

Art of Developing a Powerful Personality

**“When wealth is lost, nothing is lost;
when health is lost, something is lost;
when character is lost, all is lost”**

Elements of Good Character

- **Be Honest:** Honesty is the best policy. Speak the truth, even when it's difficult. Honesty builds trust and integrity, making you a reliable and respected individual.
- **Take Responsibility:** Own up to your actions. When you make a mistake, apologize sincerely and learn from it. Taking responsibility shows maturity and a commitment to personal growth.
- **Continuous Learning:** Education is a lifelong journey. Seek knowledge, explore new ideas, and challenge yourself intellectually. Expand your horizons and open doors to personal development.
- **Work Hard:** Put in effort and strive for excellence in your studies. Hard work pays off and helps you grow as an individual.
- **Respect Others:** Treat others with respect and consideration. Listen to their opinions, value their perspectives, and be open-minded.
- **Help Others:** Offer a helping hand to those in need. Whether it's assisting a classmate or volunteering in your school, lending a hand makes a positive impact.

“Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny”. Remember, the law of harvest is to reap more than you sow! that is character and personality.

Human greatness does not lie in wealth or power, but in character and goodness. We all are born with basic goodness. Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character. People grow through experience. If they meet life honestly, courageously and doing the right thing when nobody is watching over, thus, character is built.

- **Spread Kindness:** Small acts of kindness can have a big impact. Smile at a stranger, lend a helping hand, or offer a listening ear. Show kindness to your classmates, teachers, and everyone you meet. Small acts of kindness can make a big difference. Let's make kindness contagious!
- **Practice Empathy:** Put yourself in someone else's shoes. Try to understand their feelings and experiences. Empathy fosters understanding, compassion, and stronger connections with others.
- **Stay Positive:** Maintain a positive attitude, even during challenging times. Your positivity can inspire others and create a supportive environment.
- **Embrace Diversity:** Appreciate and celebrate the differences in others. Learn from different cultures, backgrounds, and experiences.
- **Practice Self-Care:** Take care of yourself physically and mentally. Prioritize self-care activities like exercise, relaxation, and pursuing your hobbies.
- **Set Goals:** Set realistic goals for yourself and work towards achieving them. Goals provide direction and motivation.
- **Learn from Mistakes:** Don't be too hard on yourself when you make a mistake. Instead, learn from it and use it as an opportunity for growth.

Becoming a good individual is a process that requires effort and self-reflection. Let's support each other on this journey and inspire goodness in the world.

Delivering this message for the first trimonthly newsletter of the 2023–2024 academic year brings me great joy. I thank and applaud the committee members, teachers, and students who made this trimonthly newsletter a success.

Wishing you all a school life filled with positivity!

Sr. Tania

Principal, Swargarani School & PU College

TEACHERS' ORIENTATION PROGRAM

After a hiatus of one month all the teachers assembled on 22 May, 2023 for a Teachers' Orientation program to equip and energize themselves for the new academic year 2023-24.

The speaker for the first day was Mr. Yaashin, a young energetic, enthusiastic, education consultant and motivational speaker. He has delivered sessions at over thousand Educational Institutions and has an experience of over twelve years in facilitating Soft Skills and Behavioural Training Programmes. His enthusiasm was infectious and he explained various topics, such as Classroom Management, Millennial's Psychology and Effective Teaching Techniques, all through various activities. The teachers were so busy in the activities and games that they didn't realize how time flew and the day came to an end with smile on each one's face.

The speaker of the second day was Mrs. Gurjit Kaur Bhatia. She has been serving as mentor with her enriched experience in the field of education from past 25 years. She appreciated the efforts of the teachers and reflected upon the learning from the pandemic. She spoke about the 4 C's Communication, Collaboration, Creativity and Critical Thinking. She insisted on the need for teachers to have a vision and a mission.



The third day speaker was Dr Sheena Joseph, founder and director of SMEPS (Spiritual, Mental, Emotional, Physical and Social) Education. At present she is the Principal of Christ the King Public School, Malleshwaram. She conducts various classes and workshops in Schools, Colleges and Corporate Sectors. She gave teachers the orientation on life skills and personality development. She highlighted on the need for the teachers to be well equipped with different skills in order to facilitate learning among children.

For the Final day, we had Rev Fr Christopher SJ, who is known for providing Soft Skills training and Counselling services for PUC, Degree and Post Graduate students. He is also involved in conducting different types of Parent Orientation Programs. His session was lively and filled with his life experiences making the audience to introspect and have a new vision towards their profession. The session was interactive and he provided solutions to the various problems concerning class room management and discipline. A session was also arranged for the non-teaching staff where he conducted some soft skills training for them. He highly appreciated their dedication and sincerity in maintaining the campus clean and conducive to study. We thank the management for organizing such informative and brain storming sessions making us to gear up for the new academic year.

- Fr M Lorence Swamy IC

"It's the teacher that makes the difference, not the classroom. — Michael Morpurgo"

PU ORIENTATION, FRESHERS & ETHNIC DAY

A day to be remembered!!! June 15th was the day where the events held were educating and were also fun filling. At the beginning the parents and also we children had a lot to learn from the speech given by Father Cristopher Xavier. He had the whole audience engaged till the end of session and we had a lot to learn from him. Taking the good thoughts offered by him, we then were introduced to our most awaited part that is the ethnic and the fresher's day.

This day was a very special one as we Raniens were given an opportunity to embrace our culture, our roots. We were allowed to represent our culture and everyone rocked in their own way. **The day envisages a world that celebrates its heritage, civilization, anthropology, art, and culture. Every year it brings together the cultures of the world on a single day. The vibrant and colorful event showcases the diaspora and diversity of Indian culture.** As freshers' day was also organized the same day. The day gave a warm welcome to the 1st PUC students.



Later, the II PUC students performed a fusion of all the genres of music. We could think of their energy was so infectious that all of us wanted to join them. Lastly, II PUC girls and boys came out on the red carpet to show off their amazing, confident walks. Their outfits, hair and smiles made our day!

In the end, we all will always cherish these happy moments. When we grow old, these memories will always make us both laugh and cry. This event was filled with laughter, joy, music, love, excitement and happiness.

This event gave us an opportunity to unite and bond us, a chance to get out of our comfort zone. I surely am proud to be a Ranian and hope our further days are filled with happiness and joy.

- PARIDHI BHASKAR - II PU - A
SHREEGOURI J J - IPU - B

New beginnings are always exciting but they can be a bit scary. We are all set on a journey of discovering, both academically and socially. This journey will be a rollercoaster of emotions and experiences but most importantly it is an opportunity for growth and achievements.

Here at Swargarani, our seniors and teachers organize a 'Fresher's day' on 15 June 2023. Fresher's day is a celebration, a warm welcome to their new 'home'. I have been a Ranian for over 13 years, so I might not be a fresher but our seniors made sure we felt comfortable and motivated.

'Squid game' or 'Red Light - Green Light' is everyone's favorite show on Netflix. Inspired by this, the first game of the event was a total thriller! The winners were awarded with a gift bag filled with candy and sweets. Our energetic teachers and our beloved principal Sr. Tania, also took part in the game. This could be considered the highlight of the day. The expressions and laughter on our faces was unforgettable.



SCHOOL COUNCIL ELECTION 2023-24

India has a democratic form of government in which people elect their own leaders. To imbibe the spirit of democracy in the young growing minds Swargarani School conducts elections every year.

This year the opportunity to contest for the election was given to the class IX students. The universal adult franchise was given to all the students from class VI onwards.

The electronic model of elections was held on 13 June, 2023 under the supervision of the school election committee headed by Sir Giji. The students from class VI-X cast their vote and the results were declared on the same day. We had an opportunity to elect our house leaders from classes VIII and IX standard and the PU council members were elected by the PUC students.

We are over joyed to be a part of this democratic election and we thank our school Principal for the opportunity. Lastly, I would like to congratulate all the school council leaders and house leaders who were elected democratically.

**Mr. Balaswamy
Teacher**



INVESTITURE CEREMONY

A great leader's courage to fulfill duties comes from passion but not position. A leader is the one who knows the way, goes the way and also shows the way. Here at Swargarani, we believe that every student has the capacity to be their best and hence, nurture this talent to be great leaders in the future.

On 19 the June 2023, The Investiture ceremony at Swargarani was a true celebration which began with a beautiful prayer. This was followed by badging Ceremony, where the newly elected representatives were crowned with their badge, sash and flags. They took the oath with utmost sincerity and passion and swore to fulfill their duties.

Teamwork is the hall mark of the Ranians March-past is all about synchronization and teamwork. The March-past teams Satya, Shanthy, Spoorthi and Jyothi portrayed excellent and unspoken co-ordination.

The students were inspired by the empowering words of our Principal, Rev. Sr.Tania. She describes how, leadership is not about titles, or position but the hard work that has to be included. She addressed the students that with great powers comes great responsibilities.

The Head boy, Rishikesh M Gowda expresses how he and the entire council would take the institution to great height and contribute to the school by helping each other.

Lastly, the President of the PU Council, Paridhi Bhaskar, conveyed the vote of thanks and expressed her gratitude towards everyone for trusting, believing and giving her an opportunity of this honor.

We Ranians believe that our new school representatives will carry-out their duties and take our school to great heights.



"A boss has the title, a leader has the people." – Simon Sinek

WORLD YOGA DAY, MUSIC DAY AND ENVIRONMENTAL DAY

As 21st of June approached, there was a vibe that filled the air. The vibe had captured all the young minds. It was the day when Yoga practitioners and musicians paid a special tribute to their favourite skills. The environmental day was also celebrated on this day. There were three major events that took place on this day.

As the day commenced each one of us were excited to witness the celebrations. The event began in the morning around 9 am. The stage was decorated in accordance to the themes – yoga, music and environment. All of our staff members were dressed in green and it was like a colour palette filled with variety of shades of green. It was indeed pleasing to our eyes.



The chief guest Mrs. Jyothi K, a guide captain proved through her deeds that humanity still exists. She was late as she helped an accident victim on her way to our school.

Later on, came the most awaited moment, 'The Yoga Display'. It was showcased by the young minds of grade IV. They were so enthusiastic and coordinated so well with each other. They actually inspired and motivated us to make Yoga, a daily practice. The theme of the environment day was "Solution to Plastic Pollution". The theme of the Yoga Day was "Yoga for Vasudhaiva Kutumbaka". The theme of music day was "Music on the intercessions." Then the program was followed by a skit and a dance performance by a team of students who spread the awareness and importance of trees and nature around us.

Finally, the school's orchestra filled everyone's ears with their melodious tune. Lastly, two students came up and spoke on the significance of that day. The two hosts did really well and then the manager, Sr. Immaculate addressed the gathering. At the end of the day, it was a fun event and we enjoyed a lot. We felt proud to honour these skills that God has endowed upon us. "Yoga is like music: the rhythm of the body, the melody of the mind and the harmony of the soul, create the symphony of life."

Sanjana R S
I PU –A



"Music is life, that's why our hearts have beats"

PRINCIPAL'S FEAST DAY

On 24 June 2023, we celebrated our beloved Principal Sr Tania's Feast Day. It commemorates the Blessed Virgin Mary's visit to her cousin Elizabeth, celebrated in the whole world as the Feast of Visitation.

It was an occasion filled with joy, talent and a spirit of togetherness as the school community came together to celebrate and to express our appreciation towards her.

The event featured an array of dances, songs and speeches showcasing the talents and dedication of the students and teachers.

The programme concluded with the cake cutting and festal greeting song.



ನೌಕೆ

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ನಮ್ಮ ಸಿಸ್ಟರ್ ಟಾನಿಯ.

ಶಿಸ್ತು ಸಂಯಮ ಶ್ರದ್ಧೆ ಅವರ ಕಾಯಕ,
ನಮಗಲ್ಲರಿಗೂ ನೀವೇ
ಇಲ್ಲಿ ಸ್ಫೂರ್ತಿದಾಯಕ.

ಕ್ಷಿಪ್ತ ಪರಿಸ್ಥಿತಿಯನ್ನು ನಿಭಾಯಿಸುವವರು ನಗುನಗುತ,
ನಮಗಲ್ಲರಿಗೂ ಧೈರ್ಯ- ಸ್ಫೂರ್ತಿಯನ್ನು ತುಂಬುತ.

ಸಿಸ್ಟರ್, ಆಜೆ ಪ್ರಮಾಣವ ಮಾಡುವವು ನಾವಿಂದು,
ಸಮರ್ಥ ಸಮಾಜವನ್ನು ಕಟ್ಟುವವು ನಾವೆಂದು.

ಹೀಗೆ ಇರಲಿ ನಿಮ್ಮ ಮಾರ್ಗದರ್ಶನ ನಿರಂತರ,
ಆ ಪ್ರಭುವಿನಲ್ಲಿ ಬೇಡುವವು ನಾವು ಅನವರತ.

ಹೇಮಾವತಿ ಎಂ. ಆರ್

ಹಿಂದಿ ಉಪನ್ಯಾಸಕಿ



"He who laughs most, learns best." – John Cleese

DOCTOR'S DAY

Doctors have a vital role in society. They devote their lives to patients' well-being, assisting in quicker recovery from diseases and improving their quality of life. National Doctor's Day is celebrated on 1st July every year in India for the past 32 years (since 1991), honouring the legendary and Dr. Bidhan Chandra Roy, a politician, a freedom fighter, and an advocate for education. National Doctor's Day is celebrated in India to recognize and appreciate the doctors for their significant contributions. On this day, every Indian should feel proud of having skilled medical experts who dedicate their lives to improve their country's health and be grateful for their efforts and contributions during medical emergencies.

We at Swargarani School organized a program to honour the doctors on Saturday, 1st July. Thirteen doctors who are alumni of our school were invited for the celebration. The students were excited and a huge applause broke out as the doctors entered the dais.

The program began with a melodious prayer song by the school choir. Soon after, Avanthika Trilok of class IX A expressed her vivid thoughts about Doctor's Day and its importance. The doctors were welcomed with handmade greeting cards and roses. Next was an enchanting song performed by the ninth and PU students thanking the doctors for all they have done. The ground reverberated with loud cheers and applause. The doctors were felicitated with mementos followed by an informative and inspiring speech by our beloved Principal Sr. Tania. After a poem of gratitude by Amulya of 2nd PU, the doctors spoke about their fond memories in Swargarani School and inspired us to work hard and achieve our goals.

All that is good came to an end and this event was no exception. Dr. Yashraj Kumar proposed the vote of thanks and expressed his loving gratitude to all the teachers. With the National Anthem, the program came to an end.

Ayrin Abhilash
X -A



वेद्यौ नारायणो हरिः

भारत की संस्कृति में,
दिया गया है डॉक्टरों को महत्व।
आप को माना जाता है,
भगवान का प्रत्यक्ष रूप।
सुरक्षा, नींद और परिवार का त्याग किया है आपने,
और एक स्वस्थ राष्ट्र को रखा है हमारे सामने,
दिन रात काम करते हो आप हमारे लिए,
कमर कसकर तैयार रहते हो आप,
लोगों की सेवा करने के लिए।
आपने चुना है समाज की रक्षा करने का काम,
और सलाम करते हैं आज आपको हम।

अमूल्य वी
द्वितीय पीयूसी 'ए' विभाग



"God cannot be everywhere so he sends doctors"

KINDERGARTEN PARENT'S ORIENTATION PROGRAMME

Orientation is an important event for parents and their children who are about to start their academic journey. It is an opportunity for the parents to get familiarized with the school environment.

The Kindergarten Orientation Program was held on June 3rd 2023, prior to the official reopening of Swargarani Kindergarten. The Orientation programme commenced with the prayer song. Dr Sheena Joseph addressed the gathering and presented the Montessori-based method of learning. The Kreedo curriculum was introduced by Mrs Sneha with the Montessori materials. Kindergarten HOD, Mrs Indira Sindhu provided an overview of the kindergarten curriculum, daily routines, rules and regulations that have to be followed.

Later, our manager Rev. Sr Immaculate addressed the parents, who reiterated punctuality and focusing only on spreading positivity, dismissing negativity. All the concerns and queries of the parents were clarified through the orientation programme.

The parents' orientation programme was beneficial for both parents and school staff in establishing better coordination and helping in taking care of the children's education.

- Mrs. Indira Sindhu
HOD – KG Dept



KINDERGARTEN RE-OPENING DAY



It was a joyous re-opening day for our tiny tots of Pre-Nursery, LKG & UKG on June 5th, 7th and 9th respectively for both new and existing students. The children were welcomed to our vibrant kindergarten, where learning becomes an exciting experience. Our fun mascots added an extra touch of joy, creating a warm and inviting atmosphere for everyone.

"Aksharabhyasa" was conducted for Pre-Nursery children under the guidance of teachers. Parents got to meet and interact with the teachers. They were allowed to visit the Montessori Lab to know where and how their children work with Mont materials.

All children were welcomed with "I am a Ranian" badge.-

- Mrs. Sumalatha Nayak
KG TEACHER



"Kindergarten : where little hands have big ideas and hearts are full of wonder"

KG ENVIRONMENT DAY CELEBRATION

Celebrating Environmental Day with kindergarteners was a wonderful way to instill a love for nature and promote environmental awareness from a young age. The children were gathered in a circle and explained the significance of Environmental Day. The importance of taking care of the environment and why it is essential for their future was emphasized.

Teachers made children aware of the benefits of trees and plants in our surroundings. The importance of watering, sunlight and nurturing, for the plants to grow was highlighted.

Activities like watering the plants, thumb and hand printing were done by our tiny tots.

The paintings were displayed outside the classroom to showcase the students' artwork for the parents to view.

- Mrs. Anusha
KG Teacher



KG FRUIT SALAD DAY

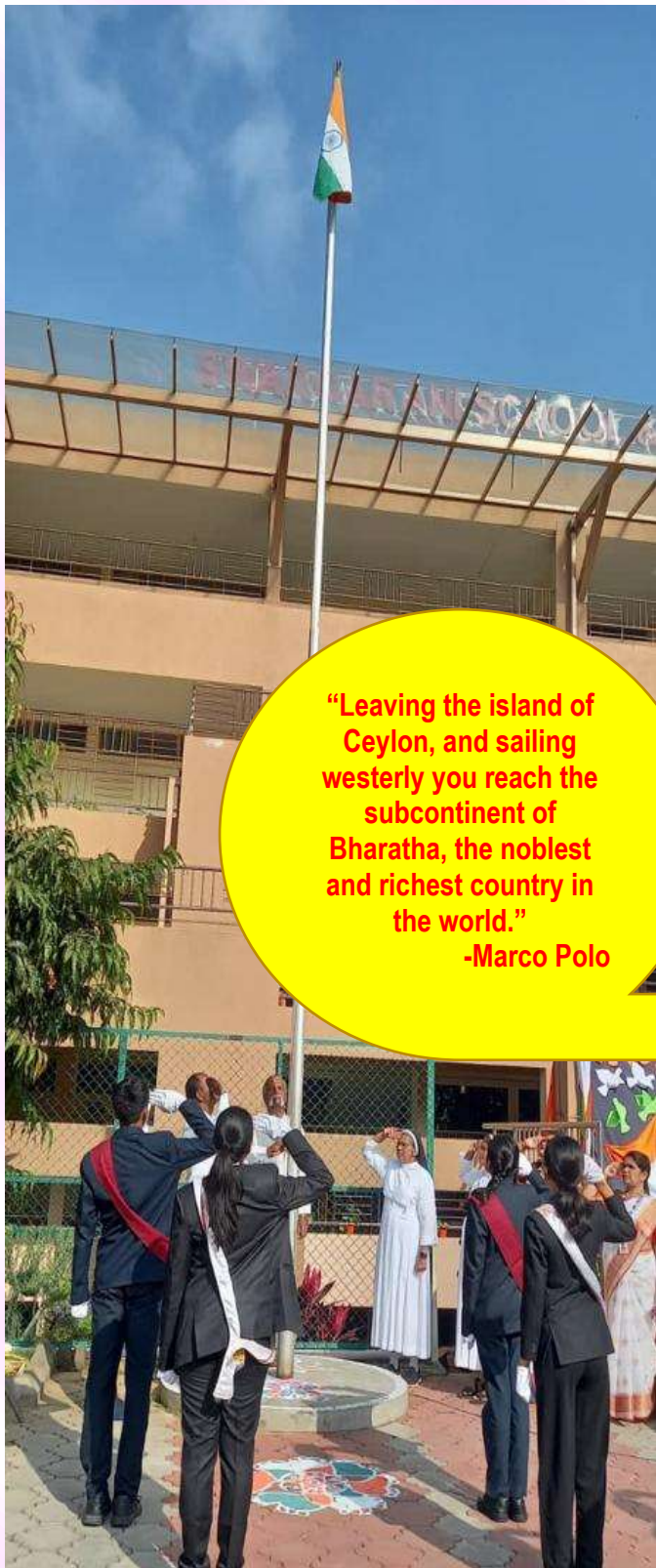
Colourful and fun-filled fruit salad day was celebrated in kindergarten on 28th August to highlight the importance of eating fruits. Children brought a variety of fruits to school. Together they prepared fruit salad with the custard made by the teacher and sang rhymes on fruits with great zest and enthusiasm.

The tiny tots learned about the importance of consuming fruits regularly as they provide a power-packed dose of fibre, vitamins and antioxidants. They also learned more about each fruit's taste, colour and texture. Children relished all the fruits in the form of salad, enjoyed their participation and understood the importance of fruits in their daily diet.

- Mrs. Sumalatha Nayak & Mrs. Anusha
KG TEACHERS



INDEPENDENCE DAY CELEBRATION



"Leaving the island of Ceylon, and sailing westerly you reach the subcontinent of Bharatha, the noblest and richest country in the world."

-Marco Polo



On August 15, 1947, our country officially got its freedom from the British rule. Since then, this day is celebrated with great enthusiasm not only in India, but also by Indians all over the world with flag hoisting ceremonies, parades and cultural events. This is the day when we renew our commitment to uphold the democracy, diversity and gratitude towards our country.

At Swargarani, this day is not just a special event, but it has always been a milestone. We celebrated this 77th Independence Day with March past, dance and music when Ranians showed their patriotism towards India with a big bang.

The chief guest for the day was Mr. Krishna Raju, an ex-military officer and the grandparent of Ullas of VI A. He was welcomed by the school's marching band and was felicitated by our Principal, Rev. Sr. Tania.

Ranian's marchpast has always been an Independence Day tradition. The four houses: Sathya, Shanti, Jyothi and Spoorthy filled the atmosphere with excitement and anticipation. The synchronization, coordination and teamwork of all the houses was indeed a treat to our eyes.

To cultivate the spirit of good sportsmanship and competition, we not only had inter-house march past competition, but also inter-house dance competition on this auspicious day. It was such an exciting competition. The first place was bagged by the Sathya house for their incredible discipline and their incredible marching skills. Sathya was followed by Jyothi and Spoorthy houses respectively.

Dance is an art which requires rhythm, resilience and persistence. The mesmerizing dance performance was performed by all the houses, showing their love for the nation. Each performance was unique and flamboyant in its own way. Unfortunately only one can be the winner and in this scenario it was Shanthi house followed by Jyothi and Spoorthy houses. Finally, to end the program with a touch of bliss, the vote of thanks was proposed by Sharanya S Warrior of X A.

The event had surely brought back the memories of all the martyrs who fought till their last breath, in hope of a free India. It was truly an exhilarating experience which reminded us that freedom was harder to protect than earn.

Disha V
X A



"A Man is a patriot if his heart beats true to his country." – Charles E Jefferson

WHAT IT MEANS TO BE AN INDIAN

Ask not what your country can do for you. Ask what you can do for your country. By law, you are an Indian if you have an Indian passport, Aadhar Card, and other such legal documents. But what does it mean to say "I am an Indian" from your heart? First, being a Hindustani is a privilege most of us overlook. In ancient history, India played the biggest role as Bharat was the powerhouse of the world.

We have had some of the greatest and most notable people. Philosophers such as Swami Vivekananda and Chanakya. Poets such as Harisena and Kalidasa. Freedom fighters such as Netaji Subhash Chandra Bose and Bal Gangadhar Tilak. When the names of such great freedom fighters fall on my ears, a tear springs up to my eye as those who could have lived a comfortable life decided to sacrifice it for our betterment.

We have recently celebrated our Independence Day, which is deemed the most important day in our nation's history. The liberation of India from the British took us over 2 centuries and claimed the lives of millions of people who died for a noble cause. When the Brits left India they left us with nothing but a 70% poverty rate, a 12% literacy rate, and hope for the future of a newly formed nation, Bharat.

Today we are the most populous nation and the fastest growing economy in the world. In a matter of less than a decade, we have grown from the 10th largest to the 5th largest economy in the world. Many of the enterprise owners, CEOs, and world leaders of several countries are from Bharat

The concept of "Atmanirbhar Bharat" Or "Self-reliant India" further fuels a sense of patriotism within us. The modern Indian diaspora is another testament for Hindustani to be proud of as these dispersed people are excellent in many fields and add to the name and fame of Bharat. Our latest lunar mission the Chandrayan 3 has been a huge success leading us to have a sense of pride because of these events. Unlike several other countries, Hindustan has unity in diversity where people from different castes, creeds, races, genders, and religions come together to contribute to the nation in several ways.

Dr. Bhimrao Ambedkar said "*The future of our country depends on what you do today*". Bharat is a beacon of unity and diversity. May the pride and glory of our nation shine brightly in all of our hearts and souls. I am proud of my country's achievements, culture, heritage, and history. The question is, are you?

PRANAV CHANDRASHEKAR
Std - 9B

THE LITTLE BIRD AND THE MOTHER BIRD

When I started my first fight
My mother says...

When I want to fly around the world
But my mother says,
don't go anywhere.

When it becomes night
and I want to fly,
But my mother says, go sleep

When it becomes early morning
and I want to sleep
again my mother says,
go and fly in search of breakfast.

When I want to talk to strangers
My mother says,
Don't talk with strangers

When I want to play with my friends
My mother says,
Come here
Oh no! I have no freedom...

But now when I reach to her age
Now I got to know the pain of my mother,
But now she is no more here
But she is in me always and forever

My loving Mother Bird.

By Aleena Ajaya Ghosh
I PU A



"Education is not preparation for life; Education is life itself." — John Dewey

ACHIEVEMENT

Greeshma Mathew - Std 10B
Sneha Jisso - Std 10A

won first prize in KISA debate competition
& are selected for national level debate
competition.

CONGRATULATIONS



Shanon Prem Tadossia of Std-X won two gold medals in skating held at City Skaters Arena [Magadi] Regional level in the event 500 mts track and 1 lap road.

Apoorvaya of Std-IIA got 2nd place in fiction fiesta conducted by Tattva School.





Nandan of II PU-Science secured 2nd place in Karate organised by Department of P U Board.

Dhanush G of Std-IX won 1st place in 500+D in Rink & 1000 mts event in the KISA Skating Competition.



Moulyashree of Std – X won gold medal in 5th National level Taekwondo conducted by VIFA CUP

"The expert in anything was once a beginner."