

EXCELSIOR

Ever Upward



Happy
New Year
2019

"New Year's Day.

A fresh start.

A new chapter in life waiting to be written.

New questions to be asked, embraced, and loved.

Answers to be discovered and then lived in this transformative year of delight - and self-discovery.

Today carve out a quiet interlude for yourself -

in which to dream, pen in hand.

Only dreams give birth to change".



Sarah Ban Breathnach

EPS FAMILY wishes all the readers of 'Excelsior' prayerful greetings for a happy, peaceful and prosperous New Year 2019.



■ **Mathew K G**
Principal

'A picture is worth a thousand words!'

Click on  to view more pictures! Tap on  to view videos!

All Faith Day

In connection with Independence Day celebrations, the Social Science Department had organized an All Faith Day on 13th August, 2018. The objective of this celebration was to cultivate secular values among the students through the theme 'Vasudhaiva Kutumbakam' - The World is a Family. A special assembly was conducted to mark the occasion. The program started with a Bhajan and was followed by recitation of verses from the Holy Scriptures such as the Bhagavath Geetha, Holy Bible and Quran by the students, creating a sense of belonging among them. Mr Madhusoodanan K, Mr Paul Jagdeesh and Mr Shuaib Ahamed spoke about the concept of Vasudhaiva Kutumbakam from the perspectives of different religions. Mr Mathew K G, Principal, addressed the children on the importance of remaining secular.



Bubble Blast

The tiny tots of Kindergarten were in for a surprise on 14th August, 2018. They assembled in the school ground and their excitement reached its peak as inaugurated the event by blowing bubbles. The bubbles brought whimsical fun as the breeze carried them high into the sky. As every child blew bubbles along with their teachers, the happiness was palpable. The event was filled with the infectious energy and joy of the little ones and brought out the child in everyone present!



The children Mr Mathew K G fun as the breeze teachers, the happiness

Spirit of Freedom!



Our Independence Day is the national festival to commemorate sacrifice, selflessness and perseverance and to stand in union to uphold common brotherhood. It is a day to promote justice, equality, freedom and fraternity, irrespective of caste, color, creed, language, religion and place of birth. On 15th August 2018, the 72nd Independence Day of our motherland was celebrated with great enthusiasm and respect. In connection with the celebration, we had competitions for singing (Patriotic song), painting, poster making, creative notice board, poem composition & recitation for the students of Classes 5 to 10.

The program was presided over by the Chief Guest, Col Rajiv Shukla (Rtd.), who spoke about fundamental rights and duties of every Indian citizen. He shone light on the history of our Constitution and its importance. Students dressed as the heroes of our Independence struggle led the community march of students and staff around Koorgalli Industrial Area. Teachers performed a stage show 'Unity is strength'. The Independence Day program concluded with the quintessential community feast for which the students invited the ancillary staff to their respective classes.

Clean Mind, Clean Body and Clean All Around!

With an aim to achieve the Prime Minister's goal of Clean India by October 2, 2019 under the 'Swachh Bharat Mission', the students and teachers of Excel Public School, Mysuru, observed Swachhata Pakwada week from September 1 to September 5. The members of Eco-Club conducted a special assembly on 3rd September, when learners from Class 7 to 11 presented an array of programs, beginning with the administration of Swachhata Shapath. Programs presented by children emphasized the importance of maintaining cleanliness and hygiene not only on a personal level but around them as well. The assembly exhorted children to exclude usage of hand sanitizer due to the harmful chemicals present in it and use only normal soap and water for cleaning. The assembly provided a rich experience to children as they were introduced to many nature-friendly concepts through entertainment. Mr Mathew K G, Principal, concluded the assembly with a gentle reminder to children to sustain the Swachhata mindset and activities in days to come.



Hindi Diwas

हिं



एक्सेल पब्लिक स्कूल, 17 सितम्बर को "हिंदी दिवस" बड़े जोश और उमंग के साथ मनाया गया विद्यालय के सभी शिक्षक और विद्यार्थी इस दिन विशेष सभा के सजग और सराहनीय साक्षी बने। हिंदी में हुई छात्र प्रतिज्ञा में मानों हर कंठ की आवाज़ दिल की आवाज़ की प्रति वाणी बनी। हिंदी भाषा के बारे में जानकारी ने सभी को इस राज्य भाषा के व्यापक और अतुलनीय इतिहास को याद दिलाया। भाषा अपने आँचल में पूरी संस्कृति समाती है, ये ज्ञान मुहावरों की रेलगाड़ी और छायावाद के कवियों के अद्भुत जीवन झरोखे से अभ्युदय होता हुआ सबके हृदय पटल पर कुछ यूँ अंकित हो गया जैसे सुबह की सुनहरी रेशमी किरणों से आदित्य रत्नाकर की रेत पर कोई पहचाना सा गीत लिख गया हो। समाज में नारी के सम्मान को लेकर जो अतार्किक-अवर, कुटिल सोच है इस पर बच्चों ने एक नाटक प्रस्तुत किया जिसमें चारदीवारों की परवरिश से ले कर चौराहों के कर्णअप्रिय, गरल समान वचनों को किस रीति से सुधा बनाया जाये, इस पर मर्मन्तक भेदता सन्देश दिया गया। जहाँ हिंदी का गौरव गाती कविता ने दिल को भावविभोर कर दिया वहीं बन्दे मातरम के साथ डांडिया की झंकार ने जन जन के मानस को हर्ष से आंदोलित कर दिया।

Gurur Brahma Gurur Vishnuhu Gurur Devo Maheshwaraha



Excel Public School celebrated Teacher's Day with zeal and zest on 5th September. The effervescence in the school atmosphere was contagious. Students greeted their teachers with love and smiles along with little gifts and cards showing their gratitude. It was a feast for the eyes to see the teachers beaming with pride and gratitude. Teachers were welcomed by the school band and the procession led to the school's amphitheater. A special morning assembly was held during which our Principal Mr Mathew K G. and Headmistress Ms Gubain Mathew along with the DHMs paid homage to Dr. Sarvepalli Radhakrishnan to mark the birth of this great teacher. The celebration began as the students presented personalized cards, flower and a cap emblazoned with the school's logo as a token of respect. A cultural program was also presented.

The unique part of the day was the parents donning the teachers' hat epitomizing the concept 'Being the Change'. They handled Classes from 1 to 12. The evening get-together with our Chairman, Mr Sudhanva, and School Correspondent, Mr Prasanth, was a memorable one with Mr Sudhanva addressing and lauding the entire staff for their exemplary contribution to the school's phenomenal success. The winners of various competitions organized for the teachers were rewarded.

A special edition of the newsletter marking this occasion has been released and you can access the same at the given link.

[Click here - Teachers' Day](#)

A day of beautiful memories and celebration of innocence



Excel Public School celebrated Children's Day in its own unique way on 14th Nov 2018 to commemorate the birth anniversary of independent India's first Prime Minister Pt Jawaharlal Nehru. The programs conducted on that day were both educative and fun, and conveyed the message that discipline, culture and moral values are significant parts of a student's learning.

The program commenced with a special assembly by teachers, followed by various cultural programs. The programs symbolized a choice between right and wrong, capturing how the temptation of mind veers towards the wrong but intellect can guide children to choose what is right.

On this occasion, students were felicitated with the much-coveted 'Star Kid Awards' for their exemplary behavior. Principal, Mr Mathew K G, in his address to students, advised them to utilize their time creatively and build a bright future for themselves, as they are the future of the nation.



Bitten by the Travel Bug!

Educational trips form an integral part of the school curriculum as they provide students the opportunity of learning through travel, giving them the chance to build closer bonds with their classmates and experience new environments.

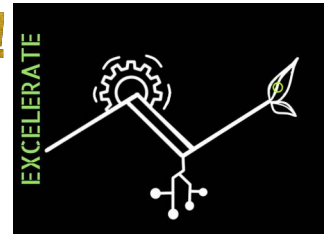
These trips nourish the attentive mind, enabling a sense of discovery and self-realization. As a part of our educational trip, the first batch of 130 students from classes 7 to 10, accompanied by 14 teachers, started their exciting journey on 6th October from Mysore to Bangalore Airport and took off for New Delhi and then drove to Agra.

Agra is an amalgam of the finest chapters of Indian history. Looking over the massive Yamuna River, Agra is a scenic beauty to explore. Popularly known as the symbol of love, the 'Taj Mahal' was a magnificent sight. A walk through the Sikandara - Mausoleum of Akbar - and the massive Agra Fort was splendid. The visits to the ancient capital city of Akbar - Fatehpur and Sikri and historical places at Jaipur - Hawa Mahal, Jantar Mantar, City Palace, Albert Museum, Amer Fort and Dolls Museum - were enriching, learning experiences dispersed with a lot of fun. The group returned to Mysore on 12th October with memories to cherish for a lifetime.

The second batch of 114 from Classes 7 to 10, accompanied by 12 teachers embarked on their journey to Hyderabad by rail on 6th October 2018. The enchanting and fun-filled visits to Salar Jung Museum, Lumbini Park, Hussain Sagar Lake, Buddha Purnima Complex, NTR Gardens, Ramoji Film City, Chowmalla Palace, Charminar, Birla Science Museum, Birla Mandir, Golconda Fort and Snow World have surely left indelible memories, both in terms of knowledge acquisition and mirth. The second batch of kids chugged their way back to Mysore on 11th October 2018, not realizing they were making memories as they were having fun!



Accelerate!!!



The club 'Accelerate', the brainchild of senior secondary students, was launched on 22nd Nov 2018 to extend learning beyond textbooks. The primary goal of the club is to promote scientific attitude among the students through active and fun-filled processes. The club will conduct workshops, quizzes, seminars and other activities that popularize science among the learners. The club also intends to create a generation equipped with scientific temperament and attitude.

The premier workshop conducted by the club was on 'Internet of Things' for high school students incepting the concept of network of devices, vehicles, and home appliances containing electronics, software and connectivity that allows these things to connect, interact and exchange data. Hands-on experience on programming with 'Raspberry Pi' to control various devices was surely an eye-opener, making pathways to many more innovations. Accelerate will sure be a club for many future innovators!



Junior Sports Day

Sports are very essential for children as they develop the spirit of sportsmanship and also derive the pleasure of playing games. It also inculcates the quality of team spirit in them. Students learn the qualities of leadership and unity as well. The Junior Sports Day was a symbol of all these and was inaugurated by the Chief guest Dr. Harsha Basappa on 24th Nov 2018. Adding fervor and energy to the event were 158 Kindergarten kids along with 138 students of Class 1 and 162 students of Class 2. They engaged in a vibrant formation of the Swastika symbol with colorful handheld fans, drill and dance, stay-fit dance number and Zumba. A few events were conducted beforehand. A lot of preparation went into play to have the little children all geared and pepped up. 8 individual events and 6 group events were conducted for the Kindergarten tots and 5

individual events and 5 group events were conducted for kids of Classes 1 and 2. 3 special events were held for the parents of the kids, thus involving the entire community in the quest to staying fit and active.

Senior Sports Day

EPS emphasizes sport activities in the school routine in order to keep young bodies and minds in trim shape. The Senior Sports Day on 8th Dec 2018 bore testimony to it. The day was kick-started by the arrival of the Chief Guest, Mr Madhav Ambady, IFS, Conservator of Forest and Director of Bandipur Tiger Reserve along with other dignitaries. March past by



the four houses and the senior secondary students along with the school band had everyone spellbound. The inauguration of the sports meet by the chief guest and the lighted EPS torch lifted the spirits of the students high, with dreams galore. Mr Ambady's speech was crisp and clear, emphasizing the need for physical activities and also for nature conservation. His talk spoke of the need to not just care about self but the surrounding as well.

Energetic aerobics by students of Classes 6 to 12 geared up the event followed by the zesty Zumba performance by Class 5. This was followed the lively dance performance of classes 3 and 4. The track event finals had everyone rooting for their respective Houses while prize distributions for the events conducted earlier had the winners on the victory stand beaming with pride as medals and certificates were awarded. Events for the parent fraternity had the parents participating with the enthusiasm of the kids! The Human Pyramid formations was breathtaking and had all at the edges of their seats. A multitude of group and individual events were conducted for students ranging from Classes 3rd to 12th. Months of prior preparations bore fruit, with Ruby House emerging winners and bagging the trophy and Diamond House winning the Best March Past Award.

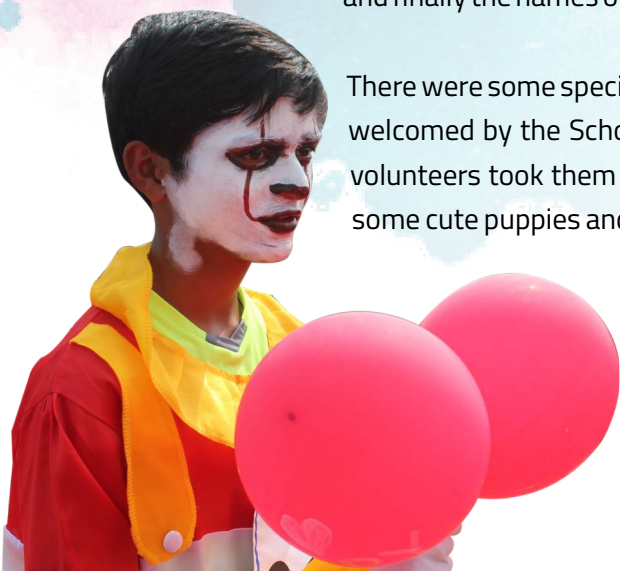
Carnival for a Cause

Keeping the motto 'WE RISE BY LIFTING OTHERS', the annual Kids' Dhamaal took place on 17th Nov 2018. Kids' Dhamaal is one of the most important events of the year, with the proceeds collected going towards helping the needy in our community through a variety of programs and initiatives by our students towards the welfare of the society.

Ms Arti Pankaj, the chief guest for the day, accompanied by our beloved Principal Mr Mathew K G, graced the occasion and declared the fair open by releasing pigeons. There were games, accessories and food stalls which served delectable delicacies. Exciting games were conducted and attractive jewelry and handicrafts were on sale. Face painting, Mehendi and Nail Art stalls were crowd-pullers. People tested their aiming skill and luck to get attractive prizes in the Ring Toss stall. Students participated in the Fancy Dress contest by dressing up like superheroes and fantasy tale characters. Flash mobs made the event more colorful. The Lucky Dip kept the crowd on the edge till the end and finally the names of the lucky prize winners were announced.

There were some special invitees from an old age home and a school for specially-abled who were welcomed by the School Correspondent Mr Sudhanva with beautiful cards. A group of student volunteers took them around with loads of love and care. People for Animals, an NGO, brought some cute puppies and kittens for adoption which attracted the animal lovers. It took meticulous planning, dedication and hard work to put up a show of this scale.

It takes a village to put up a show of this size. The Kids' Dhamaal committee guided by the Principal and Head mistress along with the entire EPS fraternity did their best to give something back to the society at large!



ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ – ಜನಪದ ಸಿರಿ

ಮನುಷ್ಯನ ಬದುಕಿನೊಂದಿಗೆ ಅವಿನಾಭಾವ ಸಂಬಂಧವನ್ನು ಹೊಂದಿ ತಲೆಮಾರುಗಳಿಂದಲೂ ಮೌಖಿಕ ಪರಂಪರೆಯಿಂದ ಹರಿದು ಬಂದ ಸಾಹಿತ್ಯವೇ ಜನಪದ ಸಾಹಿತ್ಯ. ಇದು ಬದುಕಿನ ಸೂಕ್ಷ್ಮ ಸಂಗತಿಗಳನ್ನು ಒಳಗೊಂಡಿದೆ. ಇಂತಹ ಜನಪದದ ಸಿರಿ ಸೊಬಗನ್ನು ಉಣಬಡಿಸಲೋಸುಗ ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿಯೂ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಆಚರಿಸಲಾಯಿತು. ಇದಕ್ಕೆ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಜಾನಪದ ವಿದ್ವಾಂಸರು ಮತ್ತು ವಿಶ್ರಾಂತ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಡಾ. ಪಿ. ಕೆ. ರಾಜಶೇಖರ್ ರವರು ಆಗಮಿಸಿದ್ದು 'ಯಾವ ತಾಯಿ ತನ್ನ ಮನೆಯಲ್ಲಿ ಕನ್ನಡವನ್ನು ಮಾತನಾಡುತ್ತಾಳೋ ಅಂತಹ ಮನೆಯ ಮಕ್ಕಳು ಮಾತ್ರ ಕನ್ನಡದ ಮಕ್ಕಳಾಗಿ ಬೆಳೆಯಲು ಸಾಧ್ಯ' ಎಂದು ತಮ್ಮ ಕಳಕಳಿಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಿದರು. ನಮ್ಮ ಶಾಲೆಯ ಸಂಪರ್ಕಾಧಿಕಾರಿಗಳಾದ ಶ್ರೀಯುತ ಪ್ರಶಾಂತ್ ಹೆಚ್ ಎಂ ಹಾಗೂ ಶಾಲೆಯ ಪ್ರಾಂಶುಪಾಲರಾದ ಶ್ರೀಯುತ ಮ್ಯಾಥ್ಯೂ ಕೆ ಜಿ ಉಪಸ್ಥಿತರಿದ್ದರು. ವಿಕ್ರಮ ಬೇತಾಳದ ಹಾಸ್ಯಭರಿತ ಸಂಭಾಷಣೆಯೊಂದಿಗೆ ಪ್ರಾರಂಭವಾದ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮವು ಗಣನಾಯಕನ ಸ್ತುತಿ, ಕಂಸಾಳೆ, ಡೊಳ್ಳು ಕುಣಿತ, ಸುಗ್ಗಿ ಕುಣಿತ, ಕೋಲಾಟ, ಕೊಡವರ ಓಲಗಗಳಂತಹ ವಿವಿಧ ನೃತ್ಯ ಪ್ರಕಾರಗಳಿಂದ ಹಿಡಿದು ನಾಟಕಾಭಿನಯದ ಮೂಲಕ ನಮ್ಮ ಸಂಸ್ಕೃತಿಯನ್ನು ಇಂದಿನ ಯುವ ಪೀಳಿಗೆ ಉಳಿಸಿ ಬೆಳೆಸಿಕೊಂಡು ಮುನ್ನಡೆಯಬೇಕಾದ ಅಗತ್ಯತೆಯನ್ನು ಮನಗಾಣಿಸುವಂತಿತ್ತು.

ಈ ವಿಶೇಷ ಸಂದರ್ಭದಲ್ಲಿ ಕನ್ನಡ ವಿಶೇಷ ಸಂಚಿಕೆಯನ್ನು ಬಿಡುಗಡೆಗೊಳಿಸಲಾಗಿದೆ. ಅದನ್ನು ವೀಕ್ಷಿಸಲು ಈ ಕೊಂಡಿಯನ್ನು (ಲಿಂಕ್)ಬಳಸಿರಿ –

[Click Here for Kannada Rajyotsava Special Edition Newsletter](#)

The Math Olympics

On 10th November 2018, the school auditorium bustled with a lot of energy and eagerness for 'The Math Olympics' - an Intra-school quiz competition. The event was conceptualized by the Math team and hosted by quiz masters Mst. Aditya Ramaprasad and Mst. Rahul Manjunath of Class 10. The main objectives of this event were to encourage students to look beyond their textual knowledge and establish relationships between theories and applications of the concepts learnt, to enable students to think out of the box, promote problem-solving skills and time management, and develop critical thinking and team building. Students who qualified in the preliminary rounds conducted in the Classes 6 and 7 were divided into six teams named after renowned mathematicians. The nail-biting rounds had everyone in the auditorium number-crunching!



War of words!

A debate is a formal type of argument which has a structure that empowers reason through friendly and open discussions. An in-house debate competition was held on 23rd November 2018 for students of Class 7. The topic for debate was 'Is Mall Culture a Boon or a Bane?' The competition was held mainly to build confidence and to generate effective critical thinking into primary issues among students. The objective was to build learners' self-esteem by engage them in learner-centered activity. Two teams of five members each from the sections of Class 7 spoke for and against the topic. The enthusiasm and thorough preparation for the competition was note-worthy. They were adjudged by a panel of judges for their brilliant performances and rewarded.

A similar event was organized for the students of Class 12 on 19th November 2018 on the topic 'Should the Indian government have spent Rs. 2989 cr. towards the Statue of Unity?' The participants, two teams with three members each, battled it out on stage, showcasing great respect to their opponents and offering apt and germane arguments, perfectly

encapsulating the values that have been inculcated into them. The debate consisted of two rounds - constructive and rebuttal speeches. The program was well-received by the audience. The judges, who arrived expecting some firepower and heat loaded into hard-hitting arguments, also commented on the level of professionalism displayed by everyone involved.

Special Invitees

Prevention is better than cure

On 29th August 2018, the occasion of National Sports Day, the school auditorium was filled with the students of Classes 7 and 8. The enthusiasm and excitement were high about the event 'Injuries and protection while playing sports' by Mr Pinakin Ayare, who is a well-known Physiotherapist and Kinesthetic in Mysore. In his address, he shared details on why students are prone to injuries and how they can be prevented and how students could protect themselves. The talk was very informative and helped clear certain misconceptions, and enlighten about concepts they were unaware of. It was a gripping event where students were kinesthetically involved in challenges posed by Mr Ayare.



Stay Fit

On 29th August 2018, the National Sports Day marking the birthday of Major Dhyan Chand, the school hosted another session on fitness by Mr Abhijit Ravindra, a renowned fitness trainer, specialized in general and overall fitness. He addressed the students about health-fitness and skill-fitness, the two major genres of fitness. He made a very compelling point that one doesn't need to be a professional athlete to be fit. All one needs is a basic fitness routine to keep one healthy and happy. He instilled confidence in everyone saying that one's outward appearance does not determine whether they are fit or not, and that fitness begins in the mind, and only then can one achieve it.



Tips to tackle the tough world

On 8th September 2018, Mr Krishna Jambur, a pioneer in Marketing Research, with marketing research career spanning over a decade, conducted a session for Class 11 students on three aspects of professional life - time management, people management and career management. He stressed the fact that one would excel in a leadership role only if one excels in managing these factors. He threw light on how society has evolved to be more complex and competitive from the relatively simple one that he had witnessed during his childhood, implying that the competition would be fierce for students and the only way handle it would be to develop some necessary skills.



The talk had a lot of wisdom and insights indeed which were drawn from his experiences as an employee and an employer.



Being Future Ready

14th September 2018 saw Mr Shrinivas Bharadwaj, an accomplished engineer who has worked on some important projects of Government of India, address the Class 11 students. He is the driving force behind Kritavidya Academy, which trains students and job aspirants for CLAT and various bank examinations.

Mr Bhardwaj's session was about the evolution of law as a profession over the years. Unlike a decade ago, the professional law now encompasses a wide spectrum of jobs such as legal advisors to firms, conflict analyst etc. He emphasized on the various premium law institutes in the country and guided the students on the entrance examinations to get into them. The session helped the students to look at the different genres of profession that they can opt for.

Giving wings to creativity

The principles of true art is not to portray, but to evoke. Mr Azmi Mohammed Khan, an artist par excellence, was here in school on 11th August, 2018, to portray just that. The learners were witness to his approach to art as he took on to work on a canvas. The movement of his brush strokes, that were so brisk and confident, brought to life an enthralling scenario to life. Creativity knew no bounds as the colors on the canvas changed with each stroke. Creative thinking inspires ideas and ideas inspire change.



He demonstrated the dynamics of the various media used in art and how imagination has no limitations. His passion divulged in his work and was an exemplar of Benjamin Franklin's saying "Tell me and I forget, teach me and I may remember, involve me and I learn"!

Sharpen your sword!

On 22nd November and on 19th December 2018, Mr. Shankar Prasad engaged the Class 10 and Class 11 students in turn, regarding making the ideal career choice. It was an interactive session wherein students had the opportunity to air their queries on the subject. They were educated about the 21st century skills - advanced cognitive skills, socio behavioral skills, skills to be flexible and adaptable - that are necessities for survival in today's competitive world.



The learners learnt about interconnectivity of subjects and why compartmentalizing subjects while learning will do no good. He emphasized that the learners' prime focus must be on acquiring multidisciplinary skills. In today's world, where millions lose their jobs and educated youth are rendered unemployed, it is only knowledge of the art and the science behind the work that they do, that will help them keep their eye on the ball.

Students were advised to choose their subjects well and analyze their own physical, psychological, cultural, numerical, language and creative strengths before they figure out their interest. In-depth knowledge and considering different perspectives were emphasized.

Beyond the school gates!

Field trips expand children's learning through active hands-on experience of the rich resources of the local community. Field trips increase student knowledge and understanding of a subject and add reality to the topic of study.



trip

Wild Life Awareness at Planet Earth Aquarium

On 6th and 9th Aug 2018, the tiny tots of Lower and Upper Kindergarten made their way to the Planet Earth Aquarium to experience the various fishes, animals, tree and plants housed there. The little ones were greeted by the staff at the venue and were divided into groups. The learners were thrilled to see varieties of fishes, farm animals, iguana and Persian cats, and the amazing pet show that followed. They had enough time to observe and interact. A few children showed courage by touching and feeding a few animals, especially the iguana. Back at school, they illustrated their observations, bringing an end to an enriching day.



Short Sojourn at Aloka Bunglow

In connection with the lesson 'Forest' from the Science syllabus, on 30th August 2018, Class 7 students visited the nearby tree park 'Aloka Bunglow' which is spread across 530 acres of land, adding both lung space and green cover to the region. Students were shown videos on flora and fauna at the movie space and then led to explore the forest cover. A competition to draw a bear, that was held post the movie screening, had the learners thrilled. The forest officials introduced the learners to many medicinal plants and commercially useful plant species. Children learnt about the interdependence of plants and animals. Children returned with an increased sense of awareness and love for nature. A look at their contented faces ensured that the trip had bridged the gap between the class room learning and the real life around.



Field Trip to Agriculture Research Institute

On 28th Nov 2018, students of Class 8 visited the Agriculture Research Institute, Naganahalli, Mysore, to learn the importance of Agriculture and its role in our economy. There, the students were exposed to a variety of seeds and crops developed by the institution. Students were introduced to manure production and how animal husbandry plays a role in agriculture, the agricultural methods used and how farmers are helped through constant monitoring. They observed several varieties of Rice, Ragi, Pigeon Peas, Chikku and Banana grown as part of their experiment. A specialist briefed the students about the need and importance of innovative agricultural practices and the scope of studying agriculture as a subject in their future, sowing seeds of thought in the learners' minds.





Taking in Food Tech at CFTRI

On 30th October, 2018, students of Classes 11 and 12 visited the Central Food Technological Research Institute. The students were first walked through the delightful campus to acclimatize them to the campus. The carbonation centre with its state-of-the-art facilities had the students agape. They were offered a carbonated mango drink which was a numero uno experience for many. The huge machines that were designed to package and design food materials had the students wide-eyed and curious. Their products that were offered for tasting tantalized the learners' taste buds as well as their minds. The main building housed the food scientists who guided the students about sustainability, food packaging, nutrition to biomolecules etc. The institution, with its latest technologies, highly experienced and well-versed scientists, the products that are engineered there and their contribution to the nation, made a huge impact on the learners' perception of food and hygiene.

A Day at Odanadi Seva Samsthe

On 28th November 2018, learners of Class 10 visited "Odanadi Seva Samsthe", an organization that works towards curbing human trafficking and helps all those who need help. They focus on helping women and saving them from abuse. The interaction with the head of the organisation, Mr Stanley drove home the need for change in the society and the need to treat women as humans instead of commodities. He urged the students to be aware of the atrocities around. The real eye-opener was the way women are treated by men as they screened videos of women being hidden between walls, under television stands and in sewers after being abducted for prostitution. The stark reality of innocent women lured to these horrendous actions by baiting with jobs left all disconcerted and dismayed. However, the flame of hope was sparked in their minds at the reality of organizations like Odanadi, which work selflessly to fight against such atrocities and give a safe haven to those rescued.



A morning with Nature - at Ranganathittu

The trips to the Pakshi Kashi of Karnataka, Ranganathittu on the 13th and 14th of December 2018 had two batches of students of Classes 8th to 10th reporting to school as early as 5.45 a.m. on cold winter mornings. Excitement filled the air as the bus started the short trip through the meadows and villages and reached Ranganathittu at 6:45 a.m. Without much ado, students donned the life jackets and boarded the boat. Though the surrounding looked dark and still, the reptiles and avian creatures were abuzz with activities. As the boats slowly waded through the islets, the helmsman, Mr Swamy, guided students, describing the features of the most-sighted migratory birds that were perched on the trees and bamboo groves. The sight of crocodiles with their fresh catch sent a chill down everyone's spine. Post the boating, students explored the surrounding areas of the Sanctuary and visited the information Centre to amass more information. The return journey after a light breakfast had the learners mulling over nature's bounty of winged wonders.

An Appointment with Science at the University of Mysore

On 13th November 2018, 36 students of Classes 11 and 12 with their teachers went on a study trip to University of Mysore, Manasagangothri, with the aim of gaining knowledge and experience about new advancements in science. The main objective was to understand research methodologies, get familiarized with instrumentation for chemical characterization, gain introduction to advanced technology used in various fields of research, and understand the importance of interdisciplinary research in the progress of science and technology in our country. The students visited the Institute of Excellence (IOE) Department, which is a hundred crore-project by the Government of India for research in the field of genomics, chemistry, biochemistry and microbiology.

The first laboratory they visited had a wide range of microscopes including the Stereo Zoom Microscope with digital camera, the Transmission Electron Microscope (TEM), Confocal Microscope and many more with capacities to magnify to the level of an atom and develop 3D pictures of the object. The next laboratory had the Column Chromatography used to separate pigments and compounds at the molecular level. The advanced genomics laboratory mainly researched the structure and functions of DNA and ways to alter DNA sequence.

The learners then visited the chemistry department that had a huge centrifuge and High Performance Liquid Chromatography (HPLC), analytical as well as preparative, for separation of compounds. They also viewed various equipment used for processes like Polymerase Chain Reaction (PCR), Gel doc, Poly Acrylamide Gel Electrophoresis (PAGE) vertical and horizontal units, Nuclear Magnetic Resonance (NMR), Liquid Chromatography Mass Spectroscopy (LCMS) and Gas Chromatography Mass Spectroscopy (GCMS), used to learn the mass of the isolated compounds. The visit to the Zoology department introduced the learners to a wide range of organisms. There was a wide range of organisms right from the human embryo to the cub of a lion to specimen copies of Phylum Cnidaria, Platyhelminthes, Aschelminthes, Annelida, Arthropoda, Mollusca, Echinodermata, Pisces, Amphibia, Reptilia, Aves and Mammalia, and many more, which were preserved in formalin solution. The visit was a truly enriching experience.



A Tryst With An Artist

Art helps one escape from the noise of the outside world. Keeping this in mind, students from the art club along with a few students from Classes 9th and 10th called on a very talented artist Mr Suchendra P. at his studio on 21st Aug 2018. The journey to the studio located on the outskirts of the city was filled with anticipation and curiosity. The workplace was in the heart of a farm, peaceful and rooted in nature, huge and spacious, well-ventilated and bright. The learners had a brief introduction session about the artist - his style, career and commercial aspects of his work.

There were a few paintings on display which were completed recently and some in progress. His paintings were realistic, captivating and very meaningful, mainly based on animal cruelty, extinction of animals and human selfishness. The paintings were bold, vivid in color and were bursting with life and meaning. The learners immersed themselves in learning about art styles, materials and how the artist works with different media. The students were amazed, inspired and their passion for art burned brighter.





Teachers Day Out

Successful team outings help to solidify bonds between colleagues, and give them opportunities to communicate and collaborate outside of the workplace. Team outing eliminates communicative boundaries and focuses overall morale, positivism, and personal growth as a team. On 22nd September, 2018, the EPS team of 102 members traveled to Somanathapura and Talakaadu. The ride was lively with songs and dances. The bunch spent a pleasant time in Talakaadu frolicking in the water, followed by a sumptuous meal. The trip energized the team, setting stage for a more productive and innovative tomorrow.

Winning Streak!

Winners never quit! True to the quote, students of EPS have done extremely well in numerous competitions, both individually and as a team, in the first two terms of this academic year.

Click on the link given below to view all our young achievers who have done us proud and have carved a niche for themselves in the Hall of Fame!

[Click here to view Hall of Fame](#)

Book Review of "The Alchemist" - Paulo Coelho

Book Review of "The Alchemist" - Paulo Coelho

"A fable about following your dream"

They say that life is a game and we have to follow the rules to reach our destiny. The failures, the loss, the victory – these are our encounters during our transient path. Santiago is a young shepherd boy who lives in the Spanish province of Andalusia. A boy just like any other kid on this planet, he has great dreams to become something different in life. But no one knows what lies ahead in life. Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own.

So Santiago sets off on his journey. He meets traders from different parts of the world who surprise him immensely. He travels to the exotic markets of North Africa and then to the deserts of Egypt. During his journey in the vast and void deserts of Egypt, he comes across another traveler who teaches him the essence of life. "We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of infinity. Life is eternal. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity."

The boy then moves on to his next encounter – with the alchemist. Santiago is driven to the deserts of Egypt by his dream. In his dream, he dreamt about the enormous amount of gold buried near the pyramids. The Alchemist is a book about following your heart and your dreams. There is only one thing that makes a dream impossible to achieve: the fear of failure.

Ms Sameeksha - Class 10A



Wasteland

The sky on fire
Raging within
People admire
The pain it's been in
The eye of a storm
The coldness of hate
Does it have form
Coming from fate
A dagger of ice
Fiery blood it tastes
A distraught cry
Sounds through the wastes
We wait for the end
On gentle wings at last
The scars might mend
And settle in the past...

A Fantasy

Your home a prison
The novel an open door
Strain your ears and listen
The book pulls you into its lore
The terrain is unfamiliar
Filled with patches and gaps
All around you people leer
As your time lapses
But you have wings
The sky they adorn
But stay hidden from the fangs
Of the beast, who waits for them to be torn
Vivid landscape hidden behind the gateway
Envelops you, an angel's protective down
Finally safe, dangers far away
In your own words you can drown.

Ms Vaishnavi Raghavendra - Class 10B



BABY STEPS

Everything looked perfect until a foe named failure entered my life.

Is this always the case when failure enters one's bubble?

When failure enters one's life, all the beautiful colors ebb away, leaving only black and white. Failure takes a toll on every one of us. Big or small, failure creates deep scars in us and we always have to find a way to overcome failure. So no matter how many proverbs you come across, how many quotes you go through or how much advice and guidance you get from all your loved ones, we have to travel this maze of failure on our own.

Personally, failure for me came in the form of mathematics. This seems to be the only festivity coming annually into my life, school year after school year. This festivity also comes with the greetings of my mother's bi-annual, sentimental, guilt trip-worthy figures of speech. Fact is that I have always worked hard on my math. Practice, practice and practice would be the only mantra I ever followed. Even though my hard work seems to be flowing, my grades never seemed to be soaring. I would spend hours on wikiHow to get over Math block, practice mindfulness for at least 10 minutes a day, and eat okra and badam because it would help me grow a brain! Out of all the things I have tried, I do not know which is real and which is a myth, but I am so desperate that I am ready to believe anything. Anxiety is such a weird feeling: even though you have devoted all your time and energy on something and you feel you got a clear shot, anxiety just kills all the reassurance you have on yourself. Analyzing my situation, I realized that I was never bad at math but it was my anxiety which erased all my memories regarding Math. My problem wasn't my inability to understand math. It was my inability to face math. Moving forward, I made a promise to myself that in the following test, I was going to do great. I also promised myself that I wouldn't chicken out upon seeing my Math paper. Solving Math would be the only thing I would do the following months. RD Sharma, RK Aggarwal, NCERT would be my allies to face Math. Days and months flew by and my Math test arrived.

As the test came nearer, my fears went away farther. I was feeling positive about this time. On the day of the test, I got ready in an organized manner. Packed my bag neatly, wore my Nike shoes so I could "JUST DO IT" and prayed to God. I never let any fear come to me because I was in a self-induced numbness to negative vibes. I arrived in the examination hall, remembered my promise that I made months before, looked at my foot one last time and wrote the test with conviction.

I came home that day with a smile on my face, I didn't know if I would get my anticipated result, but I did know for sure that I was satisfied with my paper. Whether I aced my test or not was secondary, but definitely, I succeeded in shooing away my Math fear. I got my results and they were satisfactory! I was genuinely pleased this time. They weren't very great but I was happy cause for the first time in a long time, I wrote my Math paper with a little more confidence.

It is clear to me now that what causes success to come knocking at your door is baby steps. Learning is hard because it is harder to cultivate habits than it is to break them. During the entire test, I had to remind myself to keep my fears at bay. I have probably failed in every other Math test but never lost hope. I cling to hope and hard work to lead me to success, for a wise man once said, there is always light at the end of the tunnel!

Ms Sharanya - Class 10A



Vasudhaiva Kutumbakam

It is the need of the time that we study and understand the essence and the values of Indian culture. The topic of "Vasudhaiva Kutumbakam" is the theme of this article. 'Vasudha' means 'Earth', and can be interpreted as the 'world', 'Kutumba' means 'family'. Our ancestors propagated a very high degree of universal brotherhood or fraternity through this slogan of "Vasudhaiva Kutumbakam". It is said that this Subhashita belongs to the Maha Upanishad.

"Ayam nijah parovetti ganana Lagu chetasam, udara charutanam tu vasudhaiva kutumbakam". These lines mean that narrow-minded people think this person is mine and that somebody is an outsider, but large hearted, broadminded ones consider the entire world as a family. When we split the term, it is, "Vasudha Eva Kutumbakam" stressing that world itself is the family. It is said that Lord Brahma created the world to get rid of his loneliness and boredom. Yes, loneliness is unbearable. Human life is a virtuous one. We see community living even among animals. Thousands of years ago, human beings started living in groups, built villages, states, provinces and nations. There are saints who lived for the uplift of humanity.

"Aano Bhadraha Kruthvo Yanthu Vishwataha" proclaims the Rig-Veda, which means, "May the noble thoughts come from all the directions of the universe". Our elders had a clear idea of vastness of this universe. The holy Vishnu Sahasranama starts with the word "Vishwam", the universe.

A life becomes full when an individual opens himself to the world. Eating alone is too boring, even worrisome; we eat happily in a group. We go on picnics, tours, and journeys with family and friends. With the vast usage of communication technology, we can have friends across the globe. During the Indian Freedom Movement, the entire country stood united from Kashmir to Kanyakumari, Lahore to Surat, to fight the colonial rule, forgetting their differences of religion, caste, community and languages. They truly exhibited the spirit of oneness, and 'Vasudhaiva Kutumbakam'. People came from

China and other countries to ancient Indian universities of Takshashila and Nalanda. Swami Vivekananda earned reverence and won the heart of the entire world and many western disciples followed him to India. Gandhiji fought apartheid for the justice of the people of South Africa without thinking that they were foreigners. Justice to humanity was the only focus. Dr. S.Radha Krishnan embraced hardcore dictator Stalin whom the entire world feared, which brought tears in the eyes of the latter.

T.S. Eliot's long poem "The Waste Land" has many references to Hindu Scriptures. "Death By Waters" is one section. The Poem ends with 'Om Shanthi! Shanthi! Shanthi!'. In the preface the poet says that he couldn't translate it and the lines lose their deep meaning if done so. One Upanishad hymn goes like this:

"Om sangachhhadvam, sam vadadvam, sam om manamsi janatam.

Samaneeva aakutihi samana hridayaniva samanamastu o mano yathava susahaasati"

"Samana" means equality. Indian culture has propagated social justice since time immemorial. This high principle is the essence of our constitution. Since all these noble thoughts uphold the idea of "Vasudhaiva kutumbakam", they are included in the school curriculum in many European countries. Sages who did penance/ tapas invented many things for the betterment of the mankind. Ashtanga yoga and ayurveda are two such supreme contributions of ancient India to the world. We find people who engage in many charity activities like running orphanages, asylums for the old, rehabilitation of the Devadasis etc. All these selfless services to the abandoned and the destitute are the examples of spirit of "Vasudhaiva Kutumbakam". INFOSYS has adopted many schools, donated books and is doing great social service. Like this, we find people like Mother Theresa who came from Albania to the people of India. Former Australian cricket captain Steve Waugh started charity work for the slum dwellers of Kolkotta. Baba Amte and Anna Hazare are more examples. Nationality, religion and language were not a barrier to these people to render their whole hearted service to humanity. Father Damien served the lepers and died of leprosy which is the peak of sacrifice for which he is canonized into sainthood. These individuals embraced the world. Vachana Sahithya propagates the same spirit of "Vasudhaiva Kutumbakam".

"Annavanu ikkuvudu nanniyanu nudiuvudu tannante parara bagedode kailasa binnanavakku sarvajna".

When our ancestors thousands of years back have thought of "global citizenship", can't we, the so-called highly advanced generation live happily with all people? Let us think!



Mr Madhusoodanan K

PGT History and Coordinator of Social Science Department.

Falling Into The Chasm

Falling Into The Chasm

All your hope is lost.

The last of your sanity shattered.

You're diminished into nothingness ,

For all you did never mattered...

You were once a fiery dragon ,

Soaring through the skies so high ,

But you fell into the eternal pit of darkness ,

And now you just wish you soon die.

It's quite astounding ,

How fast the tables have turned.

Turn your head for one second

And you lose all you earned.

Your pride has faded.

Your courage is lost.

You're falling into the chasm.

You feel like frost.

As you retreat into the void ,

"What happened!" you wonder,

For you're drenched in the rain no

And cowering before the thunder.



Ms Punya Bopanna - Class 9D

All is well that ends well

Christmas is for joy, for giving and sharing, for laughter, for coming together with family and friends, for tinsel and brightly decorated packages. As the jam-packed 2nd term of school came to an end, and before breaking for the Christmas Vacations, the school lawns came alive with the festive spirit. The cold winter evening of 22nd December 2018 had the EPS family members assembled radiating the success of an event-filled 2nd term and also to celebrate Christmas. With the Christmas tree decorated and the crib in place, camaraderie- filled the evening air.

The stacks of gifts were piled high under the Christmas tree, with Secret Santas having played their roles perfectly. Carols were sung, verses from the bible read, and games played bringing in the holiday cheer. Palpable warmth filled the place with hope for a better and brighter tomorrow for all. Blessed is the season that engages everyone in a conspiracy of love!!



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