

DMCS COMMUNITY SERVICE INITIATIVES 2023-24



Our Chairman, Dr. Joseph V. G., has always adhered to the transformative path of DMCS Community Initiatives which have proven to empower learning endeavours. Ingrained with a comprehensive approach to include social responsibility in his institutional vision, DMCS realises the importance of creating a conducive learning atmosphere that encourages the interaction of students with the underprivileged section of society. Quite remarkably, DMCS Community Initiatives qualifies as one of the most integral parts of DMCS educational development programmes.

DMCS Mega Social Drive endorsed 'Sharing Is Caring' as its presiding concept for the Charity Drive. As a part of the drive, DMCS invited the children of *JMJ Sneha Sadan* and its Caretaker - Sister Anitha to the DMCS Campus on 21st December 2023. A special assembly was conducted in honour of the children and Sister Anitha. The children were presented with stationery items, provisions and food items, along with personal gifts and served with a special breakfast spread. It is noteworthy to mention that DMCS Faculty Members donated an Induction Stove to the *JMJ Sneha Sadan* as a token of love and goodwill. The children of *JMJ Sneha Sadan* participated actively in Sports Activities and performed an ecstatic Group Dance for the audience. In continuum, celebrating the Christmas Spirit in its full glory, DMCS fraternity also invited children of



'Blessing Home' and its Caretaker - Ms. H. Karunya during the School Assembly on 22nd December 2023. DMCS campus was bustling with the vibrant presence of the children of 'Blessing Home', who were served a satiating breakfast menu and were also presented with stationery items, provisions and food items, along with personal gifts. The children from 'Blessing Home' also presented an eclectic Group Dance and proactively participated in the sporting events at DMCS grounds.

The DMCS family extends its heartfelt gratitude to the wonderful DMCS Parent and Student fraternity who went the extra mile to make generous and massive donations of stationery items, provisions, food items, along with customised gifts for the DMCS Community Service initiatives. DMCS indeed aspires to build a society that supports diversity and inclusion with a culture of education through social welfare and student interactions. DMCS Community Service Initiatives 2023 provided a platform that encouraged our students to expand their thought processes and honour the embellishment of community welfare and responsibility in their own lives. DMCS fraternity extends immense respect and support to 'JMJ Sneha Sadan' and 'Blessing Home' for allowing us to serve them with utmost humility and gratitude.

DMCS Welfare Team

DMCS COMMUNITY SERVICE JMJ SNEHA SADAN - GLIMPSES



DMCS COMMUNITY SERVICE BLESSING HOME – GLIMPSES





Editorial

EMOTIONAL AWARENESS FOR SUCCESSFUL LIVING!

Dear Students,

As a responsible social being, it is one of our most important tasks to understand our own state of being, that comprises our body, mind and spirit.

One of the key aspects that allows us to be conscious and responsive beings, is the ability to feel and empathise with each other in the most honest manner.

Today, let us focus on the Emotional aspect of our beings. How can emotion guide you in the right direction? Emotions are feelings that come and disappear with time. One must be aware of it, as it comes and not get attached to it. One must objectively see it without any bias and learn ways to make use of it in a positive way to grow to be a mature person. It can foster your personal growth by reminding you of what you already know and what you need to change in your life.

One of the most important parts is that we must never ignore our emotions and at the same time not attach ourselves to them without any awareness. For example, if you see that you are getting angry, you must develop to just watch the anger from a distance in yourself, not as a part of you, but just an emotion that has arisen in you due to a certain circumstance. At that moment, develop a will to not attach to it, take a breather and then later deal with the situation with a peaceful and a centered heart. This is a practice. Soon, with practice, you will realise you can handle all your emotions in a relaxed and matured manner. Also, do not ignore your emotions. Be aware. It starts with a little voice, a feeling of guilt or intuitive knowledge. Attend to your emotions from a neutral point but don't get carried away with them.

Becoming aware of yourself means becoming aware of your body, mind, thoughts and emotions. Sometimes this new awareness may make you bring changes in your lifestyle. It could involve moving away from stressful situations, improving the situations, or changing how you interpret situations.

Your emotions will send you a message. They tell you that your current interpretation of reality is biased or influenced. Never forget, you have the power to find meaning and can enjoy yourself even in the worst situation, if you are aware and make changes from a peaceful state of being. For example, if you become aware



that you're feeling sad or disappointed, you can detach from the feeling and operate from a self that wants to change the state of being. You can do something interesting to break the pattern. Stand up, go for a walk, do push-ups, draw sketches, paint, take nature walks, cycle, listen to your favourite music, or use a power posture. By becoming aware, you change your psychology, you can change the way you feel.

You must truly realise that you can use your emotions to grow. Start noticing the emotions behind your actions. Emotions shape your decisions via the depth of thought. In addition to influencing the content of thought, emotions also influence the depth of information processing related to your decision-making. So, become aware of how you feel and make choices that are positive and nourishing for your inner environment.

Best Wishes !

Ms. Nalini Ghorpade
DMCS Faculty Member

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Special Feature

EDUSPORTS PARTNERED LEAGUE (EPL) FOOTBALL TOURNAMENT - 5th & 6th January 2024



The prestigious Edusports Partnered League (EPL) Football Tournament was held at DMCS Campus at Vidyaranyapura and Banaswadi on 5th & 6th January 2024, respectively. As a sporting initiative to promote athletic and physical fitness, DMCS takes immense pride in organising a Football tournament like Edusports Partnered League (EPL) at our school and reap substantive benefits from it.

DMCS Banaswadi Major Events

- Gems Editorial Board

UNICEF FOUNDATION DAY - 11th December 2023

UNICEF Foundation Day was held at DMCS campus celebrating the significance and impact of UNICEF on the world and its future. A special assembly commemorating 'UNICEF Foundation Day', was conducted by the students. DMCS faculty member presented an enlightening talk about the importance of UNICEF Foundation Day and emphasised the genesis, mission and objectives of UNICEF. Students presented some elaborate charts highlighting the impact of UNICEF programmes on our future community. UNICEF Theme' 2023, 'For Every Child, Every Right', was delineated with adequate underlining of its purpose and role in our society. UNICEF Foundation Day 2023 marks the halfway to 2030 agenda for Sustainable Development. The special assembly concluded with the National Anthem.



WORLD BRAILLE DAY - 4th January 2024



World Braille Day was observed on the DMCS Campus with incessant support and respect for the visually challenged. An engrossing speech on the theme of 'World Braille Day' was delivered by the students, highlighting the significance of the 'Braille Script' and its facile usage. Garnering appreciation was our student who dressed as 'Louis Braille', with charts being displayed and amazing facts being presented about the Braille script. The assembly concluded with the National Anthem.



DMCS Vidyaranyapura Major Events

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PLANETARIUM EXPLORE PROGRAMME - 13th Dec' 2023



DMCS organized a 'Planetarium Explore Programme', exhorting our students to explore the boundaries of our space and their imaginative facilities. The students with their enthusiastic participation delved into the mesmerizing realms of virtual planets and unknown galaxies, and also embracing an exhilarating 'Virtual Jurassic Ride' that left everyone in awe and cherished excitement. The Planetarium Explore Programme proved to be an educational odyssey, fostering a vibrant learning experience for all the students as well as the DMCS Faculty Members.

FARMER'S DAY - 20th December 2023



Farmer's Day was celebrated on the DMCS campus with an enormity of humble recognition and respect towards the farmers and agricultural communities. DMCS students showcased a brief presentation in the Assembly lauding our farmers and acknowledging their indigenous contribution to the agricultural sector of India. The presentation extolled their untiring dedication to bringing about improved farming practices and agricultural produce. Students were adorned in traditional farming costumes as an expression of their appreciation towards the farming community. An informative speech was delivered on the role and importance of our farmers in building a sustainable and resilient society. The assembly bore witness to an array of coloured placards that depicted the daily lives of farmers. DMCS fraternity upholds their nonpareil contribution and honours the farming community as an integral part of our society.

VACCINATION CAMP - 22nd December 2023

DMCS organised a Vaccination Camp on the school campus for our students. The Vaccination Camp is a part of the DMCS healthcare programme that enables good health through Inoculations and Annual Health Check-ups for the students. Marking their apt presence, parents also attended to their wards of Grade I, V and X getting inoculated for Tetanus, Diphtheria, and Pertussis (TD) for the age group 5-6 years. Tetanus, Diphtheria, and Pertussis (DPT) was administered for the age group 10-15 years. The vaccination camp was a successful endeavour, organised at DMCS by Primary Health Centre, Sahakarnagar.



CHRISTMAS CELEBRATIONS - 22nd December 2023

DMCS campus was in festive vibrancy and resplendence of the Christmas spirit with students and DMCS faculty members celebrating the day with immense fervour and enthusiasm. Students delivered an elucidative speech on the significance of Christmas Day. The festive spirit continued as the students harmonized in a delightful Christmas Carol that was received with applause and appreciation. Adding to the festive cheer, the Kindergarten students showcased an enchanting dance presentation dedicated to celebrating the Christmas spirit. Christmas celebrations brought a distinct sense of excitement and festive cheer that also lifted DMCS spirits and activated a celebratory mood and atmosphere throughout the school.



DMCS Rewards and Recognition

DMCS Banaswadi Best Class Winners



Class Prefects for the Month of January' 2024



DMCS Cricket Team Semi Finalists U/16- KSCA Cup



General Knowledge Olympiad



DMCS Vidyaranyapura Best Class Winner

Class Prefects for the Month of January' 24



English Olympiad



General Knowledge Olympiad

MOTHER TERESA CHILDREN'S DEVELOPMENT SOCIETY AWARD - 2nd January 2024



Mother Teresa Children's Development Society presented "National Award Competition' 2023" to DMCS Banaswadi in the esteemed presence of our School Director, Ms. Vrinda Coutinho, Principal, Ms. Vinetha David and Faculty Members along with students who won awards in the following categories:

- 1) Active School Award
- 2) Active Principal Award
- 3) Active Teacher Award
- 4) Best Students Award - Handwriting
- 5) Best Students Award-Colouring

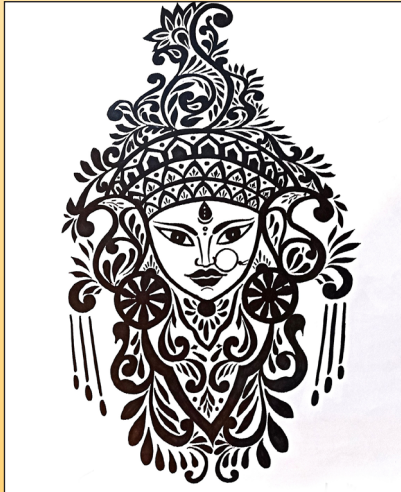
DMCS fraternity deeply acknowledges the selfless service of Mother Teresa Children's Development Society, it is humbled by the accolades and resolves to continue treading on the path of educational excellence.



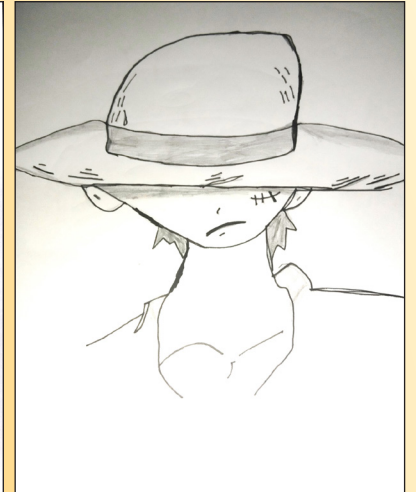
CREATIVE CANVAS



DHANYA GANESH NAIK
- III



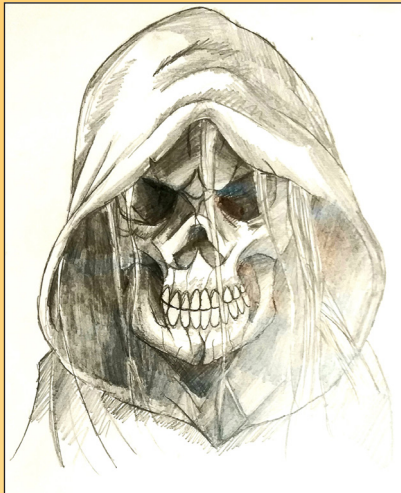
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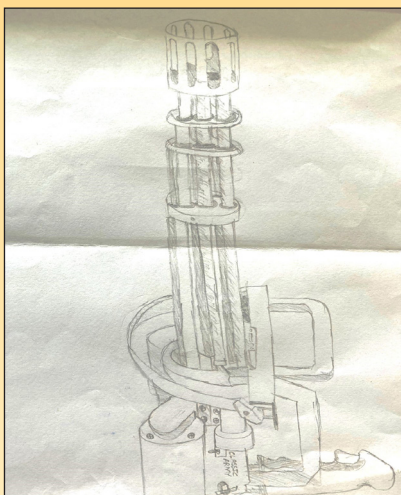
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- VII



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- UKG



V.PRAJAN
- I



SIVA GUHAN S.
- VII



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