

INVESTITURE CEREMONY

Captains, prefects inducted into council



The investiture ceremony for the academic session 2022-23 was held with great pomp and dignity on August 3, 2022. The school head boy, head girl, deputy head boy, deputy

NAVKIS EDUCATIONAL CENTRE



head girl along with the house captains, vice captains and council members were conferred with badges and sashes. The house mistress, assistant house mistress of all the houses were also felicitated by badges. All the members of the student council expressed their commitment to work for and with their fellow students to take the school to new

heights in academics and other fields.

The principal encouraged students to follow the path of righteousness with strong resolve and motivated them to be committed to heads significant issues. The head boy, head girl and cabinet members pledged their commitment.

'Scouts and Guides' and 'Cubs and Bulbuls' have been introduced in our school this academic year. Their leaders were also conferred with the badges.

The occasion proved to be an exhilarating moment for all the office bearers, who were filled with zeal and zest to take up their duties.

The investiture ceremony for the academic year 2022-23 was held on June 25, 2022. Para-Asian gold medal winning athlete Rakshitha.R was the chief guest for the day. Commandant IV Battalion, assistant secretary of the school Raghunath K.S KSPS enlightened the students with his inspiring words.

The ceremony started with the grand salute and culminated with felicitation of the chief guest by the staff members. The newly initiated captains and prefects were filled with pride as they marched with their heads held high.

POLICE PUBLIC SCHOOL

The school bestows upon the students the ability to be the future leaders of the world.

The Investiture ceremony 2022-23 successfully

APPOLLO NATIONAL PUBLIC SCHOOL

inducted the newly elected members of the school's prefectorial board on July 1, 2022. The programme was compered by Rithul Raj and Manya of class X.

The ceremony started with an invocation song sung by students of classes VII and VIII, which was melodious and inspiring. Samrudh R of class IX welcomed the gathering. Ankitha of class IX gave a brief note about the importance of the day.

The elected leaders were conferred with badges and sashes by principal Neerada followed by the oath taking ceremony. Looking resplendent in their uniforms, each council member pledged to dispense their duties and abide by the rules of the school. The pride and sense of dedication in



their voices was palpable. The newly elected school council has Pranav Somayaji Sastry as school captain, Adish Uday Jayagonda as vice-captain,

Anwitha Madhukar as junior school captain, Akshatha as sports captain, Kishan A as sports vice-captain and Kushal S Pirgal as junior sports captain.

The magazine leaders are P Vikram Bhat and Mokshith H I as chief editors, Harshith M Melwani and Bruhati M as sub-chief editors.

The chief guests were alumni Namratha and Pavan. Namratha motivated the young leaders with her candid and honest words.

The programme concluded with vote of thanks by Spandana of class X.

Commerce fest highlights competition, talent and sagacity among youngsters

The 6th edition of the international commerce fest Bifrost was held in a hybrid mode on July 21-23, 2022. With more than 30 online participants and over 400 of-line participants, the fest was a grand success. Bifrost 2022 featured 9 thrilling events filled with



ST. JOSEPH'S BOYS' HIGH SCHOOL

novel rounds and elements- The events for seniors covered entrepreneurship development, public relations and human resources, marketing, corporate governance and finance among others. The events for juniors included crisis managements and product launch.

The chief guest at the opening ceremony was CEO and Co-founder of

Brandwrks Foundry Major Allwyn D'Souza, a military veteran. A welcome dance, a song by the ISC choir and the welcome message by Principal Fr Sunil Fernandes marked the ceremony.

The second day began with a webinar for all participants. The speaker was CEO of STS Group, Bangladesh, board member at Bureau of Indian Standards and chairman of Board of Confederation of Educational Institutions of India Sandeep Ananthanarayanan.

The final rounds of events were held on the last day. The chief guest for the

closing ceremony was former joint managing director of Jyothi Labs, chairman of FICCI Karnataka State Council, and chairman of vision group, Government of Karnataka, Ullas Kamath.

BIFROST 2022 helped to showcase the immense talent pool, the cutthroat competition among the millennials and the sagacity of the youngsters of today. The camaraderie of the organizers shone through as they gathered experiences, build bonds and friendships that would last a lifetime!

Antonius Godfrey, class XII

Programme held to promote revival of Sanskrit language

World Sanskrit Day, also known as Vishwa Sankrita-Dinam, is an annual event focused around the ancient Indian language of Sanskrit. It incorporates lectures about the language and is aimed at promoting its revival and maintenance. Sanskrit Diwas was celebrated at school on August 12, 2022.



DEVIN ACADEMY FOR LEARNING

The programme started with the lighting of the lamp by Principal Asha Iyengar and Sanskrit department teacher. An invocation song, a speech highlighting interesting facts about Sanskrit and recital of Sanskrit shlokas were part of the programme.

The principal suggested that students promote the ancient language so that it does not become extinct. Tributes were

paid to Maharshi Panani, who made Sanskrit a highly developed and powerful mode of expression in which scientific ideas could be expressed with great precision and clarity.

Friendly match marks Natl Sports Day

National Sports Day is celebrated on August 29 every year to commemorate the birth anniversary of Major Dhyani Chand, the hockey legend.

To mark this occasion, the school organised a friendly basketball match against Kensri School.

NORTH HILLS INTERNATIONAL SCHOOL

Teams of both schools were evenly matched in terms of skill, energy, enthusiasm and

team spirit. The boys team from Kensri School and girls team from North Hills eventually emerged the winners in well played matches.

It was a day well spent!



TEACHERS' DAY

Students make it a special day for their teachers

BROOKLYN NATIONAL PUBLIC SCHOOL, VIJAYANAGAR

Teacher's Day was organized with incredible gusto and zeal by students.

To express their gratitude, a wide range of activities like fun-filled games, melodious songs, many scintillating dance performances were organized. Principal Sharlet D'sa reminded the students of the tireless labour and love all the teachers put in to bring them up as knowledgeable and compassionate individuals. All the teachers applauded the overwhelming zeal and enthusiasm of the students in making the event one to cherish forever. The day concluded with honouring teachers for their valuable contributions to the school.



YES, I'M A TEACHER

Yes, I'm a teacher Not by chance but by choice Not under circumstances but by skills. 'O' w'at am I not? Should I say designer? But I cast mind and frame behaviour. May be a doctor? But don't I induce morals in my happy patients. How about an artist? Yes, I do fake my face in front of my audience, I hide my tears to make them smile. Because I am a teacher Not by chance but by



choice. I wonder.... What have I achieved being a universal icon? May be my pockets are light but my heart is heavy of contentment. I do have filth satisfied family but I add new hope and scope to numerous families everyday. Do I add a spark to their smile? They say...I do.... Yes, I do because... Yes, I'm a teacher Not by chance but by choice. Anuja Ranjan, HOD English, Anand Shiksha Kendra

A TEACHER'S GLORY

Oh, none of them Can compare to you. With a mystical smile And a pile of books, Teaching lessons

While igniting a flame In our curious minds. You're the key that Unlocks a student's Mind.

Oh, how you Shape the future and Touch our heart Is just so glorious. You are the light

And hope In our lives.

Aditi, class VII, MG School For Excellence

SHARADA VIDYALAYA SCHOOL, T G HALLI



The school celebrated Teacher's Day on September 5, 2022, commemorating the selfless love and dedication of every teacher. Students performed various events with great enthusiasm. Principal Vasanti Bhatt and administra-

tor Archana Krishna were the chief guests of the event and shared their thoughts about the day and encouraged teachers to keep up their good work. The administration also felicitated teachers with various service awards.

SUDARSHAN VIDYA MANDIR INSTITUTIONS



Teachers are the people who plant seeds in children's hearts and minds, watering them with love and caring every day until they blossom into beautiful flowers.

Teachers' day was celebrated in a special way by our students, by dedicating poems, with beautiful cards and heartfelt wishes for all their teachers.

GANGOTRI INTERNATIONAL PUBLIC SCHOOL



Teachers day had an emotional and recreational touch. The students did all the preparations with complete energy and excitement. Principal Bharti Tanweer, vice-principal Aparna Udayaravi lit the lamp and the principal spoke

about Dr Sarvepalli Radhakrishnan and explained the significance of the day. Students performed various cultural activities like dance, song, recitation, drama, etc. A student of class X also delivered a beautiful speech on Teachers' Day.

RAINTREE SCHOOL



Students had arranged a surprise party and celebration for all teachers. It included a song, poem, heartfelt notes, dance and games. The day ended with a dance party. Everyone was happy and enjoyed the day.

VATICAN HIGH SCHOOL



If you have to put someone on a pedestal, put teachers. They are society's heroes - Guy Kawasaki. Students celebrated this day with pomp and fervour. Every class from kindergarten to class X put up a performance in their own unique style. Trying to keep the element of suspense till the big day the students turned mentors to them-

selves and performed to the best of their abilities. Dances, skits, mime depicting addiction to mobile phones, pyramid performance, and group songs held everyone captive. Performances were based on themes like gratitude and fight against social evils. The programme concluded with a heart touching speech and a few gripping games.

YASHASVI VIDYANIKETHAN



A good teacher is like a candle, it consumes itself to light the way for others". Enthusiasm and festivity marked the celebration. School chairman L Chandrashekar, principal Mini Johny teachers and students graced the occasion by virtually lighting the lamp. The day buzzed with excitement. The students performed various cultural activities and had some fun games for teachers. The principal motivated the teachers, after which all the teachers and staff were felicitated by the chairman.

5 THINGS NEW STARGAZERS SHOULD DO

Are you a newbie to the world of stars and galaxies? Remember these points as you explore astronomy

1 Night vision makes stargazing easier: Patience is the most important thing to have in your first year as a stargazer. As your eyes get used to the darkness, your pupils dilate and allow in more light and then you can see the 'stars'...literally.

TIP: Stay away from all the bright lights including your smartphone's blue light too for 20 minutes before you begin stargazing.

2 Mild pollution is not so bad: A dark sky full of stars is great but light pollution can actually be helpful.

TIP: This is so because when you are trying to learn the shapes made by the main, bright stars of constellations, the fact that the background of thousands of stars is missing because of urban lighting can help you see better.



The best time for stargazing is the days before, during and soon after each new Moon, when there is no Moon

3 Be lunar smart: It's understood that dark nights are bets for stargazing. And there is a window of about 12 days surrounding the new moon when you are assured of a dark moonless sky.

TIP: Find information of moon phases online and plan your stargazing activities/vacation around it.

4 Invest in a red flashlight: If you need some kind of light to stay safe in the dark, pick a flashlight as red light does not have the same effect on eyes as does blue or white light.

TIP: You can create your own red flashlight by covering your cell phone with red cellophane.



TIP: A pair of binoculars are a good middle ground between the naked eye and the huge magnification of a telescope. Begin by watching the moon and its craters.

The emerging craze for Astro-Tourism

TRENDSPOTTING

As the name suggests, astro-tourism combines astronomy and tourism, allowing travellers to partake in stargazing. Lately, this trend in tourism is becoming popular in India. But before you relish a vacation admiring the beauty of the universe, here is a list of things you might want to know to make the best of the experience

WHAT TO EXPECT IN INDIA?



Benital in Chamoli, Uttarakhand, is an astro-village

Astro-touring combines the unadulterated atmosphere of rural India, coupled with the thrill of stargazing, sun observation and experiential science activists. With the joint effort of the state and union ministries, arrangements are being made to explore the untapped potential of villages as hotspots for this form of tourism.

EXAMPLE: The Benital village in the Chamoli district of Uttarakhand, located at 2,600

metres above sea level, is set to be one of the first astro-villages in India.

Astro-parks are also developing in Mandu (Madhya Pradesh) and Jaipur.

Initiatives have been launched to promote astro-tourism in Hanle Village, Ladakh, in collaboration with the Indian Institute of Astrophysics. - IANS

BEST OBSERVATORIES

Pangong Lake, Ladakh

The astro-stay near Pangong Lake (eastern Ladakh) is not just a serene getaway for visitors during the day, but also a spot for gazing at the constellations at night. It has

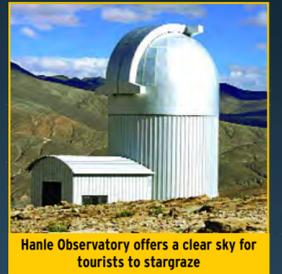
a five-member team of locales who narrate their traditions and folk tales while guiding the tourists towards the star-



One of the top most places to see the Milky Way in India is the Pangong Tso (lake) in Ladakh

HANLE, LADAKH

The Indian Astronomical Observatory (IAO) in Hanle, Ladakh, has one of the world's highest located sites for infrared and gamma-ray telescopes.



Hanle Observatory offers a clear sky for tourists to stargaze

Tourists here have access to several photographs taken at the observatory, which are transmitted to scientists in other parts of the country.



Jantar Mantar in Jaipur is a popular spot for astronomical observations

PLAN YOUR VISIT WELL

Check the weather forecast before you visit the stargazing site and dress accordingly, as temperatures may drop/increase significantly on most nights.



GOOD FOOD

Chia pudding in 5 mins

The combination of chia seeds and chocolate is great for a delicious as well as healthy breakfast. Plus, it's gluten free and vegan. Here's the recipe - try it out.

INGREDIENTS

60 gm chia seeds, 40 ml unsweetened almond milk/hazelnut milk, 2 tbsp cacao powder, 2 tbsp maple syrup, 1/2 tsp vanilla extract, cacao nibs, mixed frozen berries, sea salt to taste



HOW TO MAKE

STEP 1: Put all the ingredients in a large bowl with a generous pinch of sea salt and whisk to combine.
STEP 2: Cover with cling film and then leave to thicken in the fridge for at least 4 hours or overnight.
STEP 3: Spoon the pudding into four glasses, then top with the frozen berries and cacao nibs. - AGENCIES

Exercises for sound mental health

Good health means a disease-free body with optimal weight and physical agility and also a healthy mind because mind is a part of the body too. Here are some brain exercises to keep your mind in top condition

Relaxation techniques

These techniques, if employed properly, can help you combat stress and improve mental health. Merely sleeping well for a few hours is not enough to tackle stress. The natural relaxation process of the body needs to be triggered using special techniques such as meditation, visualisation, rhythmic exercises, deep breathing exercises and yoga.

Solving different types of puzzles

Crossword puzzles, Sudoku, jigsaw puzzles and other mentally-demanding puzzles stimulates the brain and improves brain function as well as cognitive levels.

Strategy games

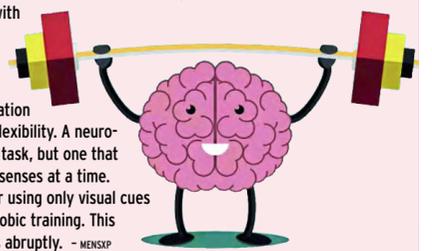
Such games have always been considered great brain stimulators as they engage one to think in logical patterns. However, make



sure you keep switching the games you are playing with respect to your nature and complexity levels.

Neurobic exercises

These exercises are all about intentional stimulation of the brain for enhanced mental fitness and flexibility. A neurobic exercise means performing any ordinary task, but one that involves the use of more than one of your senses at a time. Taking a shower with your eyes closed or using only visual cues while eating are two examples of neurobic training. This requires you to break routine habits abruptly. - MENSXP



HOW TO BE PRODUCTIVE IN YOUR OWN COMPANY

LIFE SKILLS

LEARN A NEW LANGUAGE

This will always help you, no matter where you are. Learning a new language will make you stand out in the crowd. If you love to travel and are up for all sorts of spontaneous jobs, the ability to speak many languages can be your perfect ally.

It is pretty easy to get bored when you are all alone, with nothing engaging to do. And so it is essential that you do things that can improve your efficiency in those 'getting bored' hours. Check these tips and get going:

BRUSH UP YOUR SKILLS

Don't just sit there watching TV or browsing through your phone. Get productive by brushing up on your skills because this will help you when you begin your college or work life. People with better skills are more likely to get picked among a sea of applicants.

PREPARE YOUR STATIONERY LIST

This may seem like a trivial task, but it can save you a lot of time. When you plan your stationery must-have lists, you won't have to stress about missing an item when you go shopping. Planning to making your essentials list like new books, pens, maps, along with the quantity needed will keep your learning and life smooth and organised.

MAKE YOUR CAREER WISH LIST

Brush up on the popular careers that interests you and make a list of the things you would want to know about them, from choice of colleges and courses available in your city to future job prospects. Evaluate your strengths and weaknesses on paper - so you know which areas need work and so on.

COOK YOUR FAVE DISH

Try making your favourite vada pao or hakka noodles to spend your time in a useful but fun way. You can look up YouTube recipes to know the steps if you are new to cooking. Making yourself a meal is a great life skill that will always come handy. - BY TEAM NIE