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## DEAN'S ADDRESS ON INDEPENDENCE DAY



### GOOD MORNING EVERYONE !

On behalf of DIS I wish everyone a Joyful and Proud Independence Day!

This day we remember our many centuries-long struggle, strife and fight for our country's Independence; we remember the freedom fighters, the martyrs, the families which placed their love for their motherland above their love for their kith and kin. We try to visualize their sacrifice and express our gratitude to them. We remember their love for their motherland and

today, I hope we can remind ourselves to love this land in the same way.

Our land has been witness to more than 8000 years of Indian civilization. We don't need to look far for evidence of this. In our own city, in Malleswaram, the Nandeeshwara temple that was only recently excavated, is itself more than 7000 years old, according to archaeologists. So it is simple to see that generations after generations have been sustained and nurtured by this earth and this has been only because those generations too have nurtured, loved and given back to it.

This land is now our motherland. But we are coming dangerously close to destroying what has sustained us for several millennia. If we just pause to reflect, we only need to look back to see where we are going wrong. Somewhere, in the past 70 years

since Independence, we forgot service, we lost our selflessness, and we have started taking for granted, that which our forefathers fought so hard to reclaim. It is high time that we gave back to our motherland. We must give back to our community, our country, as well as the very land we stand on.

Simple things like following traffic rules, taking care of our parents in their old age, using energy and fuel carefully, composting, rain water harvesting, volunteering our time to help the under-privileged, are just small ways in which we can show our respect for our nation.

I am reminded of a few lines by our former Prime Minister Sri. Atal Bihari Vajpayee, which always inspires me-  
*"Bharat koi bhoomi ka tukda nahi hai....."*

~ MS. BHARATI KRISHNAMOORTHY

# INTERNATIONAL YOGA DAY

**JUNE 21 WAS DECLARED THE INTERNATIONAL YOGA DAY** by the UN General Assembly on December 11, 2014. This initiative was taken by Prime Minister Narendra Modi to commemorate India's invaluable gift of Yoga to the world. It is a recognition of ancient India's priceless contribution to the modern world.

In today's stressful times, Yoga provides the right antidote to all kinds of lifestyle disorders plaguing our society. From young to old, from America to Japan, everyone all over the world is practicing Yoga. This amazing popularity is because Yoga not only gives health to the body, but peace of mind and joy to the soul. It is not merely a physical exercise but a holistic art which brings about harmony and balance in one's life at the physical, mental and spiritual level.

Deccan International School is a huge supporter of this great cause. To inculcate the life enhancing Yogic culture in the minds of the young Deccanites, the International Yoga Day was celebrated with great spirit and fanfare in our school.

All classes started their Yoga routines with meditation and a prayer dedicated to sage Patanjali who blessed us by bringing this art into creation. Students of grades 7 and 8 performed Yoga for an hour in the morning. They practiced Asanas, Surya Namaskar and Pranayama. Students of grades 9 and 10 also had a session of Pranayama.

We intend to proudly carry forward this tradition in the years to come because we at Deccan believe that yoga is one of the most powerful life skills which will equip us to deal with life in a calm and confident way.

**SAKSHI SATHVIK**  
9 IGCSE



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# BEGINNING OF EARLY YEARS

EVERYONE KNOWS IT, FEW REMEMBER IT BUT NO ONE STAYS IN IT. YOU PROBABLY GUESSED IT ALREADY, ITS CHILDHOOD ! It's a stage everyone passes through thinking 'once I grow up and am out of this, everything is going to be awesome and all my problems are going to be sorted out easily'. We all pretty much know this is not true, because somewhere within us, there is always a part of us wanting to go back to the innocent, childish version of us who doesn't know what lies ahead but only what is going on right now. So wouldn't it be nice to find out how the children of the Early Years are coping with their first few months at school?

On interviewing one of the Deccan teachers who works with children in the early stages, Ms. Veena, I discovered a lot of information on how teaching a four-year-old can wear you down to bones. She states, "I think you need to look at them as young adults", by which, I believe, she means they are the faces of

our world's future so we need to treat them like it. She also trusts that partly the reason why children feel reluctant to come to school "is that the parents need to help children overcome and face the separation anxiety" in which case, it would be the teachers' responsibility to make them feel ready to study.

They have a tendency to worry about everything at first and consequently hesitate to communicate with the teachers. As a result of which the teachers need to "give them the impulse" and give them the comfort of touch they need, like a pat, to make them relax and non-hesitant to interact.

Apparently, teaching the Early Years also requires a lot of creativity because, I was told that sometimes, just like adolescents, kids have different ways of being approached since not all of them have the same upbringings, which distinguishes them from each other. Teachers need to seek out alternative learning strategies, in

order to make sure the child understands such as Role Plays, asking trick questions and encouraging them to participate in competitions - like Fancy Dress, Pick the Differences and Endurance which bring out the competitive spirit in them.

Making a child understand what you mean to say is one of the biggest challenges, expresses Ms. Veena, especially when they don't speak the same language as you, wherein you yourself have to learn to adapt to the way they behave.

Despite the challenges they face while teaching the Early Years, the teachers are known to adore their profession because of their passion to lay the foundation for the future generation.

**YASASVINI BODDA**  
9 IGCSE





# NUTRITION WEEK

## EARLY YEARS

**IN FAVOUR OF INCREASING NUTRITION IN THE DIETS OF CHILDREN** in the Early Years, the idea of Nutrition Week was promoted by the school under the theme of Wellness .

- A circular was sent home to the parents of the children in interest, informing them about this idea, occurring in the last week of June. Attached to it was a menu consisting of nutritive foods that the parents were required to prepare.
- The teachers were to explain what these dishes were and their importance.
- On Monday the 27th it was South Indian - idli or dosa. They spoke about fermentation of the batter to make these delicacies.
- On Tuesday it was Salad Bar. Students had to bring in fruits, sprouts or veg salads that brought out the goodness of fibre in food .
- It was Sandwich Day on Wednesday with vegetables, cheese or paneer. It was a tasty way to improve on proteins.
- Thursday, was the day for North Indian poori or chapatti – stressed on the traditional concept of a staple diet.
- Friday, saw them wrapping up with desserts and called it Sweet Conclusions. They also prepared “dry bhel puri” as part of group work for K3.

By the end of the week, students were exposed to different cuisines and tastes..... Parents are free to continue with the menu.

**YASASVINI BODDA**  
9 IGCSE



## JUNIOR SCHOOL

Nutrition week is conducted every year for grades 1-4 to enlighten the students on the importance of nutrition and balanced diet. Students learn about the nutritive value of fruits, vegetables and sprouts and also realise that junk food is unhealthy, as it contains too many calories and fat.

Students are asked to bring various types of seasonal fruits and vegetables, different kinds of sprouts to the school during the whole week for display and relish it by sharing it with their classmates.

**MISS HEMALATHA SESHA**  
JUNIOR SCHOOL CO-ORDINATOR



# MUSIC ENRICHMENT- INAUGURAL

ALONG WITH THE REOPENING OF OUR SCHOOL CAME THE GRAND MUSIC ENRICHMENT INAUGURATION for the 4<sup>th</sup> and 5<sup>th</sup> graders, introducing them to a world of Guitars and Pianos, Music and Dance. This was held on the eight of July in our school -a congregation of eight different Music and Dance subjects are available.

Music and Dance are great forms of art, a blend of the creativity of the mind, co-ordination of the brain and body, dexterity of playing an instrument and enhancing your vocal cords. Initiating the program for the young ones gives them an opportunity to not only develop these skills, but also make them promising artistes of the future.

Our school offers a wide range of options to choose from: Drums, Guitar, Bharatanatyam, Mrigandam, Tabla, Flute, and the newly introduced Piano keyboard. The M.E. classes happen twice a week and the talented teachers work to help the students throughout their four year journey .

The inclusion of M.E during the academic week helps the students to relax and allows them to participate in the various Beyond Curriculum activities , such as the Independence Day Programme, Annual Day and Sports Day. These programmes are held successfully every year, and the efforts put in by the learners and teachers are evident in their stunning performances. It is a great pleasure for the teachers as well as parents to watch these performances and experience pride in them.

This initiation into the Music Enrichment programme for the Middle School learners is the foundation for any advanced courses they decide to take up in future.

**VAIDEHI BULUSU**  
9 IGCSE





# MUSIC EXAMS

**MUSIC IS LUXURIOUS SOUNDS WITH MELODIOUS BEATS** that comfort us throughout our lives. It can wake you up or lull you to sleep. It can give us the courage and energy to keep going. At Deccan, music is taken very seriously. After a year or years of hard work and training, students take up the music exams. They are tests that are conducted to help motivate the students into learning and improving their skills in the art of music. What better motivation than earning a certificate from the well-known Ravindhra Bharathi University. These exams were held on the 2<sup>nd</sup> of July and external examiners from the university conducted it.

There are four levels. They are Adhya, Madya, Poorna, and 1<sup>st</sup> year. You can choose the level which you think you are ready for. There are eight subjects on offer. They are the Carnatic Vocal, Mridangam, Veena, Sitar, Flute, Tabla, Drums, and Bharatanatyam. You can aim for any of these subjects and try getting a certificate in the respective level. We hope students work hard and achieve their aspirations in music.

**SHRAVANI PENUMARTI**  
9 IGCSE

**M**usic gives a soul to the universe, wings to the mind, flight to the imagination and life to everything

~Plato





# EDUCATIONAL TRIPS

## A VISIT TO BUGLE ROCK BY GRADE 1 STUDENTS ON 27TH JULY 2016



## A VISIT TO METRO BY GRADE 5 STUDENTS ON 29TH JULY 2016



## A VISIT TO HAL MUSEUM BY GRADE 9 STUDENTS ON 17TH AUGUST 2016



## A VISIT TO VISVESWARAIAH TECHNOLOGICAL MUSEUM BY GRADE 8 STUDENTS ON 18TH AUGUST 2016





# SCHOOL EVENTS

## INDEPENDENCE DAY



QUOTED BY OUR DEAN IN HER ADDRESS

*“Bharat koi bhoomi ka tukda nahi hai, jeeta jaagta rashtrapurush hai.*

*Yeh vandan ki dharti hai, abhinandan ki dharti hai.... Yeh arpan ki bhoomi hai, tarpan ki bhoomi hai.*

*Yahaan ki nadi nadi hamaare liye Ganga hai, iska kankar kankar hamaare liye Shankar hai.*

*Hum jiyenge to iss Bharat ke liye, mareng to iss Bharat ke liye.*

*Aur marne ke baad bhi, Ganga jal mein behti huee humare asthiyon ko koi sunega, to ek hi awaz aayegi -Bharat Mata Ki Jai”*

*~Sri Atal Bihari Vajpayee*

## THE EARLY YEARS - LEARNING NATURALLY.....





# CCA ACTIVITIES

A healthy mind in a healthy body is an old adage we are all familiar with. Here at Deccan International school, we believe that for a wholesome development of a child a good balance of academics and co-curricular activities is required.

Our school hosted a bevy of co-curricular activities and competitions over a two day period for students of Gr 8 and above in ICSE and CIE streams (10<sup>th</sup> & 11<sup>th</sup> August). A variety of competitions like Science Seminar, NADA( Writing of lyrics, setting it to tune & performing & singing), Art,

Group dance, Solo singing, One act play, Mad Ads, Extempore in Hindi & Kannada to name a few were conducted.

The students were allowed to take part in a maximum of three events. Many eminent personalities were invited to judge these competitions.

The students participated in large numbers and the events were appreciated by them.

**MISS RITA SREEKANTAMURTHY  
HIGH SCHOOL CO-ORDINATOR**

**E**ducation is not the learning of facts, but the training of the mind to think

~ Albert Einstein

