

## DMCS - A Salute to our National Leaders

### Mahatma Gandhi Jayanti and Shri Lal Bahadur Shastri Birth Anniversary Celebrations

The DMCS fraternity was suffused with profound feelings of patriotism, non-violence and the sacrifices of our revered leaders, Shri Mohandas Karamchand Gandhi and Shri Lal Bahadur Shastri. On 2nd October 2023, Gandhi Jayanti and Shri Lal Bahadur Shastri Birth Anniversary were celebrated in the gracious presence of our School Dignitaries at DMCS with marked reverence and respect for our dear 'Bapu', also known as 'The Father of the Nation' and our late respected Prime Minister, Shri Lal Bahadur Shastri, with immense gratitude and honour.

The DMCS Vidyanarayapura campus gathered in the school auditorium for the celebrations. The Master of Ceremonies extended a warm and cordial welcome to everyone on this occasion. Floral tributes were paid to our

Gandhi and Shri Lal Bahadur Shastri. The auditorium was resounding with the unparalleled contributions of Sri Lal Bahadur Shastri to India's freedom and initial years of independence. Shastri Ji's acute honesty and undying integrity was evident through his incumbency as the second Prime Minister of India.

The DMCS Banaswadi campus celebrated Gandhi Jayanti and Shri Lal Bahadur Shastri Birth Anniversary with immense fervour and respect for our leaders whose courage and sacrifice to achieve India's freedom cannot be merely expressed in words. Floral tributes were paid to them with utmost sincerity. DMCS Faculty Members presented a speech on the 'Life and Contributions of Mahatma Gandhi' to India's independence.



national leaders with utmost gratitude. It was followed by the Head Girl delivering an emphatic speech on the 'Life and Achievements of Gandhiji'. The assembly was enlightened with his life journey, from his birth at Porbandar in Gujarat on October 2 1869, to his education, including study of law in England, to his role as a political activist, writer, freedom fighter and leader of the masses. Gandhiji's ideologies of Non-violence, Satyagraha movement and Indian Nationalism were propounded to remind us of his grit and courage to bring freedom to India. Faculty members and student council members paid floral tributes to Sri M. K.

Gandhi Ji's philosophy of selflessness, non-violence and service was made to reflect upon the young minds and elders alike. The assembly was also made reminiscent of the contributions and ideologies of Shri Lal Bahadur Shastri. His slogan, 'Jai Jawan, Jai Kisan' and his efforts to initiate 'The White Revolution' to improve the Dairy Sector, along with 'The Green Revolution' to boost agricultural productivity in the country, were extolled and remembered earnestly.

**Jai Hind !**

**DMCS Assembly Committee**





# Editorial

## AT THE INTERSECTION OF OPTIMISM AND REALITY - NAVIGATING THE BALANCE

*"I always like to look on the optimistic side of life, but I am realistic enough to know that life is a complex matter"*

- Walt Disney

Optimism is a powerful force that drives individuals and societies to dream, innovate and aspire to achieve greater heights. It is the unwavering tenet to believe in one's abilities that propels us to move forward, and the foundation upon which many great accomplishments are built. It is a quality that can uplift us from any adverse circumstance into a sustainable working environment.

However, in the journey from idealism to achievement, optimism often finds itself at crossroads where it must confront the harsh truth of reality. At this intersection of optimism and reality, we witness the delicate dance between hope and pragmatism. It is a realm where our dreams are tempered by the constraints of time, resources, and the complexities of the world. This is where this journey of aspiration becomes one of adaptation, where the optimism that once fueled our ambitions must evolve to meet the challenges that reality presents us with an open mind and heart.

Optimism, in its purest form, serves as a beacon of hope and possibility. It inspires individuals to envision a world where problems are solved, inequalities are diminished, and humanity flourishes. This quality can also be attributed to individuals and societies alike. It is the force that empowers scientists to seek cures for diseases, artists to create timeless masterpieces, and entrepreneurs to innovate and positively impact our lives.

Moreover, optimism tested by reality gains a sense of responsibility. It acknowledges the importance of planning, discipline, and hard work. It recognizes that the pursuit of dreams requires strategic thinking and a willingness to adjust course when necessary. It encourages individuals to collaborate, seeking collective solutions that can withstand the scrutiny of reality's demands.



We must also consider that there is a fine line between pragmatic optimism and unrealistic idealism. While optimism is a driving force, it must not blind us to the facts. Balancing optimism with a healthy dose of reality checks is essential to avoid disillusionment and disappointment.

Optimism and realism are both valuable tools in almost any situation. While optimism helps you see the silver lining in every cloud, realism enables you to keep things in perspective so that you don't get carried away with yourself. Balancing these two outlooks will help you stay stable no matter what curveballs life throws your way. While pure optimism may seem naive, and harsh realism may appear pessimistic, the harmonious coexistence of both is where true progress and sustainable change occur. When optimism meets reality, it becomes a force that can shape the future, create a lasting impact, and turn dreams into achievements!!

**Ms. Fabiola Ann Ignatius**

**Vice Principal, DMCS Banaswadi**

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# DMCS Banaswadi - Major Events

- Gems Editorial Board

## International Day of Peace - 21<sup>st</sup> September 2023



International Day of Peace was observed at DMCS with students presenting the assembly to emphasise the significance of the day. The theme for the assembly was International Day of Peace and the audience was apprised of its importance and its inception by the UN General Assembly with a strong aim to create a non-violent and harmonious world. Students also presented a 'Talk Show' on the topic of World Peace and its necessity in today's global turmoil.

## World Environmental Health Day - 25<sup>th</sup> September 2023

World Environmental Health Day was celebrated by the students of DMCS to create awareness about environmental health and its impact on human lives and vice versa. The significance of the day was articulately presented. An instructive skit was performed by the students highlighting the importance of pollution control and conservation of water and natural resources. It also featured the value of the process of 'Reduce, Reuse and Recycle' in our lives, which was followed by a song on 'Go Green'. The students enacted the skit with great ardour and walked around with informative placards, models and charts. The assembly was then concluded with the National Anthem.



## World Heart Day - 29<sup>th</sup> September 2023

DMCS observed World Heart Day with unanimity and an earnest reminder for everyone to take care of their hearts. The importance of cardiac health was impressed upon by the students. The students performed a vivid group dance highlighting the role and importance of the human heart in the body.

A quiz was conducted by the students in an effort to emphasise the physiological significance of the heart. The assembly was brought to a closure with the National Anthem.



## Health is Wealth - 30<sup>th</sup> September 2023



DMCS took the initiative to promulgate the importance of 'Good Health' in our lives. An awareness drive named, 'Health is Wealth' was observed in the campus. The assembly was conducted by the students on the theme 'Health is Wealth'. The students staged a powerful dance performance with a variety of yoga poses to spread awareness around our health and well-being. The assembly concluded with the National Anthem.



# DMCS Vidyaranyapura - Major Events

- Gems Editorial Board

## Hindi Diwas - 13<sup>th</sup> September 2023



DMCS students presented Hindi Diwas in the morning assembly under the meticulous guidance of DMCS Hindi Faculty. Students shared the significance of the day by propounding the importance of Hindi Diwas and its annual celebrations on 14<sup>th</sup> of September to commemorate the adoption of Hindi as the official language by the Constituent Assembly of India, on this day in 1949. It was followed by a melodious Hindi group song by the students. Students presented a beautiful handmade greeting card to the Hindi teachers as a mark of their respect and gratitude.

## Swachhata Pakhwada - 14<sup>th</sup> September 2023



DMCS observed the day to highlight the importance of 'Health and Hygiene' in our lives. The Assembly Committee member presented an enlightening speech on "SWACHHATA PAKHWADA" in order to spread awareness about health and hygiene to be followed in school and in our Nation.

## International Day of Peace - 21<sup>st</sup> September 2023

*Peace and non-violence are not signs of weakness but manifestations of inner strength and wisdom.* International Day of Peace was observed on the DMCS Campus to foster the sense of responsibility in our students towards maintaining peace. The students of DMCS delivered a positive speech and a thoughtful dance presentation. The presentations provided a sense of human kinship and peace among the students.



## Manodarpan : A Mental Health Initiative - 10<sup>th</sup> October 2023



DMCS conducted a mental health awareness initiative under 'Manodarpan' initiative by CBSE. Deva Matha Central School conducted an interactive session among teachers to share their views on the positive impact of storytelling on improving the mental health conditions of the students. The teachers shared their views on how storytelling plays a pivotal role in the individualistic development of a child. Teachers agreed that it's important to include storytelling in the teaching and learning strategies. Different ways to provide psychosocial support to the students were discussed in the programme. As part of the Manodarpan initiative the students wrote post-it notes and pasted them on the school notice board. The aim of the activity was to reinforce their positive feelings about their school, teachers and friends.

## DMCS Star Attractions



### DMCS Star Celebrations !!

Hindi Diwas – 13<sup>th</sup> & 14<sup>th</sup> September 2023

Ganesh Chaturthi Celebrations -19<sup>th</sup> September 2023

International Cartoon Day- 20<sup>th</sup> September 2023

DMCS Women Health Talk – 23<sup>rd</sup> September 2023

DMCS CBSE Workshops- 7<sup>th</sup> October 2023



# DMCS HALL OF FAME

## NEIL MARTIN (GRADE IX) BRINGS GLORY TO DMCS



*Our Honourable Chairman Dr. Joseph V.G. has always believed in catapulting 'Innovation' as a profound concept ingrained in DMCS student's holistic development.* Keeping the above flame aglow, DMCS Student, Neil Martin participated at the 10th National Level Exhibition and Project competition (NLEPC) 2023 organized from 9th – 10th October, 2023 in New Delhi. The Department of Science and Technology, Government of India along with, National Innovation Foundation - India has awarded Neil Martin (Grade - IX) with the 'Certificate of Appreciation' for competing at The National Level Exhibition and Project Competition (NLEPC-2023) under INSPIRE - Manak for his innovation of 'Automatic Pet Food Dispenser'.

It's a moment of immense pride for Deva Matha Central School, Banaswadi to have Neil Martin reach the National Level Competition and achieve the Certificate from the Government of India for his ingenious innovation.

*DMCS fraternity congratulates Neil for his achievement and values his inspiration for all of us to think in an innovative way to serve the society.*



## DMCS QUALIFIES for Knockout at KSCA Cricket League

The DMCS Banaswadi Under-16 Cricket Team qualified for the knockout at the KSCA Under - 16 School Tournament, bringing laurels to the school.

In the prestigious KSCA Cricket league, DMCS played its first game at ITI grounds on 11th September against National Public School, Indiranagar. DMCS chased a score of 117 runs in 16.1 overs, winning the match against National Public School, Indiranagar by 7 wickets.

Siddharth Sriram bowled finely to take the highest number of 4 wickets for 30 runs in 6 overs. During the chase, K A Ayush scored his magnificent half century (54 runs) in 40 balls, followed by Thanish Shetty who struck 40 runs from 35 balls for the team. The DMCS Cricket team won the match in clinical elan to play against Sri Ram Global School at HAL Sports Complex Grounds on 14th September.

In the second game, DMCS again chased a target of 125 runs set by the SRGS team. SRGS played in the first innings, scoring 125/8 in 30 overs. The team shot back with DMCS swiftly scoring 126 runs for 1 wicket in 23.3 overs. DMCS won the match against SRGS by 9 wickets. The highest



wicket taker for the match was Mani Harshith with his splendid 4 wickets for 18 runs in 6 overs. While closing the game with wonderful batting performances were Rathin Sanjay who scored 36 runs off 35 balls, followed by Tejas scoring 39 runs off 69 balls.

*It is noteworthy to mention that DMCS has qualified for the knock out of the KSCA Under-16 School Tournament. The DMCS cricket team is led under the able captaincy of Rathin Sanjay with Vice-Captain, Thanish Shetty and the team. It is represented by a team of 15 players in total from DMCS.*

**DMCS SPORTS DEPARTMENT**



# The DMCS Notebook

## IMPORTANCE OF HEALTHY DIET

Food is the nourishment source that we consume every day for energy and strength. It forms a vital component of our daily living. There are many different types of food sources, such as vegetables, fruits, rice, pulses and grains.

Food that makes our body healthy and disease-free is regarded as healthy food. It consists of essential macronutrients and micronutrients required by the body. We need to eat a variety of foods to get all the essential nutrients that our body needs.



The seven essential factors for a balanced diet are *Carbohydrates, Protein, Fat, Fibres, Vitamins, Minerals and Water.*

Grains, legumes, vegetables, fruits, milk, eggs, and meat are part of our diet. All of them are necessary but in a well-balanced proportion. All of these foods must be eaten in the correct proportion of their carbohydrate, protein, fat, mineral, and vitamin content that makes us healthy and fit in our daily life. Benefits of healthy food habits result in strong muscles and bones, boosts immunity and a happier and longer life.

We must also be aware of the quantity of the food intake in our daily lives. An unbalanced diet with incorrect proportions will have a deleterious effect on our health. So, we must have a balanced diet to ensure healthy living. Only a healthy body can give shelter to a healthy mind. Quite notably, only a healthy body with a healthy mind can promise a joyous and successful life for us!

M. B. Vybhav Cariappa – Std. VI

## WISHES

We all have so many wishes,  
Like to eat our favourite dishes,  
We will have so many dreams,  
Like to get instant ice creams.

I also want to climb mountains,  
Dance whenever it rains,  
I want to fly so high,  
That I can reach the sky.

I want to sleep in the cloud,  
Or shout out so loud,  
I want to become an artist,  
And sometimes I feel, I can make it to a Scientist.

Sometimes I want to have magical powers,  
Like I can simply climb the highest towers,  
I want to control the time,  
Sing the most melodious rhyme.

I also want to be invisible,  
But many things I want, may be impossible,  
Yet for a human heart, they all are dreamable.

Rishika V. – Std VI



## S'Mores - Oh! So Yummy !



Let me present a wonderful recipe to you.

S'mores is a small snack which we usually make when we go camping.

Its three ingredients are Sweet Flavoured Crackers, Marshmallows and Milk chocolate.

Process: Firstly, we should take one sweet flavoured cracker and break it in half along the middle line and keep it on a plate. Break six connected pieces of the milk chocolate and keep it on top of the sweet flavoured cracker. Now, place one marshmallow on top of the chocolate. Thereafter, keep this preparation in the microwave for ten to fifteen seconds. Place the other half of the sweet flavoured cracker slowly on top of marshmallow and we get a delicious S'more !!

Serve to your family and friends and don't forget to save some for yourself !

Esha K – Std. III



# KNOWLEDGE CORNER

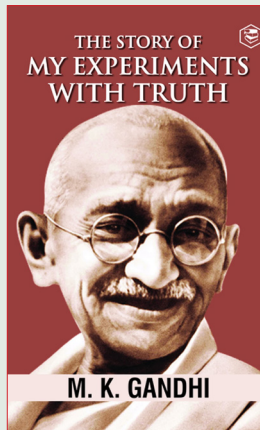
## EDITOR'S PICK

**Book of the Month – My Experiments with Truth**

**Author Name** - Mohandas Karamchand Gandhi

**Genre** - Autobiographical

**The Book** : 'The Story of My Experiments with Truth' is the autobiography of Mohandas Karamchand Gandhi, covering his life from early childhood to 1921. It was written in weekly installments and published in his journal Navjivan from 1925 to 1929. The book highlights his education and experiences in South Africa. 'My Experiments with Truth' also emphasises his political journey and includes his teachings like non-violence, integrity, self-reliance and many moral lessons. Originally, this book was written



in Gujarati and later translated into English and other languages.

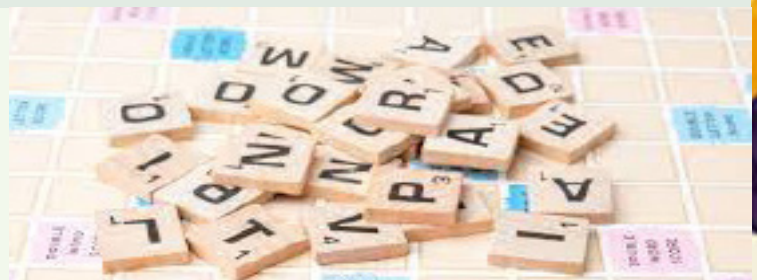
**About the Author** : Mahatma Gandhi also wrote several books, in addition to his autobiography, The Story of My Experiments with Truth. His other autobiographies include: 'Satyagraha in South Africa' about his struggle there, 'Hind Swaraj or Indian Home Rule', a political pamphlet, and a paraphrase in Gujarati of John Ruskin's 'Unto This Last' which was an early critique of political economy. He also wrote extensively on vegetarianism, diet and health, religion, social reforms, etc. Gandhiji usually wrote in Gujarati, though he also revised the Hindi and English translations of his books.

## WILD LIFE CONSERVATION SUMATRAN ELEPHANTS

Belonging to the Elephant family, Sumatran Elephants are among the largest mammals on land, weighing around 3000-5000 kgs. They are grey in color and are nearly bald. Compared to African elephants, their ears are smaller and have a more rounded shape. Sumatran elephants are herbivores. Therefore, their diet mainly consists of leaves, grass, and fruit.



The Conservation Status of Sumatran Elephants is 'Critically Endangered'. Conservation efforts being made by the World Wildlife Fund include "reducing human-elephant conflict" and "securing healthy forests." WWF has come up with a groundbreaking Programme called the "Elephant Flying Squad," which uses trained elephants to patrol and essentially keep them separate from humans. With a population of less than 2000 in the wild, 'poaching' is another threat posed to these animals. The Sumatran Elephants need protection from being hunted for their ivory tusks. We must secure their presence in the Asian rainforests and tropical woodlands.



## WORD MAZE

The below words have been cherry-picked from Gems Magazine - October 2023 Edition.

**Extolled** - (v.) to praise enthusiastically.

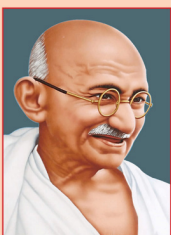
**Pragmatism** - (n.) thinking about solving problems in a practical and sensible way rather than by having fixed ideas.

**Vivid** - (adj.) having or producing a strong, clear picture in your mind

**Ardour** - (n.) very strong feelings of love; very strong feelings of admiration or excitement

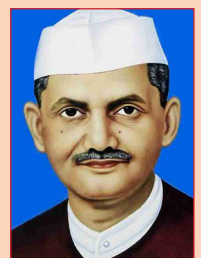
**Deleterious** - (adj.) causing harm or damage.

## QUOTE OF THE MONTH



*"Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny."*

- Mahatma Gandhi



*"Discipline and united action are the real source of strength for the nation."*

- Lal Bahadur Shastri





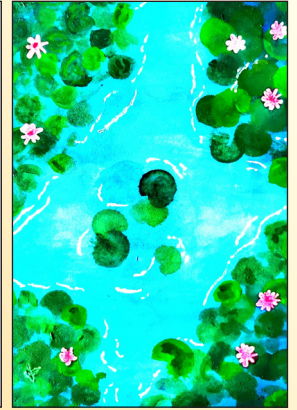
ABHA ANUP - IV



ANNISA PAL - XI



NAVYA GANESH NAIK - UKG



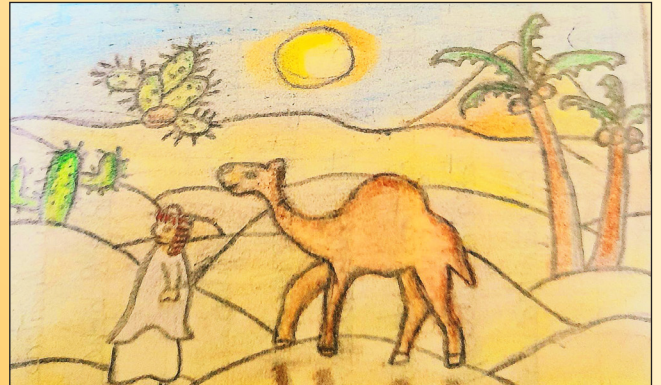
AVNI ANUP - IX



DHANYA GANESH NAIK - III



ISAAC V. - V



JANAPREETAN S. K. - VI



SIVA GUHAN S. - VII



NIVEDITA SANDEEP NAIR - VI



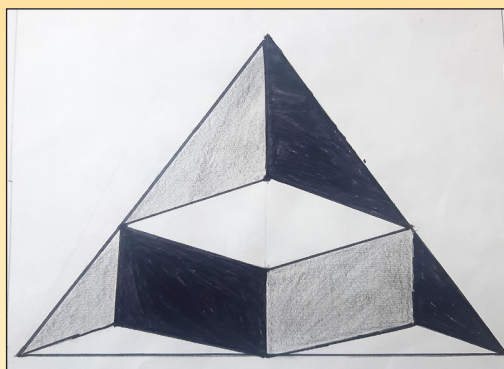
SAMEER KULKARNI - V



NUPURA S. - IX



RAGAVI R.G. - VII



V. BHAVISH - VII

**CREATIVE  
CANVAS**

