the school faculty, staff and Grade XI students, it aimed to bid adieu to the graduating Class of 2023-24 in a memorable way.

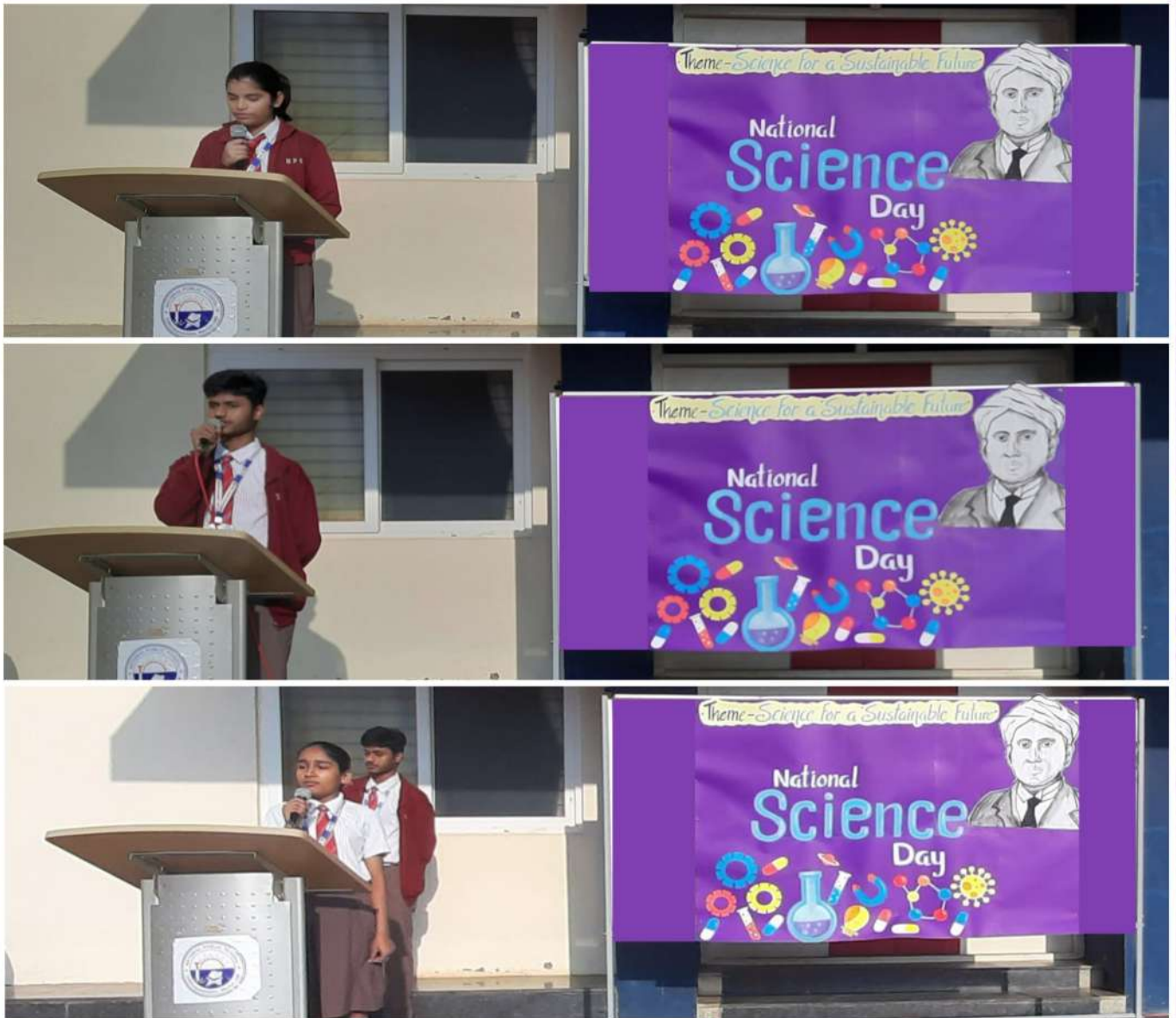
The party themed 'Desi Fiesta' took place in the school, which was elegantly decorated with banners, balloons, kites, streamers and traditional colours. Tables were adorned with centre pieces featuring photographs of the graduating students from their earlier years at the school.

The evening kicked off with games and a performance by students of Grades XI. These acts were met with enthusiastic applause from the audience and added to the festive atmosphere of the event.

Following the formal programme, attendees were treated to a delicious dinner buffet featuring a variety of dishes and refreshments. This provided an opportunity for students and teachers to mingle and share anecdotes amidst a relaxed setting. A photo booth was set up at the venue, allowing students to capture special moments with their friends and teachers.

The farewell party for the students of Grade XII at the school was a success, leaving everyone with cherished memories to last a lifetime. It was a fitting tribute to the graduating class, celebrating their achievements and wishing them well on their journey ahead. As they prepare to embark on new adventures, they carry with them the love and support of the entire school community.

# NATIONAL SCIENCE DAY



## Inspiring Wonder, Igniting Passion

A special assembly was conducted at National Public School, Ckbnr to commemorate National Science Day, celebrated on February 28th every year in India, to honour the discovery of the Raman Effect by Indian physicist Sir C.V. Raman in 1928. The assembly aimed to instil scientific temper, promote rational thinking, encourage a spirit of inquiry and a deeper appreciation for science among students and highlight its significance in our lives. The assembly began with a thought presented by Rishika of Grade VI. A brief overview on the significance of National Science Day and its connection to Sir C.V. Raman's groundbreaking discovery was delivered by Thaneeksha of Grade VII, enlightening students about the historical context of the day. The special assembly on National Science Day served as a reminder of the importance of nurturing scientific curiosity and critical thinking skills among the younger generation, laying the foundation for future scientific advancements and innovations.

# BULLETIN BOARDS



## Connecting through Creativity

At National Public School, Ckbnr, bulletin boards serve as dynamic and visually engaging elements within classrooms, transforming traditional learning spaces into vibrant hubs of inspiration and information. The theme for Grades I and II was 'World Public Transport Day', for Grades III to V it was 'World Kindness Day', for Grades VI to VIII it was 'World Cancer Day' and Grades IX to XII had 'National Constitution Day/ National Law Day' as their theme. These theme-based boards are not just decorations; they foster creativity and reinforce educational concepts.

As the students of our school curate and update theme-based bulletin boards, they contribute to a dynamic and interactive learning environment that leaves a lasting impact on their academic experiences.



# DISPLAY BOARDS



## Sparking Creativity and Inspiration

At National Public School, Chikkabanavara decorating display or bulletin boards has become an exciting tradition. These theme-based, visually appealing spaces serve as a canvas for students to showcase their creativity, engage with their peers, and enhance, inspire, motivate and ignite a passion for learning.

Through colourful visuals, informative posters and interactive elements, students across Grades I to XII transformed ordinary boards into charismatic displays that captivated, inspired and communicated important messages.

The theme chosen by Grades I & II was 'Save Tiger' as part of International Tiger's Day which depicted the need to protect the Tiger Population, Grades III to V chose 'World Population Day' to showcase the statistics of World's growing population and the need to control it. Grades VI to VIII picked 'World Nature Conservation Day' to spread awareness among the students for the need to Save our Resources. Grades IX to XII decided on 'World Justice Day' which calls for one and all to support justice, advance victim rights and aid in the prevention of crimes that endanger the world's peace, security, and well-being.

Decorating theme-based boards often involves collaboration and teamwork among students which fosters a sense of belonging and unity within the student body.

# HOUSE DISPLAY BOARDS



## Enhancing School Spirit and Communication

At National Public School, Ckbnr, House Display Boards contribute to the friendly and spirited competition that often exists between different houses in the school. A visual display depicting the common issues faced by the people of Bengaluru and suggestive solutions to the same, under the theme 'Bengaluru in Motion' was presented by the students of all the four houses which fuelled motivation and a healthy sense of rivalry among students. These Boards serve as visual testaments to the rich tapestry of student life, creating an environment where achievements are celebrated, activities are shared and school spirit thrives. By investing in and maintaining vibrant House Display Boards, our school enhances the overall educational experience and instils a sense of pride and camaraderie among the students.

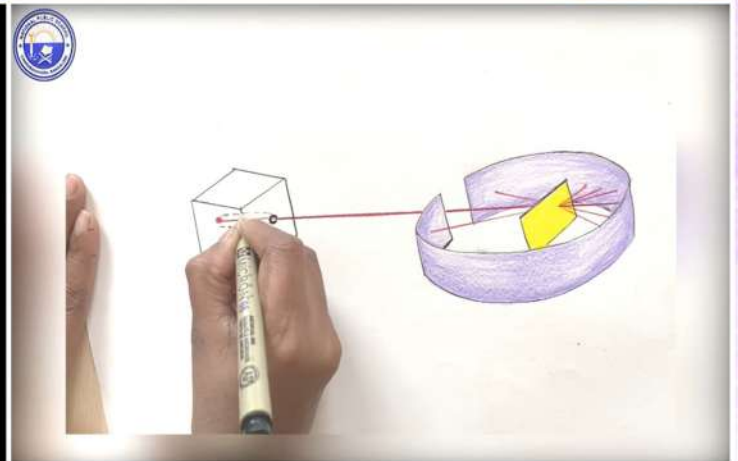
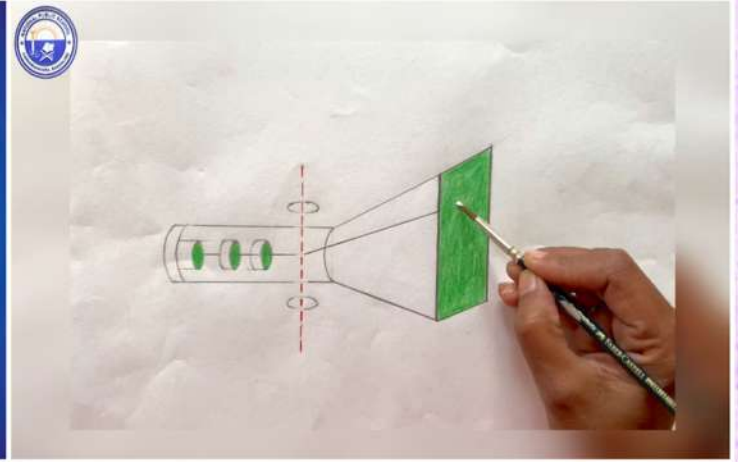
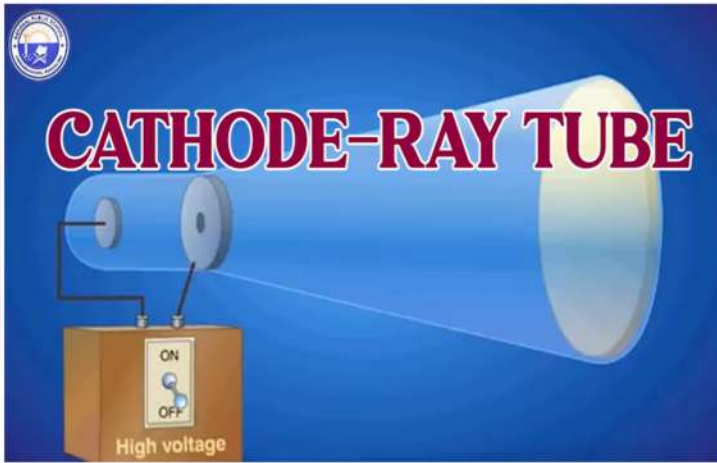
# SUBJECT ENRICHMENT ACTIVITIES



## Fostering Curiosity and Collaboration

Subject Enrichment Activities refer to a variety of supplemental learning experiences designed to deepen students' understanding and engagement with different subjects beyond the traditional classroom curriculum. At National Public School, Chikkabanavara, these activities are conducted periodically across all the grades with the aim to provide the students with practical exposure, fostering critical thinking skills and promoting a holistic understanding of academic disciplines.

These activities spark curiosity and interest in subjects beyond the confines of textbooks. By presenting topics in dynamic and interactive ways, students are motivated to explore further, leading to a lifelong love for learning. Students learn to exchange ideas, negotiate solutions and work collectively towards common goals, preparing them for real-world scenarios.



## BRIDGING LEARNING AND CREATIVITY THROUGH ART

"Moving Minds," is an innovative and inspiring initiative by National Public School, Ckbnr that features educational videos on hands-on learning activities, where the students explore the transformative power of art as a vehicle for learning, self-expression and personal growth. It is more than an educational programme; it's a philosophy that recognises the profound impact art can have on the learning process.

# MASTERMIND – DHIE (POONAM KAMATH)



Inter-School Competitions are events where students from different schools come together to compete in various academic, artistic or cultural activities. These competitions provide an opportunity for students to showcase their talents, develop their skills and interact with peers from other institutions.

Inter-School Competitions covering a wide range of activities were organised by DHIE in collaboration with Master mind from 24th November to the 1st of December 2023, wherein Poonam Kamath of Grade X B representing National Public School, Chikkabanavara bagged the Second Prize in Spell Bee Competition.

# ADOLESCENT BEHAVIOUR WORKSHOP



## Empowering Students through Insightful Behaviour Exploration

The adolescent stage is a critical period marked by physical, emotional and cognitive changes, making it a time of both excitement and challenges. To address the unique needs of students during this phase, an "Adolescent Behaviour Workshop" was conducted at National Public School, Ckbnr to provide a platform for understanding and navigating the complexities of adolescent behaviour. This workshop was designed to equip students with the knowledge, skills and insights needed to navigate the challenges of adolescence successfully.

This workshop also aimed to empower students with tools and strategies not only to understand their own behaviour but also to build fulfilling relationships, contribute positively to their communities, foster healthy development, communication and relationships. It also included interactive sessions on stress management techniques, emotional regulation and mindfulness practices. Students learnt how to cope with pressure, develop resilience and maintain mental well-being.

As they begin this journey of self-discovery and growth, participants are better equipped to face the complexities of adolescence with resilience and confidence.

# CELEBRATING EXCELLENCE



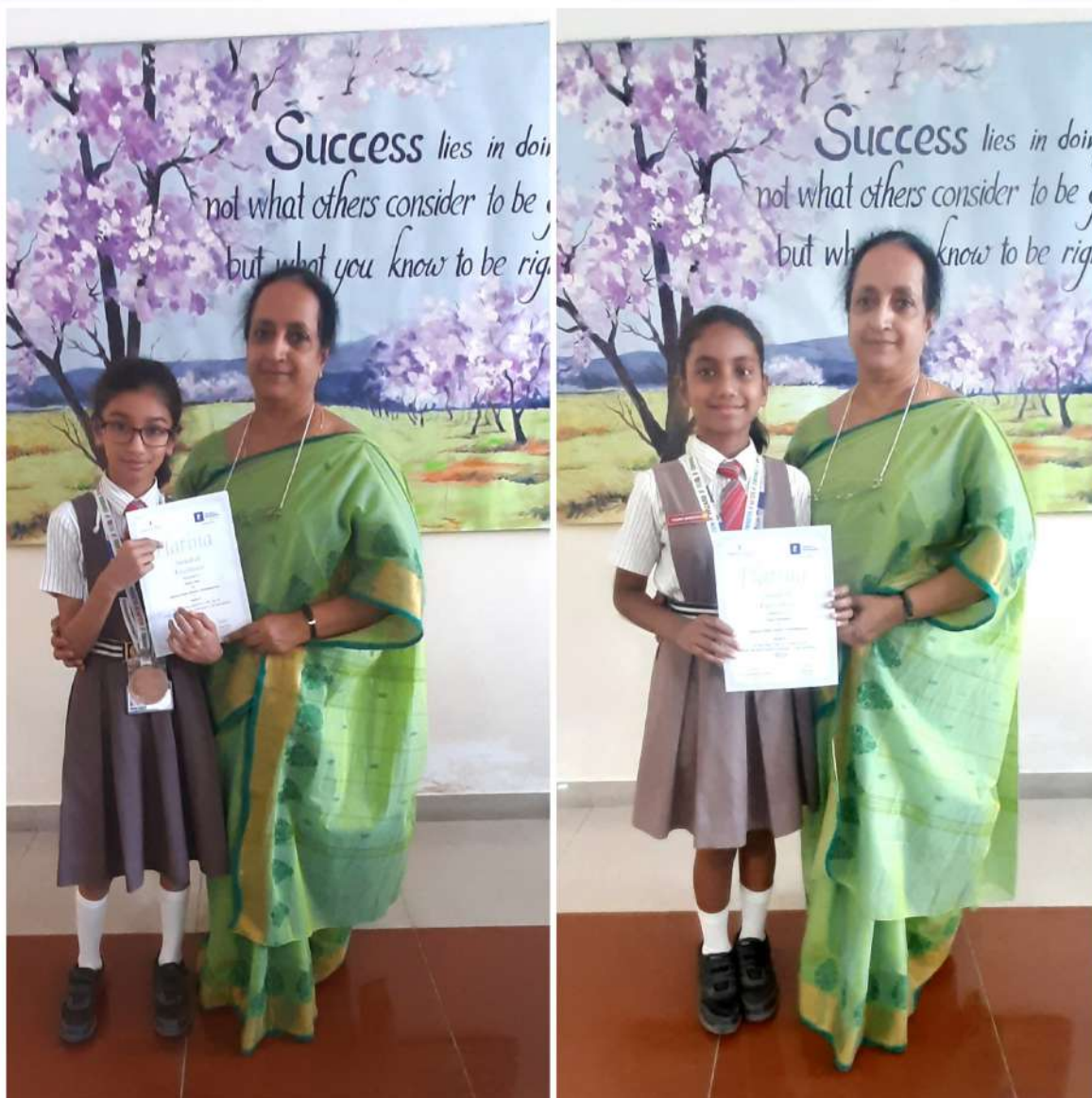
## **National Public School, Chikkabanavara, receives Certificate of Excellence at ET Business Awards.**

National Public School, Chikkabanavara is proud to announce its recent recognition at the prestigious ET Business Awards, where it was honoured with a Certificate of Excellence. At an event, held on 18th March 2024, Our School was recognized for its exemplary contributions to education.

National Public School, Chikkabanavara has consistently achieved remarkable academic results, with students excelling in various national and international examinations. It also embraces innovative teaching methodologies and technology integration to enhance the learning experience. From STEM programmes to Arts and Physical Activities, we provide a dynamic environment that encourages creativity, critical thinking and problem-solving skills.

The recognition received at the ET Business Awards is a proud moment for Our School and a reflection of the collective effort of our CEO Mrs. Preethi Reddy, Academic Director and Principal Mrs. Mary Thomas, Vice Principal Mrs. Priyanka S, dedicated faculty, supportive parents and enthusiastic students. It reinforces our commitment to providing quality education and empowering students to reach their full potential. National Public School, Chikkabanavara, looks forward to continuing its journey of excellence and making even greater strides in the years to come.

# EXCELLENCE AWARD IN CHEMICAL SCIENCES



Quantum Vault, a leading platform in scientific education and competition, hosted an International Chemistry Quiz in the month of October at National Public School, Chikkabanavara, which aimed at fostering academic excellence and innovation in the field of chemical sciences.

After intense competition and rigorous evaluation by a panel of expert judges, Airah Khan of Grade III, Charvi Shreedhar of Grade IV and Prajith. U of Grade X emerged as Platina winners. They demonstrated exceptional knowledge, analytical skills and composure throughout the competition, earning them well-deserved recognition and accolades.



# **A TEACHER'S JOURNEY**

Teach 🍎 Love 🍎 Inspire

Teaching? Oh no! cried my heart,  
Atlas, models and teaching aids,  
With unruly brats along the path  
Surely not my cup of tea, I said.

Unarmed for the battle, I stepped out in faith  
With hesitant feet and a quiver in my heart.  
But with wonder in their eyes  
In came the little ones with a happy trot.

"Good morning, ma'am ", they said  
And asked if I was new to their class.  
With queries untold they whispered and gasped!  
Filled with innocence my hands they clasped.

Forty-two years down the lane, as I pause and take a deep breath  
I ask myself if the journey was well spent,  
Looking within, my heart leaps with joy  
As it reminds me of times gone by.

Moments of adventure and challenges met  
From a teacher to trainer to mentor I went  
Schools, NGO, Hospital have I journeyed  
Breaking, moulding, mentoring and training.

Teaching is a lifelong journey  
For to teach is to touch the lives of many.  
But to teach well is to make a difference  
Have I done justice to any on my way?

As I stand on the threshold of yet another 'morrow  
I am grateful to God for this journey though  
For the many who have passed through my hands  
Make a difference in the lives of others on a strange land!!

It is time now to hang up my boots,  
An end to one journey and the beginning of new pursuits  
While I look back and say ' It was all worthwhile '  
For, Teaching will never go out of style!



By Mrs. Mary Thomas  
Academic Director and Principal

# TURNING OBSTACLES INTO OPPORTUNITIES

Once there was a king who was curious but wealthy. He decided to test his fellow people to know who had a good attitude in life and who would spare some time for the country's progress. He placed a huge boulder right in the middle of the road and hid in a nearby place to see if anyone would make an attempt to move it.

He saw some wealthy merchants and courtiers passing by the road. None of them made any attempt to move it, but simply walked away while some others blamed the king for not maintaining roads. Later, a peasant came that way with a load of vegetables and saw the boulder. He kept his load down and tried to move the boulder away. After a strenuous effort, he succeeded in moving it away. He saw a purse lying in the place of the boulder. It contained many gold coins and a note from the king which read 'this is the reward for the person who moves the boulder away'.

In the journey to attain success, obstacles are inevitable roadblocks that can either halt progress or become stepping stones to greater achievements. It is quite common for people to run away from problems and obstacles. But the story clearly shows the importance of seeing an opportunity in every obstacle that might improve our condition. But the big question is – "How can this be done?"

As per a known mantra used by many successful personalities, the secret ingredient to overcoming obstacles lies in one's perception. Perception is the combination of your thoughts, beliefs, opinions, and awareness. You can look at a glass of water [that is not completely filled to the brim] and state whether it is "half-filled" or "half-empty"!

A positive perception is about viewing setbacks through a lens of optimism and resilience. Instead of seeing obstacles as barriers that hinder progress, individuals with a positive mindset see them as temporary hurdles to overcome. This shift in perspective opens up a world of possibilities and empowers individuals to explore alternative routes towards their goals.

We all use WhatsApp. However, the story behind its success seems interesting. Two founders: Jan Koum and Brian Acton worked at Yahoo for 9 years, left with money and without ideas of what to do next. They tried to get a job at Facebook and were rejected. These two friends brainstormed and came up with the idea of an application that would put statuses in the address book next to the names of friends: "Free, busy, at work," and so on. They named the app WhatsApp. New features – notifications, read/unread messages etc. were added. In 3 years, the new messenger had gathered 90 million users and grew faster than Facebook. Later, Mark Zuckerberg-Facebook owner wrote to them and offered to meet. Today, WhatsApp has 2.1 billion users and could be worth \$100 billion as a standalone company.

What seemed like an obstacle to Jan and Brian's career turned out to be a mind-blowing opportunity for them to be successful and the entire world to stay connected to each other!

This is a classic example of a positive perception that fueled motivation and persistence. The way we perceive and approach obstacles plays a pivotal role in determining our ultimate outcome. A positive perception can be the catalyst that transforms seemingly insurmountable challenges into golden opportunities.

So, "Embrace each hurdle with joyful glee, for they are opportunities in disguise, you see. With positive perception as your guide, you can overcome obstacles, side by side."

**By Priyanka Suresh  
Vice Principal**

## "Navigating Self-Care amidst a Busy Life"

In the relentless hustle and bustle of our busy lives, finding moments for self-care can be a transformative journey. This article delves into the invaluable insights gained from the intersection of hectic schedules and the pursuit of well-being. As we navigate the demands of daily life, understanding the significance of self-care becomes paramount. This introspective exploration will illuminate the lessons learned on the path to self-discovery, resilience, and balance. Let's unravel the secrets to cultivating a mindful and nourishing self-care routine, even in life's myriad challenges.

Here are some key self-care lessons for a busy person:

### **1. The path to peace is self-acceptance-**

When you start to accept yourself - both the good and the bad that's when you will start to experience peace. Many of us have believed the lie that we are not good enough and hence our futile attempts of trying to change ourselves to become more acceptable to others have left us miserable.

However, the truth is that you ARE good enough!

Your procrastination, being on the heavier side, or wishing you were a little more organised - none of those matters. You are an amazing, fascinating person, so unique that God took special care while creating you.

### **2. The power of empathy -**

There is a profound impact of genuine empathy when shown to a person. Understanding a person's perspective without judgment fosters a deep connection and allows room for more meaningful relationships. Validating emotions is the most rewarding experience that reduces the feeling of isolation and promotes emotional healing. Ultimately, empathy plays a pivotal role in the emotional healing process. When you experience empathy, you feel seen, heard, and valued, contributing to a sense of validation and empowerment that supports your overall well-being.

### **3. Saying NO is a vital life skill -**

For some people, saying no is practically impossible. However, the good news is that it can be learned. Learning to say no is a crucial skill that plays a vital role in cultivating happiness and maintaining a healthy work-life balance. In a world filled with constant demands and expectations, assertively declining tasks, commitments, or responsibilities that do not align with your priorities is liberating. Saying no is an act of self-care, allowing you to preserve your time, energy, and mental well-being. By setting boundaries and recognizing personal limits, you can avoid overcommitment and prevent the accumulation of stress and burnout.

### **4. Changing your personality to fit in will make you lonely -**

We all desire to be loved and feel accepted by everyone around us. That is a very basic human need. And none of us want to feel the crushing blow of rejection that shatters us. So, the temptation to change your personality to fit in or to be accepted is strong. However, changing yourself to fit in can be the root cause of your loneliness. No one gets the chance to meet the real you, and all they get is a diluted version of you - the version of you that you think they want to see. They'll never get to discover the unique and dynamic individual that you are, and therefore won't be able to make a meaningful connection with you. The absence of a meaningful connection leads to loneliness.

## **5. Comparisons will get you nowhere -**

Comparison is like a two-faced coin - it makes you feel superior, or it makes you feel inferior. Neither of these serves a useful purpose. Constantly measuring yourself against others will lead to feelings of inadequacy, jealousy, or unwarranted competition. Embracing individuality and focusing on personal growth, aspirations, and values can be a more fulfilling approach. The emphasis shifts from competing with others to collaborating, learning, and appreciating the diversity of human experiences. Develop a mindset that values authenticity, self-discovery, and the pursuit of your unique potential, recognizing that the path to personal fulfillment is not a race against others but a deeply personal and evolving expedition.

## **6. Celebrate progress no matter how small -**

Celebrating progress, no matter how small is a powerful philosophy that fosters a positive and constructive mindset. Recognizing and celebrating small victories provides a psychological boost, reinforcing the idea that efforts are worthwhile and contributing to overall progress. Nurture a mindset that values the process as much as the result. It instils a sense of self-appreciation and resilience, promoting a continuous cycle of growth and improvement.

## **7. Communication is key -**

Communication is the lifeblood of meaningful connections and successful interactions. So many of our problems come from poor communication. An inability to say no, or resentment through unexpressed anger, or not getting our needs met – all these things are down to bad communication skills. The good news is, there are lots of things you can do to improve your communication. It's a learnable skill. When communication is prioritized, misunderstandings are reduced, and connections are strengthened. It empowers you to convey your needs, articulate your boundaries, and express your feelings.

In conclusion, the journey of navigating self-care within the chaos of a busy life has been both enlightening and empowering. Remember that self-care is not a luxury but a necessity. Explore the significance of setting boundaries, embracing moments of stillness, and celebrating even the smallest victories. To wrap up this exploration, let these insights serve as a compass, guiding you toward a more balanced, resilient, and fulfilling life. May the lessons learned on this self-care journey resonate long after the article ends, encouraging a continued commitment to nurturing yourself amidst life's bustling rhythm.

**- Divya Mercy  
(Psychology Department)**

## The Rise of Edge Computing: Revolutionizing Data Processing

### Introduction:

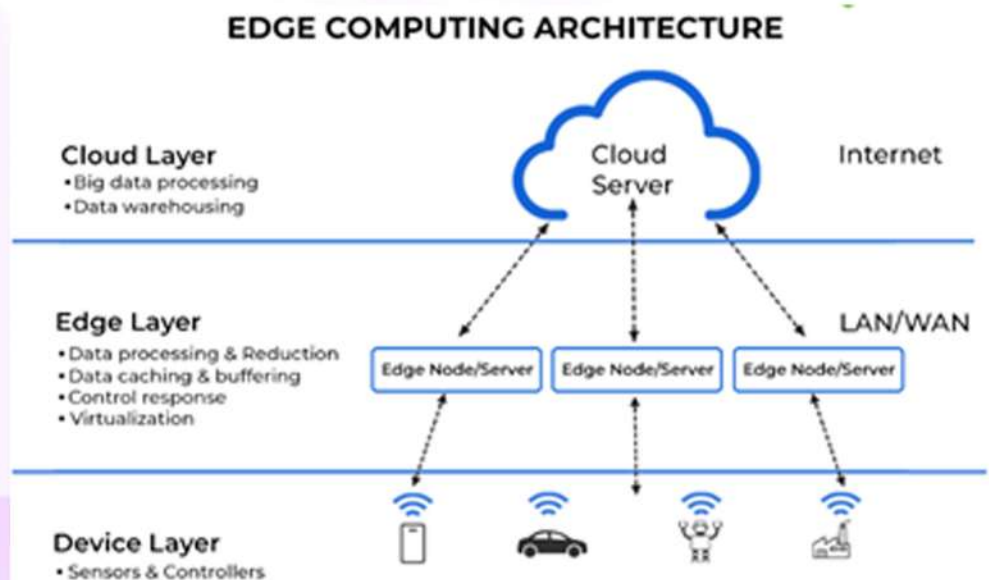
In the ever-connected digital world, where data generation is skyrocketing thanks to IoT devices, smart appliances and advanced sensors, traditional cloud computing architectures are facing challenges in meeting the demands for low latency, high bandwidth and data privacy. In response to these challenges, edge computing has emerged as a transformative paradigm that promises to revolutionise the way we process and analyse data. This article delves into the latest advancements and implications of edge computing in the realm of computer science.

### Understanding Edge Computing:

Edge computing refers to the practice of processing data closer to its source of generation rather than relying solely on centralized data centres or cloud services. This decentralised approach brings computation and data storage closer to the devices or "edge" of the network, thereby reducing latency, conserving bandwidth, and enhancing data privacy and security. Edge computing leverages a distributed network of interconnected devices, such as edge servers, routers, gateways and IoT endpoints, to perform computation and data processing tasks locally.

### Recent Developments and Innovations:

Recent years have witnessed significant advancements in edge computing technologies, driven by the proliferation of IoT devices, 5G networks, and AI-driven applications. Edge computing platforms and frameworks, such as AWS IoT Greengrass, Microsoft Azure IoT Edge and Google Cloud IoT Edge, have enabled developers to deploy and manage edge applications seamlessly. Furthermore, edge computing is evolving beyond simple data processing to support real-time analytics, predictive maintenance, and autonomous decision-making. Edge AI, powered by machine learning algorithms and neural networks, enables devices to perform complex inference tasks locally, without relying on cloud-based services. This capability is particularly crucial for applications that require real-time responsiveness and offline operation, such as autonomous vehicles, industrial automation, and smart cities.



## **Implications and Applications:**

The advent of edge computing has profound implications across various industries and sectors. In healthcare, for example, edge computing enables remote patient monitoring, personalised medicine and real-time analysis of medical data, leading to improved patient outcomes and reduced healthcare costs. Similarly, in manufacturing, edge computing facilitates predictive maintenance, quality control and supply chain optimisation by analysing sensor data in real-time and identifying anomalies or inefficiencies. Moreover, edge computing has the potential to revolutionise the gaming industry by delivering immersive gaming experiences with ultra-low latency and high responsiveness. Edge servers located closer to players can offload processing tasks, reduce network congestion, and enable multiplayer gaming with minimal lag. Additionally, in the realm of smart cities, edge computing enables efficient traffic management, environmental monitoring, and public safety applications by processing sensor data locally and providing actionable insights in real-time.

## **Challenges and Future Directions:**

Despite its numerous benefits, edge computing poses several challenges, including security vulnerabilities, interoperability issues and resource constraints. Securing edge devices and data transmissions against cyber threats and ensuring compliance with privacy regulations remain paramount concerns for organisations deploying edge computing solutions. Moreover, achieving seamless integration and interoperability among heterogeneous edge devices and platforms requires standardised protocols and APIs. Looking ahead, the future of edge computing lies in harnessing the power of emerging technologies such as 5G networks, distributed ledger technologies and federated learning. 5G's ultra-low latency and high bandwidth capabilities will further enhance the performance and scalability of edge computing deployments, enabling innovative applications such as augmented reality, remote surgery, and autonomous drones. Furthermore, federated learning techniques allow edge devices to collaboratively train machine learning models without sharing raw data, preserving privacy and data sovereignty.

## **Conclusion:**

In conclusion, edge computing represents a paradigm shift in the way we process and analyse data, bringing computation closer to where it is needed most. With its ability to deliver low latency, high bandwidth, and enhanced data privacy, edge computing is poised to drive innovation and transformation across various industries, from healthcare and manufacturing to gaming and smart cities. As edge computing continues to evolve and mature, organisations must embrace this disruptive technology to stay competitive and unlock new opportunities for growth and innovation.



**- N.V. Sajeetha Kumari  
(Computer Department)**

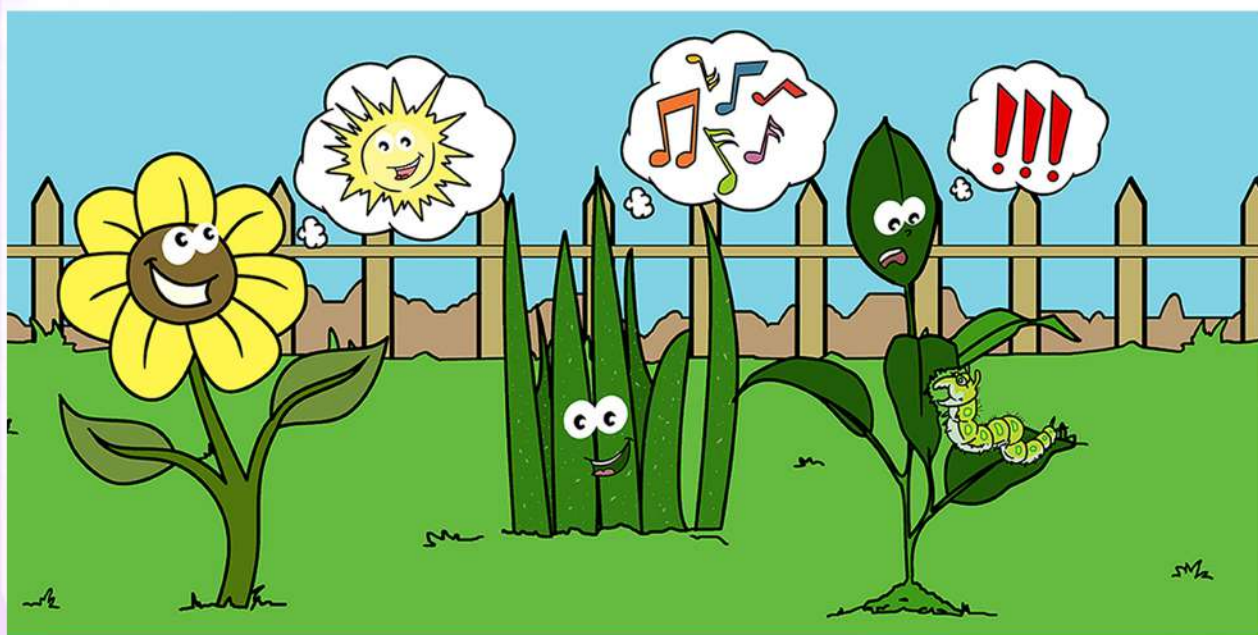
## DO PLANTS “TALK “ TO EACH OTHER ??

A group of Japanese scientists captured a real-time footage of plants “talking” to each other making it a remarkable achievement. ‘Science Alert’ reported that plants released airborne compounds, similar to smells, forming a fine mist that served as a means of communication. The recorded video, led by molecular biologist Masatsugu Toyota from Saitama University and published in the journal ‘Nature Communications’, demonstrated how plants perceive and react to these airborne signals.

By incorporating a biosensor that emitted a green glow and detected Calcium ions, a communication mechanism was also employed by human cells, the researchers revealed that undamaged plants received messages from their injured counterparts. The undamaged plants responded with bursts of Calcium signalling, visible as ripples across their extended leaves.

In analysing these airborne compounds, the team highlighted the role of this ethereal communication network in swiftly safeguarding neighbouring plants from impending threats. The scientists extended their investigation to Mimosa Pudica [ touch-me-not] plants, using a similar technique to measure Calcium signals released by these plants, known for moving their leaves in response to touch as defense mechanism against predators.

**- Ms. Kavitha Mohana  
( Chemistry Department )**



## "Magic... Mystery... Motivation..."

Scientific understanding of our real world drives all technology and betterment of humanity in general. While at its core, Physics is about unravelling nature's mysteries; beyond academic significance, it fosters a sense of wonder and awe of our world. Nurturing curiosity and encouraging exploration, physics inspires a lifelong love of learning of the natural world, and a deep appreciation for its beauty. Despite of why we do physics, the true essence of physics lies not only in practical applications, but in the joy of discovery, exploration and the wonders of a boundless universe - preparing a generation of scientists, thinkers and dreamers.

- Ms. Madhura Prashanth  
( Physics Department )





## ‘ದಾರಿದೀಪ’



ಓ ಮುದ್ದಿನ ಪುಟಾಣಿಗಳೇ

ನಾಳಿನ ಹೆಮ್ಮೆಯ ಭರವಸೆಗಳೆ

ನಾಡು ಕಟ್ಟುವ ಶಕ್ತಿ ನಿಮ್ಮಲಿಹುದು

ಹೊಸ ಮುನ್ನುಡಿ ನಿಮ್ಮಿಂದ ಶುರುವಾಗುವುದು

ಬೆಳೆಯುವ ಸಿರಿ ಮೊಳಕೆಯಲಿ; ನಿಮ್ಮ ಪ್ರಗತಿ ಶಿಕ್ಷಣದಲಿ

ಓದು-ಬರಹ-ವಿದ್ಯೆ ಕಲಿ; ಸಂಸ್ಕೃತಿ-ಸಂಸ್ಕಾರ ಮರೆಯದಿರಲಿ

ಹೆತ್ತವರ ಹೆಮ್ಮೆಯ ಕುಡಿಯಾಗಿ, ಬೋಧಿಸಿದವರ ಭರವಸೆಯ ಕನಸಾಗಿ

ಇಂದಿನ ಚಿಗುರು ಭವಿಷ್ಯದಲ್ಲಿ ಬೆಳೆದು ಹೆಮ್ಮರವಾಗಲಿ

ನಿನ್ನೆಲ್ಲಾ ಕನಸುಗಳಿಗೆ ಬೆನ್ನೆಲುಬಾಗಿ ನಿಂತಿಹರು ಗುರುಗಳು-ಹೆತ್ತವರು.

ಕಷ್ಟಪಟ್ಟು ಬಂದ ಹಾದಿಯನು ಮರೆಯದಿರು

ಸಮಾಜದ ಕಟ್ಟುಪಾಡುಗಳೊಡವೆಯ ಚಿಂತೆ ಬೇಡ, ಜಾತಿ - ಮತ ಮೇಲು ಕೀಳೆಂಬ  
ಭೇದ -ಭಾವ ಬೇಡ

ಎಲ್ಲರೊಳಗೊಂದಾಗಿ ಸಾಮಾನ್ಯರಲ್ಲಿ ಅಸಾಮಾನ್ಯರಂತೆ ಬದುಕಿ ನೋಡ

ಇದೇ ನಿನ್ನ ಹೊತ್ತುಯ್ಯುವುದು ಯಶಸ್ಸಿನ ಉತ್ತುಂಗದ ಕೊಡ

ನಿರ್ಗತಿಕರಿಗೆ ನಿರಾಶ್ರಿತರಿಗೆ ಆಸರೆಯಾಗು, ಶಿಕ್ಷಣವಂಚಿತರಿಗೆ ದಾರಿದೀಪವಾಗು

ಪ್ರತಿಯೊಬ್ಬ ತಂದೆ-ತಾಯಿಯ ಕನಸು ಇದೇ ಆಗಿದೆ

ವಿದ್ಯೆ ಕಲಿಸಿದ ಗುರುವಿನ ಆಶಯವಾಗಿದೆ

ನೀ ಬೆಳೆದು ಇತರರನ್ನು ಬೆಳೆಸುವ ದಾರಿದೀಪವಾಗು.....

ಲಲಿತ.ಕೆ (ಕನ್ನಡ ಶಿಕ್ಷಕಿ)

## कविता का नाम -जीना इसी का नाम है

थोडा-सा सुख, थोडा-सा दुख झेलना पड़ता है,

कली से सुंदर फूल खिलना है

जीना इसी का नाम है ....

दुख-दर्द को सहना होता है

बदलती दुनिया के साथ खुद को बदलना होता है

परो में ताकद आने पर घरोंदा छोड़ना होता है

आसमान में उड़ान भरते-भरते धरती को याद करना होता है

जीना इसी का नाम है.....

दुख और आँसुओं को मन ही मन में दबाना पड़ता है

खुद हँस नहीं पाए तो क्या , दूसरों को खुश रखना होता है

सबकी खुशी में अपनी खुशी मानना होता है

जीना इसी का नाम है.....



कवयित्री -अंकिता पाठक (मनस्वी)

## ‘परफेक्शन’ की चाह

परफेक्ट के बजाय खुद को बेहतर बनाने की करें कोशिश, रहेंगे हमेशा खुश

परफेक्शन की चाहत आपको पूर्णता तो नहीं देती पर मन में अधूरापन जरूर ला देती है। अच्छाइयों के बजाय कमियों पर फोकस करने की ओर ले जाती है इसलिए परफेक्ट नहीं बेहतर बनने की कोशिश करें।

‘परफेक्ट’ का अर्थ है पूर्णतः दोष या दोष रहित होना।

अच्छा बनना मनुष्य की स्वाभाविक इच्छा है। हम हर काम अच्छे से करना चाहते हैं और जब-तब उसमें पूर्णता की तलाश भी करते हैं। लेकिन हाल की एक रिसर्च बताती है कि परफेक्शन का अतिरिक्त आग्रह हमें बीमार बना सकता है। कनाडा की ब्रोक यूनिवर्सिटी के मनोवैज्ञानिक डॉ. डेनियल मोल्नर और यॉर्क विश्वविद्यालय के मनोवैज्ञानिक प्रो. गॉर्डन फ्लेट के एक शोध के अनुसार परफेक्शन पर बहुत ज्यादा जोर देने वाला व्यक्ति अनिद्रा, दिल की बीमारी और आंत संबंधी रोगों का शिकार बन सकता है। ‘परफेक्शनिस्ट’ लोगों के दिमाग में हर काम का एक परफेक्ट लेवल होता है, जिसे हासिल न कर पाने पर वे परेशान हो जाते हैं। पहले तो ऐसे लोग किसी एक चीज में पूर्णता पाना चाहते हैं, फिर जीवन के हर क्षेत्र में उसे पाने की कोशिश करते हैं। जैसे कोई आदमी पढ़ाई में अक्वल होता है तो वह चाहता है कि काम में भी बेस्ट रहे। फिर वह अपने लुक्स और रिश्तों में वही परफेक्शन ढूँढने लग जाता है, और किसी भी स्तर पर नाकाम रहने से अंदर ही अंदर टूटने लग जाता है। मन पर बोझ पड़ने के साथ शारीरिक व्याधियाँ भी उसे दबोचने लगती हैं।

हाँ, इंसान को अपनी क्षमताओं का पूरा इस्तेमाल करते हुए किसी भी क्षेत्र में उच्चतम स्तर पाने की कोशिश जरूर करनी चाहिए। लेकिन उसकी सार्थकता तभी है जब इस कोशिश में उसे संतोष प्राप्त हो। सारा सुख-चैन गँवाकर हर क्षेत्र में पूर्णता तलाशने का तो कोई मतलब नहीं है।

अंकिता पाठक  
हिंदी विभाग



