

DMCS
Emphasis is on life

Gems
Deva Matha Central School

Leaving An Impression

Horamavu, Banaswadi, Bengaluru-560 043
Ph: 080-65478137, 25458180

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www.devamathacentralschool.org

Defence Layout, Vidyananyapura, Bengaluru-560097
Ph: 080-23643752, 080-65478144

DMCS Inter-School Badminton Championship-2015

DMCS, Vidyananyapura organized an Inter School Badminton Championship with a keen desire to promote sports culture and encourage competitive spirit among students. Encouraged by the grand success of our maiden venture in 2014, a successive three day event from 15th July – 17th July 2015 was held. We were overwhelmed by the response received from all the schools across Bangalore. There was a staggering number of around 200 participants from 15 schools with 62 teams.

The Chief Guest Ms. G.M. Nischitha, International Badminton Champion inaugurated the Opening Ceremony by unveiling the portrait of Inter-School Badminton Championship Trophy on 15th July 2015. She was happy to serve the opening shot much to the delight of young participants.

On the First day, all the 62 teams got to play 26 matches against their opponents to the cheering crowd,

inspiring coaches and enthusiastic spectators. Second day saw the participants in better form and



determination to exceed each other in 21 matches played between 42 teams. Eliminated players went back taking participation certificates with smile on their faces. The third day, 17th July, was the Grand Finale where the chief guest Mr. Aditya R. Prakash, another International Badminton Champion and an Ekalavya Awardee, played the exhibition match with our student and won the young hearts. There was a

Ms Geetha Prasad - DMCS
Vidyananyapura, Faculty Member



healthy competition as all the 32 teams strong in skill and spirit, played 12 matches between 9 schools. Students put in their best of the efforts and hence, all were winners in the truest sense, which is the philosophy of sports!

Overall champions of DMCS Inter School Badminton Championship -2015 were bagged by DPS South and

Continued ... Page-7

Great Personalities of the world

14th July, 2015 was a day of recognising the many great personalities considered propitious. Samuel Rishon Rajan gave a motivational speech that inspired the students on how to

be a good citizen. Children came dressed as Mahatma Gandhi, Marie Curie, Mother Teresa, and Sir. Isaac Newton, Dr. A P J Abdul Kalam, Sania Nehwal, Shankuntala Devi, Mr. Barack

Ms. Hemashankar & Ms Sowmya
DMCS Banaswadi, Faculty Members

Obama and Mr. Narendra Modi. Each child even gave a short description on their personality. This show brought smiles on the audiences, watching the young in their illustrious character.



Becoming an Emotionally Intelligent Parent

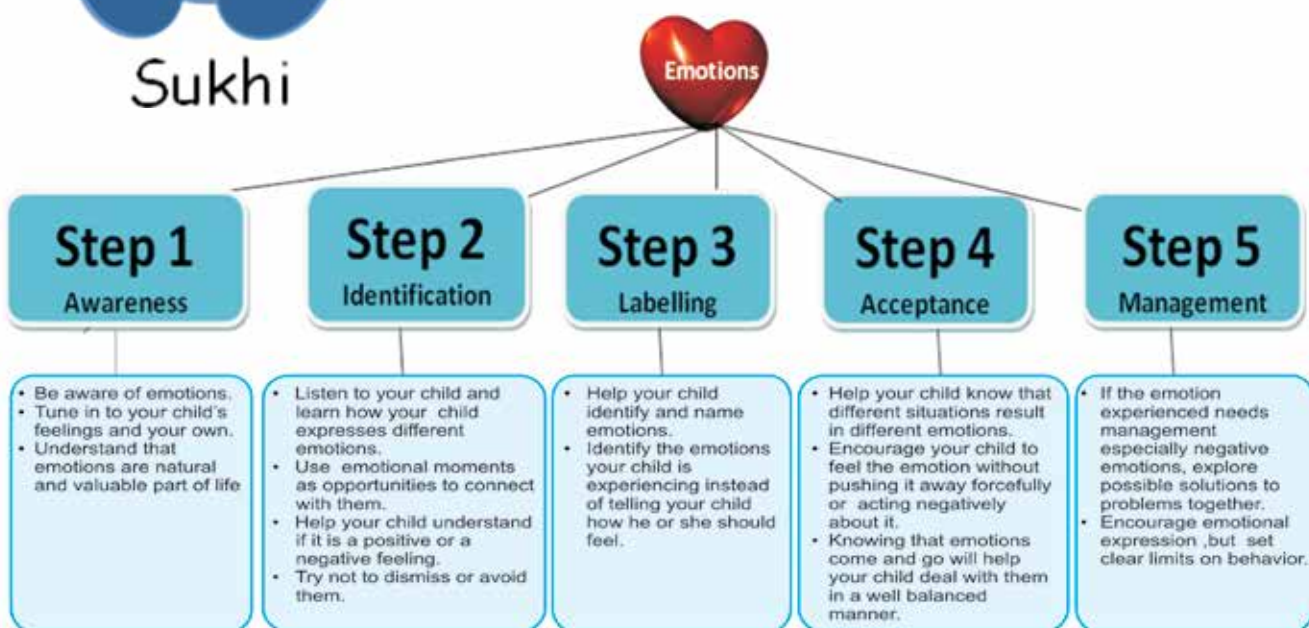


Sukhi

Emotions are a part of every moment of our lives. We are constantly moving from one emotion to another. Emotions are an integral part of life and are powerful drivers for our behaviours. Therefore, it is important to tune into our emotional needs in a manner such that they help us understand ourselves and

respond appropriately to the world around us.

Parents spend a lot of time teaching their children manners and personal hygiene. It is crucially important for parents to understand their children emotionally and also help them understand their feelings.



Deva Matha Central School

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VISION with You



Stress is inescapable. It is disheartening to observe the younger generation undergoing tremendous stress in their daily errands. Though it is an unavoidable part of our lives, many personal experiences and parental guidance can help the children combat this emotional upheaval. Childhood is bliss. It is a visible embodiment of a simple and carefree life. The TREMENDOUS PRESSURE of running a family, meeting social commitments or being lost in the hustle and bustle of today's life is invisible. Yet, the pressures, concerns and complexities involved with today's generation are phenomenal!

Stress and sleep are deeply intertwined. Studies have categorically suggested that eight to ten hours of sleep at night has many positive implications on a child's psyche and behaviour. Encourage your children to sleep on time, more so peacefully, so that they are subjected to less irritable and stressed behaviour during the day. Another effective way to ensure that your child leads a stress free life is to actively engage them in hobby classes, sports, recreational activities or adventure sports. These extra curricular activities act like a gush of fresh air in the monotonous, deep-seated routine of young children. Heartfelt communication with your children is another powerful avenue to be explored. Bed Time stories for the little ones and free flowing conversations with the children can ease out many surreal knots. Never criticize or underestimate their personal feelings, many a times the most trivial of reasons may be the root cause of pertinent stress among children. Never diminish or discount those little meetings they want to have with you, if you don't give an affirmation for these talks-they may retreat forever and never share their feelings with you. Morning chaos-getting up on time, reaching school on time, eating breakfast, packing lunch; these activities in the morning leave the children sub-consciously stressed out for the whole day if it goes haywire. Parents need to slate a daily routine for themselves and their children to eliminate unwarranted causes of stress and subsequent anxiety.

In our modern existence, an impediment like stress doesn't need a contingency plan; what is needed is a model-approach behaviour, positive thinking and overwhelming moments of ease and relaxation. To simplify, managing stress is all about taking control of your apprehension-inducing thoughts and actions. The aforesaid healthy coping strategies will go a long way in gifting the child a stress-free, happy and contented life. Children will eventually get mustered-however it's a fine line for parents to walk!

Therefore, mitigating negative emotions is the key. It is imperative to take control of your apprehensions and transforming them into virtues by positive thinking. That's the power of positive thinking, as a best seller by Norman Vincent Peale has been pontificating for several years. Children have the right to lead and enjoy a stress free life as much as their parents or guardians have the responsibility to do so! Here's wishing the parents, the key stakeholders, a life without stress -and our young DMCS champions a life of bliss. Just no stress!

DR. JOSEPH V. G.

CHAIRMAN

Deva Matha Central School &
Garden City Group of Institutions





Mrs. R. Balasundari,
Principal, Vidyananyapura

From the Principal's Desk



Mr. Prabhakara G. S.
Principal, Banaswadi

Together We Rise!

Dear Children, it gives me immense pleasure to mention here that in the month of May, we were conferred with the ISA award by the British Council for the projects we submitted during last academic year. Many teachers, non-teaching staff and the students worked relentlessly for several months in putting together a report of all the activities carried out. This was a project with an international dimension, in the sense that our students got a perspective of their counterparts at schools in other countries and in turn, shared their views with them.

Initially, it seemed almost impossible that we would even participate, given the time constraint and demands of the project, effort wise. But today, the results are a proof of the success that team work and hard work bring.

This is just one instance. We are all part of a team or multiple teams at the same time. Your playtime group, your family at home, your study group, and a lot of other systems that you belong to either for-the-moment (like the playtime group which keeps changing) or forever (family), are all teams in your day-to-day life.

A common goal, focus and hard work contribute to the success of your team. Many great achievements in the past are due to effective team work and team management. So does this mean all teams should see success? Definitely not.

Put in your best and motivate your peers to put forth their best. If the results are favourable, share the happiness and rejoice! Else, do not hesitate to share defeat. After all, success and failure are two faces of the same coin. Utilize the learning and move on!

As the nation progresses towards globalization, it becomes extremely important to interact, work and contribute effectively within and across multiple teams. So children, utilize every opportunity while you learn and grow here to enjoy the experience of working with your friends. I am sure it will pave a pathway of greater successes today and in future.

Wish You all a Happy Independence Day!

Live Your Dreams!

The accomplishment of one's goal should be the starting point of another; consequently success comes to those who dare to begin. In our National acuity, education refers to sensitivities and perceptual experiences contributing to the cohesion. A scientific temper, independent mind & spirit advance the goal of socialism; secularism and democracy is enshrined through our institution.

To achieve the above mentioned Goals, CCE (Continuous and Comprehensive Evaluation) gives us a tool. It refers to a system of school based evaluation that covers all aspects of student's development. At DMCS – under scholastic assessment, through FA's and SA's we value the learner. Hence, one can evaluate growth, development, and scholastic as well as co-scholastic abilities of students.

Under Co-scholastic areas, the overall improvement of student's proficiency is assessed at the end of the year; comprising social skills, life skills, thinking skills, emotional skills, values & attitude.

Man is what he believes; the only difference between dreams and achievements is hard work. Hence,

'We give them roots, we give them wings

And great joys from, little things

A hope that they will soar,

A hope that they will try,

We are sure that one day, our children will learn to fly.'

I wish all of you a Very Happy Independence Day !

JOB MELA

The campus of Garden City College turned as a host for many national and a few international companies. Graduates from different parts of Karnataka eagerly participated in the Job Mela. Esteemed companies like INFOSYS, Life Insurance Corporation of India, HDFC and Blue Dart along with few other reputed companies were pleased with the response from the candidates. As expected, 75 companies and 600 graduates have utilized the prodigious opportunity.

Tangkamchi Ch.Marak, final year student was placed with M/s Via Co., Ashok Kumar, an MBA graduate in finance and marketing treasured the presence of



such a wide range of esteemed companies as he was provided with the opportunity to choose. M/s Via Co., coordinator cum interviewee Miss Ramya said that they chose GCC because it is one of the best colleges which provide them with students from various parts of the country.

The BHM Students from GCC also showcased their culinary skills by preparing a sumptuous lunch for all the participants. They had worked extremely hard in satisfying 600 hungry tummies.

Dr. Siddaramaiah Pujar, the Principal and Dr. Payel Dutta Chowdhury, the Vice Principal of Garden City College appreciated and acknowledged the presence of all the companies which have participated in the Job Mela now and in the years to come.



EVENT @ DMCS- BANASWADI

Ms Shuba P Swami and
Ms Hemashankar – NIE In-Charge

NIE Workshop

Students of Class 3 to 6 had an interesting session with Mr. Hosur from N.I.E. (Times of India). This resource is intended to help the students develop skills to improve their abilities to do more experiments and try to solve more maths with fun. The purpose of the session was to create interest among the students.



World Population Day

Ms Smitha and Ms Regina along
with the Students of Std IX - B

World Population Day was celebrated by the students of DMCS Banaswadi on July 10, 2015. Students of standard IX B conducted a special assembly and other students actively participated in debate on the topic-

'Is India's growing population an asset or liability?'. They even discussed various aspects of growing population: demographic dividend, economic aspects and environmental effects. This was

followed by a quiz and a talk related to 'Demographic Cycle.' Students finally took a pledge to work hard and do their best so as to ensure that they will surely be the nation's asset!



Road Safety Week Rally

Mr Bhuvan Chandra and
Ms Fabiola Ann – Faculty Members

Students of DMCS, Banaswadi participated in the Road Safety Week Rally organized by Traffic Police, Banaswadi. Students came out with innovative slogans and displayed placards to create awareness on road safety.

It was a lucky day of prizes on 24th July, as DMCS Banaswadi Students bagged all prizes for drawing competition. Post the road safety awareness rally, students from 22 schools in Bangalore, comprising of 1500 students took part in various competitions at the Indian Campus Crusade for Christ venue. The winners from DMCS:

Ananya G B of 6B - 1st prize
Rohan .R of 7B - 2nd prize
Angelina of 6B - 3rd Prize
Samreen of 7 B - Consolation

DMCS students we are proud of you!



EVENT @ DMCS VIDYARANYAPURA

Fruit's Day – Kinderfun



Kinderfun children celebrated the 'Fruits Day' on Friday, 3rd July'15 and colour code for dress was 'orange'. Pre-Nursery, LKG and UKG's tiny tots were wearing vivid shades of orange dresses in different designs and style.

Nursery kids were dressed up in fruit cut outs in brilliant orange and

purple hues. They were accompanied by LKG children on stage, who were singing rhymes and describing orange and grape fruits. Entire assembly enjoyed their performance. The UKG children smartly spoke about the importance of all the fruits and their benefits for health. They performed extremely well with loads

of confidence, though it was a debut for them on stage.

Teachers engaged the Kinderfun children in classroom activities like colouring pictures of orange. They were encouraged to do finger print activity to create grape fruit greeting cards. LKG children enjoyed the day by colouring pictures of strawberry. UKG kids used bud prints to colour fruit bowl pictures. They all enjoyed a nutritious breakfast of fruits. The Fruit's Day was very well organised by the teachers and the parents also encouraged their children & involved them in all the activities.

Shree Gowri, IX Std.

Inter-House Debate Competition

Inter-House Debate Competition was organized for the students of classes VI – X on 26th June 15. Students of various Houses chose their members as the participation was mandatory. There were two topics given for juniors and Seniors. "Class Room Teaching is better than Online Teaching" for seniors and "Violent Video Games to be banned" for Juniors.

Senior students started the debate quite impressively arguing strongly and challenging the opponents point to point. Opposing team replied appropriately answering every point. The first round was introductory round followed by the



H. Fiza Kowsar, Std. X

2nd round expressing their views on the given topic. The 3rd round was the challenging round concluded by the 4th round.

Juniors came up with different views about the good and bad aspects of violent video games. Amongst Seniors Ruby House won the first prize and Emerald came second while in the Junior category the first prize went to Emerald and second to Ruby. The student audience encouraged the participants by clapping continuously.

DMCS Inter School Badminton Championship 2015 Continued...

the Runners up were DPS (East). Prize distribution was marked by an excited applaud from the ecstatic winning team. The triumphant students along

with their coach received the coveted Trophy proudly.

The three day sports event was dedicated to the World Skill Day which

was being observed on 15th July 2015.

It was concluded by the Principal of DMCS Vidyaranyapura giving the Vote of Thanks.



A tribute to Dr. APJ Abdul Kalam

- Editorial Board



On 29th July, 2015, morning assembly was conducted in remembrance of Dr. A.P.J. Abdul Kalam. P S Anusha of class 12 Commerce delivered a speech as a tribute to him. She mentioned about his childhood, his studies and his exceptional works in the field of science and technology. Students

even spoke about his presidential achievements as well as his love towards children. They also read a few of his famous quotes; a poem from his book called the 'Vision' was recited by Affrah of Class 10. As a sign of bereavement, Dr. A.P.J. Abdul Kalam's quotes are played during the daily assembly for 7 days.

Hall of Fame!



Abacus : Sujay of VI B participated in Brain O Brain Fest 2015 held in Nimhans Conventional centre on 5th July 2015. He won the Level 7 Champion Award in the 53rd Regional Abacus Competition.

YOGA

Yoga is becoming popular in all parts of the world as this gives the restless mind its solace and is a boon to the sick. For the common man it is an exercise to keep him fit and stress-free. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates sickness. If practiced carefully and in an appropriate way it helps in developing memory, intelligence and creativity.

The origin of Yoga has been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the 6th Century BC. Yoga gurus from India later introduced this to the west, following the success of Swami Vivekananda in the late 20th century.

The word Yoga comes from Sanskrit, an ancient Indian language. It is a derivation of the word Yuj, which means yoking. In contemporary practice, this is often interpreted as meaning union where people twist, turn, stretch and breathe, its sole purpose is to

unite the mind, body and spirit.

Yoga postures, pranayama and meditation are effective techniques to release stress. One can also experience how yoga helps detoxify the body. The mind is constantly involved in activity – swinging from the past to the future – but never staying at present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused. Yoga and meditation has the power to improve one's intuitive ability so that one can effortlessly realize what needs to be done, when and how, to yield positive results.

One should remember that yoga is a continuous process. So keep practicing! The deeper you move into your yoga practice, the more profound will be its benefits.

Ms Laxmi Priya Padhi
Yoga Instructor, DMCS Banaswadi



*If you cannot come first
Try not to be last
If nobody's with you
Try to make some good friends
If nobody trusts you,
Try to be confident of yourself
If you cannot rise up,
Try not to fall down
If you are not the best
Try not to be the worst.*

Suraj Y - VI Std.,
DMCS Banaswadi

LEARNING FOR LIFE-XSEED

C.M.Roopalakshmi XSeed Co-ordinator, DMCS-Vidyanarayapura

Today's students are tomorrow's leaders of the country and the quality of the students clearly determines their bright future and career path. One of the primary goals of an educator should be to help students develop the desire and ability to think independently. Students with skills of independent learning are more aware of their own strengths and weakness enabling them to excel in any field.

Students must learn to think on their own in order to reach the next level of learning. In the classroom scenario when students are active learners they participate instead of being passive listeners. Students who aren't given this opportunity for

independent thinking don't acquire the skill of "Learning to learn".

In order to bring in this skill Xseed curriculum plays a vital role. Xseed includes 5 step learning process namely→Aim→Action→Analysis→Application→Assessment.

Every class has a fun filled activity to learn as we believe in the concept of learning by doing. Students are assessed in each class based on the worksheet and they participate enthusiastically in the activities conducted. After these classes' students would be able to answer the questions beginning with How, Why, When etc. It helps in raising the expectations and performance of the students.

Parents can foster the young minds by

1. Linking the concept learnt in school to everyday life.
2. Giving exposure to 'hands on activity'.
3. Letting them ask questions and answer themselves.
4. Giving them feedback instead of criticism.
5. By being rational and giving a constructive feedback.
6. Reading with your Child regularly.
7. Spending time with them & involving you in their learning activity.

VIOLENT VIDEO GAMES



Video games are fun but violent games may change one's mental thinking. Is this what we really want? Why should children play such sports of killing and death?

I strongly believe that these games should be banned in our country. We have always heard parents telling us that practice makes a man perfect. I just want to rewrite this line in a different way. "Wrong practice makes a man perfect in wrong ways of life". If children are involved in playing such violent video games, parents are encouraging them to develop bad habits which adversely affect young minds.

Our country preaches significance of non-violence but just think where we are led by these cruel sports. They are played for fun and entertainment. Children should not indulge in enjoying watching people get injured. Every day we listen to the news of such incidents where unnecessary fights and physical abuse are happening. Children do not even realise the consequences and are blindly choosing to do wrong deeds and may become failures in their lives.

My dear friends please realise that violent video games indirectly lead us to a dark and wrong path.

Siddharth S.V. - Std. VI,
DMCS Vidyanarayapura

OPAH FISH



A new research revealed that Opah is the only fully warm blooded fish which has heated blood circulated through its body and gills are cooled when in contact with cold water. It generates heat by constant flapping of its wings. It is also known by the names such as sunfish, moonfish and kingfish. It is a brightly coloured ornamental marine being with white spots and has large eyes. It is a rotund silvery fish that can grow as large as 7 feet in diameter and weigh over 45 kgs. They are found in deep seas at depths of 150-1300 feet where water can be extremely chilly. Opah fish swims hundreds of feet and eats up smaller fishes of the ocean and by itself makes very tasty sea food. It was also believed to bring good luck to fishermen.

Kavin Nithish - V Std.,
DMCS Vidyanarayapura



SCHOOL FRIENDS ARE FOREVER

In this age of social media, the possibilities to reach and connect with people across the world have multiplied in an unprecedented manner. Add friends at the click of a button keep them updated with your latest tweets or quickly build a follow up on your blog – the networking options are almost limitless. As the number of our virtual friends and followers multiply, have you ever wondered how much of it is actually “real?” What does friendship actually mean to you?

Each one of us will have different answers for this. Having a wide variety of friends, hundreds of people all over the place, that’s different. In the context of social media, the term “friend” is often used to describe contacts rather than relationships. You have the ability to send your “friend” a message, but this is not the same thing as having an interaction with a person physically. The advent of social media has changed the very definition of friendship. We may have “friends” on our various social networking sites who we don’t even

remember how we know.

I feel the best place to get a true and real friend is, during our school days. Let’s face it, most parents want their kids to make friends at school. It’s the period of time when you become a friend even before you knew the word FRIEND actually meant. They will be the one in your life who will set the standard of friendship for the rest of your life. Even today, if I look back: the elation of last bench would never have been discovered without them. I met my best friends in my school. There are so many memories

Ms. Sanghamitra Borah
Faculty Member, DMCS Banaswadi

with them which bring me smiles whenever I look back to those days. It’s the best phase of one’s life.

School days can’t last forever but the friendships and relations we make will be eternal in our life. Those are the moments which no one can steal.

“A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allow you to grow.” —William Shakespeare



Recipes



PANEER GHEE ROAST

Deepika Shenoy K.
III Std., DMCS Vidyanarayapura



Ingredients

- Ginger Garlic Paste - 1 tsp
- Turmeric powder - little
- Curd - ½ a cup
- Byadagi chillies - 15 nos
- Coriander powder - 3 tsp.
- Garlic flakes - 6 nos
- Ghee - 3 Table Spoons
- Paneer - 200 gm
- Salt to taste

Method

- Add paneer to boiled water and strain water after 10 minutes. Apply salt, ginger & garlic paste, turmeric powder and curd. Keep it for 15 minutes.
- Boil red chillies in water for 10 minutes, drain the water and keep it aside
- Grind chillies, coriander, ginger and garlic to a smooth paste.
- Heat ghee in a pan and fry above paste till the raw smell disappears. Now add marinated paneer cubes and stir well. Add little water, if required. Cook till done.



Inter-House KHO – KHO Match

Sports Activities At DMCS

Phebe Elisheba, VII Std.
DMCS Vidyaranyapura

DMCS Vidyaranyapura conducted Inter-House Kho-Kho competition on 3rd of July 2015. All the four Houses had assembled in the school ground.

Topaz, Emerald, Sapphire and Ruby started the game with great vigour and enthusiasm. Every team was determined to be the school kho-kho champions for the year 2015. They were thorough and indomitable. As the game proceeded, one could see the preparations they had made by practising diligently. The spectators cheered and clapped for their respective Houses to win. The players showed their skill, strived



hard and tried to outdo each other. The qualified teams were Emerald and Sapphire – Girls and Ruby and Topaz – Boys. The players played with full strength and zeal to win and they seemed to believe in the saying 'You are the best, when you put in your best'. They fell, got injured, got up and ran. They chased, they caught and then won. The classmates were thrilled to watch a tough match. The

coach ran along and ensured strict discipline while umpiring. The intentional fouls were not allowed and a fair play was conducted.

At last, the match got over and winners names were declared. This year's Kho-Kho Champions were Emerald- Girls and Topaz – Boys. Players and non-participants went back to classes talking excitedly about the day's sports event.

Physical Education Update

Ms Hemalatha R S – Physical Education Director and Ms Yashoda - P E Teacher
DMCS Banaswadi



Inter house Girls Throw ball match was hosted at DMCS Banaswadi on 3rd July. Topaz house won the finals. Congratulations!



Inter House Basketball competition was conducted on 6th July at DMCS Banaswadi. For junior boys the declared Winner is Emerald house and Runner-up is sapphire house. Senior boys' winner is Ruby house and runner-up is Topaz House. Congratulations!



CHESS

Securing second place, Kalki Eshwar D of VI Std participated and scored 5 Points out of 6 rounds in the 'Under 12' boys' category of "Chess Shoots Monthly Rapid" chess tournament on 5th July, 2015. He is also represented our state in the 29th National Under - 11 Open Chess Championship 2015, that was held on 13th July to 21st July at Pondicherry and secured the 53rd Rank. We are extremely proud of you!



My Creative Space

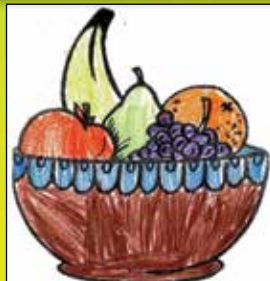
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Joanna - UKG



Cherisma S.K. - IV Std.



Jermia - UKG



Nithin Anand - VII Std.



Pragna - III Std.



Manisha .C - VII Std.



Meril George - UKG

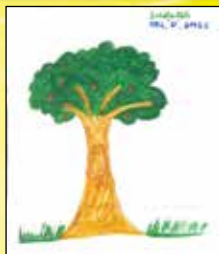
DMCS Banaswadi



Manav R. - L.K.G



Varini P. - LKG



Lohitaksh - UKG



Vrinda - UKG



Mridula - UKG



Manav R - LKG



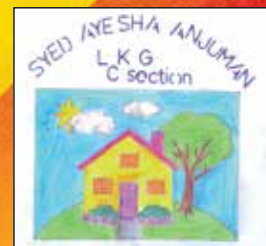
Prathyushan D. - U.K.G



Archana Praveen - L.K.G



Stuti Ashteka UKG



Syed Ayesha Anjuman-L.K.G



Noyal Rins - U.K.G

Thank you