



25 Years of Excellence

SWARGARANI SCHOOL & P.U COLLEGE CELEBRATING 25 YEARS OF ACADEMIC EXCELLENCE

FROM YOUR PSYCHOTHERAPIST!

In some sense we all are warriors, we have crossed the worst phase of SaRS CoVID 19 pandemic and have survived this far, so a big round of applause for everyone. They say-- Tough times don't last long, but tough people do.. And we all have proved this. Now the post pandemic period we need to focus more on our mental health and have to keep it fit and in a positive direction. We can do small things which will have a bigger effect in day to day life. First of all start your day with 10 minutes of sitting in meditation. Take the time to sit down and enjoy eating breakfast at home, avoid eating junk food as much as you can. Remind yourself every day of your gratitude for being alive and having 24 brand-new hours to live. Try not to divide your time into thy time "and Work." All time can be your own time if you stay in the present moment and keep in touch with what's happening in your body and mind. There's no reason why your time during study should be any less pleasant than your time anywhere else. Resist the urge to use your cell phone while study. Allow yourself this time to just be with yourself, with nature and with the world around you. Arrange a breathing area between study and your day to day activities. where you can calm down, stop and have a rest. Take regular breathing breaks to come back to your body and to bring your thoughts back to the present.

Before going to perform any other activities visualize someone



very peaceful, mindful and skillful being with you. Take refuge in this person to help stay calm and peacefull. If you feel anger or irritation, refrain from saying or doing anything straight away. Come back to your breathing and follow your in- and out-breath until you've calmed down. Practice looking at your parents, teachers, your superiors, your friends or your subordinates as your allies and not as your enemies.

Recognize that 'Learning Collaboratively' brings more satisfaction and joy than 'Learning Alone'. Know that the success and happiness of everyone is your own success. Express your gratitude and appreciation to your friends regularly for their positive qualities. This will transform the whole environment, making it much more harmonious and pleasant for everyone. Try to relax and restore yourself before going home so you don't bring accumulated negative energy or frustration home with you. Take some time to relax and come back to yourself when you get home before starting household chores. Recognize that multitasking means you're never fully present for any one thing. Do one thing at a time and give it your full attention. At the end of the day, keep a journal of all the good things that happened in your day. Water your seeds of joy and gratitude regularly so they can grow.

Hope you all shall achieve the success in your future endeavors.

Stay blessed!!



Roquia Fathima
Counsellor@ Swargarani

पायल .जे
2 पी यू सी

क्यों होती है जल्दी बडी यें बेटियाँ

उसने कहाँ देखी खुशियाँ रोज अलबेली

जिस घर के आँगन बिटिया न खेली.....

बाबा के दिल का टुकडा बस एक ही दुखडा

क्यों होती है जल्दी बडी ये बेटियाँ ।

चाहे रात हो, अँधेरी हो ,लौटने में अगर देरी हो

दरवाजे पर मिलती खडी ये बेटियाँ ।

माँ -बाप का सपना विश्वास है बेटियाँ

उनकी विदाई की घडी मुश्किल है बडी

क्यों होती है जल्दी बडी ये बेटियाँ ।

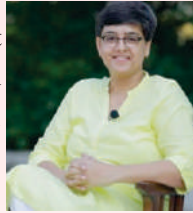


**ADMISSIONS FOR
THE YEAR 2022-23**
for Pre Nursery and LKG
will begin from
1st week of
December 2021

SILVER JUBILEE CELEBRATION

INDEPENDENCE DAY 15th August has always been twin celebrations for Ranians. This year too, the celebrations were tripled with our country celebrating its 75th Independence Day, Swargarani's Patron's Day and the Swargarani Silver Jubilee year celebrations. After hoisting the national flag and programs, to commemorate the event, our Manager Rev. Sr. Immaculate released our first Newsletter - RANIANS ROUND UP and the ID Cards for the Alumni students.

SEMINARS On 16th August, **Ms. Arathi C Rajarathnam**, a consultant psychologist specialized in Childhood and Adolescent Mental Health conducted a virtual seminar for the High school and PUC parents on 'Effective Parenting'. It was very informative, interactive, interesting and a motivating session. Ms. Arathi also conducted a workshop on 23rd October for the teachers to enhance teaching-learning skills and to create a stimulating invigorating environment for the students who would be back in school after the pandemic.



RANIAN'S QUIZ On the occasion of teacher's day, the management of Swargarani conducted the online 'Ranians Teachers' Quiz'. All the teachers participated with much zeal and enthusiasm and the winners were awarded prizes. Students and alumni entertained the teachers with their dance and singing talents and also expressed their love and gratitude for their teachers in a virtual video celebration.



SCOUT & GUIDE VIRTUAL CAMPFIRE On 13th September, a Virtual Scout and Guide Campfire under the guidance of Scout Masters and Guide Captains was organized by the scouts and guides. It was an extraordinary event. The students showed a presentation of the Family Tree, a skit on conservation of animals and forests and a documentation on benefits of Millets.

GANDHI JAYANTI

October 2nd, the birth anniversary of the Father of the Nation, Mahatma Gandhi was celebrated by conducting an **All Faith Prayer** for peace, prosperity and good health of the people all over the world.



KANNADA RAJYOTSAVA

Kannada Rajyotsava was celebrated on 1st November with great joy and enthusiasm both online and offline. The campus reverberated with the songs praising the glory of Karnataka. Rev. Sr. Immaculate greeted and wished the Kannadigas on this memorable day.



TALENTS DAY

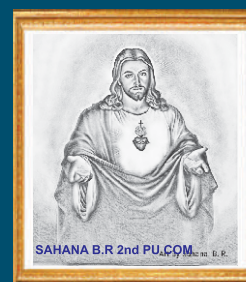
Virtual Talents Day was conducted for all the students. Children participated with enthusiasm and excitement. They came up with their creative models from Best out of Waste, beautiful paintings and sketches, excellent photographs, lovely poems and stories.

FELICITATION

It was a proud moment for us Ranians when Our Scout Masters Mr. Channappa and Mr. Nagaraj and Guide Captain Mrs. Krishnaveni were awarded for their selfless service by the Bharat Scouts and Guides, Bangalore South District Association. Mrs. Hemavathi M R, the HOD of the Hindi Department was felicitated by the Madhuban Publications for her dedicated service in the Hindi language. Two of our students, Vaishnavi Acharya and Ananya Shenoy were also honoured with medals and certificates for scoring the highest mark in the ICSE Board Examinations 2021.



Mrs. Chandrakanta R Mulay
(DEPARTMENT OF ENGLISH)



"The Time is always right to do what is right." - Martin Luther King Jr.



Mr. Jayaramu

"ಬಾರಿಸು ಕನ್ನಡ ಡಿಂಡಿಮವ ಓ ಕರ್ನಾಟಕ ಹೃದಯಶಿವ" ಎಂ ಕುವೆಂಪು ಅವರ ವಾಣಿಯನ್ನು ನೆನೆಯುತ್ತ. ಎಲ್ಲರಿಗೂ ಕನ್ನಡರಾಜ್ಯೋತ್ಸವದ ಹಾರ್ದಿಕ ಶುಭಾಷಯಗಳು. ಅರವತ್ತಾರು ವಸಂತಗಳನ್ನು ಕಂಡ ಕರುನಾಡಿಗೆ ಮಾತ್ರವಲ್ಲದೆ, ಅನ್ಯಭಾಷಿಕರಿಗೂ ಕನ್ನಡನಾಡಿನ ಬಗ್ಗೆ ಪ್ರೀತಿಬರುವ ಮಾಸವೆಂದರೆ ನವಂಬರ್.ಈ ಮಾಸದಲ್ಲಿ ಕನ್ನಡ ನಾಡು-ನುಡಿಯ ಬಗ್ಗೆ ಎಲ್ಲರಲ್ಲಿಯೂ ಒಂದು ರೀತಿಯಾದ ಕರ್ತವ್ಯಪ್ರಜ್ಞೆಯನ್ನು ಬಡಿದೆಬ್ಬಿಸುತ್ತದೆ.

ಕನ್ನಡನಾಡಿನಲ್ಲಿ ಇರುವವರೆಲ್ಲರೂ ಭುವನೇಶ್ವರಿಯ ಋಣವನ್ನು ತೀರಿಸಬೇಕಾದರೆ ಆ ತಾಯಿಯ ಬಗ್ಗೆ ಅಭಿಮಾನ,ಗೌರವವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವ ರೀತಿಯಲ್ಲಿ ಎಲ್ಲರ ಮನಸ್ಸನ್ನು ಸೆಳೆಯಬೇಕಾಗುತ್ತದೆ. ಆದ್ದರಿಂದಲೇ ಪ್ರತಿವರ್ಷವೂ ಕನ್ನಡರಾಜ್ಯೋತ್ಸವವನ್ನು ಆಚರಿಸುತ್ತ ಬಂದಿದ್ದೇವೆ,ಆದರೂ ಅಲ್ಲಲ್ಲಿ ಅಪಸ್ವರಗಳು ಕೇಳಿಬರುವುದನ್ನು ಕಾಣುತ್ತೇವೆ. "ನರಿಯ ಕೂಗು ಗಿರಿಯಮುಟ್ಟಿತೇ" ಎಂಬ ರೀತಿಯಲ್ಲಿ ವಿರೋಧಿಗಳನ್ನು ಕಡೆಗಣಿಸಿ ಕನ್ನಡಿಗರು ಮುನ್ನುಗ್ಗಬೇಕಾಗುತ್ತದೆ.ಏಕೆಂದರೆಒಂದು ಒಳ್ಳೆಯ ಕೆಲಸವನ್ನು ಮಾಡಲು ಹೊರಟಾಗ ಒಂದಲ್ಲ ಒಂದು ತೊಂದರೆಗಳು ಇದ್ದೇಇರುತ್ತವೆ. ಅವುಗಳನ್ನು ಕಡೆಗಣಿಸಿ ಕನ್ನಡಿಗರೆಲ್ಲರೂ ಸಂಭ್ರಮಿಸುವ ರೀತಿಯಲ್ಲಿ ಕನ್ನಡರಾಜ್ಯೋತ್ಸವ ಆಚರಿಸುವುದು ಕನ್ನಡಿಗರೆಲ್ಲರ ಆದ್ಯಕರ್ತವ್ಯವಾಗಿದೆ. ರಾಜ್ಯೋತ್ಸವವೆಂದರೆ ಕನ್ನಡತಾಯಿಯ ಹಬ್ಬ. ಹಬ್ಬದ ದಿವಸದಂದು ಹೇಗೆ ನಾವೆಲ್ಲರೂ ಸಂಭ್ರಮದಿಂದ ಬಂಧುಬಾಂಧವರು ಕೂಡಿ ಸಿಹಿ ಸಿಹಿಯಾದ ಖಾದ್ಯಸವಿಯುತ್ತ,ದೇವರ ಮೆರವಣಿಗೆಯ ಜೊತೆಗೆ ಮನರಂಜನೆಯನ್ನು ಪಡೆಯುತ್ತ ಕಾಲ ಕಳೆಯುವರೀತಿಯಲ್ಲಿ ಸಂಪತ್ತಭರಿತವಾದ ದಟ್ಟವಾದ ನಾಡಿನಾದ್ಯಂತವಿಜೃಂಭಣೆಯಿಂದ ತಾಯಿ ಭುವನೇಶ್ವರಿಯನ್ನು ಮೆರವಣಿಗೆ ಮಾಡುತ್ತ ಕನ್ನಡನಾಡಿನಲ್ಲಿರುವವರೆಲ್ಲರೂ ಸಂಭ್ರಮಿಸುವಂತಹ ವಾತಾವರಣವು ಮೂಡುವಂತಿರಲಿ. ಯಾರು ಏನೇ ಹೇಳಿದರೂ ಕನ್ನಡವನ್ನು ಕನ್ನಡನಾಡಿನಿಂದಾಗಲಿ, ಕನ್ನಡ ಜನರ ಹೃದಯಗಳಿಂದ ದೂರಮಾಡಲು ಸಾಧ್ಯವಿಲ್ಲ. ಏಕೆಂದರೆ ಕನ್ನಡನಾಡಿನ ಜನರ ಹೃದಯದ ಭಾಷೆ ಕನ್ನಡ ಆದ್ದರಿಂದ ಯಾರು ಕೂಡ ಕನ್ನಡವನ್ನು ನಾಶಮಾಡಲು ಸಾಧ್ಯವಿಲ್ಲ ಎಂದೂ ಹೇಳಬಹುದು. ರಾಜ್ಯೋತ್ಸವ ಸಮಯದಲ್ಲಿಏಕೀಕರಣಕ್ಕಾಗಿ ದುಡಿದ ಮಹನೀಯರುಗಳನ್ನು ನೆನೆಯದೆ ಹೋದರೆ ನಾವು ಕನ್ನಡಿಗರಾಗಿ ಹುಟ್ಟಿದ್ದು ಕೂಡ ವ್ಯರ್ಥವೆನಿಸಬಹುದೇನೋ, ಆದ್ದರಿಂದ ದೇವರಾಜ್ ಅರಸು, ನಾಲ್ವಡಿ ಕೃಷ್ಣರಾಜ ಒಡೆಯರ್, ವಿಶ್ವೇಶ್ವರಯ್ಯ, ಹರ್ಡೇಕರ್ ಮಂಜಪ್ಪ, ಬೆನಗಲ್ ರಾಮರಾಯರು,

ಮುದವೀಡುಕೃಷ್ಣರಾಯರು, ಉಯಿಲುಗೊಳನಾರಾಯಣರಾಯರು. ಆರ್,ಆರ್,ದಿವಾಕರ್. ಗಂಗಾಧರರಾವ್ ದೇಶಪಾಂಡೆ. ಬಿ.ಎಂ.ಶ್ರೀ. ಕುವೆಂಪು ಅನ್ನದಾನಪ್ರದೊಡ್ಡಮೇಟೆ.

ಎಸ್.ನಿಜಲಿಂಗಪ್ಪ. ಮುಂತಾದ ಮಹನೀಯರು ಅಖಂಡಕರ್ನಾಟಕಕ್ಕಾಗಿ ಸಲ್ಲಿಸಿದ ಸೇವೆ ಪ್ರಾತಃಸ್ಮರಣೀಯವೆಂದು ಹೇಳಬಹುದು. ಅಲ್ಲದೆ ಕನ್ನಡ ಸಾಹಿತ್ಯಪರಿಷತ್ ೧೯೧೬ರಿಂದಲೂ ಕನ್ನಡಕ್ಕಾಗಿ ಸೇವೆಯನ್ನು ಸಲ್ಲಿಸುತ್ತ ಬಂದಿದೆ.ಅಲದೆ ಹಿರೇಮಗಳೂರು ಕಣ್ಣರ್. ಸುಧಾಮೂರ್ತಿ.ಸುಧಾಬರಗೂರು. ಕೃಷ್ಣೇಗೌಡ.ಪ್ರಾಣೇಶ. ಮುಂತಾದ ಮಹನೀಯರುಗಳ ಸಲ್ಲಿಸುತ್ತಿರುವ ಸೇವೆಯು ಅತ್ಯಮೂಲ್ಯವಾದುದೆಂದೆ ಹೇಳಬಹುದಾಗಿದೆ. ಒಟ್ಟಿನಲ್ಲಿ "ಕನ್ನಡಕ್ಕಾಗಿ ಕೈ ಎತ್ತು, ನಿನ್ನ ಕೈ ಕಲ್ಪವೃಕ್ಷವಾಗುತ್ತದೆಂಬ ರಸಖುಷಿ ಕುವೆಂಪು ಅವರ ಮಾತುಗಳ ಮೂಲಕ ನನ್ನ ಅನಿಸಿಕೆಗಳನ್ನು ಮುಕ್ತಾಯಗೊಳಿಸುತ್ತಿದ್ದೇನೆ. ಜೈ ಕರ್ನಾಟಕ, ಜೈ ಕರ್ನಾಟಕ ಮಾತೆ.

WORLD BEYOND SCHOOL

I am fearful of the world I will be entering. The world where everything is so hasty. Nevertheless I am prepared to face or at least I have an idea how to survive among all the abomination and self-serving.

My parents and teachers are preparing me to be strong to face anything life throws at me. I am learning every day to fit into the world and push through dark times to finally see light.

I am hopeful of something I know, the world beyond my comfort zone is beautiful, that it has a lot of surprises and lovely people. The place has something exquisite which will keep me content. The world beyond my school, I am ready to face you.

Bhavana Ramakrishna

II PU A

Best out of waste



PHOTOGRAPHY



"Don't take rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just Luck." -A.P.J. Abdul Kalam.



Casey was lying low, gazing at the night sky and she slowly

closed her eyes feeling the night breeze flowing through the limbs as she stretched them down. All of a sudden, Casey heard her mother screaming and sprinted quickly towards the kitchen and to her surprise she saw no one there but she could smell the burnt pork chop on the frying pan still sizzling. A

second later, she felt something behind her. A cold wave shivered through her body, her heartbeat rose steadily and she felt a cold hand on her back. At that time she closed her eyes and remembered what happened. She saw a long, frail and long nailed hand on her back. She nearly fainted but she turned back to see no one there. She was scared, she moved towards the telephone and was about to call her uncle but the telephone fell and broke. She decided to go and sleep on the bed till her parents came. She heard a

scream which made her afraid even more. She prayed to God. Suddenly she felt someone pulling the blanket. She grew more scared so she jumped out of her bed. She did not even turn back. She ran towards the closet and hid in it, closing her eyes. Someone was knocking on the closet. She fainted. Next morning when she woke up she was very angry as it was her brother who had pranked her as it was Halloween.

- By Rachan. Chandraiah & C

Reading a Book

Curl up in bed or on the floor,
At your desk or by the door.
By the window or in the park,
In a library, or in the dark.

Read a book and walk into another person's mind
Happiness and a whole new world you will find
Get lost in the book and explore the author's creativity
Travel through the story they're painting, through the insanity
Read a book and you will discover that
the feeling of reading a book is like no other.

A book can make you go through many emotions
It can inspire you to be right.
A book can even change your life
Or make you sit up all night.

Every turning page has a new mystery to uncover
New lands, new characters, new lessons to discover.
Everything becomes a part of your imagination
Your heart desires to go to that fancied destination.

Getting lost in a book is to be a kid again, to play make-believe as a grown-up.
It is pillow forts and imaginary friends.
It is to be floating happily and being content.

Read a book and expand your thoughts
Rather than leaving your mind to rot.
Read a book and forget where you are
And fall into a world not too far.

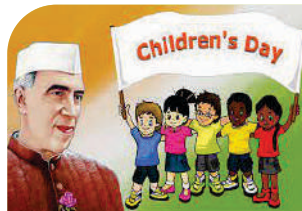
Read a book and let technology and problems leave you for some time
And let your brain relax with a story serene and sublime.

So, the doors of the library are open for you,
For all those times you feel low or are looking for something new
Read a book and you will discover that
the feeling of reading a book is like no other.

By:
Aditi S. Revankar
II PUC 'B'



Riya Dmello
5B



CHILDREN-THE FUTURE OF THE NATION (ANUSHKA SHARMA 8th A)

In India every year on 14th November, we celebrate Children's day. India's first Prime Minister, Pandit Jawaharlal Nehru popularly known as Chacha Nehru was born on 14 November 1889. As he loved children, after his

death in 1964, 14 November was declared as Children's day.

Pandit Nehru said "The children of today are the India of tomorrow". We live in a world where no one lives forever, we live, we grow, and fall into the hands of death. But we can always pass on the knowledge to the children of today. The way we bring them up will determine the future of the world we are living in. Each and every child deserves a fulfilled childhood with education and elation. We need to educate them with the way of solving any problem that comes up in their life. Children are the greatest treasure and our future.

UPCOMING EVENTS

1. Sr. Immaculate's feast day
2. Christmas celebrations
3. News letter: November

CLASS: 1ST PUC - SKETCHING

CLASS: 2ND STD - Art and Craft

CLASS: 7TH STD - Creative Writing

CLASS: 1ST STD - Clay Modelling

4. REPUBLIC DAY

AMOGHA K.C -II PU A

TONGUE TWISTER

I will say that's why I'll say "I SAY"

When you will say you say "I SAY"

But when I will say why will you say "WHAT I SAY"

Will I say "WHAT I SAY" when you say??

"Because the people who are crazy enough to think they can change the world are the ones who do." -Steve Jobs.