SOUNDARYA CENTRAL SCHOOL The Soaring Falcon Monthly Newsletter

Soundarya Educational Trust (R) has a glorious history of over 30 years.



Renuka Devi

PRINCIPAL DESK

Importance of Discipline in students' life

One of the most crucial personality traits in everyone's life is discipline. It alludes to a set of guidelines that must be followed

July 2023

It is a strategy for being sincere, diligent, goal-driven, and organized. A ship without radar is like life without discipline. Discipline is the quality that helps us resist the impulse to engage in destructive habits and keeps us focused on all the good things in life.

Students with discipline always have the time to finish all works by the deadlines. They have a clear focus and plan their time effectively. Not every great leader is born. To become effective leaders, the majority of them adhere to very rigid schedules and practice discipline in their daily lives.

Disciplined students develop the kind of mindset that is essential for success. They are more physically and intellectually focused. More adept at coordinating their body and mind with their thoughts and objectives. According to a survey, 92% of people are only able to fulfil their life goals because they are disciplined.

Great discipline entails enormous responsibility. Students cannot succeed only by creating timetables and schedules. It is also important to follow the schedule's instructions and perform the tasks listed on a regular basis. Depression and anxiety are major problems in contemporary life. A little self-control can help you live a happier, less stressful life and overcome obstacles.



MRS VEENA SUNIL

Academic Coordinator- Preparatory Stage

IMPORTANCE OF PARENT'S PRESENCE.

Presence is the most precious gift you can give to your students or children. But it's easier said than done.

Children were restless, lacked social awareness and faced learning gaps after the pandemic. They were closed, not willing to interact with anyone. They were not interested in the classes and few were disturbing others. The needs of students were different compared to previous years. Classroom dynamics varied because their needs were different. However, there was one common factor that I sensed. They all wanted to be heard, accepted and yearned for connection.

Meeting the children where they are, requires heaps of calmness, patience and acceptance. We in SCS made sure that all students are taught to communicate better by taking care in the class. The presence and patience of teachers and supporting staff made the students bloom without any fear.

The presence of parents with children is one of the most important and valuable gifts given to children. Your time, your heart and your full attention are all precious gifts, and they are gifts that empower them to live lives of abundance. The simple but meaningful gifts of you are all ingredients of love. Children want their parents to make plans with them which they can look forward to. Children also expect some private time for themselves and want their parents to respect it.

Parents and teachers contribute to developing focus, concentration and self-control in their children. With a supportive parent and teacher, a child never regrets taking risks and this prepares a self-directed child.

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LEARN MORE GOT IT

Finally, parents and the school play the main roles to improve a child's critical thinking, empathy, perspective, making connections and communicating. At SCS we make sure that all pedagogies and strategies mold and direct a child into holistic development.

THEME OF THE YEAR SUSTAINABLE DEVELOPMENT GOALS



EVENTS

PARENT ORIENTATION (PREPARATORY STAGE)

Parent Orientation Program was arranged for grade IV on 1 July 2023. The program commenced with a warm welcome followed by a presentation on the CCE system by Preparatory Stage Coordinator Mrs Veena Sunil. She presented the academics and co-curricular activities of the school. An overview of rules and regulations, subjects and activities were briefed. The co-scholastic activities discussed gave the parents an idea of the curriculum which is self-directed with hands-on learning activities which give our students a medium to fully utilize their creative talents and all-round development.



INVESTITURE CEREMONY

Leaders are not born but are made by their experiences in life.

The Investiture ceremony was held on 5 July 2023 with exhilaration and dignity. The ceremony was presided over by the Managing Trustee Dr Prateeksha Keerthan Kumar, Varun Kumar and Principal Mrs Renuka Devi. Chief guests were Dr Mahesh B P Soundarya Law College Principal, and Dr Vasu B A, Principal of SIMS. The ceremony commenced with the configuration of the elected leaders with badges and sashes by the honourable Managing Trustee and other dignitaries. Managing Trustee Dr Prateeksha Keerthan Kumar administered the oath and the Head Boy Master Rahul Raj, along with his elected members took oath to hold the school motto 'Truth And 'Loyalty' in high esteem. All the dignitaries congratulated the members of the Student

onest in discharging their duties.

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COLOURS WEEK (FOUNDATIONAL STAGE)

COLOUR IS A POWER WHICH DIRECTLY INFLUENCES THE SOUL AND BRINGS POSITIVITY AMONGST ALL.

To bring positivity, Colour week was celebrated by Pre primary with great enthusiasm. The celebration began with Red followed by Blue, Yellow, Pink, Orange, Black and White. The children were motivated to dress up beautiful shades of all colours. To make the celebration more inclusive, children did activities based on colours. The lovely week was spent brightly and beautifully.



DADVENTURES (PREPARATORY STAGE)

-PARENT ENGAGEMENT PROGRAM

"A father doesn't tell you that he loves you; he shows you"

Grade 3 students of Soundarya Central School celebrated the event 'Dadventures' representing the selfless love of their fathers on 8th July 2023. Rejoicing this precious bond, the students warmly welcomed their dads with a flower craft made by them.

The students welcomed all the dignitaries, teachers & parents followed by highlighting points on the importance of the Father's Day celebration. The event was graced by ravishing performances like dance, music and melodious flute. Dads thronged the event enthusiastically with their kids in special games. 'Cooking without fire' was enjoyable as it was not only yummy but nutritious. 'Pyramid cup' was all about balancing the cup with a blown balloon. 'Catch the ball' really enlivened fathers and children. The last game 'The ball of rings', balancing the ball by tapping within the loop ring as it is pulled by the kid, was electrifying. It was a blithesome ambience.



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SIGNIFICANT ASSEMBLIES

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DOCTOR'S DAY (PREPARATORY STAGE)

To recognise the contributions of doctors and medical professionals towards society. SCS observed National doctor's day on 1st July. Students of grades 3-8 presented speeches. Dr.Ayesha, the chief guest gave some instructions about dental hygiene and cleanliness.

• Students of grade 3 prepared a first aid box and demonstrated the benefits of keeping first aid

boxes at schools, homes and other places.

- Students of grade 6 made Thank you cards for doctors.
- Students of grades 7 and 8 watched a video on First aid and wrote their reflection

Students participated enthusiastically and applauded the endless effort of the doctors.



INTERNATIONAL PLASTIC BAG-FREE DAY (MIDDLE

STAGE)

Special assembly for grade 6 was held on July 6^{th} 2023. The theme was the international plastic bag-free day. The information about the day was shared by Ashwin of grade 6D. The day was initiated by the bag free world campaign, a global movement focused on reducing the use of plastic bags. This reminds communities, organizations and people worldwide to avoid the use of plastic bags in their daily use.



WORLD POPULATION DAY (PREPARATORY STAGE)

World Population Day is a significant observance that emphasizes the need for global cooperation and action to address populationrelated issues. By empowering individuals with access to family planning and reproductive health services, promoting gender equality, and supporting sustainable development goals, we can create a more balanced and prosperous world for current and future generations.

SCS observed World Population Day on 11th July 2023. Students rendered speech ,displayed charts and information were given.



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BOOK DONATION CAMPAIGN (MIDDLE STAGE)

Books help children make sense of the world around them, impart morals and values to them, often without sounding preachy, and teach them empathy, and the difference between right and wrong. Realizing this SCS organized a Book Donation Drive to celebrate the Joy of Reading on 13th July 2023. Under the name 'Used but Useful'-to encourage students and teachers to donate old books.

Two students of middle school have initiated this drive by giving books of short stories.



GREEN REVOLUTION (SECONDARY STAGE)

Students of grade 9 A showcased a skit on the Green Revolution in the assembly. They highlighted the points such as the beginning of the revolution in India, the impact of the revolution. It was an appreciable performance by the students.



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INTERNATIONAL MOON AND CHESS DAY(MIDDLE STAGE)

"International Moon Day and International chess day was observed on 20th July by students of grade 7 through speeches and presentations. International Moon Day celebrates the first landing by humans on the Moon as part of the Apollo 11 lunar mission. International chess day helps promote cognitive skills, critical thinking, and concentration. The day highlighted the importance of fair play, respect for opponents, and the value of competition for growth and to face challenges in life and improve decision-making skills.



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INTERNATIONAL TIGER DAY (PREPARATORY STAGE)

International Tiger Day is observed globally on 29th July every year. The day is celebrated to raise awareness among individuals, organizations, and governments about the importance of the conservation of tigers. On 19th July 2023, students of grade 3-5 observed a special assembly on International Tiger's day giving awareness through speech and chart presentation to protect and expand tiger habitats apart from preserving these species.



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HOUSE VIBES

The main aim of introducing houses in school is to promote team spirit, leadership, public speaking, organizational skills and peer support. This system induces their enthusiasm, and competitive spirit and develops the confidence to explore their talent and learn to accept both success and failure with an equanimity which is essential in life.

CHESS BOARD ACTIVITY (FOUNDATIONAL STAGE)

BOOKMARKER ACTIVITY (FOUNDATIONAL STAGE)







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NO BAG DAY

FRUIT SALAD PREPARATION ACTIVITY (FOUNDATIONAL STAGE)



NO BAG DAY

MAKING KEY CHAIN (PREPARATORY STAGE)



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MAKING FIRST AID BOX

(PREPARATORY STAGE)

ENGLISH LITERARY COMPETITION

(PREPARATORY STAGE)



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DOCTOR'S DAY (MIDDLE STAGE)



HINDI AND KANNADA LITERARY COMPETITION -

PATRIOTIC SONGS (SECONDARY STAGE)



GK QUIZ -VIKRAM SARABHAI'S HOUSE BAGGED FIRST PLACE



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CLASS ACTIVITIES

By incorporating various activities in the classroom, students have improved their language skills and developed self-confidence, critical thinking, and teamwork abilities. The positive response from both students and teachers indicates the success of these activities in creating an enriching learning environment.

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SUBJECT ENRICHMENT ACTIVITY

- MATH(FOUNDATIONAL STAGE)



EVS - HERBARIUM ACTIVITY

(FOUNDATIONAL STAGE)



SCIENCE ACTIVITY- ORGANS OF THE HUMAN

BODY (PREPARATORY STAGE)

EVS: TALK SHOW ACTIVITY

CLOTHES WE WEAR (PREPARATORY STAGE)





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EVS: SYSTEMS IN HUMAN BODY (PREPARATORY STAGE)



READING CHALLENGE -

BEND THE END(PREPARATORY STAGE)



EVS: GOOD FOOD (PREPARATORY

STAGE)



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KANNADA: ALBUM MAKING -TENALI RAMA

STORIES(PREPARATORY STAGE)



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KANNADA: PATRA

ABHINAYA-(PREPARATORY STAGE)



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EVS- BUTTERFLY KIT WEAVING

(PREPARATORY STAGE)



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MATH - INTERNATIONAL PLACE VALUE CHART

(PREPARATORY STAGE)



LIBRARY ACTIVITY: SET THE SCENE (PREPARATORY STAGE



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HINDI: A GROUP DISCUSSION ON WILD

ANIMALS (PREPARATORY STAGE)



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(A) SOARING FALCON

DIFFERENTIATED CONDUCTORS AND INSULATORS THROUGH HANDS-ON

ACTIVITY (MIDDLE STAGE)



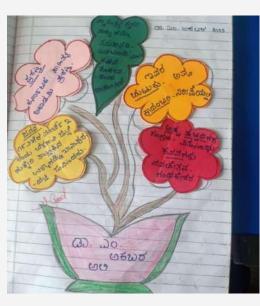
SCIENCE LAB ACTIVITY SHOWS THE PRESENCE

OF SUGAR (MIDDLE STAGE)



KANNADA -MIND MAP ACTIVITY(MIDDLE

STAGE)



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KANNADA - ROLE PLAY ACTIVITY (MIDDLE STAGE)



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PPT ON SUCCESSFUL ENTREPRENEURS STRATEGY OF SUCCESS-GRADE XII

PPT ON CORPORATE SOCIAL RESPONSIBILITY

OF LEARNING MNCS IN INDIA -GRADE XI

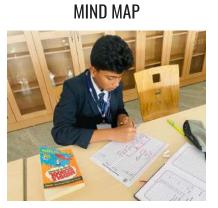


100 DAYS READING CHALLENGE

CREATING A STORY



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READ TO A BUDDY



ACHIEVEMENTS

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ONLINE INTER SCHOOL COMPETITION-SAMPADA

"Unveiling the Timeless Tapestry: Indian Heritage in all its splendor"

An ONLINE-Inter school competition on Indian Heritage –Sampada a celebration of Indian culture was organized by Ganges Valley School. Students from Grade I –XII participated in different events like Gond art, stamp designing, poetry recitation, story narration, salad designing, photo booth, storyboarding.The online competition truly inspired and empowered students to embrace the rich cultural diversity of our country.

Chavana Lasya. C - Daak Ticket Rupaankan (Stamp Designing) - Second position

Atharvi Sai G7 - Navarasa Abhinayam (Classical Dance competition) - Third Position

Lasya Bhat G4 - Salad Alankaran (Salad Designing) - First position



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SASYA INTER SCHOOL COMPETITION

'SASYA' was organized by Harvest International School, Kodathi Village, Sarjapura Road.. Soundarya Central School was one among the 12 schools that participated in this programme and won 2nd place in Yoga Competition.

Different events like Literary Events, Arts, Yoga, Ode to Code, Performing Arts, Photography were organized by them. All participants were very enthusiastic to perform in all the events..A memorable day came to an end and the participants returned home with great joy.



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9TH TRADITIONAL AND OWN CHOICE YOGASANA SPORTS CHAMPIONSHIP 2023

Yogasana Sports Championship 2023 was organized in Koramangala Indoor stadium on 9 July 2023 on account of selection for the Asian, International Yogasana sports championship. Our school students participated enthusiastically in various categories . Sanvi Sathish of Grade I secured first position, Suhas L of Grade -IX secured ninth, and Pranjala of Grade IV secured third position.

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DNMUN

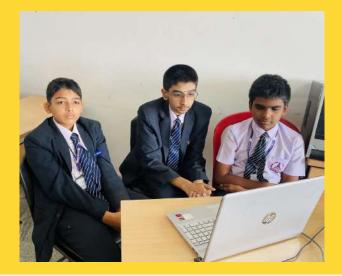
Students of Grade IX, XI XII represented Soundarya Central School in DNMUN organized by Delhi Public School, North on 5, 6 and 7 of July . The students were engaged in drama, debate and discourse. They had a valuable experience fostering their public speaking, critical thinking and diplomatic skills.



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THE SPROUTS TRAVEL QUEST

The Sprouts Travel Quest with NIE conducted an online inter-school quiz competition on Tuesday 11th July for students of grade VII-IX. Students of Soundarya Central School, Amog Rao of grade IX, Sujay Rao of grade VIII and Moulik S of grade VII participated. The quiz tested knowledge on various travelrelated topics, including geography, landmarks, transportation, and general knowledge. Over 42 schools participated from across the country. This quest offered an exciting platform to showcase their travel knowledge and foster teamwork. It was a very informative and knowledge-enriching competition for the participants. The virtual platform-based competition gives a better experience to the participants.



Inter-School Roller Skating Competition

Chirag Sharoff of 6A and **Gokul Krishna** won the second position on 30th July in an Inter-School Roller Skating Competition which was organized by Gnana Bhaskara Public School.



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ARTICLES

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BOOK AS A COMPANION!!!

One soul that abides in two bodies, goodwill that never makes us feel lonely, is a companion. We believe to confide our feelings only with a true-hearted soul. At times, certain things cannot be held by a man, which a paper can. A paper is never less than a man's patience. A book is a friend that contains pages as a shelter for our feelings and emotions. In fact, the book never comments or opposes, but always welcomes new ideas and aspects. Anne Frank, who was a well-known diarist and author, believed that "Paper has more patience than people". Along with it, books never keep us bored; it entertains readers consisting of several genres of comic, romance, mystery, morality, etc. Rather than having several friends who comment on us back, having a book with beautiful thoughts and ideas gives us a moral message, makes us enthusiastic, and helps us explore things.

All in all, the goodwill that always stays with us, gives us neighbourliness.

A book for a living is always peace-giving.

Anika Varsha Giridas

9"C"

POEM-STAGE

All the world's a stage

Once said a genius

A miracle in which one

Escapes the appalling world

And erodes a mask of lies

An opportunity in which one

Basks in the glory of applause

An enchanting spell which

Breaks the bounds of science

A place where one expresses

Every vein or passion

Let it be glee or melancholic

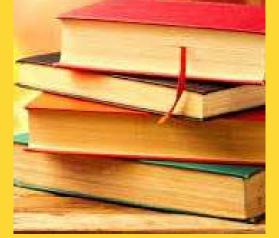
Oh! What a wonder of this high society

So astounding that we question if it is really all just the enchantment of theatre......

Manoghna B.H Grade VII C

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wiy ravourite Art- realistic Art

What is realistic art?

Realism as an art movement was led by Gustave Courbet in France. It spread across Europe and was influential for the rest of the century and beyond, but as it became adopted into the mainstream of painting it became less common and useful as a term to define artistic style. Realism in art is also known as naturalism or veristic.

Why do I love this art?

Doing this art isn't a small task which consumes patience. This is even a way to express ourselves into an infinite number of artistic styles.

When I understand how to faithfully render what is in front of me in a way that expresses the reality of those objects, I can begin to bend and shift the realities into something more abstract. I really love realistic art.

By Prinsica

VII E

"["

I am mighty, I am strong What's the matter of the pity of wrong? Nothing to be different from the people, A simple sorry can enlighten, Life's great steeples... Raise yourself to high A change in you is a change in "I".....

SUJAY RAGHAVENDRA RAO VIII C





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ನನ್ನ ಶಾಲೆ ನನಗೆ ಹೆಮ್ಮೆ

RUCHITHA N

VIII E



ರುಚಿತ ಎನ್ 8ನೇ ತರಗತಿ 'ಇ' ವಿಭಾಗ



ನಾನು ಸಂತಸ ಸಹಿತ ಬರುವೆ ನನ್ನಯ ಶಾಲೆಗೆ ಖುಷಿಯ ತುಂಬುವ ರಿಷಿಯ ಭಾವದ ನನ್ನ ಅಚಾರ್ಯರ ಬಳಿಗೆ ಇಲ್ಲಿ ಎಲ್ಲವು ಜ್ಞಾನದೌತಣ ನನಗೆ ನನ್ನದೆ ಹೆಮ್ಮೆಯು ಜೊತೆಗೆ ಇರುವರು ನೋವು ನಲಿವಿಗೆ ನನ್ನ ನೆಚ್ಚಿನ ಗೆಳತಿಯರು ಸ್ವರ್ಗಕ್ಕಿಂತಲು ಮಿಗಿಲು ನನಗೆ ನನ್ನ ಶಾಲೆಯ ಬಂಧವು ಇಲ್ಲಿ ಎಲ್ಲವು ಸುಲಿದ ಬಾಳೆಯ ಹಣ್ಣಿನಂದದಿ ಸುಲಭ ಸುಂದರ ಬಂಧುರ ನನ್ನ ಭವಿಷ್ಯದ ಬದುಕಿಗೆ ಇಲ್ಲಿ ದೊರೆತಿದೆ ಕೀಲಿ ಕೈ ದಾರಿ ತೋರಿದ ಜನ್ಮದಾತರು ಆ ಗುರುವಿಭೂತರಿಗೆ ಇದೋ ನನ್ನ ವಂದನೆ..... ಇದೋ ನನ್ನ ವಂದನೆ.....

NATURE, THE BEST TEACHER

Have we learned to be humble?

Or do we always let our productive thoughts mumble? It's time to make our tasks planned, for it to resemble, For the good of humanity, qualities superior do assemble.

Never too late, for things that are good, to happen, Let all the senses be smart always and open, To welcome the good, reject the worst, may the good skills sharpen, Haste not, learn from the nature, how to be humble, let our values strengthen.

Sreekala P Vijayan Academic In charge (Grade I & II)



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IS WINNING SPIRIT IMPORTANT FOR THE LIFE ?

We always encourage our students to excel in all that they do whether its academics or cocurricular activities. It means we like our students to be a winner.

Winning means success, performing better than others, overcoming your limitations, achieving your dreams.

Everyone cannot be the winner; winner is ultimately excellent in the field. Participation is finding your own capability and try for success.

Few people say winning and losing does not matter in life. Are we participating in any competition / games without having a wish of winning it. No, we all have a spirit of winning it. If we do not have winning spirit, no one like to compete with us. Whatever the result maybe we may win or lose but keeping winning spirit in us moving ahead is very important. Winning spirit is like a source of energy for our life. "Winning and losing does not matters in life" this is applicable for those who have the spirit of winning, if they loss also perseverance towards their goal is very important.

" A true Winning Spirit separates a Striver from a Thriver. It is a spirit of perseverance, excellence and passionate determination"

Shubha. S

Academic In Charge-Middle Stage

This Is How Yoga Changing Me

I started doing yoga during my vacations-since then there has been no looking back

It has been my companion in moments when I am excited, exhausted, sleepy or overworked. The asanas help in toning the muscles, increase endurance and improve balance. Focus breathing helps calm the nervous system reduce anxiety and promote a sense of inner peace. Yoga is not just about the body, it also nurtures the mind by integrating mindfulness in meditation, yoga helps in releasing mental clutter and enhancing your ability to stay focused and take better decisions. It also helps in regulating emotions, reduce feelings of depression and promote a more positive outlook on life. Yoga encourages self care, self discovery and self empowerment leading to a more fulfilling and purposeful life . 20-30 minutes of Yoga per day can change our life in the long run by promoting a balance between physical, mental and spiritual health. Lets make a pledge to put our well being first and practice yoga everyday



-SEEMA H S English Teacher

ART GALLERY

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SOARING FALCON



MANASVI IV B



PRIYANSHI VI E



ACHINTYA VIII D



POSHIKA X A



PAAVANA X A



J A VISHANTH XII

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