



Asian Games 2014

Sports Committee



The 2014 Asian Games, officially known as the XVII Asiad, was a multi-sport event celebrated in Incheon, South Korea from September 19 – October 4, 2014, with 439 events in 36 sports and disciplines, featured in the Games.

Incheon was awarded the right on April 17, 2007 to host the Games. Incheon was the third city in South Korea after Seoul (1986) and Busan (2002) to host the Asian Games.

The 2014 Asian Games in Incheon with the motto “Diversity Shines Here”, is seen not just as a sporting event but also as a festival that should bring regional harmony by the organizing committee. The 2014 Incheon

Asian Games Organizing Committee (IAGOC) believes it was the best Asian Games till date and has helped in enhancing the nation’s prestige. For the first time, the torch relay started outside the host country. It began from India after being lit at Dhayan Chand National Stadium in New Delhi on August 9, 2014, marking the torch being lit outside the host country for the first time.

The final medal tally was led by China, followed by South Korea and Japan. 14 World and 27 Asian records were broken during the Games. Japanese swimmer Kosuk Hagino was announced as the most valuable player (MVP) of the Games. Though there were several

controversies, the Games were deemed generally successful with its low price tag and with the rising standard of competition amongst the Asian nations.

The mascots for the 17th Asian Games Incheon 2014 were the Spotted Seals.

The final medal tally is as under:-

Country	Gold	Silver	Bronze	Total
China	151	108	83	342
Korea	79	71	84	234
Japan	47	76	77	200
Kazakhstan	28	23	33	84
Iran	21	18	18	57
Thailand	12	7	28	47
DRP Korea	11	11	14	36
India	11	10	36	57

EDITORIAL

Gratitude

Ms Sujatha V- Faculty Member



Gratitude, thankfulness, gratefulness, or appreciation is a feeling or attitude in acknowledgment of a benefit that one has received or will receive. The experience of gratitude has been extensively acknowledged

by moral philosophers such as Lee clement. The systematic study of gratitude within psychology only began around the year 2000, possibly because psychology has traditionally been focused more on understanding distress rather than understanding positive emotions. The study of gratitude within psychology has focused on the understanding of the short term experience of the emotion of gratitude (state gratitude), individual differences in how frequently people feel gratitude (trait gratitude), and

the relationship between these two aspects.

According to Cicero, “Gratitude is not only the greatest of the virtues but the parent of all others.” Multiple studies have shown the correlation between gratitude and increased wellbeing not only for the individual but for all people involved. Although in the past gratitude has been neglected by psychology, in recent years much progress has been made in studying gratitude and its positive effects.



Last day of Vacation

"ಕನ್ನಡೋತ್ಸವ"

A musical evening on the theme "ಕನ್ನಡೋತ್ಸವ" was organised in the school campus on the last day of vacation, the 8th of Oct 2014. The programme was graced by the nightingale of Kannada music industry Smt. Chaya in the presence of our Honorable Chairman, Dr. Joseph V.G, Principal Banaswadi Shri. Prabhakara, Principal Vidyaranya pura Smt. Balasundari, Martial arts Champion Mr. Dhananchezian, Shri. Padmapani husband of Smt. Chaya and the popular journalist Shri Ishwar Daithota.

The objective of the event was to promote the traditional and cultural values of our home state, Karnataka. The school campus was in its traditional grandeur showcasing the rich culture and tradition. A beautiful exhibit on Dussehra celebration welcomed the gathering.

The programme commenced with the singing of the new school anthem "We are the champions of Garden city, We are the shining stars of the world" followed by the unveiling of the in-house magazine "Gems" by the esteemed guests for the evening. A traditional fashion show showcasing the attires worn in Karnataka and the rhythmic Kodava dance added more colours to the celebrations.

Our Honourable Chairman Dr. Joseph V.G. addressed the gathering with an inspiring speech in Kannada. Our Guest, Mr. Padmapani shared his personal thoughts, wherein he suggested that he came across many people in his life, with either of the gifts of wealth or knowledge, but not both of them. He deeply felt that our Honourable Chairman Dr. Joseph V.G. was a unique person who was blessed with both the important

gifts of life i.e. wealth as well as knowledge!

The musical evening was marked by many melodious mega hit Kannada songs sung by Smt. Chaya and her orchestra team. All the songs sung by them spoke volumes about the rich cultural heritage of Karnataka. The melodious songs kept the audience spellbound.

The evening took to a new high with some power packed demonstration of courage, strength and years of practice by the Martial arts Champion - Mr. Dhananchezian, who broke up metal, coconuts, cans and pans single handedly.

Many mouthwatering food stalls were also arranged for the gathering.

The programme was indeed an unforgettable experience.

VISION with You



Civic Sense or rather the lack of it has become a social concern. Our civic responsibilities are those unspoken norms of society that need to be followed diligently by each one of us. However, instead of being proud ambassadors of orderliness and cleanliness, we choose to be least responsible towards public and civic property. In continuum, children are extremely capable of being neat, clean and tidy, provided this *school of thought* prevails at home also.

Our daily chores, however trivial they may be, are great teachers for instilling the civic quotient. A small effort to segregate waste at home, will go a long way in instilling sensitivity towards civic responsibilities among children. The initiative has to start from Parents. They need to become role models to ensure that their children follow the right path. We need to make them understand that, in general, the feeling that *Public property is everybody's property* ends up becoming *nobody's property* and so, there ought to be a drive to take an initiative and not wait for others to start.

Our father of the nation, the great Mahatma Gandhi always reiterated on the cleanliness factor and today our Prime Minister has taken it in the right direction by commemorating the “Swachh Bharat Abhiyaan” as a tribute to the Mahatma’s 150th Birth Anniversary Celebrations, slated for 2019. This is a great movement and we all should join hands by contributing in whatever small measure possible as a tribute to Gandhiji.

We notice that in many of our historic sites, the artefacts are littered with graffiti, diluting the significance and eroding the beauty of these national treasures. Such crude and irresponsible behaviour by some of the public leads to degradation of value of our cultural inheritance. We come across foreigners who are on a visit to India and enquire about their experience, they express extreme happiness about what India is. But, when we ask them whether they would visit India again, they share their reluctance politely and quote the unclean environment and ill-maintained public services and systems.

It is quintessential to encourage a sense of responsibility towards the nation. Be it cleanliness, usage of public property or basic civic sense, we have a moral obligation in educating our children on the right path. Schools should consider including civic sense and civic responsibility as a community lecture (interaction) frequently, for the better understanding of the students. Parents should encourage their wards with appreciation and positive stokes, for being civic and socially responsible citizens. Citizens with a high civic sense inevitably contribute to the well-being of the nation, having a direct impact on the quality of their lives and of the future generations. *Civic Advocacy* is the need of the hour.

DR. JOSEPH V. G.
CHAIRMAN

Deva Matha Central School &
Garden City Group of Institutions



SWACHH BHARAT, SWACHH VIDYALAYA



Mrs. R. Balasundari,
Principal, Vidyananyapura

Dear Children,

I hope you all had a refreshing Dussehra vacation. As you know the festivities meant to mark the end of the monstrous 'Asura' – Mahishasura and the beginning of success in whatever one desires to achieve.

As you are aware, we have initiated the SwachhBharat – SwachhVidyalaya campaign in our school. I am sure you all must be excited to participate! This campaign has also derived inspiration from the teachings and doings of our dear Father of the Nation – Mahatma Gandhi who felt hygiene is the basic need for the betterment of any system. On the same lines, the board has called for entries from all schools across India to showcase any and every effort towards this initiative in way of

service, ideas and other forms of expression – individual or collective.

Children, as you participate in the program with a competitive spirit, also bear in mind that hygiene, cleanliness and neatness should be a part of you and go along with you, wherever you go.

Mahatma Gandhi insisted that every Satyagrahi who was newly inducted to his ashram was primarily in charge of cleaning the toilets. He was never ashamed to do it himself and did it with utmost pride and respect. He truly believed, "Cleanliness is next only to Godliness" and every individual, most importantly a 'Satyagrahi' who wished to strive for the betterment of the nation, had to be a part of

this chore, as this was the basic need of the society-hygiene and sanitation.

This labor deserves utmost dignity and today, it is an attempt to promote the awareness of this truth.

So children, I urge you to participate in this campaign with enthusiasm and carry forward the learnings it brings to every sphere, place and phase of life.

"No matter how insignificant the thing you have to do, do it as well as you can, give it as much of your care and attention as you would give to the thing you regard as most important. For it will be by those small things that you shall be judged." - Mohandas K Gandhi

Deva Matha Central School Vidyananyapura Editorial Board

Helen	IV Std
Shreegowri	VIII Std
Samiksha	VIII Std
Vishnu Nambiar	IX Std
Madhushree	IX Std
Pushkar	X Std
Editor Ms Ranjeeta S	
Teacher Incharge Ms Kavitha S	

Anoushka Shankar

Anoushka Shankar was born in London into a Bengali/Tamil Hindu family, and her childhood was spent between London and Delhi. She is the daughter of Indian sitar maestro Pandit Ravi Shankar and Sukanya Shankar. She is also the paternal half-sister of American singer Norah Jones, and Shubhendra "Shubho" Shankar, who died in 1992.

As a teenager, she lived in Encinitas California, and attended San Dieguito High School Academy. A 1999 honors graduate, Shankar then decided to pursue a career in music rather than attend college.

Anoushka Shankar began training on the sitar with her father as a child, with practice consisting of just a couple of sessions a week, at the age of seven. Anoushka gave her first public performance at the age of

13 at Siri Fort in New Delhi. By the age of fourteen, she was accompanying her father at concerts around the world, and signed her first record contract, with Angel Records (EMI) at 16.

She released her first album, 'Anoushka', in 1998, followed by 'Anourag' in 2000. Both Shankar and Norah Jones were nominated for Grammy Awards in 2003 when Anoushka became the youngest-ever and first woman nominee in the World Music category for her third album, Live at Carnegie Hall.

2005 brought the release of her fourth album RISE, earning her another Grammy nomination in the Best Contemporary World Music category. In February 2006 she became the first Indian to play at the Grammy Awards.

Anoushka, in collaboration with Karsh Kale, released 'Breathing Under Water' on 28th August 2007. It is a mix of classical sitar and electronic beats and melodies. Notable guest vocals included her paternal half-sister Norah Jones, Sting, and her father, who performed a sitar duet with her.

Anoushka has made many guest appearances on recordings by other artists, among them the most notable being Sting, Lenny Kravitz and Thievery Corporation. Duetting with violinist Joshua Bell, in a sitar-cello duet with Mstislav Rostropovich, and with flautist Jean-Pierre Rampal, playing both sitar and piano were few of the remarkable performances. Most recently Anoushka has collaborated with Herbie Hancock on his latest record 'The Imagine Project'.

Anoushka has given soloist performances of her father's 1st Concerto for Sitar and Orchestra worldwide. In January 2009 she was the sitar soloist alongside the Orpheus Chamber Orchestra for the series of concerts premiering her father's 3rd Concerto for Sitar and Orchestra, and in July 2010 she premiered Ravi Shankar's first symphony for sitar and orchestra with the London Philharmonic Orchestra at London's Barbican Hall.

GANDHI JAYANTI

Gandhi Jayanti is a national holiday celebrated in India to mark the occasion of the birthday of Mohandas Karamchand Gandhi, the "Father of the Nation".

Gandhi Jayanti is celebrated yearly on 2nd October. It is one of the three official declared national holidays of India, observed in all of its states and Union territories. The other two are Independence Day (15th August) and Republic Day (26th January).

Gandhi Jayanti is marked by prayer services and tributes all over India, especially at Raj Ghat, Gandhi's memorial in New Delhi, where he was cremated. Popular activities include prayer meetings, commemorative ceremonies in different cities by colleges, local Government Institutions and Socio-Political Institutions. Painting and essay competitions are conducted and best awards are granted for projects in schools and the community, on

themes of glorifying peace, non-violence and Gandhi's effort in Indian freedom struggle. Gandhi's favourite bhajan (Devotional song), Raghupathi Raghav Rajaram, is usually sung in his memory.

Three locations in India play important roles in the celebrations of Mahatma Gandhi's birthday. These are:

- The Martyr's Column at the Gandhi Smriti in New Dehli, where Mahatma Gandhi was shot on January 30, 1948.
- The Raj Ghat on the banks of the river Yamuna in New Dehli where Mahatma Gandhi's body was cremated on January 31, 1948.
- The Triveni Sangam where the rivers Ganga, Yamuna and Saraswati come together near Allahabad.

The British controlled the production and distribution of cloth in India in the late 1800s and early 1900s. Mahatma



Gandhi felt that India could never become independent until the country could produce its own cloth. He encouraged people to spin and weave cotton cloth using small scale traditional spinning wheels and looms. Hence, simple hand spinning wheels for cotton became an important symbol of the struggle for Indian independence and Mahatma Gandhi's life and work.

The nation pays rich tributes to the father of the nation!!



MC Mary Kom

Mangte Chungneijang Mary Kom (born 1 March 1983), also known as MC Mary Kom, or simply Mary Kom, is an Indian boxer. She is a five-time World Amateur Boxing champion, and the only woman boxer to have won a medal in each one of the six world championships. Nicknamed "Magnificent Mary", she is the only Indian woman boxer to have qualified

for the 2012 Summer Olympics, competing in the flyweight (51 kg) category and winning the bronze medal. She has also been ranked as No. 4 AIBA World Women's Ranking Flyweight category. She won her first Gold Medal in the Asian Games in 2014 in Incheon, South Korea.

Kom co-wrote an, auto-biography called Unbreakable (2013) and was

portrayed by Priyanka Chopra in the film Mary Kom (2014). Kom also has started a female-only fight club at Imphal to teach girls to defend themselves against sexual violence in India. To spread her academy all over the country Mary Kom wants Priyanka Chopra to become its brand ambassador.

Mary, a five-time world champion, had won several medals in the 46 and 48 kg categories. She was forced to shift to this category and gain weight two years ago after the world body decided to allow women's boxing in only three weight categories—the lowest one being 51 kg.

On 1st October 2014, she won her first Gold Medal at the Asian Games held at Incheon, South Korea by beating Kazakhstan's Zhaina Shekerbekova in the flyweight (51 Kg) summit clash. The medal is also the first Gold for any Indian woman at Asian Games.

Endangered Plants



Guaiacum santum



Glandularia tampensis

Plant Botanical Name Guaiacum santum

Guaiacum Sactum or Holywood is a less valuable but rarely distinguished plant. Native to the Caribbean, Central America and Florida with few remaining population, the species is all but extinct and extremely rare across its native range.

Plant Botanical Name Glandularia tampensis

Glandularia tampensis, endemic only to coastal areas of southern Florida, is endangered because of loss of habitat to development and agriculture. Very few population remain intact in nature, and efforts are being made to protect habitat and to preserve germplasm from these remaining population. To slow demand for wild-collected plants, some nurseries are propagating Glandularia tampensis. Although not common, it is becoming popular among native plant collectors and enthusiasts of butterfly gardens.

EVENT @ GCC

The Department of Media Studies at GCC, has been successful in organizing various events in college that encourages new talent to showcase their creativity.

Carte Blanche is a National Film Festival started in the year 2013 by the Department of Media Studies. Carte Blanche is French word which means "an open card". The "Film Festival" seeks to encourage and provide a platform for showcasing the talents of young and budding Filmmakers. Carte Blanche is a two day event comprising of "Film Festival" specific categories like Short Films, AdFilms and Documentary. We also organized media related cultural events like Film Quiz, Student Journalist, RJ Hunt, Photography Competition, Caption writing etc. The festival was successful in inviting participation from more than 30 colleges. The winners were felicitated with certificates and mementos.

This year the Department of Media studies is organizing the Film Festival on 27th and 28th October. We have been successful in getting partnership from Bangalore Film Festival and Photojournalist Association. We are expecting eminent directors and filmmakers to screen their movies and participate in panel discussion with the participants. This year we are introducing two categories for film screening i.e Professional and Student categories respectively. This would give opportunity to the participants to engage in personal interactions with the professionals. A photojournalist exhibition/ workshop is also being organized by the department.

The categories for Carte Blanche Film Festival 2014 are: Short Film, Ad Film and Documentary. The media cultural events are: Film Quiz, Shutterbugs/ Caption Writing and Vine Videos. We are expecting huge participation



from students and professionals all over India.

Highlights: Two documentaries of International fame, Ningal Aranaye Kando by filmmaker Sunanda Bhat and " Mahua Memoirs" by Vinod Raja will be screened and the film makers will be present for panel discussions. We also have the honour of screening a Short film by GaganBhandar, Sankshyph, that gathered great appreciation at the 67th Cannes Film Festival.

Ms Preethi Manjunath - Faculty Member

EVENT @ DMCS- BANASWADI

Rose Day 22nd September, 2014

Morning school assembly speech was done on the importance of Flowers, specially Rose- a symbol of love and beauty. Ms Grace -Art and Craft teacher taught Rose making to DMCS children. Students pinned up these roses on their uniform- as a mark of support for people who are suffering with cancer. A small skit on Dos and Don'ts for preventing cancer as a disease was enacted. Children conducted a mock interview session with a child playing the role of a doctor. The topic chosen was- healthy lifestyle to prevent cancer. A big rose bouquet (Origami based -made by students of DMCS) was sent to Kidwai Institute of Oncology as a gesture towards Cancer patients. Ms Preethi Manjunath and Ms Ambika R along with 5 DMCS students, represented the school for this noble effort. The students met Dr. Ibrahim N (Senior Specialist in Preventive Oncology) and the inmates of the hospital. They distributed items in kind (eg. Energy Drinks, Skimmed Milk, Juice and Bread) and also sang songs for the residents.





Recipes



Cool Fruit mingle

Helen - IV



Ingredients

- Biscuits (plain)- 10
- Milk- Quarter cup
- Mixed fruits- 2 cups (cut into small pieces)
- Condensed milk -half tin
- Cashew nuts -quarter cup (cut into small pieces)

Method

- Put all the biscuits into a bowl and using the backside of the spoon, crush them evenly.

- Mix a teaspoon of milk using the biscuit powder. Continue adding milk until the powder loses its dryness and it becomes easy to mould just like wet sand.
 - Take four ice cream bowls and evenly put the biscuit mix on each of them.
 - Now add the cut fruits in each bowl.
 - Pour 2 tablespoons of condensed milk in each bowl.
 - Sprinkle some broken cashew on the top.
 - Keep the bowls in the fridge for an hour.
- Enjoy your cool fruit mingle.

Broken Wheat Upma

Madhushree - IX



Ingredients

- 1/4 cup broken wheat (dalia)
- 1 Onion - chopped
- 1 green chilli -chopped
- 1/4 cup green peas
- 1/4 cup carrot cubes
- 1 tbsp oil
- Salt to taste
- For the garnish: 2 tbsp chopped coriander leaves

Method

1. Clean and wash the broken wheat thoroughly. Blanch it in 2 cups of hot water for 4 minutes. Drain and keep aside.
2. Heat the oil in a pressure cooker. Add the onion and green chillies and saute till the onion turns translucent.
3. Add the peas, carrots, broken wheat and salt and saute for 3 to 4 minutes.
4. Add 1 1/2 cups of water and pressure cook till the 1st whistle.
5. Garnish with the coriander leaves and serve hot.

Thank you

My Creative Space



ELIZABETH
MATHEW-IV



SHAUN VV.-IV



CHARAN
VENUGOPAL - III



HELEN MARIA
SAJI-IV



SHYLAN M.
ANIGOL -I



MARIA
MATHEW-III



EKASHWIN-II



JOSHUA
JOHNSON-III



TANISHA-II

