

EXCELSIOR

Ever Upward

From Despair to Delight ... through Resilience!

Probably the most streamed news item in the recent times - for almost a month from June 24, to be precise - has been the heroic rescue operation of the 12 members of the rural football team, 'The Wild Boar Academy' and their coach, from the massive cave complex, Tham Luang in the Thai province of Chiang Rai. Millions of people all over the world were on an emotional roller coaster, with news updates being streamed across the world about the unprecedented turn of events from the 'site'. Interestingly, the 12 boys and their Teacher (coach) huddled together almost 600 meters beneath the earth's surface, clueless about the outside world. But, they waited, patiently and positively, hoping for help from some 'unknown quarters'. The rest is history...

As an educator, I wonder what the secret behind the miraculous survival of these 12 youngsters and their coach could be, given such unimaginable and inhospitable conditions. What would have been the contribution of parenting and education



in them making it through the entire ordeal, courageously and gracefully? Could the presence of their Teacher, as a source of encouragement, motivation and inspiration, be treated as the most potent factor, the one that helped them fight this high-stress situation that lasted for more than a fortnight? In the pitch darkness of the icy cold surroundings of a rock cave, how could they remain calm and composed, without blaming each other for inviting this nightmare? And finally, how many of our children, with the kind of parenting and education they receive, would ever 'manage' to

(source: <http://liturgy.co.nz/lessons-from-the-thai-cave-rescue>)



survive for a couple of hours, under similar circumstances?

As Charles Darwin said, it is not the strongest of the species that survive, nor the most intelligent, but the most responsive to change. Building resilience in children is not about making them tough. Resilience is the ability to recover from difficulties and manage how you feel. As parents and teachers, I hope we are doing much to promote that confidence in our kids that will contribute to better outcomes academically, socially and emotionally. That which counts, in the long run, is the courage to continue!!!



■ **Mathew K G**
Principal

'A picture is worth a thousand words!'

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

CBSE CLASS 10 RESULTS 2017-18



SANJANA K

97.6%



SAMYATHA S

96.2%



SHRUTHI K AITHAL

96.2%



SAMEEKSHA BARGI S

95.4%



JOEL SHAJI MATHEW

95.4%

Centum

Social Science

ANANYA M KASHYAP

ANOKSHA M SHETTY

DEEKSHA NANDEESH H

DISHA DILIP

JOEL SHAJI MATHEW

NIHARIKA C V

PALGUN N P

SAMYATHA S

SHRUTHI K AITHAL

SWATHI K AITHAL

Science

SANJANA K

Highlights

Percentage	No.Student
95 - 100	7
90 - 95	16
80 - 90	28
70 - 80	17
60 - 70	7
50 - 60	5

Top Scorers

Mathematics

ADITI ATTAVAR - 99

SAMYATHA S - 99

SANJANA K - 99

Kannada

SANJANA K - 97

SPOORTHI S RAO - 97

English

ANOKSHA M SHETTY - 97

Hindi

SAMIHA KUNCHAM - 94

SAMIYA SAIT - 94

Congratulations!

The Management, Principal and Staff Congratulate the Students and their Parents on this brilliant performance!

New Beginning ... New Mindset ... New focus!

It is rightly said, "To be prepared is half the victory!" And the EPS fraternity believes that confidence comes from being prepared!

Preparations for the new academic year began with the training session for the teachers on 9th May 2018. The training sessions at EPS are programs to sharpen the tools of a facilitator and has been a pre-requisite to every new academic year.

Resource persons such as Mr Mathew, our principal, Ms Chithra & team from Excel Soft, Mr Vasudev & his team from Hyderabad and Mr Sudeep, a clinical psychologist at the South Asia Self Harm Initiative project dealt with contemporary concepts of education and lifelong learning. The highly informative sessions helped all the participants to unlearn, re-learn and develop strategies to encourage students to be aware of their own learning strengths and weaknesses and address areas that challenge them.



World Environment Day

World Environment Day was celebrated in Excel Public School on 5th June, 2018, to create "awareness and action for the protection of our environment." This year India is hosting World Environment Day, under the theme 'Beat Plastic Pollution'. On this occasion, Excel Public School has taken an initiative to increase social awareness, to strengthen our bond with Nature and to develop interactions with it through the Green School Project.



Our school has decided to widen the learning strategies, thereby professing our common faith in union with Nature. As a part of Green school project we had a special assembly where our Eco-club members briefed the whole school about the six areas - clean and healthy air, optimization of every drop of water, regeneration of energy, waste reduction, minimization of over-exploitation of land and traditional food culture revival, thus taking small but steady steps to make our school a green school!.

The World is one family



14th June 2018, saw the EPS family gearing up for a celebration enhancing the spirit of "Vasudaiva Kutumbakam"! Preparations began with much fervor and gust with weeks of prior planning and collaboration. The Holy month of Ramadan, being celebrated the world over, had EPS as an integral part of it. The Iftar party, an annual ritual, had all the teaching and non-teaching staff come together resonating unity in diversity!

The evening began with delegation of various tasks and organizing the prayers. The staff congregated and the prayers began spreading a sense of peace, kinship and merged all boundaries. The fast was broken after the sighting of the moon followed by a sumptuous spread prepared by the staff. The camaraderie and good will was highly palpable that serene evening!.

Yoga - Journey of the self, to the self, through the self!!

Excel Public School observed International Yoga day on 21st June , 2018 by being a part of the mass event organized by



the District Administration, Mysuru, at Race Course. The programme was inaugurated by Sa Ra Mahesh, Tourism minister of Karnataka. Warming up for the grand performance began at 6:15 am followed by Common Yoga Protocol. More than 150 students from Classes II to XII and 35 teachers of the school were part of this mass event. Students were made aware of the relevance of yoga in daily life. Different asanas were demonstrated under the guidance of yoga instructors. The event was a reinforcement to show how important it is to have a healthy mind and a healthy body.

All the world's a stage!

A theatrical performance is a particular kind of interaction between performers and observers (actors and audience) in a shared physical space. One such powerful performance was witnessed by Excel Public School through the efforts of Dr Purnima and her team on 23rd June 2018.

The play - "Stage Chemistry: Neuro-Psychiatric Disorders on Stage"

created an exposure for the students a unique yet complex concept on stage. A well-directed play with great acting and a powerful script left the jam-packed audience riveted from the curtain rise to the final bow.

The play captured the pathos of the characters and the consequent damage to their familial units that follow with people suffering from various Neuropsychiatric disorders. The entire play has been conceptualized, scripted, directed and produced by Dr Purnima after exhaustive research.



Harmony Quiz-2018

A unique format of quiz - "Harmony Quiz" was organized in our school, on 30th June 2018, by Round Table-156, a non-profit organization who work towards empowering schools that lack the necessary infrastructure for education.

Six teams were formed, named after the major rivers of our nation, each comprising of a visually challenged student, a hearing impaired student, a student from a government school and two students from EPS. The quiz masters had ensured involvement of every participant in a team by including questions in Braille and sign language for the specially-abled kids and required high levels of collaboration in the team.

The gripping quiz which involved the audience as well, had everyone on the edge of their seats. Team Krishna emerged the winner. This unique quiz was an example of how collaboration and team work can take us to greater heights.



Ingenious Inventors

EPS takes immense pride of being recognized as ATL School (Atal Tinkering Lab) through the Atal Innovative Mission (AIM), an initiative of the NITI Aayog, Govt. of India. They had conducted 'ATL School of the Month' competition and we had submitted our proposal along with video evidences of an innovative project "Irribot", a robot for irrigation purpose made out of 80% 3D printed material and recycled laptop battery charged by a solar panel. A group of four students Ms Punya Bopanna, Ms Anvita Mathew, Mst Darshan and Mst Shrinidhi, undertook this project and secured the winning position in 'Agritech' division in the month of May 2018.

Front Runners lead the way

Investiture of the new Student Council was a much awaited event of this academic year, inducting the newly elected leaders for the student council. The occasion was marked by the presence of chief guest Mr Sanjeev Gupta, MD & CEO of ESDM, Mysore, who presented the official badges to the student office bearers and addressed the gathering on being different and never giving up, no matter how hard the hurdles are.

The newly elected members were brimming with an energy that was palpable, their strides revealing a new found purpose.



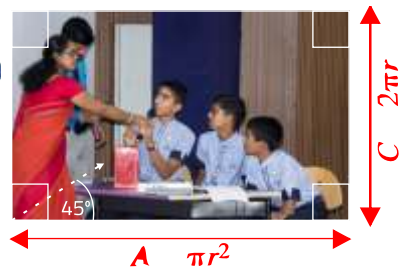
Mathematics to Mathletics!

On 23rd July, 2018, the school auditorium was abuzz with energy and enthusiasm, the reason being a colorful and memorable event "Mathematics to Mathletics", an Intra-school quiz competition. The event was hosted by Mr Ubaid Ahmed along with EPS Math team. The main objective of the event was to help the students think from different perspectives. It also promoted skills like teamwork, problem solving and time-management, and created a platform for the children to showcase their potential.

Students from Classes 8, 9 and 10 participated in the quiz forming 50 teams of 3 members each. After an energetic tussle between the teams with a number of brain teasers in the preliminary round, 6 teams shouldered past stiff competition to enter the final round. The various rounds like Welcome Round, Double-Trouble, One Visual Many Concepts, Buzzer Round and Rapid Fire had everyone psyched. On the whole, it was an enriching, interesting and fun-filled event.

Museum Visit

On 29th June 2018, learners of Class 4 embarked on the fieldtrip to the Regional Museum of Natural History, Mysore. This trip was scheduled to ensure understanding and appreciation of life in a bygone era.





The students observed preserved specimens of various fauna, models of dinosaurs, Dodo and Ant eater which are now extinct species. They looked in wonderment at the different stages of human evolution and sections exhibiting marine habitats. The museum exhibits plants, animals and geology of southern region of India.

At the end of the fruitful trip, students were able to identify the different habitats of animals, differentiate between extinct and endangered

species, comprehend evolutionary history of humans and imbibe the importance of conserving forests.

Eco-club

The Eco-warriors were on a crusade to learn more on vermicomposting and sustainable waste management during their visit to the Organic Research station (University of Agricultural Sciences), Naganahalli, Mysore, on 21st July 2018.

A seminar by Mr Ramachandra, Asst. Prof at the Organic Research station, shone light on agriculture, nutrient requirements of plants, and vermicomposting. The session was an interactive one. Learners were filled with wonderment as they learnt about the sustainable and slow release of nutrients by manure. The specifications of vermicomposting and the types of earthworms used for the vermi-beds were divulged.



Hands-on experience followed the seminar by the learners visiting the sprawling 65 acre fields of the institute. Mr Babu, the care-taker, showed the students the vermin-compost unit and also introduced them to various plant species in the campus. The awestruck students returned to the campus with their newly acquired knowledge and vigor to implement it in the vermin-compost pit in the school, bringing the institution a step closer to being a sustainable school.

Sneak Peak at Village life

A field trip for Class 9 students on 20th July, 2018 to Dadada Kallahali, a nearby village was to ensure that the learners savor the quintessence of village life. The objective of this trip was to understand the activities contributing to the economic development of a village.

Students were able to interact with many villagers belonging to different socio-economic strata. They collected data on history of the place, methods used to attain high yield in



agriculture, the land use patterns, and farming and non-farming activities of the village. They also visited the fields and collected information on crop varieties and pre-sowing seed-treatments involved. They observed other non-farmers like blacksmiths, carpenters, potters and local shopkeepers at work.

They also visited the Government School in the village to experience the teaching-learning process.

Walk down memory lane

The Social Science Department organized a field trip for students of Class 6 to Jayalakshmi Vilas Mansion on 25th, July 2018. As they journeyed into the museum, the various artifacts on display kindled their curiosity. Children read the information given below the artifacts and penned down their observations with great enthusiasm. The professional wooden carvings, colorful Yakshagana attires, fine sculptures and, huge and scary statues left them completely mesmerized.

At the end of the tour, the curator of the museum was generous enough to explain about the history of the mansion, which helped the students get a clear picture of the place and its objectives. All queries of the students were addressed. Children appreciated the wonderful thoughts behind the magnificent museum and the archeologists' efforts to preserve the artifacts, and had an insight on how they facilitate reconstruction of history!



In the lap of nature!!

Adhering to the concept of learning outside classrooms, the learners of Class 2 and Class 1 were engaged in a field trip to Sukha Vana and The Bonsai Garden on 19th June and 14th July 2018 respectively. The excitement of the kids knew no bounds at the surprise sprung on them.

The journey to the destination was an eventful one filled with questions from the curious minds.

Clear instructions given to the learners ensured that there was no confusion at the destination. They observed every little detail they could assimilate in the wonderful surrounding, filled with very well maintained trees and plants, birds in enclosures and left free in the open. The Bonsai plant collection filled them with awe and amusement. The interdisciplinary learning involving Science, English and Math left the kids with an enriching experience. These were indeed days brimming with information, indelible learning and igniting the curious young minds.

Change Agents!

EPS was fortunate to have two eminent personalities- Ms. Anita Kurup and Mr Ricky Kej address the students, on 2nd July 2018, in an inspiring session about how they have pursued their passions relentlessly and have left indelible marks on society.



Ms Anita Kurup, who heads a committee which is invested in recognizing and nurturing gifted students, showcased a presentation of their work which involves identifying and promoting highly talented students who, despite being extremely talented, face the challenge of fitting into regular schools. She spoke in length of her organization's efforts to promote such kids and train teachers to identify and accommodate them.

Mr Ricky Kej, a Grammy Award winner enthralled the audience with a mind-blowing presentation. His work interweaving exemplary music and conservation of Nature had everyone astounded and inspired. His collaboration with musicians across the globe to join hands in conservation of nature, and his music videos which highlight the Island nation of Kiribati, which is on the verge of complete submersion due to rising sea levels and the human-animal conflict due to deforestation, were eye-openers to the climate change scenario.



The indomitable spirits and unconquerable passion of these personalities emphasizes, the goodness in the world and offers something for our learners to emulate.



Music born out of passion

The music performance by the band 'Sustain' on 11th July 2018 was an event to reach the minds of students and drive them to pursue their passion. The event was organized for Classes 5 to 10 in the school auditorium. They played a few numbers which had everyone on their feet and gave insight on how each band member was inspired by music. They prompted the students to follow their passion because passion drives a person to be the best. The take away: follow your passion, it will lead you to your purpose!



Pursue your Passion

On 21st July 2018, Dr Ranganath- a persona who dons many hats- a writer, radio artist, editor and a guest faculty was at EPS to address the facilitators about effective time management, inculcating reading habits, following passion, and never giving up.

He spoke of how to use time judiciously and effectively thus managing things better. Prioritizing work and allotting time were emphasized in his speech.



He spoke of the importance of reading and how it could be inculcated in our daily schedule to enhance radical thinking and problem solving. He insisted on reading a huge number books and not be limited to a particular genre of topics. Dream big and follow your dream relentlessly; was the mantra he emphasized, that left the audience with a lot of food for thought!

Media & Communication

A career counselling session for Classes 11 &12 was held on 11th July 2018 by Dr. Sriram "Sri" Kalyanaraman, Professor of Journalism at the University of Florida's College of Journalism and Communications. The session mainly involved how the media influences our decisions and social life. He discussed about how the media has evolved from print media which was limited in scope, to digital media which paved the way for the emergence of the most influential media, called the social media.



He also discussed how the journalism has evolved into new genres including science reporting, culinary reporting, sports reporting etc. in which writers need to be experts on both journalism and the respective subjects, offering new career choices to the science graduates, which are completely different from the traditional 'science jobs'.

In addition, the social media itself offers a wide variety of career opportunities. Discussion also highlighted on how 'big data' has become a core of journalism today, opening doors to experts in big data analysis.

Talent - if you have it, flaunt it !

One night ... during World War III!

It is a cold and windy night. At about ten in the night, the night is freezing and snowing heavily. Someone just groaned from somewhere but I can't even move a muscle. And forget about helping him. In fact, nobody can. The first reason is utter exhaustion, and the second, the snowfall. I am Venica Rox, the only female officer of the Australian Army. We all are positioned in the trenches and beyond, out there, is the huge army of the Germans.

It is the time of the World War 3 [28th July 2068]. This scenario was only a distant vision of war when I was a child. Now here I am, serving my nation. It's pretty stuffy out here in the trenches, also more because of the bodies of the martyred soldiers that we had to drag into here. The Germans don't believe in "dead bodies" kept in front of them for more than an hour.

We are weak at the moment. We have run out of our ration of chew bread and dry cheese. I am pretty worried for my fellow soldiers. Ashamed to admit it but at the moment I feel helpless, and even in the presence of thousands of soldiers, I feel alone, except for my thoughts about my family. Who knows whether I am going to see them again or not!

We have already lost hundreds of soldiers in the last attack. I also wonder: what might the families of my fellow soldiers be thinking? I hope tomorrow morning will bring us some hope.

Arya Pooviah

Class - 8C

Musings of a Soldier

It is the time of war and I have left my family behind. There is nothing to give me company except for the cold who has wrapped her unkind arms around me and my apprehensive thoughts that are not helping at all.

Is this war worth the risk I have taken? Is it really necessary? Is there no other alternative? Do families really have to be torn apart? Do we really have to kill the opposite side? After all they humans too. Couldn't we all live in peace? They say after war everything will be fine for the country But isn't every dead soldier the cause for so many lives and souls to be torn apart? After all, death isn't something that happens just to you.

Besides all this, couldn't I meet my family, just in case?

Anyway, what has the enemy done, that we must wage war? Do we really need all this killing, hurting, bloodshed? I wonder.....

Layaa Sreeharsha

Class - 8C

Lessons From FIFA

Hi all:

Like everyone in the world, I avidly watched the FIFA World Cup that was held from June 14 to July 15, 2018. While watching, I learnt a lot of things. Now, I am going to address five important things that I learnt from this World Cup:

1. Passing isn't everything

Spain went out after losing a penalty shootout to hosts Russia after 120 minutes in which they completed over 1,000 passes -- a new World Cup record made in Russia 2018. Yet the only goal the Spanish scored was an own goal following a set piece. Possession at times seemed to be an end in itself, rather than a means to an end. Way too often a Spanish player would check and move horizontally rather than look to move into space, making it easy for a brave but limited Russia side to pack their defence and hang on for a penalty shootout which had a feeling of inevitability about it.

This tells us to sometimes depend on ourselves.

2. Belgium: It pays to be positive

There were 30 seconds left on the clock when Belgium goalkeeper Thibaut Courtois caught the ball in his area. Most keepers would have been happy to clutch it to their chest to let a few seconds pass to ensure extra time. Courtois had other thoughts, however, rolling the ball out to Kevin de Bruyne who ran almost the full length of the pitch to start the move which led to Nacer Chadli scoring the goal that beat Japan 3-2. Maybe the Spanish should take note; sometimes speed and speed of thought are important, and it pays to be positive.

This tells us about time sense or punctuality.

3. Mbappe: New world number one?

This World Cup ended without Lionel Messi or Cristiano Ronaldo: the two players who have dominated world football for

over a decade now. With Messi now 31 and Ronaldo 33, this World Cup could show us who will pick up the torch. Harry Kane's goals and leadership make him a candidate, but for sheer footballing thrills the torch may be headed for France's 19-year-old Kylian M'bappe, who won a penalty in France's 4-3 victory against Argentina and became the first teenager to score twice in a World Cup finals game. It was a breathtaking display of pace and skill that implies he could just be the next great superstar. This tells us that time is passing on and new players are emerging.

4. Messi: No man can be an island at the World Cup

Argentina flirted with disaster in the group stage, and although hopes were high that they could improve after beating Nigeria in the group stage, it was not to be. An impressive French side made Argentina's weaknesses all too clear and with Messi out of form and surrounded by players who were simply not good enough to win a World Cup, defeat seemed inevitable. A great player can carry a team some of the time, but against the best in the world, reality is going to hit you sooner rather than later.

This tells us about the survival of the fittest. I would like to end by saying a quote –
You have to show up in the World Cup, and in the World Cup anything can happen.

-Lionel Messi

Neal Uthappa

Class - 8 C

BLUE DARKNESS

Sailing on the clear blue waters of the sea,
I didn't know what was happening to me.

I threw myself into the shadowy cold water,
Maybe it was my hope that I had to slaughter.

Deeper and deeper the water pulled me down,
I didn't know if I had to scream, shout or frown.

Drowning into the lonely depths of despair,
Would I ever know if anyone would care?

Maybe I could come up for some air,
Or maybe I could just wait for my heart to tear.

The weight of my sorrow pulled me down deep,
The secrets were getting too hard to keep.

Without a sound, without a clue,
I sank to the eerie darkness of the blues.

Shukthi A

Class - 10 B

Flowers So Bright

Some yellow, some white
They bring us joy
From their fragrance so nice
Varieties we find
Please be kind!

Divijaa Arjun

class - 7 A

The flowers

I saw beautiful flowers fallen.
I picked them up
One of them was bright lavender
And the other was bright pink
I put them on top each other
And they looked pretty, together

Gouthami A

Class - 7 A

The story of the Wakandan Stone

I went to the vegetable plot
And spotted it was very hot
I went back home and thought
About it ...what was I thinking about?

It was the Wakandan stone

Then I felt something hit my face
Which I could not trace
Stones are usually brown
But this one, not at all

Suddenly two guards entered my room
They looked like aliens to doom
Then I saw a black suit appear
Which never disappeared

After a while I realized it was the Black Panther

He opened his mask and asked to return the stone
In an African tone I gave him the stone
Full of magic he cracked open it and showed a blue gel
In the shape of a bell

The Panther went out with a wishing word
And disappeared.

I later realized it was a dream,
But heard the voice of the Panther

"It is the Wakandan stone!
Which is the piece of the kings throne!"

K S Siddhanth Achaiah

Class - 7 A

Off with a Bang!



Cooking it up!

Ms Lasya C H of Class 9C sizzled her way up to win the Runner up title in the Forum "Junior Chef Champ" 2018 Category 2 which was held at Forum City Mall, Mysore on 13th May 2018.



Cyber Champ!

Mst Prithve Kiran of Class 12 has been ranked 15th Internationally and 1st in Karnataka in the SOF International Cyber Olympiad held in January this year. He has been awarded Gold Medal, Rs.5000 cash prize and a certificate of zonal excellence for his performance.



Math Magician!

Mst Adithya Hegde of Class 12 has been ranked 141st Internationally and 3rd in Karnataka in the SOF International Math Olympiad held in February this year. He has been awarded Bronze Medal, Rs.1000 cash prize and a certificate of zonal excellence for his performance.



The Golfer Girl!

Ms Disha Kavery M B of Class 9C won the Runners Up title in the Gross(overall) category in the Andolana Cup competing amongst 153 players. The tournament was held at Jayachamarajendra Wodeyar Golf Course on the 16th July 2018.

Winning Strokes!

Mst Ruthva of Class 8D won a Gold medal in 50m butterfly stroke and two Bronze medals in 50m & 100m freestyle categories in the 1st Sport India Swimming Meet held on 7th July 2018 at Pooja Aquatic center, Bengaluru.



Language Czars!



Mst Adithya Hegde of Class 12 has been ranked 12th Internationally and 2nd in Karnataka in the SOF International English Olympiad held in February this year. He has been awarded Gold Medal, Rs.5000 cash prize and a certificate of zonal excellence for his performance. Mst Prithve Kiran of Class 12 has been ranked 60th Internationally and 11th in Karnataka in the SOF International English Olympiad. He has been awarded the book 'Physics of the Future' and a certificate of zonal excellence for his performance.

Check-mate!

Mst Aarush M Gowda of Class 2A was awarded the "Promising player" title in the 32nd National Under 7 Open & Girls Chess Championship 2018 held at Tumkur from 16th to 24th July 2018. The event was conducted by the Mandya Chess Academy and had participants from across the country.



Scene-Stealer!

Mst Vamshi H Raman of Class 5 secured the 1st position in Inter-school Mono-acting competition conducted on 28th July 2018 by the Ideal Jawa Rotary School, as part of their Golden Jubilee Celebrations.

