

DMCS
Emphasis is on life

Gems
Deva Matha Central School
Leaving An Impression II

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An Identity Is The Reason To Grow

"Identity is something you are constantly earning. It is not just who you are. It is a process you must be active in, always. For it is now more than ever about understanding yourself so that one day you finally become what you are and always meant to be..." - Joss Whedon

Deva Matha Central School has come a long way in lacing a colourful tapestry of moments woven with the colourful threads of accomplishments, learning, milestones and objectives. In hindsight, there remain many infallible moments, days when we as a team were busy in pushing the quality standards of the school, making good decisions and

quality deliverables. It has been successful in building its own identity and position itself as an apostle of mainstream education mingled optimally with co-curricular activities. The umpteen laurels brought to the school by its students and teaching staff, has time and again proved its identity and distinctiveness in the educational field.

took the students on a beautiful rendezvous of the memory lanes of DMCS initiation, rise and identity building. DMCS School Coordinator, Ms Vrinda Coutinho eloquently read the thoughts and feelings of DMCS teaching community and lucidly put across their steady growth after being associated with the DMCS family. Quite categorically, we have firmly believed in delightful "Stakeholder Engagement" in every



nurturing the soul of DMCS deep within. Deva Matha Central School, more popularly known as DMCS has transformed itself to a premier institute with aplomb and integrity. The school strength has shown a staggering rise since its inception, showcasing a steeper learning curve with each passing year. Kinderfun, Primary, Secondary and Senior secondary sections at DMCS, are sticklers of CBSE requirement and have benchmarked themselves for

Needless to say, it was a long quest of giving an apt name for identifying the student fraternity of DMCS. After a marathon comparison of various names being proposed to address DMCS students; the name which emerged as the clear winner was "DMCites". The students in liaison with the AHAM group of Value Education lauded the name in the morning assembly and also reiterated the name in a graceful chorus. The respective School Principals,

DMCS initiative proposed- keeping our core tenets refurbished, we hereby on behalf of the School Management urge all the parent, student, benefactor community to rightfully address our students as DMCites, a name which will carry forward the legacy of their Alma Mater and will keep lingering the fragrance of DMCS students for period undefined.

Ms Ranjeeta S
- Chief Editor, GEMS Magazine

EDITORIAL

Ms. Vrinda Coutinho
DMCS School Coordinator
Banaswadi & Vidyaranyapura



“It’s not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.” – Ann Landers

Every morning, you wake up early to see your child get to school on time; you are busy packing a sandwich just to ensure your child does not go to school hungry, you are putting their time table just to avoid your child being punished, you are completing their homework just to be sure your child will not be picked upon in the class by the teacher in front of fellow class mates, you polish their shoes and make sure they are send to school dressed smartly. All we worry about as parents, is what needs to be done in the here and now, not about the long-term effects of these daily choices.

Time and again doing things for your children, that they are capable of doing themselves sends an inadvertent message that you don't have confidence in his/her abilities. The outcome is a child who lacks independence, self-esteem and problem-solving skills and who can't carry out activities appropriate to his/her age.

Children need to be brought up under parent's protection, with a little push to help them to become their best. If your children are already independent, the credit goes to the parent for doing a great job by providing them with the belief that they are capable of taking care of themselves. If a child lacks independence, here are the lessons I have shared to help you in effective parenting:

Create an open and independent environment to communicate – A parent should be a best friend to a child, so that he/she could be an open book to her parents. Let the children do the work assigned by themselves, don't offer help unless they have ruled out all possibilities of doing the work themselves.

I can and I will do it myself – Teach the children that they have control over their lives. Every time a parent does a job for his/her children, they deprive the children

from a learning opportunity. For example, encouraging children to wash their plate after a meal and arranging it in the rack helps build an organizing skill in an individual. Get them to make their own time table on daily chores in their life.

Encourage and Motivate-Every little job done deserves praise and a pat on the back with two little words, Well Done! For example, if your child has folded his/her bed sheet after getting up from bed, just say Wow, I am proud of you!

Create accountability in your children. Children will not be able to take responsibility for their achievements unless they are willing to take responsibility for their mistakes and failures.

In the bargain of trying to make your child independent, you may find messy rooms, disorderly book arrangements, staggered moments, but hearing your child proudly say, “I did it all by myself!” will be worth the effort taken.

Deva Matha Central School

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Mrs. Sujatha K.
Principal, Banaswadi

From the Principal's Desk

“Every great dream has no defined parameters, out of fear we set the limitations. Dreams become reality when intention become action.”

As we look through the annals of time, we see that every great accomplishment, every outstanding achievement came about because someone was willing to go after that which was considered to be impossible.

Dear students, to do the incredible, you must first dream the impossible! After you dream the impossible then you must get motivated and make it happen. Follow your dream and go after it with all that you have within you. Each one of you is a precious possession of your parents, teachers and the society to which you belong. When you make a conscious determined decision and take action to turn your dreams into reality, your teachers will be your guiding force to direct you to achieve success.

Dear teachers, we develop a bond between us and our students, with an inner depth and meaning which goes a long way in boosting the morale of our students. Each student relies upon us and understands with intuition that when the need arises, teachers support them. Each of us, after years of companionship with the students will know just what is needed to help them. A pat on the back, kind word, a shared joke or a simple gesture that comes from within is more than enough for the students to gain confidence and work towards fulfilment of their dreams. Being a child is difficult. Growing up, is even more difficult. So how hard must it be for a child to live through incomprehensible communications and emotions till they reach our age to understand the perspectives.

And so dear parents, being aware and showing faith in the competencies of our children build their faith in them and their faith in us. Setting realistic hopes for our child is as important as our own. Expectations should be realistic, achievable, long term and in sync with the child's aspirations. Communicating with our children in this world of virtual flutter and stressful lifestyle is not just important but imperative to stay connected.

It is time to acknowledge that along with the wings to fly high, we also need to give roots to bind them to their home and keep them grounded.

Lets strive together to realise the dreams of our children. The skirmishes will come but the battle will be won.



Mrs. R. Balasundari
Principal, Vidyanayapura

The Lost Moments

Have there been times in your life when you thought “How I wish I had done this”, “How I wish I hadn't done this” or “How I wish I had done this differently”. I am sure you have had quite a few “I wish..” moments.

We as adults, have experienced many such moments on account of our tryst with life. The regrets, the consequences, the “wishes” and “buts” are many! Such an adult could be a parent, a teacher or any

elder who cares. Why does a parent restrict you from doing something you like? Why does a teacher reprimand you for your behaviour, for your scores? Believe me, there's no other motive but fear that you might or might not do a thing, which you will regret later.

Though today you might not understand the wisdom behind their words, sometimes which are hard, do not take them otherwise. If you cannot act in accordance, it is still alright. Only remember at those times, that they mean well and wish that you do not commit

the mistakes that they did, and lose the moments for correction, that they might have lost. And when they see you losing an opportunity at hand, as people who care – they cannot but push you as hard as they can, to ensure you seize it and make the best of it!

So children, take the nagging, the scolding and the pushes in good spirit. All we want, as your guardians is, that you do well and not lose even a moment in regret!

Good Wishes, Good Luck and God Bless!

MY TRICOLOUR FLAG



My Tri Coloured Flag,
The Saffron, White and Green,
And the Blue Wheel in the centre says,
Go on with the sunrise and the sunset.

Let's honour and salute,
Our brave leaders and the daring souls,
I pledge, I will be one like you,
I love my India.

JAI HIND

Naina Suhail - Std. III

GEMS OF LIFE

In an unknown desert,
Where silence played the main role,
Which lacked even a spark of life,
A pink petunia bloomed,
A very rare phenomenon,
But noticed by none,
Though lonely, the flower was satisfied,
By what surrounded it,
And by the deaf air that it inhaled.

Though thirsty and tired,
It was determined not to curse,
But to praise,
It had a cruel death,
Out of exhaustion,
But its mind was happy,
The flowers decayed,
But it left back four precious Gems,
Peace, Happiness, Satisfaction and Virtue!

**"I DEDICATE THIS POEM OF MINE
TO ALL OUR FREEDOM FIGHTERS"**

Deva Nanda Nair – Std. VII

We are the World

*Do not spread fire of racism,
Do not sing song of regionalism,
Do not chant mantra of linguism,
Let us all embrace humanism.*

Why these repugnant distances?

Why these compulsions?

Why the narrow mindedness?

Why the discriminations?

Unity is victory,

Unity is power,

Unity shines through India,

Even the weak become strong when united.

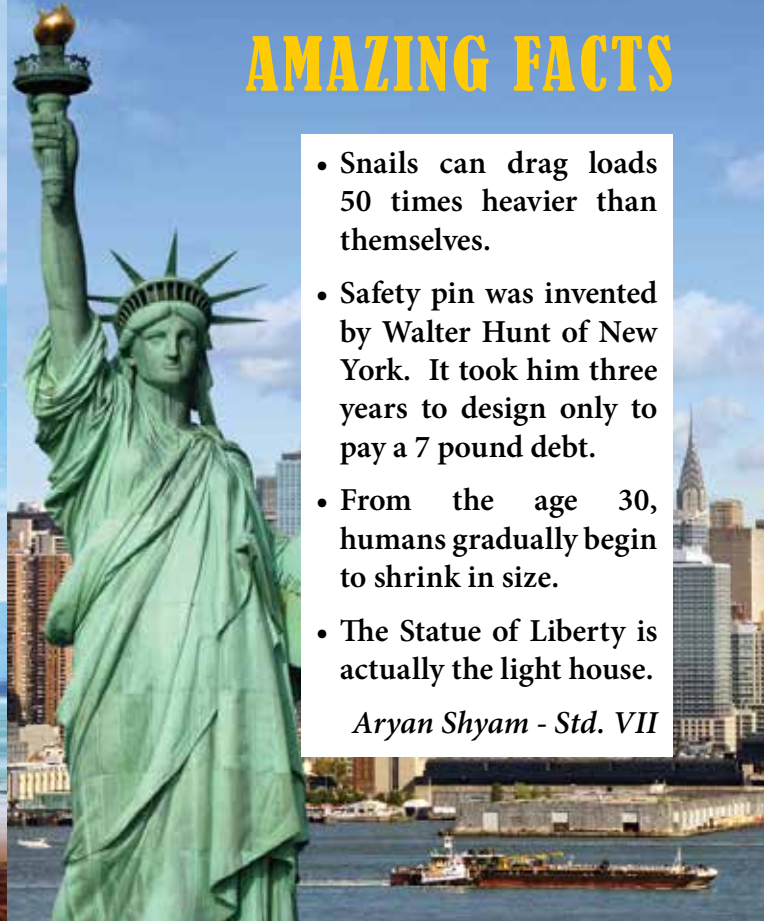
*Come let us all dream of a
Happy and United India!*

Cheyrisma S.K.- Std. V

AMAZING FACTS

- Snails can drag loads 50 times heavier than themselves.
- Safety pin was invented by Walter Hunt of New York. It took him three years to design only to pay a 7 pound debt.
- From the age 30, humans gradually begin to shrink in size.
- The Statue of Liberty is actually the light house.

Aryan Shyam - Std. VII



EVENTS @ DMCS - BANASWADI

International Yoga Day

DMCS, Banaswadi celebrated International Yoga Day on 21st June, 2016. The Chief Guest for the day was Mrs. Premila Shetty - Yoga Therapist. She performed many insightful asanas and gave tips on overcoming distraction and thus increasing concentration in studies.

Ms. Meghala - Faculty Member



International Day Against Drug Abuse

Deva Matha Central School observed the International Day Against Drug Abuse on 27th June, 2016. The Chief Guest for the day was Mr. Albert, Executive Director-Abhyam a Rehabilitation Centre for addicts; and Mrs Lavy Albert. They gave a PPT presentation on 'Listen First' - an initiative to increase support for the prevention of drugs. It was indeed a very informative and rewarding session.

Ms. Shabina K - Faculty Member



Doctor's Day

Ms. Hemashankar - Faculty Member

Deva Matha Central School, Banaswadi celebrated Doctor's Day on 1st July, 2016 with elation and delight. A detailed programme emphasizing on the various fields of medicine was beautifully presented to the audience. A Special Prayer for the parent fraternity of DMCS- (engaged in the medical profession) and Doctors across the world, was done. The Chief Guests, Dr. R Vijaya Kumar and Dr. Divya Zachariah shared their views on pursuing medical profession as a gratifying career.

EVENTS @ DMCS - VIDYARANYAPURA

Kinder Fun-Rainbow Day

Young and bubbly tiny tots of Kinderfun celebrated 22nd July, 2016 as Rainbow Day. They had come dressed up in lovely shades of rainbow colors, holding placards with alphabets of VIBGYOR (The seven vivid colours of Rainbow). Children from UKG and LKG joined together to sing a foot tapping song about rain and rainbow. The day concluded with them being engaged in various colouring activities.

Ms. Sreeja - Faculty Member



Better Environment For A Better Future



Creating awareness towards environmental issues has become worldwide concern for all sections of the society, as it directly deals with continued existence of human and animal habitat on earth. It also deals with sustaining and surviving eco balance in nature. Environmental education has been made a

compulsory component of study through Eco Club.

Aim & Objectives of Eco Club are:

- To provide basic knowledge and understanding of environment among students.
- To promote values and emotional bonding to the surroundings.
- To involve students in activities related to conservation of environment.
- To spread awareness and concern to strike a balance with nature.

It is imperative to make sure that our children are trained from primary level of schooling to identify the areas of perils causing damage and harm to the bounty of nature, that leave the earth polluted and exploited. Let's join hands in taking this initiative forward.

Talent@ DMCS - Banaswadi

BEING YOURSELF

Ms. Catherine Albina
- Faculty Member

One day a king came to the garden and saw withering and dying trees, bushes and flowers. An oak said, it is dying because it can't be as high as a pine. Approaching to a pine tree, the king found her falling down, because it can't give grapes like a grapevine. In continuum, grapevine was dying because it couldn't blossom like a rose. After some time, he found a single plant with a pleasing heart, blooming and fresh.

The King asked the fresh single plant, "All the trees and flowers here are withering, and you are blooming, how?"

The fresh, single plant calmly replied, "I think it comes naturally. I believe that when you planted me, you wanted to get joy. If you would like to grow an oak, grapes or rose, you would plant them. Perhaps I feel I can't be anything else than what I am. And I try to develop my best qualities.

Look at yourself. You can be only yourself. It is impossible for you to become someone else. You can be joyous and blossom or you can wither, if you do not accept yourself."



The King's Message: "It's not a good idea to expect someone else to come by and change your life for you. There is a bigger chance of winning when you feel that only you can do it as there can never be another you! If you want to make a change in your life, you have to be the one that provides the energy or the will to take up things proactively and single-handedly.

"Always do your best.

What you plant now, you will reap later."



This is how I feel....

Ms Aparna Athreya, AHAM Co-ordinator

“People will forget what you said; People will forget what you did. But people will never forget how you made them feel.” - Maya Angelou

Children go through a rollercoaster ride of feelings everyday. Angry one minute, happy the next, not forgetting tired and hungry too. While acknowledging children’s feelings you will need to also accept them. This is especially true of negative feelings such as anger, frustration, jealousy, irritation, shame and so on. This does not mean you need to agree with their feelings, but you need to accept that the way a child feels is important to them. Acknowledging and accepting a child’s feelings demonstrates that you are interested in and respectful of how they feel.

No.	Do’s	Don’ts
1	Support your child. Give physical support (hugs, kisses) and verbal support by acknowledging your child’s feelings.	Don’t try to fix it all. Allow your child to find ways to problem-solve and calm herself/ himself. She/he may need time to figure out the best way to do so.
2	Help your child understand why she/he is upset. Help her/ him to connect feelings with experiences. Ask open-ended questions about what caused the anger, sadness, fear, etc.	Don’t bribe your child to get her/him to stop feeling upset. You don’t want to short-circuit your child’s experience. She/he needs to learn how to manage her/his feelings over the long term.
3	Give your child space. She/he may need to be taken out of the upsetting situation briefly to find a way to calm down.	Don’t distract your child from her/his feelings. By acting as if nothing has happened or avoiding negative feelings, we prevent children from learning how to deal with them properly.
4	Encourage your child to use words to express her/his feelings. These should be words used to describe what your child feels rather than words used to hurt others.	Don’t punish your child. Scolding a child for experiencing negative feelings will not only make her/him feel worse but it will discourage her/him from having those feelings - or being open about them. Instead of discouraging the experience of these emotions, it is crucial to encourage the proper expression of them.
5	Teach your child empathy. When your child is angry or sad, remind her/him that others often feel the same way. Help her/him think of ways she/he might help someone if they were feeling the same emotion. She/he will develop empathy for others and may find ways to help herself/himself in the process.	Don’t allow your child to hurt others with their negative feelings. Children can say insulting things and, at times, physically hurt others when upset. Teach your child that it is never okay to harm others.

Once you have acknowledged your child’s feeling, it will help nurture a lifelong relationship of trust and support. These are wonderful windows of opportunity for you to communicate with your child, a time to feel connected with your child. Over time,

you will find that you have much greater influence in your child’s thoughts and decisions!

So, as Sukhi says, Acknowledge before you judge... Acknowledge before you comment... Acknowledge before you decide!!!

Sports@DMCS



Deva Matha Central School, Vidyananyapura conducted the Inter house Kho Kho Competition, Senior Category on 16th July, 2016. The below mentioned are the results:

- Boys Category, Winner - Ruby House
- Boys Category, Runner Up - Sapphire House
- Girls Category, Winner - Topaz House
- Girls Category, Runner Up - Ruby House

Ms Hemalatha
- DMCS Sports Incharge



My Creative Space



Casil Sherin - UKG



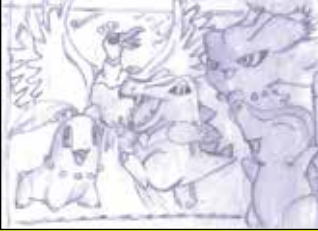
Archana - III



Evangelyn - UKG



Joshua Fleming - III



Rohan R- VIII



Cheyrisma S.K.- V



Saraswathi Nagh - VI



Charan Venugopal - V



Padmraj Magdum - V



Fidha Fathima - VI



Upasana Gowtham - VI



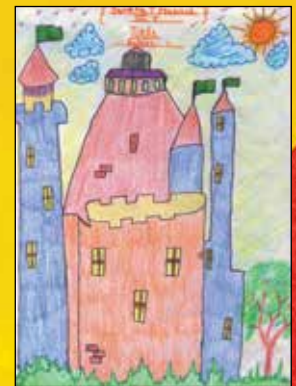
Varuni P.J - UKG



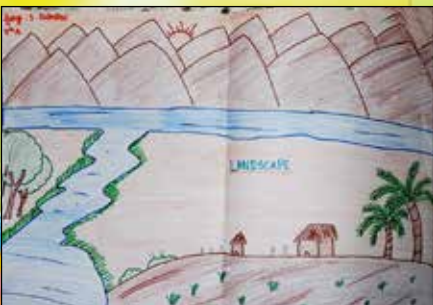
Estrella Cruze - II



Riya Racheal G - III



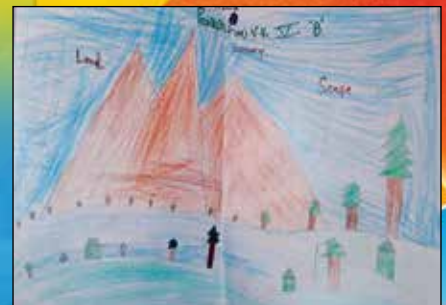
Sandra T. Prakash - III



Gargi S. Kulkarni - VII



Sneha K. - VI



Parikshitraj - V

Thank you