



Dhyatva

2025



SFS ACADEMY

Hebbagodi, Electronics City P.O.,
Bengaluru - 560 100



Our Vision

To create a holistic society of compassionately human, spiritually enlightened, intellectually awakened, professionally skilled, socially committed and culturally integrated persons based on the values as lived and taught by Jesus Christ and followed by Saint Francis de Sales.



Our Mission

- To provide a conducive atmosphere for intellectual development
- To facilitate conviction – based on spiritual formation.
- To nurture a sense of the divine and transcendence.
- To imbue the virtues of gentleness, compassion and optimism.
- To impart authentic leadership training.
- To instil wholesome professional ethics.
- To encourage sports, games and work experience.
- To inculcate healthy food habits.
- To promote environmental consciousness.
- To extend integral education to all.
- To foster a caring and humane society meant to promote the marginalised, and thus equip the younger generation with needed life skills to become:
 - ▶ Catalysts of Social Transformation
 - ▶ Votaries of National Integration and Ambassadors of Universal Brotherhood.



The Motto

Knowledge, Love and Service

SFS Academy, the educational community, aims at imparting high quality education to prepare the young for opportunities in the fast advancing technological modern society. The primary focus of this academic fraternity is on knowledge, excellence, love and service.



Education of the heart is the heart of education.

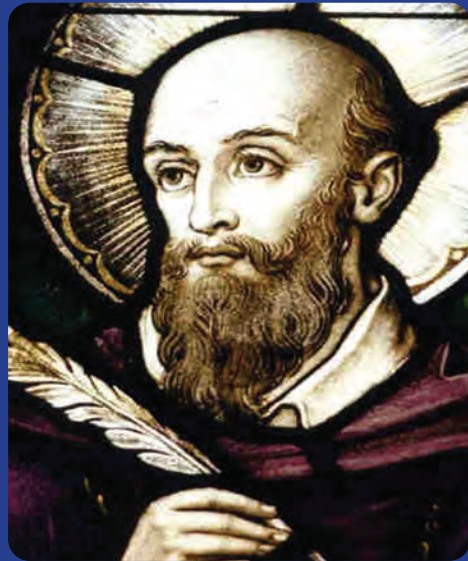


Fr. Peter Mermier (Our Founder)





SFS ACADEMY



ST. FRANCIS DE SALES
Heavenly Patron of MSFS

Saint Francis de Sales (SFS) is known as the Gentleman Saint and the Doctor of Love. He is the Patron Saint of journalists, writers, the Catholic press and of adult education.

He is also considered the Patron Saint of the deaf because he developed a sign language to teach a deaf man about God. His visionary legacy is one of innovative teaching and compassionate outreach, reminding us of the vital role education plays in both faith and life.



FR. PETER MARIE MERMIER
Our Founder

Rev. Fr. Peter Mermier was born on 28th August 1790, at Savoy in France. He firmly believed that "education of the heart is the heart of education" and that it is incomplete without human formation. He envisaged an educational programme marked by respect for children. He advised his teacher-confreres to love their pupils to be a mother to them by their tenderness and a father by their prudence. "True education," according to him, "is opening the heart rather than mind". He insisted to inculcate knowledge, wisdom and discipline in their pupils.



SCHOOL MANAGEMENT



Rev. Dr. Johnson Kallidukkil, msfs
Superior General
MSFS



Rev. Dr. Thomas Kalariparambil, msfs
Provincial
South West India Province



Rev. Dr. Anthony Swamy, msfs
General Secretary for Education
MSFS



Rev. Fr. Benny Jacob, msfs
Councillor in charge of Education
SWIP



Rev. Fr. Joshy Thazhathukunnel, msfs
Manager
SFS Institutions



Rev. Fr. Johnson, msfs
Principal
SFS Academy



Rev. Fr. Mijo Kulamkuthiyil, msfs
Finance Administrator
SFS Institutions

MESSAGE

With immense joy, I extend my affectionate greetings and prayerful blessings to the entire SFS Academy family as you present the Annual School Magazine for the academic year 2025-26.

SFS Academy, inspired by its noble patron, St. Francis de Sales, continues to stand as a beacon of holistic education, forming not only enlightened minds but also compassionate hearts and upright character. The gentle saint of patience and pastoral wisdom reminds us: "Be who you are and be that well, to give glory to the Master Craftsman whose handiwork you are." These words beautifully express the essence of authentic education: helping each child discover his or her God-given potential and nurture it with responsibility and grace. As sacred scripture assures us, "Train up a child in the way he should go; even when he is old, he will not depart from it" (Prov 22:6). This biblical wisdom underlines the sacred mission entrusted to every Christian educational institution.

In today's rapidly changing world, education must rise above mere academic achievement. It must shape young people into persons of integrity, resilience, creativity and living faith. I am pleased to note that SFS Academy strives for intellectual excellence while remaining firmly rooted in Gospel values, moral responsibility and social awareness, such integral formation is a precious service not only to families and society but also to the Church.

A school magazine is far more than a collection of articles and photographs; it is a mirror of the institution's vision, a celebration of diverse talents and a testimony to the vibrant life of the campus community. It offers students a meaningful platform to express their thoughts, creativity and aspirations. May this year's publication radiate the enthusiasm, discipline and collaborative spirit that characterise SFS Academy.

I sincerely commend the dedicated efforts of the Management and Staff who tirelessly accompany the students toward academic distinction and personal growth. I encourage the students to make fruitful use of every opportunity provided to grow "in wisdom and stature and in favour with God and man" (Lk 2:52).

May the Lord abundantly bless SFS Academy and continue to guide it in forming young minds and hearts for a brighter and faith-filled future.

May the patron of this institution, St. Francis de Sales, lovingly intercede for you all.

+ Peter Machado
Archbishop of Bengaluru





MESSAGE

Every great school is defined by its vision. At SFS Academy, that vision is the belief that every child possesses a unique "seed of greatness" and it is our duty to provide apt platforms for them to sprout and grow. Our school magazine, **Dhyatva** is one such platform that provides the fertile ground where those seeds sprout. It transforms our students into independent thinkers and large-hearted human beings. For that very reason, **Dhyatva 25-26**, is more than just a collection of stories, pictures of events and summaries of various school activities; it is a platform designed to unearth talent and inspire lifelong learning. For Students: It is a canvas for creativity and self-expression. For Teachers: It is a space to mentor and nourish the innovative spirit. For Parents: It offers a proud glimpse into their children's achievements and potential.

Beyond mere content, the magazine is a training ground for 21st-century competencies, competencies that even Artificial Intelligence and its various tools cannot replace or guarantee. They are competencies that demand critical thinking, ethical judgment and the journalistic rigor needed to articulate a principled stand. Perhaps most importantly, it provides a unique "real-world" professional setting where students can experiment with leadership, design and journalism in a supportive environment where mistakes are part of the learning process. This is the crucial environment required for building real-world confidence, leadership and emotional intelligence.

Reading through this year's magazine is a journey of pure pride. We salute our visionary management, our passionate staff and our supportive parents for making this possible. To the student contributors and the editorial team: your innovative ideas have created a world of excitement within these pages. **Dhyatva 25-26** is not just a magazine; it is proof that SFS Academy is a true temple of human formation, where every student is the heart of the journey.

Rev. Dr. Thomas Kalariparambil, msfs
Provincial, South-West India Province

MESSAGE

It is very heartening to learn that SFS Academy CBSE, Hebbagodi, is all set to bring out its annual magazine for the year 2025. Wonderful indeed to see the growth of this premier institution along with all the others on the campus. My best wishes to everyone connected with this project of student growth and I appreciate it very much. Well done!

An educational institution does not gather a sparkling name just because of its elegant building, but by the progress and performance of its pupils. Over the years, SFS Academy CBSE has stood tall, holding its head high on all grounds of achievements and credibility.

Partnerships with parents and families, I learn, lead to home-school connections at SFS Academy and I dare call it a "Great School," not just a good school. Further, the institution is blessed with a supportive environment in which students feel safe, respected and valued. Trust me, I have a special love for SFS students, be it the past or present. Well-mannered and well-behaved indeed. Many Congratulations!

Throughout the years of legacy, the school was blessed with great visionary leaders and it is very heartening to learn that together with the teaching fraternity and the admin team, it sets clear goals and makes data-driven decisions to improve learning outcomes. Sign of a great institution indeed!

Blessed truly are you, dear students, to be part of such a premier institution as SFS Academy, Electronics City. Make the best use of every opportunity that you grow as responsible citizens of today and always.

Wish you all the best of the best in everything!

Rev. Fr. Benny Jacob, msfs
Councillor in Charge of Education





MESSAGE

I am extremely happy to know that you are in preparation of the next volume of the Annual School magazine of the year 2025. It is a matter of pride to pen down this message which would exhibit the achievements and proud moments of this Institution in the academic year 2025 – 2026.

Success comes to those who work hard and stays with those who don't rest on the laurels of the past. A pivotal role of education lies in shaping the personality of a child into a healthy mind and happy soul and equipping him or her with the needed skills and confidence required for the academic excellence but helping to face the challenges of life in a balanced and harmonious way. The entire purpose of education is not to restrict itself to impart bookish knowledge only but to inculcate humanitarian values like wisdom, compassion, integrity, kindness, reliability in the students. Each issue of our school magazine is a milestone that marks our growth, achievements and further unfolds our imaginations. I extend my warm wishes to the Principal, Staff and Students to continue this journey on the road to excellence through sustained dedication.

With sincere warm regards,

Rev. Fr. Joshy Philip, msfs
Manager, SFS Institutions





MESSAGE

We have a number of educational institutions, all efficiently managed by priest-principals who keep striving for excellence and to keep up the fair names of their schools. Force, per se, is a goal that cannot be faulted under any circumstance.

The accumulation, however, of material accessories cannot be equated with success. As missionaries guided by the teachings of our venerable founder Fr. Peter Marie Mermier, let's always keep in mind the true goal of education – "The education of the heart is the heart of education!"

Material things, no doubt, can contribute to the attainment of excellence to some extent, but should not be confused with the ultimate aim. The spiritual aspect of educational excellence should be upheld so as not to miss our original values and perspectives.

Technology has penetrated into every aspect of modern living. Gadgets, computers, automobiles, sophisticated infrastructure and countless conveniences surround us. The principal's office begins to look like a museum of artifacts and trophies. The casual visitor is mesmerized by the opulent display. What, however, we need to remind ourselves is that the mere possession or addition of facilities does not automatically make us wiser or more knowledgeable.

The scientific and technological achievements that make life today so much easier and enjoyable are the outcome of human ingenuity, research and engineering. Scientists and inventors developed them to meet particular needs of society and often to drive economic growth and commercial success.

Every invention is ultimately derived from the resources provided by nature. Man cannot create matter out of nothing. We can only transform what already exists. Every invention, every structure and every technological marvel is, in one way or another, a reorganization of nature's bounty. The earth, its minerals, water, forests and energy resources are the true foundations upon which human civilization stands.

The question, then, is: When does humanity truly grow in knowledge and wisdom?

True wisdom emerges when education helps us understand our place within the larger web of life. It grows when we learn to respect nature, protect it and preserve its magnificence and balance for future generations. Knowledge becomes meaningful when it is guided by responsibility, compassion and a commitment to the common good.

Education must, therefore, aim beyond the accumulation of information and technical skills. Its higher purpose is to nurture individuals who value sustainability, practice ethical living and recognize their duty towards the environment and society. If our education inspires us to love nature, safeguard it and keep it as natural as possible, then it acquires genuine meaning and relevance in the larger context of the universe.

As educators, parents and students, we must honestly ask ourselves: Are we living up to this ideal? Are we using our knowledge to preserve the world we have inherited, or are we merely consuming its resources without a thought for the future?

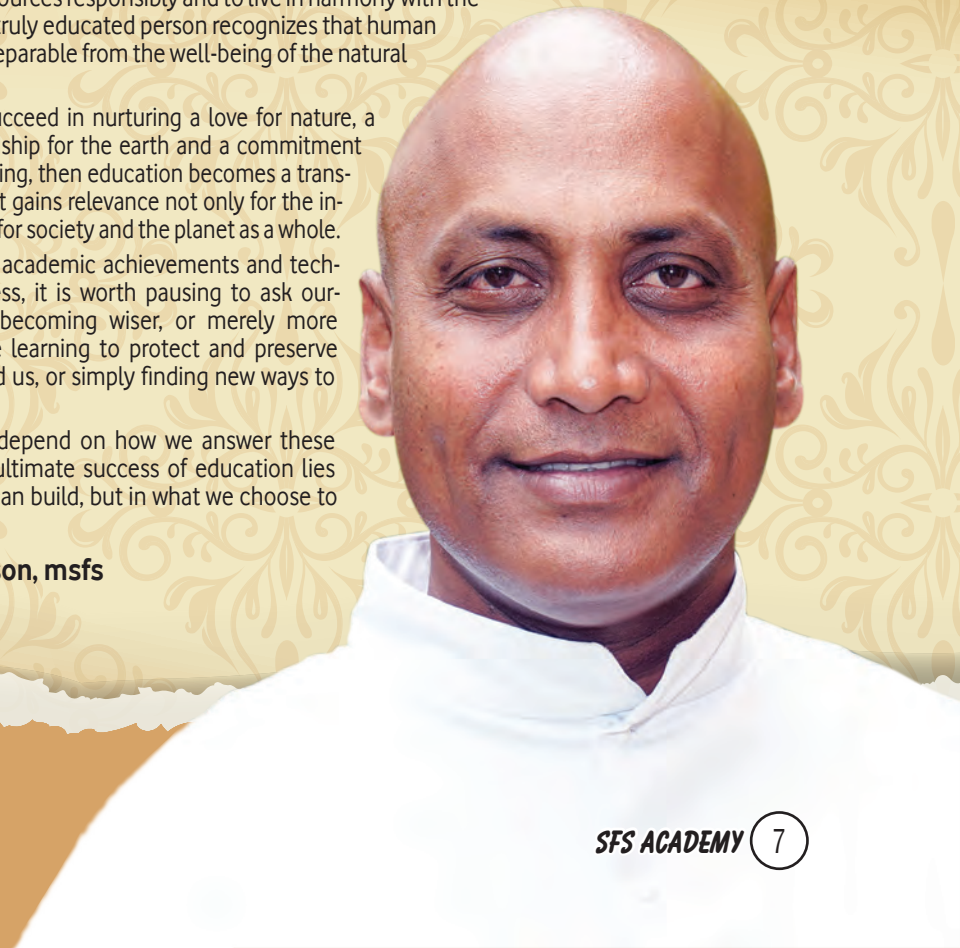
Education should not merely prepare individuals to earn a livelihood or master technology. Its greater mission is to cultivate wisdom – the wisdom to distinguish between need and greed, to use resources responsibly and to live in harmony with the environment. A truly educated person recognizes that human well-being is inseparable from the well-being of the natural world.

If our schools succeed in nurturing a love for nature, a sense of stewardship for the earth and a commitment to sustainable living, then education becomes a transformative force. It gains relevance not only for the individual but also for society and the planet as a whole.

As we celebrate academic achievements and technological progress, it is worth pausing to ask ourselves: Are we becoming wiser, or merely more capable? Are we learning to protect and preserve the world around us, or simply finding new ways to exploit it?

The future will depend on how we answer these questions. The ultimate success of education lies not in what we can build, but in what we choose to preserve.

Rev. Fr. Johnson, msfs
Principal





MESSAGE



As our school stands poised for another eventful academic year ahead, I would like to share with you my little ideas in this context. What does the general public expect from an institution like our school that professes to render an essential service?

People can and do see through the pretences they come across in their daily lives. If someone is sincere, committed and impartial in rendering duty and service, it will be easily noticed and appreciated.

Success, in any institution, is not measured by achievements and accolades alone but by the values that guide its authorities. Among such values, sincerity, commitment and impartiality stand as the pillars that uphold excellence in all fields.

Commitment, especially life-long dedication, transforms goals into accomplishments. It is the "never-say-die" spirit that perseveres despite unforeseen challenges and consistently strives for excellence. Be it in academics, administration, or co-curricular activities, commitment ensures that responsibilities are distributed and carried out with diligence and perseverance. It inspires individuals to give off their best and significantly contribute to the growth and reputation of institutions.

Of equal significance is impartiality in rendering services. Fairness and objectivity are essential to maintain harmony and justice. An impartial approach to every issue is necessary to make sure that decisions are based on merit, principles and facts rather than personal biases. In a school community, impartiality promotes equality, strengthens confidence in leadership and promotes an environment where everyone feels respected and valued.

As members of an educational institution, we need to continually strive for these qualities in our daily practices. Sincerity strengthens our character while commitment enhances our performance and impartiality guides our judgment. Together, they form the ethical framework that enables us to render our services to others effectively and positively contribute to the welfare of society.

Let us embrace these values not only within the walls of our schools but also in our interactions with the larger community. By doing so, we become responsible individuals and role models who uphold the highest standards of duty and service.

Rev. Fr. Mijo, msfs

Finance Administrator, SFS Group of Institutions

Editor's Desk**Greetings from SFS Academy****"Together, small pieces create something beautiful."**

A kaleidoscope reminds us that even the smallest pieces can come together to form something beautiful. With just a gentle turn, simple fragments create colourful patterns. Dhyatva reflects this very idea.

This magazine brings together special moments from the academic year 2025–2026. A photograph, a poem, a sketch, or a thought - each page holds a small expression. Individually simple, but together they create a vibrant picture of our school's spirit and creativity.

With dedication and care, the SFS Academy Magazine Committee has shaped these moments into Dhyatva. It is not just a collection of work, but a reflection of our students - their ideas, imagination and growing confidence.

We sincerely thank all contributors and designers for their effort and creativity in making this magazine meaningful.

With pride, we present Dhyatva 2025-2026 - a beautiful blend of memories, imagination and expression.

With regards,

Magazine Committee**Editorial Board Members**

Mr. Chandrashekhhar (Dept of Arts), **Mrs. Anupama G H** (Kindergarten), **Mrs. Shama Aiman** (Dept of Maths), **Mrs. Manisha Pandey** (Dept of Hindi),
Mrs. Sukanya Saha (Kindergarten), **Mrs. Lovina Shilpa** (Dept of Social Science), **Mrs. Monisha C** (Dept of Computer Science),
Mrs. Queen Mary (Dept of English), **Mrs. Veena Katti** (Kindergarten), **Mrs. Gaja Gowri** (Dept of Kannada), **Mr. Rudresh R** (Dept of Science).



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Desalites

of the Year 2024 - 25



S HARI MUKUNTHA



SHOURYA NANDINI

SCHOOL TOPPERS 2025-26



LEKHANA SURISETTY (99.2 %)



VEMEREDDY THANVIKA REDDY (98.80 %)



DRISHYA MAHATO (98.6 %)

NIOS TOPPERS



**D S Sanjana (88%)
2024 - 2025**



**Thugu Thanmaya Sree (88%)
(2025 - 2026)**



Subject Toppers 2025 - '26

ENGLISH



LEKHANA SURISETTY
(100)

MATHS



DRISHYA MAHATO
(100)



LEKHANA SURISETTY
(100)



VEMEREDDY THANVIKA
REDDY (100)

SCIENCE



K DHYAANESH
(100)

INFORMATION TECHNOLOGY



A ALBINA BELICIA
(100)



A AMIRTHA VARSHINI
(100)



A ANITA FLORENCE
(100)



A SAHASRA
(100)



AARNA BHATI
(100)



AKASH VIJAY RAGHAVAN
(100)



AMALA JOSELIN R
(100)



ANNA THOMAS
(100)



DEVDU TT S
(100)



DRISHYA MAHATO
(100)



ESTHER MARIAM JOSEPH
(100)



EVAN MATHEW TOM
(100)



HADHIYA YASIR
(100)



HARINANDAN VISHNU A
(100)



K DHYAANESH
(100)



LEKHANA SURISETTY
(100)



M A SHIVESH
(100)



M AAKASH
(100)



M SAVYA
(100)



MANVITHA BHAT
(100)



MEDHANSH A KUNNUR
(100)



N KARTHIKEYAN
(100)



NANDHAKRISHNA BIJESH
(100)



NISHA KIRAN VANGALA
(100)



P REMIEL REYMAN
(100)



RICHU FANCY JOSEPH
(100)



S AISHWARYA
(100)



S ANANYA
(100)



SADHIKA ROSE PRAVEEN
(100)



SAGAR SUBRAMANIAM
(100)



SAMHITA S
(100)



SHIVANSH UPADHYAYA
(100)



SHRADDA
(100)



SIONA JOHNSON
COUTINHO (100)



SOMILA RAJ G
(100)



SONAL ANANYA PINTO
(100)



SPOORTHY VARAPATE
(100)



VAISHNAVI SIDDAPPA
(100)



VEMEREDDY THANVIKA
REDDY (100)



School Cabinet Leaders - KG



Karthik Sanaka & Airini Sarkar
Head Boy & Head Girl



Lekhan S G & Ruhi Harari
Asst. Head Boy & Asst. Head Girl



Saathvika Arun Mohan (Sports Secretary)
S Venbha (Cultural Secretary)



Anaika Nair (Captain)
Hemanth K (Vice Captain)
Legendary Spartans (Red House)



Sathvik Jha (Captain)
Ananya Shivram (Vice Captain)
Nifty Knights (Green House)



Miguel Mathew Bipin (Captain)
Shivya H (Vice Captain)
Invincible Samurais (Blue House)



Hemasree Pesala (Captain)
M Goshith (Vice Captain)
Ambitious Avengers (Yellow House)

School Cabinet Leaders



Rick Lukram & Venpa V
Head Boy & Head Girl



P Kanish Joy & Shriyansi Pal
Vice Head Boy & Vice Head Girl



Shravani Saran & Lukas John Noronha
Junior Head Boy & Junior Head Girl



Euhan Toney Joseph & Saniya H
Junior Vice Head Boy & Junior Vice Head Girl



S Badri & Khushi
Cultural Secretaries



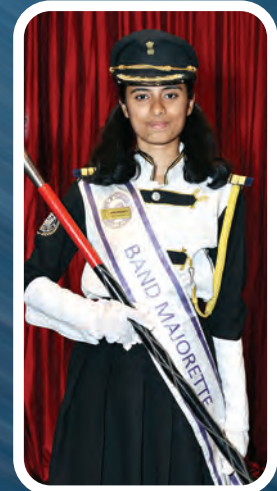
Alan Joby & J Srineja
Sport Secretaries



Pranadh R & Avani Nayak
Commanders in Chief



Pranay A & Swetha D U
NCC Seniors



Advaita Priya N
Band Majorette



National Cadet Corps (NCC)





LEGENDARY SPARTANS

Kona Mohnish Pratap Yadav & Mudasani Sri Shloka Reddy
(Captain & Vice Captain)



AMBITIOUS AVENGERS

Pearl Lobo & Kashwith Kharvi
(Captain & Vice Captain)



NIFTY KNIGHTS

Aryan V Nair & K Moumitha Varuni
(Captain & Vice Captain)



INVINCIBLE SAMURAI

Aarush Manoj Kumar Dhotre & Heeral P Pawar
(Captain & Vice Captain)

School House Wise System

The school is divided into four houses namely:
 Legendary Spartans (Red House),
 Ambitious Avengers (Yellow House),
 Nifty Knights (Green House) and
 Invincible Samurais (Blue House).



SCHOOL TEAM PHOTOS





SCHOOL TEAM PHOTOS



BASKETBALL - BOYS



BASKETBALL - GIRLS



SCHOOL TEAM PHOTOS



FOOTBALL - BOYS



FOOTBALL - GIRLS



SCHOOL TEAM PHOTOS



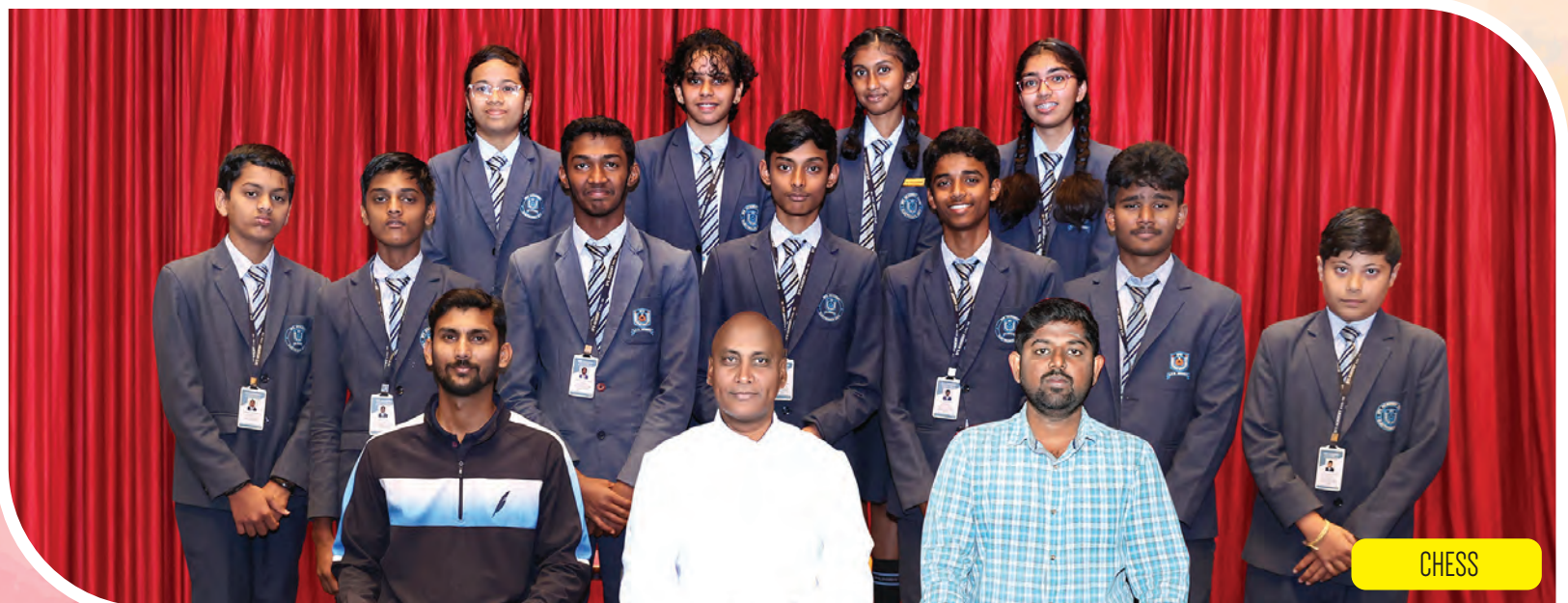
CRICKET



THROWBALL



SCHOOL TEAM PHOTOS





SCHOOL TEAM PHOTOS



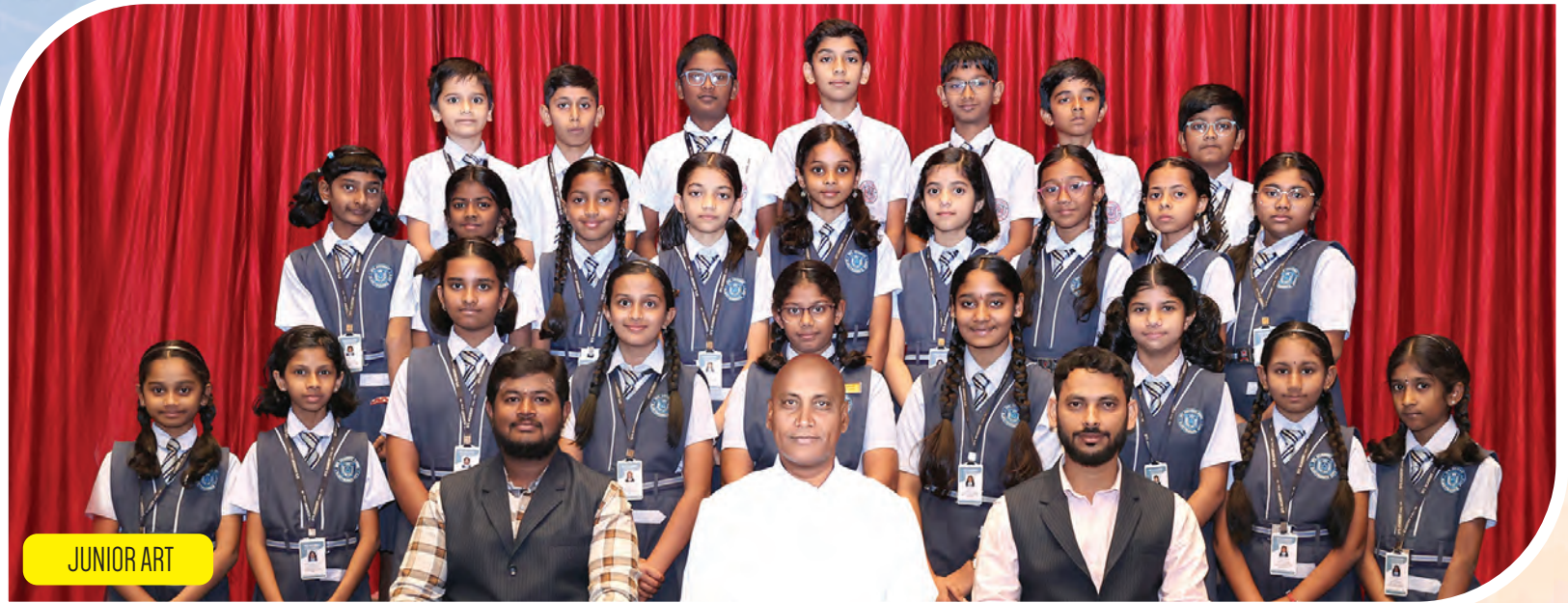
TAEKWONDO



SKATING



SCHOOL TEAM PHOTOS





SCHOOL TEAM PHOTOS





SCHOOL TEAM PHOTOS



WESTERN DANCE



CLASSICAL DANCE



SCHOOL TEAM PHOTOS



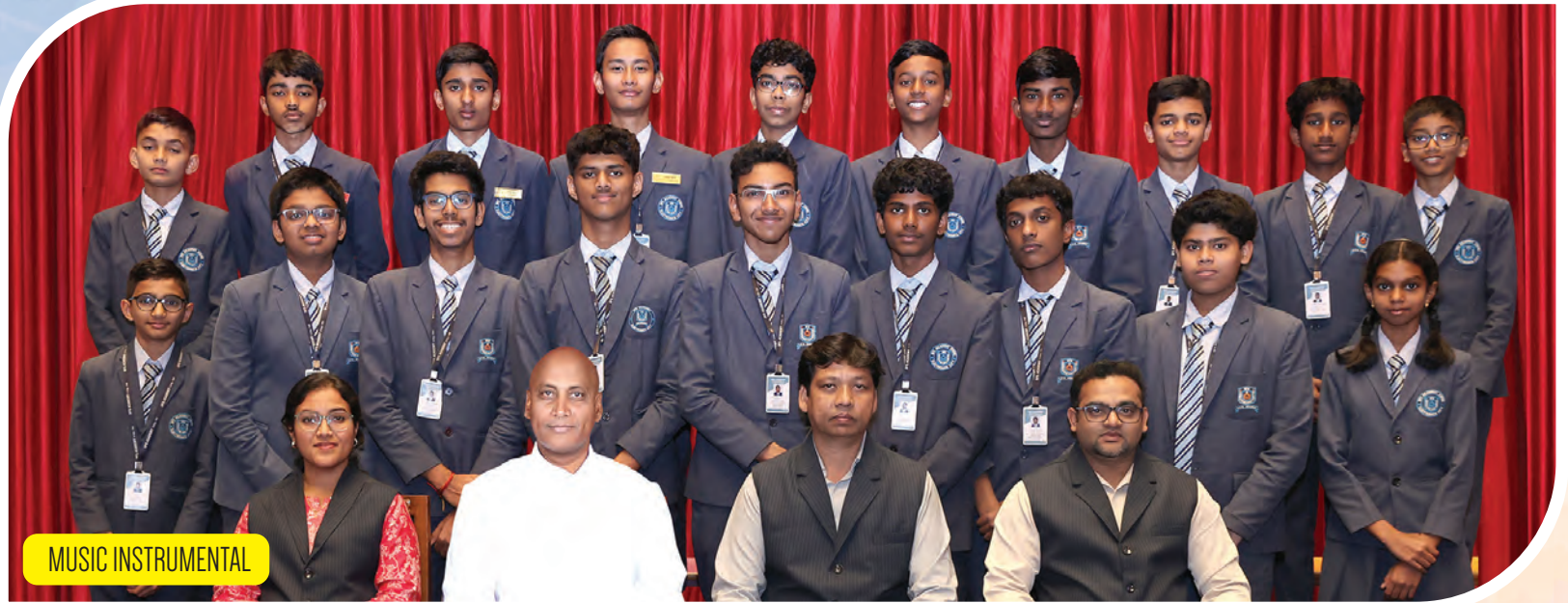
DEBATE



QUIZ



SCHOOL TEAM PHOTOS





IT CODING



NCC

SCHOOL TEAM PHOTOS



SCHOOL TEAM PHOTOS





Staff Orientation Programme

To ensure a dynamic learning environment, the school strongly emphasised faculty development through continuous training programmes. Before the academic year began, teachers attended subject-specific sessions and capacity-building workshops on the National Curriculum Framework 2020 and Competency-Based Assessment. The CBSE training programme by Mr. Vasudevan Natarajan was especially impactful, highlighting the importance of understanding one's own learning process. Faculty members also participated in sessions on storytelling as pedagogy, subject-focused workshops and the School Quality Assessment and Assurance Framework (SQA), which reinforced self-assessment and continuous improvement. To support holistic growth, a session on personal hygiene and well-being was conducted by DR. Minu Rose from St. John's medical college, emphasising mental health alongside academic excellence.







BIENVENIDO '25

Better Yourself...

On June 2, 2025, SFS Academy, Hebbagodi, warmly ushered in a new academic year with its inaugural programme – BIENVENIDO, marking the beginning of another year of discovery, growth and excellence for both young minds and dedicated educators.

The event commenced with a spirited welcome by the school's marching band, setting an energetic tone for the day. The school was honoured by the presence of esteemed dignitaries: Rev. Fr. Riju Vazhaparambil, MSFS (Parish Priest, Our Lady of Sorrows Church) as the Chief Guest, Rev. Fr. Joshy Philip, MSFS (Manager, SFS Group of Institutions) as Guest of Honour, along with Rev. Fr. Majish, MSFS (Principal, SFS High School), Rev. Fr. Binoy, MSFS (Principal, SFS Public School ICSE & ISC) and the host Principal, Fr. Johnson.

The programme began with invoking divine blessings through the ceremonial lighting of the lamp and readings from the holy scriptures, symbolising enlightenment and unity. The dignitaries then led the blessing of the school premises, invoking protection and prosperity for the year ahead.

The atmosphere was further enlivened by a vibrant and rhythmic dance performance, captivating the audience and adding colour to the occasion. The event also included a formal introduction of the new teaching staff, warmly welcoming them into the SFS family.

BIENVENIDO 2025 was not just a celebration but a reaffirmation of SFS Academy's commitment to nurturing excellence, compassion and holistic development in every learner.





WORLD ENVIRONMENT DAY '25

Setting an End to Plastic Pollution...

A special assembly was held by the students of grade IX to celebrate World Environment Day on June 5, 2025. A skit on the theme: Ending Global Plastic Pollution, encouraged the gathering to reduce plastic waste and protect the earth's fragile ecosystems from its harmful effects.







NESTURA '25

Better Yourself

SFS Academy joyfully reopened its doors to the tiny tots of LKG and Pre KG on June 9th, NESTURA '25, the beginning of academic journey with smiles and thoughtful gestures.

The inaugural program commenced with the prayer dance by UKG students invoking the divine presence of the almighty. Viraj Goel and Ruhi extended warm greetings to welcome the gathering. The chief guest Mrs. Deepa George in her speech emphasized on the responsibility of nurturing young minds in a safe, caring and stimulating environment, followed by an insightful speech by our manager, Fr. Joshy.

A spectacular dance performance was presented by LKG students and a heart touching drama "Cradle" by the students of grade 1 delighted the audience with a vibrant performance. Later the students introduced the kindergarten teachers. The inaugural program concluded with a heartfelt vote of thanks.

An orientation interactive session was conducted for the parents of Pre KG and LKG marking the beginning of the academic year 2025-26. The primary objective of the session was to provide essential information about the school, curriculum, daily routines and age appropriate teaching methodologies. The importance of parental involvement in a child's learning and growth during foundational years was also emphasized. Parents enthusiastically engaged in the discussion, raising queries related to snacks, uniform and transport procedures which were addressed clearly and reassuringly by the dignitaries.

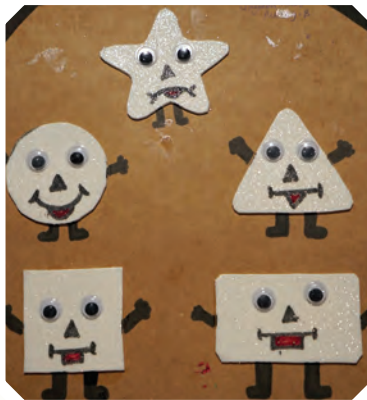
The gleam in the eyes of many parents reflected their joy and excitement as they embarked on this new chapter in their child's academic life.





DHYATVA 2025

ART GALLERY



JAYDON PAUL, PRE KG-B



THENARUVI, PRE KG-C



MAHARSHI, LKG-C



RITVIK ARYA, LKG-D



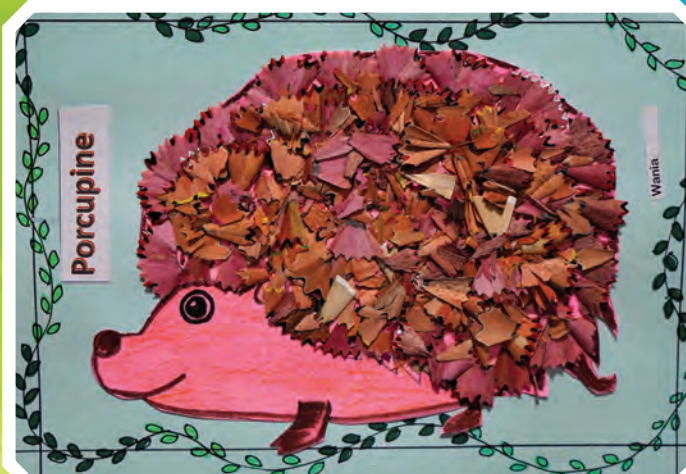
SRIYAN C, LKG-A



A.YUGAPRIYA, LKG-A



VIHAAN RAJ, LKG -A



WANIA, LKG-D



KIAAN REJNEESH, LKG-C



ART GALLERY



JASWIN PRASAD, UKG-C



JASMITHA PRASAD, UKG-C



ATREYA BISWAS, LKG-A



ISHANVI PANDIT, UKG-B



GIANNA CROSSE PAREKH, LKG-C



S. VENBHA, UKG-C



K.SAI SAATHVIK, UKG-D



SAMRIDH DAS, UKG-D



DEV .S, UKG-B



STUDENT COUNCIL ELECTION





The Literary Lens

(Articles on English)



The Magical School Bag

Last month, something amazing happened to me. I found a school bag that was not an ordinary bag. It was a magical school bag. At first it looked normal, but when I touched it, it sparkled and said, "Hello! I am here to make your school days magical." From that day onwards, everything changed.

My magic school bag can talk, fly and create anything. When my homework is tough, the bag glows and shows me small hints. When my books are heavy, it becomes as light as feather.



Bhakthi
II C



Things I Love to do

A Happy mind makes a happy person.

This is a thought that really puts me into action. I love to spend my time in drawing; it's my favorite thing to do. During my free time, I take my drawing book and draw pictures of things like, my dream car, my dream destination, my dream career and of course my dream house. Though I am tiny in size, I have big dreams which I visualize through my drawings. Someday when I grow into a young lad, these memories treasured by my parents, my drawings in books will be a dream come true. So, do things you treasure for there is no full stop in life.



Jaiden Allan Pereira
II D



A Robot as My Friend

One day, I was walking in my garden when suddenly I saw a big box lying there. I slowly and gently opened the box. Ooh! A robot sprang at me. I was so scared. I said "Hi" to the robot. It smiled at me. I named my robot 'Daisy'. Daisy was friendly to all my family members. The next day I had to go to school. I was afraid because who would take care of Daisy. Then Daisy told me that she could become a pencil. So, I was happy. Daisy always slept with me; she told me many stories. It was nice being with her. Suddenly someone tapped on my back, saying 'Wake up, wake up, it's time for school!' Oh no it was all a dream, but not an ordinary dream.



Daana Bathool
III B



DHYATVA 2025



Adventure in Space

One day I saw a rocket out of my window. Suddenly I was in the rocket and I finally landed on the moon. Then I started my adventures. The stars looked like giant blue balls. I jumped high because there was no gravity. Then I met a friendly alien. We talked and played no gravity football. When I opened my eyes, I was on my bed. It may be a dream but the adventure in space was amazing. Dream big and explore new things.



Shrinika Prisha
III B

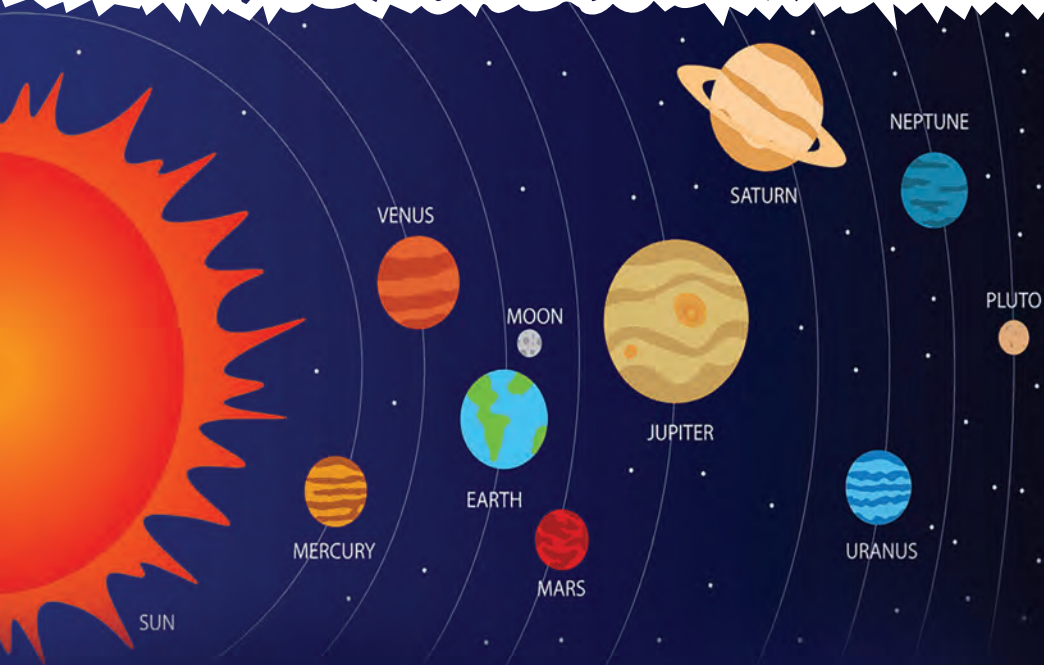


Benefits of Reading

Reading helps us to develop positive thinking. Reading is important as it develops our mind and gives us extensive knowledge and lessons of life. Reading helps us to know more about the world around us. It helps us to develop our communication skills. It improves our vocabulary. It helps us to use our language creatively. It helps to keep our mind active and enhances our creative ability. Good communication is important in every aspect of life.



Jhanavi V
IV B



THE SOLAR SYSTEM

The sun glows bright with shining light.
It keeps our planet warm and bright.
Mercury zooms, it's superfast
Venus shines with a golden cast.
Earth is our home, blue, green and round
Mars is red with rocks all around
Jupiter is huge with storms and swirls
Saturn goes round and twirl
Uranus goes in sideways
Neptune is in a wind race everyday



Tanvi Prabha
IV E



Kindness is Magic

Kindness is a little seed
Plant it everyday
Watch it grow in hearts of friends
In the games we play

Kindness is a gentle breeze
Soft as morning air
It makes the world a happier place
When we choose to care.

A smile, a word, a helping hand
Can brighten up the day
Kindness is a special gift
We give along the way.

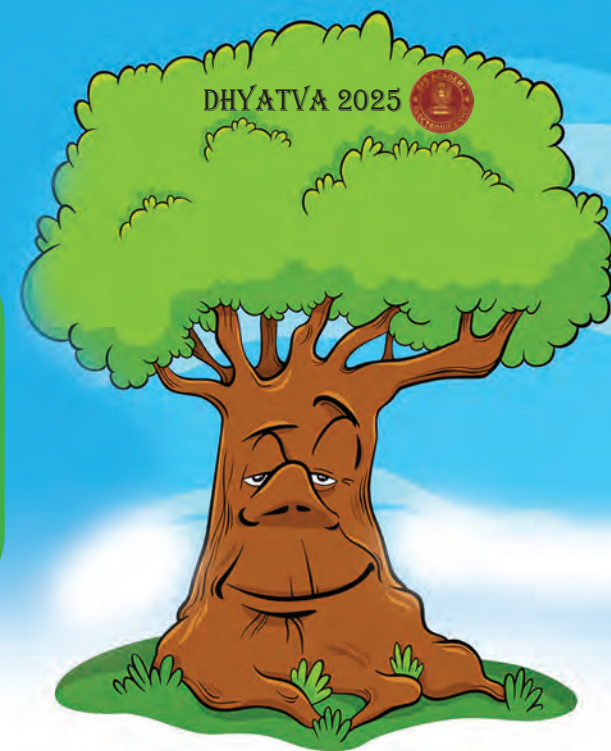
So, spread it all around you
Let kindness always shine
For every act of kindness done
Comes back in double time.



Bhuvika Kaur
V B



The Talking Tree



Once there was a sad tree,
As sad as tree could be.
He stood alone by the forest edge,
Wondering with a tear, "Why do I live in fear?"
"I give the breath of life to the world,
My branches are the homes of birds and bees,
So many tired souls rest under my canopy.
But why doesn't anyone care for me?
He saw men approaching with their axes,
His leaves shivered with fear,
No one to save him from far or nearby.
Just then a troop of kids came running,
They made the axes drop,
Saving the tree from the big chop,
"My future is in safe hands," said he,
"I have all the love and kindness I need,"
"Thank you, dear children, for setting me... FREE!"



Samanyu Das
V A





My First Step in School

A new beginning...

Tiny shoes walking slow,
New halls where children go.
Bright bags and shining floors,
My hand opening new doors.
A smile from a teacher near,
Soft words saying 'no fear'.
That first step felt small,
But it changed it all.



Hazel Brijit Joseph
VI C



46

SFS ACADEMY



Blessing in Disguise



When life throws lemons at my face,
At first, I drop my grace
But later I see, with some surprise,
It made me learn to dodge really nice.

I miss the bus and shout, 'Oh no!'
"Now I must walk, all thread and slow,"
But halfway there, I realize,
Free exercise? A fitness disguise.

My phone falls down, my screen goes black,
I think my life is off its track,
But then, I finally socialize,
Turns out humans aren't that bad, surprise!

I study late, the lights go out,
I almost scream, I almost shout,
But candles make me feel so wise,
Like I'm a monk in disguise.

So every mess and every flop,
And every strange twist that makes me stop,
Might secretly be something nice?
Life loves these blessings in disguise.



Lakshana N
VI D



ONE KIND ACT

A simple motion, quickly done,
A kindness shared with everyone
It doesn't cost a thing to give,
A moment where the good can live
A dropped-out book upon the ground,
Picked up with a single sound,
And handed back with a little grin
That's where kindness can begin.
A heavy bag, a door held wide,
A place where worries can't quite hide.
A shared umbrella in the rain,
A tiny case of sudden pain
It doesn't need a spotlight bright,
Just shines a small and steady light.
One kind act ripples like a stone,
A better world we have not known.



Elizabeth Rose George
VI B

THE POWER OF WORDS

One of the powers a human has is words. They are capable of leaving permanent marks on human minds, beliefs and behaviour. This power lies in how they shape the thoughts of people who hear them. Words from our mouths act as pillars of human understanding. Throughout the world, many people have used this power to build nations. Constitutions and declaration of independence began as a collection of words which carried the responsibility of India and its future. Political leaders used this power to bring hope or justify violence. In courtrooms, words are used to define innocence or guilt. Words also create a tone of quality in relationships. They build intimacy, trust and understanding. Words of apologies and promises repair or reunite relationships. These simple words contain weapons that can destroy trusts. This world's trust is fragile not because we are weak, but because words matter. Even apologizes may not heal what was damaged cause of words. Once said they cannot be taken back. Hence, understanding the power of words is crucial as its carries a responsibility.



Saanvi Kumari
VII C



DHYATVA 2025

A Day Without Digital World

A day without digi,
Is a day not for me?
A life without this,
Is a life we will definitely miss.

The world might be incomplete,
Without the digital device
Because for even just a day
It is the world's failure you say.

It might be advantageous
To face it is courageous
But for a day like this to us
Is the world getting hit by a bus?



Prince Richard V
VII B

The Forest Beauty

We see the highway roads,
Jammed and crammed with people around the world.
With no peace and quite a tall,
They miss all the wonders that lie beyond.

Oh, but have you ever seen the forest,
Filed with trees and pretty leaves
Waving and shaking for a little bit,
Water, laughter and joy please.

Oh, but have you ever seen the gurgling little stream,
Which gives you a cool feel when you paddle along,
The little fish tickling your bare feet.
Oh! The beauty of this joyous little stream.

Have you ever seen deeper into the forest,
The animals so happy and free
The magnificent view is too good to be true.
This is the beauty of the forest and it's all true.



Avanthika Unnithan
VII B

THE WORLD THROUGH MY WINDOW

Some people are passionate about sports or music. But the world through my window has always been shaped by cars. Not just any cars – the ones that roar, shine and make your heart beat faster than when the teacher says, “I hope everyone is ready for the class test.”

Whenever a Mercedes or an AMG with a naturally aspirated V8 appears anywhere in my view, everything disappears instantly. All I can think is, “That sound that design, that badge!”

I don’t have my own car (yet), but my enthusiasm is always in full throttle. I watch car reviews as if they are motivational videos. The world may talk in trends, cricket scores or gossip, but I see things in horsepower, torque and the signature confidence of a Hyundai Grand I10 Sportz (which is my family car). Through my window, cars are not just machines, they are moving examples of what creativity, engineering and passion look like when all come together.

From this view, I have realised something meaningful that progress begins when you start moving, direction in life matters more than speed and that even the smallest spark can lead to something extraordinary. Because in the grand view of the world, DREAMS ALWAYS DON’T NEED WINGS – SOMETIMES, WHEELS ARE MORE THAN ENOUGH...



Tanish Allan Pereira
VIII B



TEENAGE TRUTHS

Sometimes it feels like I'm running a race,
Trying to keep up, trying to keep pace
Homework, exams and expectations so high,
And still people ask, "Why do you sigh?"

Friends change fast like the weather outside,
Some days I feel left out, like I'm pushed aside,
Online everyone looks so perfect and happy too,
And I wonder if I should look that ways too.

Parents want the best; teachers want us to try,
But sometimes, it's hard, even if we don't cry.
We smile in photos, pretend everything's fine,
But inside we're juggling a hundred things all time.

Puberty hits hard and honestly we feel it too,
We're learning who we are, trying to push through.
I'm a teen myself, so I get what you're going through.
We're growing, we're changing and that's our strength too.



Sara Sooraj
VIII A

The Universal Passport

English is much more than just a required subject on our timetable; it's genuinely the universal passport in today's world. It has this incredible power to reach everywhere from the biggest blockbuster movies in Hollywood to the instruction manuals for the latest gadgets and even the code that runs the entire internet. Honestly, it's the language of almost everything cool and important. When you're learning English, you're not just memorizing vocabulary; you're actually opening doors to communicate with people from every corner of the planet, sharing ideas and understanding different cultures without needing a translator. It gives you a huge advantage, whether you want to watch a foreign documentary, read a bestselling novel, or eventually apply to a great university. Ultimately, mastering English gives you access to the world's knowledge and the chance to make your own voice heard on the global stage which is why putting in the effort now is totally worth it.



Miteesh S
IX B



How we choose to see the World, Creates the World we see

“How we choose to see the world creates the world we see.” This beautiful quote by unknown author provokes a very powerful question – Does perspective really have the power to shape the world we see? It may seem silly or impossible for such a thing to happen but the reality is that yes, it is possible.

Our minds are marvellous things and the way we choose to see things is very important. A lot of things happen in the world and around us that have both positive and negative aspects. If we choose to focus on the positive, then we find hope and the true beauty of this world. But if we focus on the negative, we are filled with disappointment. Choosing which aspect to focus on, however depends on us. Concentrating on the positive affects the mindset of a person positively and shapes the character of a person in a good way. Otherwise the opposite happens.

Living in a world full of noise, we must sometimes learn how to tune out all the negativity so that we can truly better ourselves and the society. The truth is, the negativity can make us feel scared, so we slowly start restricting doing some activities. Focusing on the positives, on the other hand, gives us the courage to try new things. We must all focus on ways in which we can better ourselves, think positively and appreciate the beauty of this world.



Shambhavi Singh
VIII A



A gloomy day with only tears,
Another person finding out is what the heart fears,
A smile that masks the sadness, doesn't always work out.
Oh, how beautiful the language of smiles is.

Happiness, anger, fear or sadness,
Emotions overwhelm, silently in the darkness,
No one asks what has gone wrong, but you fake smile to be happy.
Oh, how painful the language of smiles is.

Days go by, the heart adapts to the fake,
Acting happy in front of others seems like a piece of cake,
Restless hearts and happy faces.
That's not the language of smiles, is it?

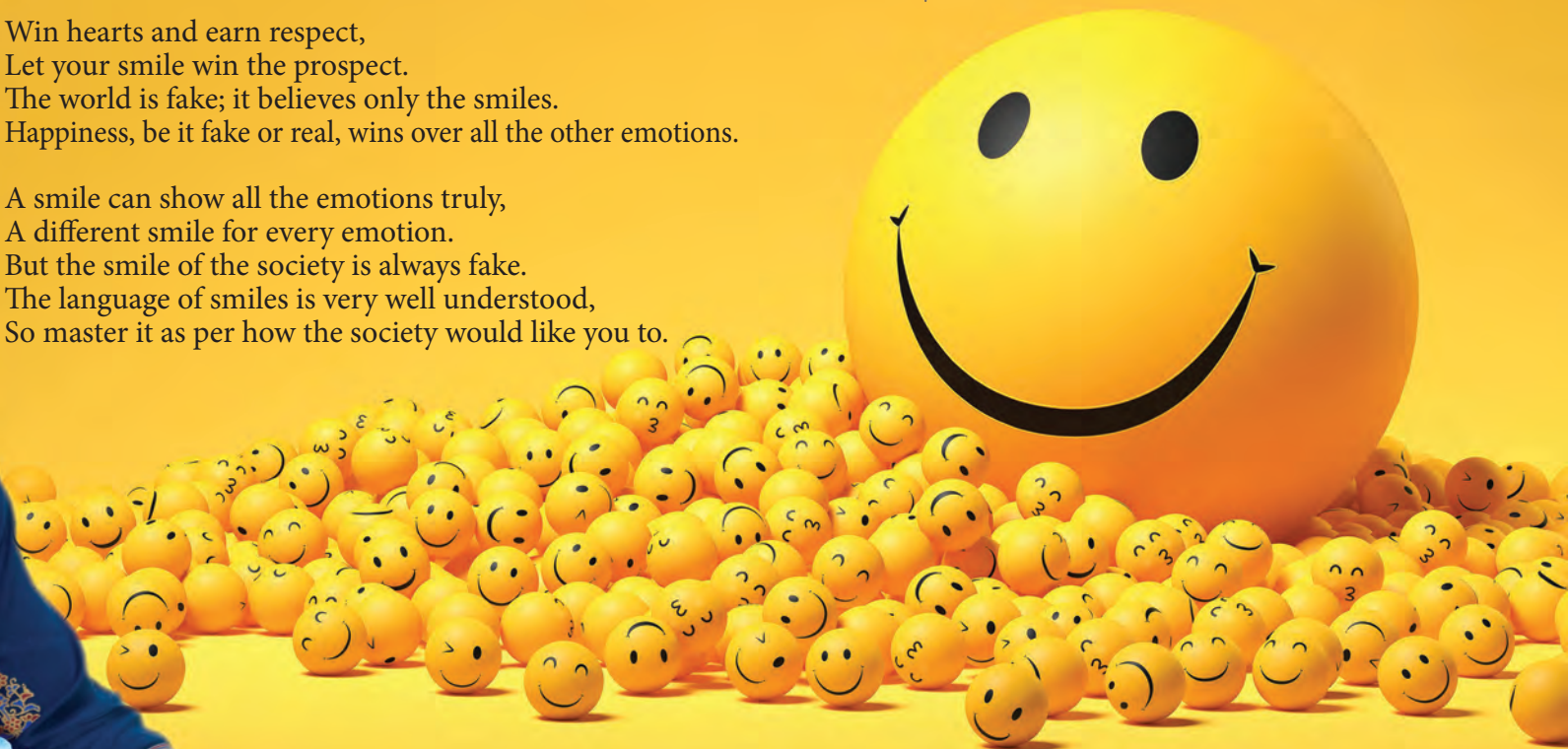
Destroy the melancholy, make yourself true,
Embrace your happiness, as the sadness flees,
Embrace the language of smiles.
It makes everything a lot more beautiful.

Win hearts and earn respect,
Let your smile win the prospect.
The world is fake; it believes only the smiles.
Happiness, be it fake or real, wins over all the other emotions.

A smile can show all the emotions truly,
A different smile for every emotion.
But the smile of the society is always fake.
The language of smiles is very well understood,
So master it as per how the society would like you to.

The Language of Smiles

 **Ishita**
IX D





The Very Few

Beneath the oceans lies a voice;
Overpowered by the rise of the tides
Wish they would reach for the sky
But are destroyed by the light so bright.

Not only waters but earth too,
Have they consumed their voices few?
The world worried by the change they bring
Have they not given them?
A chance to think?

Society afraid of what
Their voices can change
Oh, how they wish
They have the liberty to change.

Had others given them
A voice to speak,
The world has become
A better place to glee.



Siona Johnson Coutinho
X A

The Same Things

The same rain you once danced in,
Has drowned you in it
The same road you have travelled on,
Has led you somewhere you never knew.

The same fire which provided warmth,
Has burned your soul to ashes
The same sky you prayed beneath
Has watched your hopes shatter

You can't blame the mess,
Crafted by the wind,
When you were the one who,
Opened the window.

Life gives and takes.
The same things that once helped you
Can also hurt you!



Chiruhasini
X A



When the morning light begins to rise,
I open my heart and open my eyes.
Each new day brings choices to make,
Small steps that shape the path that I take.

I may walk slowly, I may walk fast,
But every moment becomes part of my past.
Courage and hope are the shoes I wear,
And dreams are the map that leads me anywhere.

So, I keep moving with faith inside,
Learning from each turn of the tide.
Life is a journey I gladly embrace,
Every step takes me to a better place.

THE PATH I CHOOSE



Harleen Sara Shibu
VII B



Best Friends



Christina Elsa Shibu
V B

Best friends are stars that always shine
Lighting the darkest night of mine
With every laugh and every tear,
They stay beside me, ever near.

They know my dreams, they know my fears,
They cheer me on through all the years.
No matter where our paths may bend,
A best friend's love will never end.

Through ups and downs, come what may,
Hand in hand, we find our way.
For in this life, the greatest blend -
Is heart to heart, friend to friend.



Over the past four decades, the relationship between students and teachers in India has undergone a profound transformation. Once rooted in the age-old guru—shishya parampara—a tradition that placed teachers on a pedestal of moral and intellectual authority—the bond was characterized by reverence, obedience and deep personal respect. In classrooms across the country, teachers were not merely instructors but mentors, guides and role models who shaped both character and intellect.

However, the winds of globalization, rapid technological advancement and sweeping socio-economic changes have significantly altered this dynamic. As India opened its economy in the 1990s and became increasingly integrated with global markets, education gradually shifted from being viewed as a path to knowledge and holistic development to being seen primarily as a gateway to financial success. Degrees began to be measured by their market value, institutions by their placement records and teachers by their ability to help students secure lucrative careers. In many urban settings, the classroom started resembling a service space, where education is perceived as a commodity and students as customers.



This shift has been further intensified by an increasingly materialistic upbringing. For many families, academic achievement is equated directly with earning potential and success is defined largely in monetary terms. As a result, students often approach education with a transactional mindset—valuing teachers not for their wisdom or mentorship, but for their utility in achieving competitive goals. The respect once naturally accorded to teachers is now frequently conditional, influenced by performance metrics, social status and economic outcomes.

The changing attitude is not merely a matter of diminished discipline or generational gap; it reflects deeper transformations in values, aspirations and societal priorities. Understanding this evolution is essential, not to romanticize the past or criticize the present, but to explore how India can restore balance—retaining global competitiveness while preserving the ethical and relational foundations that once defined its educational culture.

An equally important shift must come from parents. Parents need to recognize that teachers are not their opponents or adversaries; they are partners walking the same path for the child's growth and well-being. While parents naturally focus deeply on the needs of their own one or two children, teachers carry the responsibility of guiding and nurturing hundreds of young minds each year. This difference does not reduce care—it expands it. When parents place trust in educators, communicate respectfully and stand by them instead of standing against them, children benefit the most. Mutual faith, open dialogue and shared responsibility create a powerful support system where students feel secure, balanced and motivated. Only when parents and teachers function as one team can the true purpose of education be fulfilled.

This changing landscape of expectations does not stop at students and parents alone; it directly reshapes the role of the teacher as well. As society evolves, so do the responsibilities placed upon educators. The teacher of today is no longer confined to delivering lessons within classroom walls but is expected to adapt to multiple roles in an increasingly complex educational environment.

Along with completing an extensive syllabus, they are expected to maintain academic results, manage classroom behavior, integrate technology, address parents' concerns and nurture students'

emotional well-being. The pressure is real and often overwhelming.

Another major challenge is technology-driven classrooms. While digital tools have enhanced learning, they also demand continuous upskilling from teachers. Smart boards, learning apps, online assessments, AI tools and hybrid teaching models require teachers to stay updated at all times.

Parental pressure is another growing concern in private schools. Parents today are more involved, more aware and sometimes more demanding. Teachers often find themselves under scrutiny, expected to justify every academic decision, teaching method, or assessment pattern. This can lead to stress and reduced professional autonomy.

Then comes the most discussed challenge—the present generation of students. Today's children are far more exposed than earlier generations. They have access to information, opinions and experiences from across the world at a very young age. This exposure does not make them bad or disrespectful; it simply makes them different. Their way of thinking, questioning and expressing emotions does not always align with traditional expectations.

It is important for us as educators to understand that students today do not lack love or respect. What has changed is the way they express these emotions. They may not always show obedience in conventional ways, but that does not mean they are insensitive or indifferent. They seek connection, understanding and relevance. They want to know why they are learning something, not just what they are learning.

To meet these challenges, teachers must focus on

upgrading and upskilling themselves continuously. Professional development should not be limited to subject knowledge alone but must include training in classroom management, emotional intelligence, digital tools, inclusive education and student psychology. Teaching methodologies need to evolve—from rote learning to experiential learning, from authority-driven instruction to collaborative learning.

We must also embrace flexibility in teaching methods. Activity-based learning, project work, discussions, storytelling, real-life examples and technology integration can help bridge the gap between teachers and students. When learning becomes relational, students naturally engage more deeply.

Most importantly, teachers need to cultivate empathy and patience. Discipline is necessary, but humiliation is not. Being stern is important, but being insensitive is not. We can be strict without being harsh, firm without being distant. Students learn best when they feel safe, valued and understood.

Let us remember that these are young minds, still learning to navigate a complex world. Instead of misunderstanding them, let us try to understand them. Let us hold their tiny hands rather than pushing them away. Only then will our words truly reach them.

Let us help them cross this path by standing beside them—guiding, supporting and believing in them.

Because teaching is not just about shaping minds; it is about touching hearts - and only then will students be truly receptive to receiving knowledge.



Tr. Debjani Sen Gupta
Dept. of English



I know no seasons, when they come and go,
though taught in Social or EVS.

But I know the season of mangoes—
mangoes, raw and ripe, for delicious supper.
I enjoy a lengthy holiday,
relief from uniform and shoes
People call it summer,
water shortage here, there and everywhere,
though we need more of it.

I know no seasons, what is next?
But I know the pitter-patter days,
when I sail boats on the flowing water,
when colourful, fashionable and trendy umbrellas
on the boulevards bloom like flowers.
Water here, water there, but no whim for it.



Tr. CH Satya Gita
Dept. of English

I Know No Seasons

People call this rainy season,
but I call it Sailing season.
I know what follows next,
when all turtle-neck sweaters and fluffy blankets
get freedom from the massive closed trunks.
Hot and spicy soups and tasty milk entice me.
My teacher tells it's winter—
how they name them, I wonder.
In between, some scenes are seen:
when leaves fall, trees become bare,
when tender leaves smile like an innocent child.

Trees and mountains look lively,
with buds and blossoms.
To cherish the season of happiness,
add colours to the serene earth with flowers of red,
yellow, maroon, orange, violet, white and pink.

Every season, I feel,
is unique in its own way,
contributing to harmony and joy.



INTERNATIONAL YOGA DAY '25

SFS Academy joyfully celebrated International Yoga Day on June 21, 2025, with a rejuvenating session led by our dedicated teacher, Mrs. Manisha Pandey. The session began with an insightful explanation of the difference between exercise and yoga, emphasizing the holistic benefits of incorporating yoga into daily life.

Students actively participated in performing a series of asanas including Tadasana, Chakrasana, Katti Chakrasana, Chandrasana, Sukhasana, Ardha Padmasana, Vrishabhasana, Vajrasana, Kogasana, Utkatasana and Surya Namaskar. The yoga practice concluded with a calming Pranayama (breathing exercise).

The session successfully promoted awareness, flexibility and inner calm, leaving everyone feeling refreshed—both in body and mind.





YOGA DAY '25

Yoga for one Earth, One Health...

SFS Academy Kindergarten Observed International Yoga Day with Enthusiasm. On June 27, The Bal Yogis of SFS Academy Kindergarten came together to celebrate International Yoga Day with joy, energy and mindfulness. A special morning assembly was conducted in the school portico where the students of PRE-KG, LKG and UKG participated wholeheartedly in the event.

The program began with cheerful participation from all the young learners, reflecting their excitement and eagerness. The highlight of the assembly was a delightful demonstration of yoga asanas by the UKG students, who confidently performed poses such as Marjariasana (Cat Pose), Adhomukha Svana-sana (Downward-Facing Dog), Ustrasana (Camel Pose), Gomukhasana (Cow Face Pose), Trikonasana (Triangle Pose), Vrikshasana (Tree Pose) and Shavasana (Corpse Pose).

The celebration concluded with a calming session of meditation and recitation of mantras, helping the children experience inner peace and focus.

This meaningful initiative aimed to instill in the young minds an early awareness of the importance of fitness, mindfulness and overall well-being. Through the celebration, students were introduced to the harmony yoga brings between the body, mind and spirit, setting the foundation for a healthy lifestyle from an early age.





AZIONARE '25

Taking Oath, Taking Charge...

The Investiture Ceremony, AZIONARE '25, was held with great zeal and dignity on June 21, 2025, at the school premises. The event began with a solemn procession, led by the school band, as they escorted the newly elected council members, cabinet leaders, esteemed guests and school leadership to the stage.

The ceremony commenced with a prayer dance, setting a reverent and graceful tone. A warm welcome was extended to the distinguished Chief Guest, Deputy Commandant C. M. Bodhi Dharman, CISF, Unit Electronics City, Bengaluru and Guests of Honour – Asst. Commandant Lakvinder Singh Virk, Inspector Deepak Kumar Tyagi and Principal Fr. Johnson msfs.

To symbolize the enlightenment through knowledge, all dignitaries and council members participated in the lighting of the traditional lamp. The entire gathering then joined in singing the school anthem, a tribute to the institution and its values.

The Chief Guest delivered a powerful and inspirational address, encouraging students to embrace leadership with integrity and purpose. This was followed by the felicitation of the school toppers of 2024–25. In a special moment, H. Haasini, the school topper, shared a motivational speech to inspire her peers.

As a gesture of appreciation, the student council members of the previous academic year were awarded mementoes for their dedication and exemplary service. Adding vibrancy to the occasion, the Grade 7 students presented a lively dance performance, delighting the audience.

The oath-taking ceremony, administered by Fr. Johnson, marked a solemn promise by the student leaders to uphold the school's values and motto with honour.







ASCENDRO '25

Leadership speaks...

SFS Academy celebrated the ASCENDRO '25 Investiture Ceremony for the Kindergarten section with great enthusiasm and pride. The morning unfolded with a vibrant and heartfelt procession, where the little ones confidently took center stage. They pledged their promises during a solemn oath-taking ceremony and proudly received their leadership badges amid resounding applause.

The event was further enlivened by a series of colorful and delightful cultural performances by the Kindergarten students, showcasing their talents and joy for learning.

The ceremony was graced by the Chief Guest, Col. Smitha Thadathil, Professor and Principal at the College of Nursing, CHAF, Bangalore. She captivated the audience with her inspiring message on the importance of leadership, responsibility and the spirit of service.

Fr. Johnson MSFS, Principal of SFS Academy, along with the esteemed dignitary, presented badges to the newly elected student leaders. The event celebrated not just leadership and academic excellence, but also the school's core values of integrity, responsibility and service.

It was a memorable occasion that instilled a sense of pride and purpose in the youngest members of the SFS community.





CARPE DIEM '25

Ignite the Passion, Celebrate the Spirit...

Talents are not truly talents unless displayed with full fervour and energy — and CARPE DIEM '25 was the perfect stage for brilliance to shine.

Held on August 6th and 7th, CARPE DIEM '25 was a spectacular celebration of culture, creativity and competitive spirit. The fest opened with a grand procession led by the Band Masteroes, ushering in the dignitaries in regal style. The inauguration was graced by Vidushi Roopa Gurumurthy, a distinguished Carnatic vocalist and educator, whose soulful performance added a serene charm to the day. Dr. Philip Thomas, Rector and President of Suvidya College, served as the Guest of Honour and delivered an inspiring address that set the tone for the event.

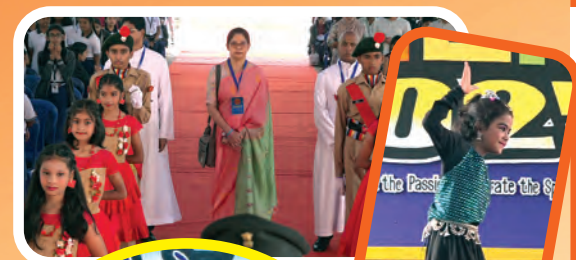
The festivities began with a graceful prayer dance, followed by a vibrant choir performance and an energetic Western dance sequence — all of which set the stage for two days of unforgettable performances and spirited competitions.

A range of individual events — including Solo Dance, Instrumental Music, Solo Song, Creative Attire, Elocution and Poem Recitation — allowed participants to showcase their unique talents. Meanwhile, group events like Skit, Debate, Group Song and Dance, Mime and the much-anticipated Fashion Show added to the collective excitement and competitive energy of the festival.

Teachers from various branches of SFS Institutions were invited to serve as judges, ensuring a fair and enriching evaluation process across the multiple venues on campus.

The two-day fest concluded with a grand Closing Ceremony on the second day. Rev. Fr. S. Satish Kumar MSFS, Registrar and Controller of Examinations, presided as the Chief Guest and presented trophies, certificates and medals to the event winners. The Ambitious Avengers emerged as the Overall Champions, while the Nifty Knights claimed the Runners-Up title.

The campus resounded with applause and jubilation as students celebrated their achievements and camaraderie. The event drew to a close with a solemn salute to the Motherland through the National Anthem, marking the end of a truly memorable and successful cultural extravaganza.





INDEPENDENCE DAY '25

Honouring Sacrifice...

The Independence Day Celebration was held at SFS Academy on 15th August, organized by the students and teachers of Grade 3.

The programme began with a warm welcome and escort of our esteemed Chief Guest, Rev. Fr. Stanley Rodrigues, msfs and Guest of Honour, Rev. Fr. Anil Kiran, msfs on to the stage. The event commenced with an introduction by Anika of Grade 3, followed by a melodious prayer song rendered by the school choir.

The flag hoisting ceremony, performed by our honoured guests and the rendition of the National Anthem by the choir marked the highlight of the event.

The Guest of Honour then addressed the gathering, inspiring everyone with his words on patriotism and our responsibility towards the nation. This was followed by the prize distribution ceremony, felicitating the winners of the Young Indian Parliament competition organised by the Government of Karnataka.

Adding to the patriotic fervor, two of our talented students, Vivaan and Samyukth, delivered stirring speeches that reflected their love for the nation. The school choir then presented a soul-stirring patriotic song and a group of students enthralled the audience with a vibrant patriotic dance, brimming with energy and national pride.

The celebration concluded with a heartfelt Vote of Thanks proposed by Divum, who expressed gratitude to all who contributed to making the event a grand success.

The event truly reminded us of our duty towards our beloved nation and our gratitude to all those who sacrificed for India's independence.







ಅ ಆ ಇ ಈ
ಉ ಊ ಋ
ಎ ಏ ಐ
ಒ ಔ ಲ

**Jnana
Deepa**
(Articles on Kannada)





DHYATVA 2025



ಸಮಯದ ಮಹತ್ವ

ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಸಮಯ ಬಹಳ ಮುಖ್ಯ. ಕಳೆದು ಹೋದ ಸಮಯ ಎಂದಿಗೂ ಹಿಂತಿರುಗುವುದಿಲ್ಲ. ಸಮಯದ ಮಹತ್ವವನ್ನು ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳುವ ವ್ಯಕ್ತಿಯು ಯಾವಾಗಲೂ ಯಶಸ್ಸನ್ನು ಸಾಧಿಸುತ್ತಾನೆ. ಅದೇ ರೀತಿ ಸಮಯವನ್ನು ವ್ಯರ್ಥ ಮಾಡುವ ವ್ಯಕ್ತಿಯು ತನ್ನ ಗುರಿಯನ್ನು ಎಂದಿಗೂ ತಲುಪುವುದಿಲ್ಲ. ಸಮಯ ಎನ್ನುವುದು ಹಣಕ್ಕಿಂತ ಹೆಚ್ಚು ಅಮೂಲ್ಯವಾದದ್ದು, ಆದ್ದರಿಂದ ನಾವು ಎಂದಿಗೂ ಸಮಯವನ್ನು ವ್ಯರ್ಥ ಮಾಡಬಾರದು. ಸಮಯಕ್ಕೆ ಸರಿಯಾಗಿ ಕೆಲಸವನ್ನು ಮಾಡಿದರೆ ಜೀವನದಲ್ಲಿ ಏನನ್ನಾದರೂ ಸಾಧಿಸಿ ಜೀವನದಲ್ಲಿ ಸಂತೋಷವಾಗಿರಬಹುದು. ಆದ್ದರಿಂದ ನಾವು ಸಮಯವನ್ನು ಸರಿಯಾಗಿ ಬಳಸಿಕೊಳ್ಳಬೇಕು. ಸಮಯ ಯಾರನ್ನೂ ಕಾಯುವುದಿಲ್ಲ, ಯಾರಿಂದಲೂ ಹಾಳಾಗುವುದಿಲ್ಲ ಮತ್ತು ಯಾರಿಗೂ ನಿಲ್ಲುವುದಿಲ್ಲ. ಆದ್ದರಿಂದ ನಾವು ಸಮಯಕ್ಕೆ ಬೆಲೆ ಕೊಟ್ಟು ನಮ್ಮ ಕೆಲಸಗಳನ್ನು ಸರಿಯಾದ ಸಮಯಕ್ಕೆ ಮಾಡಬೇಕು. ಸಮಯವೇ ದೇವರು ಎಂದು ತಿಳಿದುಕೊಳ್ಳಬೇಕು.



ಬ್ರಾಹ್ಮಿ ಆಧ್ಯಾ
3ನೇ ತರಗತಿ
'ಬಿ' ವಿಭಾಗ



ನನ್ನ ನೆಚ್ಚಿನ ಹಬ್ಬ

ಬಂತು ಬಂತು ಕ್ರಿಸ್‌ಮಸ್
ನನ್ನಯ ಮೆಚ್ಚಿನ ಹಬ್ಬ
ಕ್ರಿಸ್ತನ ಜನನದ ಸಂತೋಷ
ಜಗಕೆ ಹರುಷದ ಉಲ್ಲಾಸ

ಗಗನದ ತಾರೆಯೊಂದು ಮೂಡಿತು
ಆನಂದದ ಹೊಳೆ ಹರಿಯಿತು
ಜಗಕೆ ಜ್ಯೋತಿ ಬೆಳಗಿಸಿ
ಸುಖ ಶಾಂತಿಯ ನೀಡಿತು

ಬಾಲ ಯೇಸು ಬಂದನು
ಅಂಧಕಾರವ ತೊಲಗಿಸಲು
ಕ್ರಿಸ್ತನ ಹಬ್ಬ ಬಂದಿದೆ
ಹ್ಯಾಪಿ ಕ್ರಿಸ್ಮಸ್ ಟು ಯೂ



ಶೆರಿಲ್ ಡಿಸೋಜಾ
4ನೇ ತರಗತಿ
'ಸಿ' ವಿಭಾಗ



ನನ್ನ ಊರಿನ ಮಾಹಿತಿ

ನನ್ನ ಊರು ನೈಸರ್ಗಿಕ ಪ್ರಕೃತಿ, ಸೌಂದರ್ಯ, ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆ ಮತ್ತು ಮಾನವೀಯ ಮೌಲ್ಯಗಳ ಸಂಗಮವಿರುವ ಮನೋಹರವಾದ ಸುಂದರವಾದ ನಮ್ಮ ಊರು.

ಹಸಿರು ಹೊಲಗಳ ಹರಿವು, ತಂಗಾಳಿಯ ಮೃದು ಸ್ವರ್ಣ, ಹಕ್ಕಿಗಳ ಮಧುರ ರಾಗ. ಆ ಅಪ್ರತಿಮ ಸೌಂದರ್ಯ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಸಮಾಧಾನವನ್ನು ನಾನು ಇನ್ನೆಲ್ಲೂ ಪಡೆಯಲಾಗದು.

ಪ್ರಾತಃಕಾಲದ ಮೃದುವಾದ ಸೂರ್ಯ ಕಿರಣಗಳು ನಮ್ಮ ಊರನ್ನು ಬಂಗಾರದಂತೆ ಪ್ರಕಾಶಮಾನಗೊಳಿಸುತ್ತದೆ. ಬೀಳುವ ಮಳೆ ಕಣ್ಣುಗಳಿಗೆ ಹಬ್ಬ.

ಕೃಷಿಯೇ ನಮ್ಮ ಜೀವನಾಡಿ. ರೈತರು ತಮ್ಮ ಬೆವರಿನ ಹನಿಗಳನ್ನು ಸುರಿಸಿ ಇಡೀ ನಾಡಿಗೆ ಅನ್ನವನ್ನು ಒದಗಿಸುತ್ತಾರೆ. ನಾವು ಅಲ್ಲಿ ಆಚರಿಸುವ ಹಬ್ಬಗಳು ಸಂಸ್ಕೃತಿಯ ವೈವಿಧ್ಯತೆಯನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ನಮ್ಮ ಊರು ಒಂದು ಸುಂದರವಾದ ಪ್ರಕೃತಿಯ ಊರು.

ಲಕ್ಷ್ಮಿ ಜಿ
5ನೇ ತರಗತಿ
'ಡಿ' ವಿಭಾಗ

ಊಟ ಮತ್ತು ಆರೋಗ್ಯ

ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕೆ ಬೇಕು ಪೌಷ್ಟಿಕ ಆಹಾರ
ಇರಬೇಕು ಅದು ಹಿತಮಿತವಾಗಿ
ಶುಚಿ- ರುಚಿಯಾದ ಊಟ ಮಾಡಿದರೆ
ನಮ್ಮ ಆರೋಗ್ಯ ಚೆನ್ನಾಗಿರುವುದು

ಹಿತಮಿತವಿಲ್ಲದೆ ತಿಂದರೆ ಕೆಡುವುದು ನಮ್ಮ ಆರೋಗ್ಯ
ಕುರುಕಲು ತಿಂಡಿ-ತಿನಿಸು, ಸಿಹಿ ತಿಂಡಿ ತಿನ್ನಬೇಕು
ಹಿತ-ಮಿತವಾಗಿ, ಪ್ರತಿದಿನ ಹೆಚ್ಚು ತರಕಾರಿ, ಸೊಪ್ಪು
ಹಣ್ಣು-ಹಂಪಲುಗಳು ಇರಬೇಕು ಊಟದ ಜೊತೆಗೆ

ಸಮತೋಲನ ಆಹಾರವೇ ಆರೋಗ್ಯದ ಗುಟ್ಟು

ಅದಿತ್ರಿ ಭಟ್
4ನೇ ತರಗತಿ
'ಬಿ' ವಿಭಾಗ



DHYATVA 2025

ಶಿಸ್ತಿನ ಮಹತ್ವ

ಶಿಸ್ತು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಮಾತ್ರವಲ್ಲದೆ ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ತುಂಬಾ ಮುಖ್ಯವಾದದ್ದು. ಶಿಸ್ತು ವಜ್ರದಷ್ಟೇ ಬೆಲೆ ಬಾಳುವಂತದ್ದು. ಶಿಸ್ತು ವ್ಯಕ್ತಿಯಲ್ಲಿನ ಒಂದು ಅತ್ಯುತ್ತಮ ನಡತೆ. ಒಬ್ಬ ವಿದ್ಯಾರ್ಥಿ ಓದುವುದರಲ್ಲಿ, ಆಟ ಆಡುವುದರಲ್ಲಿ ಹಿಂದೆ ಇದ್ದರೂ ಶಿಸ್ತು, ಸಂಯಮ, ಗುರು-ಹಿರಿಯರಿಗೆ ನೀಡುವ ಗೌರವ, ಒಳ್ಳೆಯ ಸ್ನೇಹಿತರ ಸಹವಾಸ ತಂದೆ-ತಾಯಿ, ಮತ್ತು ಸಹೋದರ- ಸಹೋದರಿಯರೊಂದಿಗೆ ಪ್ರೀತಿಯಿಂದ ಇರುವಂತಹ ವಿದ್ಯಾರ್ಥಿ ಎಲ್ಲರಿಗೂ ತುಂಬಾ ಪ್ರಿಯವಾಗುತ್ತಾನೆ. ಅದೇ ರೀತಿ ಆಟ-ಪಾಠ ಎರಡರಲ್ಲೂ ಮುಂದಿರುವ ವಿದ್ಯಾರ್ಥಿ ಯಾರಿಗೂ ಗೌರವವನ್ನು ಕೊಡದೆ ಒಳ್ಳೆಯ ನಡೆ-ನುಡಿ, ಶಿಸ್ತು-ಸಂಯಮ ಇಲ್ಲದಿದ್ದರೆ ಅಂತಹ ವಿದ್ಯಾರ್ಥಿ ಎಷ್ಟು ಓದಿದರೂ ವ್ಯರ್ಥ ಅಂತಹ ವ್ಯಕ್ತಿಗೆ ಯಾವುದೇ ಬೆಲೆ ಇರುವುದಿಲ್ಲ. ವಿದ್ಯೆ ನಮ್ಮ ಜ್ಞಾನವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ, ಶಿಸ್ತು ನಮಗೆ ಉತ್ತಮ ಜೀವನವನ್ನು ನೀಡುತ್ತದೆ. ಶಿಸ್ತು ಎನ್ನುವುದು ಎಲ್ಲಾ ವಸ್ತುಗಳಿಗಿಂತಲೂ ತುಂಬಾ ದೊಡ್ಡದು, ಒಬ್ಬ ಬಡವನ ನಿಜವಾದ ಆಸ್ತಿ ಎಂದರೆ ಅದು ಶಿಸ್ತು. ಶಿಸ್ತು ಎಂದರೆ ಏನು ಎಂಬುದು ಬಡವನಿಗೆ ಮಾತ್ರ ಚೆನ್ನಾಗಿ ತಿಳಿದಿರುತ್ತದೆ.



70 SFS ACADEMY



ನೆರಳು

ಮುಗಿಲೆತ್ತರದ ವೃಕ್ಷದ ನೆರಳಿನಲ್ಲಿ
ಆಶ್ರಯ ಪಡೆದ ಜೀವಿಗಳೆಷ್ಟೋ?
ಮುಚ್ಚಿಟ್ಟ ಸಾಗರದ ತೀರದಲ್ಲಿ
ಬಚ್ಚಿಟ್ಟ ಮುತ್ತಿನ ಚಿಪ್ಪುಗಳೆಷ್ಟೋ?
ಭಾವನೆಯ ಹೆಜ್ಜೆ ಗುರುತಿನಲ್ಲಿ
ನೆರಳಿಗೆ ನೆರಳಾದ ಕಥನವಿದು!

ಪಾವನ ತೀರ್ಥ ಗಂಗಾಜಲದಿ
ಮಿಂದು ಹೋದ ಪಾಪಗಳೆಷ್ಟೋ?
ಹನಿಗೂಡಿದ ಮಳೆ ಇಬ್ಬನಿಯಲ್ಲಿ
ಹರಿದು ಹೋದ ಭಾವನೆಗಳೆಷ್ಟೋ?
ನಿಶಾಚರವಾದ ಮಾಯಾ ಜಗತ್ತಿನಲ್ಲಿ
ನೆರಳಿಗೆ ನೆರಳಾದ ಕಥನವಿದು!



ಪ್ರಣುಶಾ. ವಿ
7ನೇ ತರಗತಿ
'ಸಿ' ವಿಭಾಗ



ಯುಕ್ತ
6ನೇ ತರಗತಿ
'ಈ' ವಿಭಾಗ

ನನ್ನ ಕನಸಿನ ಭಾರತ

ನನ್ನ ಕನಸಿನ ಭಾರತವೆಂದರೆ
ಬೆಳಗಿನ ಸೂರ್ಯನಂತೆ ಹೊಳೆಯುವ ನಾಡು

ನನ್ನ ಕನಸಿನ ಭಾರತವೆಂದರೆ
ಸೌಹಾರ್ದದ ಸುಗಂಧ ತುಂಬಿದ ನೆಲ
ಎಲ್ಲಾ ಜನರು ಒಂದಾಗಿ ನಗುತಿರುವ
ಸ್ನೇಹದ ಬಣ್ಣಗಳಿಂದ ನಮ್ಮದು ಚೆಲುವಾದ ನೆಲ

ಹಸಿರು ಗಾಳಿ, ಶುದ್ಧ ಜಲದ ನಾಡು
ಪ್ರಕೃತಿಗೆ ಮರೆವಿಲ್ಲದೆ ಕಾಪಾಡುವ ನಾಡು
ವೈಜ್ಞಾನಿಕ ಮನೋಭಾವ ಬೆಳೆಯುವ ದೇಶ
ಶಾಂತಿ-ಪ್ರಗತಿಗಳಲ್ಲಿ ಬಲಿಷ್ಠ ದೇಶ

ಪ್ರತಿಯೊಬ್ಬನ ಹೃದಯ ದೀಪವಾಗಿ
ಶಾಂತಿಯ ಬೆಳಕನ್ನು ಹರಡುವ ನಾಡು
ಈ ನನ್ನ ಕನಸಿನ ಭಾರತ ಪ್ರತಿ ಮಗುವಿನ
ಭವಿಷ್ಯವು ಮುಕ್ತಿನಂತೆ ಮಿನುಗುವ ನಾಡು

ಅಮ್ಮನ ಮಡಿಲಂತೆ ಆರೈಕೆ ನೀಡುವ
ಈ ನನ್ನ ಕನಸಿನ ಭಾರತ
ಎಲ್ಲರಿಗೂ ಆದರಿಸುವ ಭಾರತ.

 **ವಿನಂತ್ರಿ. ಎಸ್. ಕೆ**
10ನೇ ತರಗತಿ
'ಬಿ' ವಿಭಾಗ



ನಮ್ಮ ಕರ್ನಾಟಕ

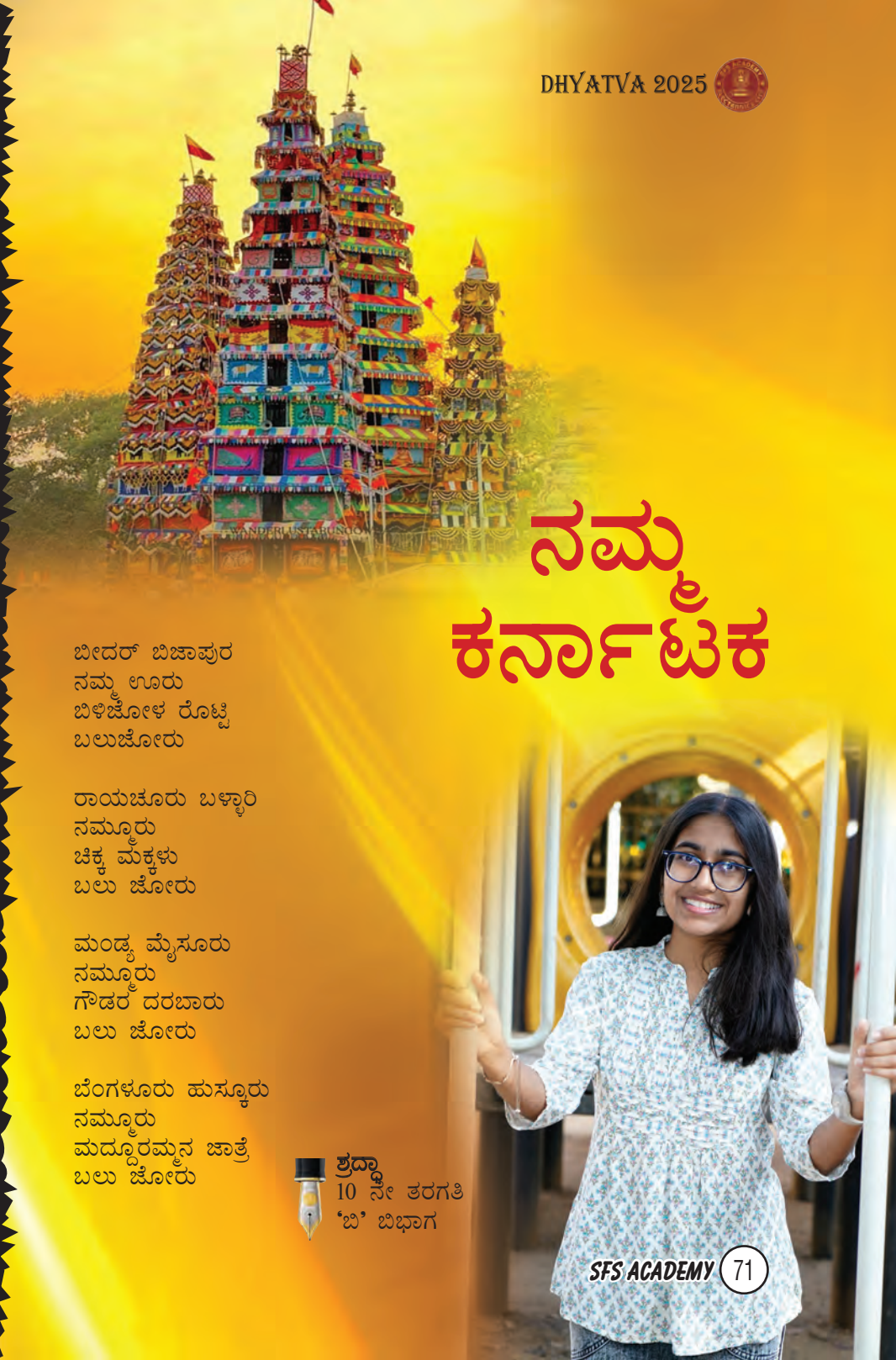
ಬೀದರ್ ಬಿಜಾಪುರ
ನಮ್ಮ ಊರು
ಬಿಳಿಜೋಳ ರೊಟ್ಟಿ
ಬಲುಜೋರು

ರಾಯಚೂರು ಬಳ್ಳಾರಿ
ನಮ್ಮೂರು
ಚಿಕ್ಕ ಮಕ್ಕಳು
ಬಲು ಜೋರು

ಮಂಡ್ಯ ಮೈಸೂರು
ನಮ್ಮೂರು
ಗೌಡರ ದರಬಾರು
ಬಲು ಜೋರು

ಬೆಂಗಳೂರು ಹುಸ್ಕೂರು
ನಮ್ಮೂರು
ಮದ್ದೂರಮ್ಮನ ಜಾತ್ರೆ
ಬಲು ಜೋರು

 **ಶ್ರದ್ಧಾ**
10 ನೇ ತರಗತಿ
'ಬಿ' ವಿಭಾಗ





VA 2025

ಜನಪದ ಕಲೆಗಳ ಸಂರಕ್ಷಣೆ

ನಮ್ಮ ನಾಡಿನ ಜನಪದ ಕಲೆ, ಇತಿಹಾಸ ಹಾಗೂ ಅದರ ನಂಬಿಕೆ ನಮ್ಮ ಹೆಮ್ಮೆ. ನಮ್ಮ ಜನಪದ ಕಲೆಗಳಾದ ವೀರಗಾಸೆ, ಕಂಸಾಳೆ, ಯಕ್ಷಗಾನ, ಡೊಳ್ಳುಕುಣಿತ ಪ್ರಸಿದ್ಧವಾದದ್ದು. ಇವುಗಳು ನಮ್ಮ ನಾಡಿನ ಸಂಸ್ಕೃತಿ ಹಾಗೂ ಇಲ್ಲಿನ ಜನರ ಸಂಪ್ರದಾಯವನ್ನು ಸೂಚಿಸಿ ನಮ್ಮ ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯತೆ ಹಾಗೂ ಪುರಾತನದಿಂದ ಬಂದಂತಹ ಅದರ ಮೌಲ್ಯಗಳು ಈ ಸಮಾರಂಭದಲ್ಲಿ ಕಂಡು ಬರುತ್ತದೆ. ಇವುಗಳನ್ನು ಸಂರಕ್ಷಿಸುವುದು ನಮ್ಮ ಕೈಯಲ್ಲಿದೆ.

ನಮ್ಮ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಅಪಾರ ಕಲೆಗಳು ಇಂದಿಗೂ ಸ್ವಲ್ಪಮಟ್ಟಿಗೆ ಇದೆ. ಆದರೆ ಶಾಶ್ವತವಾಗಿ ಈ ನಾಡಿಗೆ ಬೆರಗು ತಂದಂತಹ ಕಲೆಗಳು ಇನ್ನು ಸದಾ ಕಾಲ ಈ ನಾಡಿನಲ್ಲಿ ಉಳಿದು ಮನಮೆಚ್ಚುವಂತೆ ಸಂಭ್ರಮಿಸಿ ಸಂರಕ್ಷಿಸಬೇಕು. ಕರ್ನಾಟಕದ ವೈಭವ ಹಾಗೂ ಕಲೆಗಳನ್ನು ನಾವು ಹಾಡುಗಳಾಗಿ, ನೃತ್ಯಗಳಾಗಿ ಅಥವಾ ನಾಟಕಗಳಾಗಿ ಸಣ್ಣ ಸಣ್ಣ ಕಾರ್ಯಕ್ರಮದಿಂದ ಇವುಗಳನ್ನು ವಿಸ್ತರಿಸಬೇಕು. ನಮ್ಮ ಪ್ರಾಚೀನ ಕಲೆಗಳು ಅದ್ಭುತವಾದದ್ದು. ಹಾಗಾಗಿ ಇದನ್ನು ಕಾಪಾಡಿ ನಮ್ಮ ಕಲೆ ಹಾಗೂ ಜನಪದ ಸಂಸ್ಕೃತಿಗಳನ್ನು ಉಳಿಸಿ ಚಿರಕಾಲ ಅದು ಮೆರಗುಗೊಳ್ಳುವ ಹಾಗೆ ನಮ್ಮೆಲ್ಲರಲ್ಲಿ ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು.

 ಕಿಶನ್ ಕುಮಾರ್. ಜಿ
10ನೇ ತರಗತಿ
'ಸಿ' ವಿಭಾಗ



ಯೋಧರಿಗೊಂದು ಸಲಾಂ



ನಮ್ಮ ಯೋಧರು, ಭಾರತದ ಗಡಿಯಲ್ಲಿ ಹಗಲು ರಾತ್ರಿ ಮಲಗದೆ ನಮ್ಮನ್ನು ರಕ್ಷಿಸುತ್ತಾರೆ. ಅವರು ತಮ್ಮ ಪ್ರಾಣವನ್ನು ಪಣಕಿಟ್ಟು, ಜನರಿಗಾಗಿ ಹೋರಾಡುತ್ತಾರೆ. ಯೋಧರು ನಮ್ಮ ಭಾರತದ ಬೆನ್ನೆಲುಬು. ಅವರು ಇಲ್ಲವೆಂದರೆ ನಾವು ಬದುಕಿರಲು ಸಾಧ್ಯವಿಲ್ಲ. ನಾವು ನಮ್ಮ ಯೋಧರಿಗೆ ಸಲಾಂ ಮಾಡಬೇಕು. ಯೋಧರು ತಮ್ಮ ಮನೆಯವರನ್ನು ಬಿಟ್ಟು ದೇಶವನ್ನು ರಕ್ಷಿಸುತ್ತಾರೆ. ಅವರಿಗೆ ಕುಡಿಯಲು, ತಿನ್ನಲು, ಮಲಗಲು ಸಮಯವಿರದೆ ದೇಶವನ್ನು ಕಾಯುತ್ತಾರೆ. ಎಲ್ಲಾ ದೇಶದ ಯೋಧರು ತಮ್ಮ ದೇಶವನ್ನು ರಕ್ಷಿಸಲು ತುಂಬಾ ಶ್ರಮ ಪಡುತ್ತಾರೆ.

ತಮ್ಮ ಮನೆಗಳಲ್ಲಿ ಯಾವುದೇ ಕಷ್ಟದ-ಸಂತೋಷದ ಸಮಾರಂಭಗಳಿಗೆ ಸರಿಯಾದ ಸಮಯಕ್ಕೆ ಭಾಗವಹಿಸಲು ಸಾಧ್ಯವಾಗುವುದಿಲ್ಲ. ಯೋಧರು ಗಡಿಯಲ್ಲಿ ಬಂದೂಕನ್ನು ಹಿಡಿದು ಕಾಯುತ್ತಾರೆ. ಯಾರಾದರೂ ಶತ್ರುಗಳು ಬಂದರೆ, ಅವರಿಗೆ ಗುಂಡನ್ನು ಹಾರಿಸಿ ಕೊಲ್ಲುತ್ತಾರೆ. ಯೋಧರು ತಾವು ಸತ್ತರೂ ಪರವಾಗಿಲ್ಲ ದೇಶವನ್ನು, ಜನರನ್ನು ಕಾಪಾಡಬೇಕು, ರಕ್ಷಿಸಬೇಕು ಎಂದು ಯೋಚಿಸುತ್ತಾರೆ. ನಮ್ಮ ದೇಶ ಮತ್ತು ನಮ್ಮ ಜನರು ಇಷ್ಟು ನಮ್ಮದಿಯಿಂದ ಇರಲು ಕಾರಣ ಗಡಿಯನ್ನು ಕಾಯುತ್ತಿರುವ ಯೋಧರಿಂದ ಮಾತ್ರ ಸಾಧ್ಯ. ಅಂತಹವರಿಗೆ ನಾವು ಯಾವಾಗಲೂ ಸದಾ ಕಾಲ ಋಣಿಯಾಗಿರಬೇಕು.



ತೇಜಸ್
10ನೇ ತರಗತಿ
'ಎ' ವಿಭಾಗ





ಬುನಾದಿ ಸರಿಯಾಗಿ ಇದ್ದರೆ ಭವಿಷ್ಯ ಸುರಕ್ಷಿತ

ಮನೆಯೇ ಇರಲಿ ಜೀವನವೇ ಇರಲಿ ಬುನಾದಿ ಸರಿಯಾಗಿ ಇರಬೇಕು.
ಭದ್ರವಾದ ಬುನಾದಿ ಇಲ್ಲದ ಯಾವುದಕ್ಕೂ ಆಯುಷ್ಯ ಇರುವುದಿಲ್ಲ.
ಕಟ್ಟಡವಾದರೆ ಬೀಳುತ್ತದೆ. ಜೀವನವಾದರೆ ಅಸ್ಥಿರವಾಗಿರುತ್ತದೆ.
ಸಂಬಂಧವಾದರೆ ಮುರಿದು ಬೀಳುತ್ತದೆ. ಯಾವುದೇ ವಿಚಾರಕ್ಕೂ ಆತುರದ
ನಿರ್ಧಾರ ನಿರ್ಲಕ್ಷ್ಯ ತೋರಿದರೆ ಅಸುರಕ್ಷಿತ.

ಹೇಗೆ ಕಟ್ಟಡ ಕಟ್ಟುವಾಗ ಬುನಾದಿಯನ್ನು ಗಟ್ಟಿಯಾಗಿರುವಂತೆ ನೋಡಿ
ಕೊಳ್ಳಲಾಗುತ್ತದೆಯೋ ಹಾಗೇ ಮಕ್ಕಳಲ್ಲಿ ಸಂಸ್ಕಾರ ಇರುವಂತೆ ಬೆಳೆಸಬೇಕು.
ಸಂಬಂಧಗಳಲ್ಲಿ ಪರಸ್ಪರ ಪ್ರೀತಿ, ವಿಶ್ವಾಸದ ಜೊತೆಗೆ ಹೊಂದಾಣಿಕೆಯನ್ನು
ಬೆಳೆಸಿಕೊಳ್ಳಬೇಕು. ಒಬ್ಬರ ತಪ್ಪನ್ನು ಒಬ್ಬರು ಎತ್ತಿ ಆಡುವ ಬದಲಿಗೆ ಒಬ್ಬರ
ಉತ್ತಮ ಗುಣಗಳನ್ನು ಮತ್ತೊಬ್ಬರು ಗೌರವಿಸಿ, ಪ್ರೀತಿಸಿದರೆ ಸಂಬಂಧ
ಹಸಿರಾಗಿರುತ್ತದೆ.

ಹೇಗೆ ಗದ್ದೆಯಲ್ಲಿ ಬೀಜ ಹಾಕಿಲ್ಲವೆಂದರೆ ಅಲ್ಲಿ ಹುಲ್ಲುಕಡ್ಡಿ
ಬೆಳೆಯುತ್ತದೆಯೋ ಹಾಗೆ ಬುದ್ಧಿಯಲ್ಲಿ ಸಕಾರಾತ್ಮಕ ವಿಚಾರಗಳು
ತುಂಬಿಲ್ಲವೆಂದರೆ ನಕಾರಾತ್ಮಕ ವಿಚಾರಗಳು ಆ ಜಾಗವನ್ನು
ಆಕ್ರಮಿಸಿಕೊಳ್ಳುತ್ತದೆ.

‘ಬೆಳೆಯುವ ಸಿರಿ ಮೊಳಕೆಯಲ್ಲಿ’ ಎಂಬಂತೆ ಬೆಳೆಯುತ್ತಿರುವ ನಾಡಿನ
ಕುಡುಗಲಾದ ನಮ್ಮ ಮಕ್ಕಳಲ್ಲಿ ಒಳ್ಳೆಯ ವಿಚಾರಗಳನ್ನು ತುಂಬ
ಬೇಕಾಗಿರುವುದು ಪೋಷಕರ ಮತ್ತು ಶಿಕ್ಷಕರ ಆದ್ಯ ಕರ್ತವ್ಯವಾಗಿದೆ.

ಈ ನಿಟ್ಟಿನಲ್ಲಿ ನಾವೆಲ್ಲರೂ ಒಂದಾಗಿ ನಮ್ಮ ಮಕ್ಕಳ ಭವಿಷ್ಯಕ್ಕೆ ಭದ್ರ
ಬುನಾದಿಯನ್ನು ಹಾಕುವತ್ತ ಸಾಗೋಣ...



ನೇತ್ರಾವತಿ ಟಿ
ಕನ್ನಡ ಶಿಕ್ಷಕಿ



ಕನಸು

ಮೂಡಲ ನೇಸರನು
ಪಡುವಣ ಸೇರುವ ಕನಸು
ಅಣೆಕಟ್ಟಿನ ನದಿಗೆ
ಹರಿದು ಹೋಗುವ ಕನಸು.

ದಾರಿ ತಪ್ಪಿದ ಹಕ್ಕಿಗೆ
ಗೂಡು ತಲುಪುವ ಕನಸು
ಮುಗಿಯದ ಹೆಜ್ಜೆಗೆ
ಊರ ಸೇರುವ ಕನಸು.

ನಗುಹೀನ ಮೊಗಕೆ
ನಗುವ ಬೀರುವ ಕನಸು
ಬಾಲಂಗೋಚಿಯ ಪಟಕೆ
ಬಹುದೂರ ಹಾರುವ ಕನಸು.

ಕನಸು ಹೊತ್ತ ಕನಸಿಗೆ
ಮಿತಿಯ ಕಡಿವಾಣವೇಕೆ?
ಬೇಲಿ ಹಾಕಲು ಕನಸಿಗೆ
ಆಗುವುದೆಂದು ನನಸು?



ಸುಧಾ. ಆರ್
ಕನ್ನಡ ವಿಭಾಗ

ಶಿಕ್ಷೆಯಿಲ್ಲದ ಶಿಕ್ಷಣ



ಇವತ್ತಿಗೆ ಹೋಲಿಸಿದರೆ ಹಿಂದಿನ ಶಿಕ್ಷಣ
ಪದ್ಧತಿಯು ಸ್ವಲ್ಪ ಆರಾಮದಾಯಕ
ಎನಿಸಿದರೂ ಶಿಕ್ಷಕರಿಗೂ ಶಿಕ್ಷೆಗೂ ಅವಿನಾಭಾವ
ಸಂಬಂಧವಿತ್ತು. ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ತಪ್ಪುಗಳಾದಲ್ಲಿ ಕಠಿಣ ಶಿಕ್ಷೆ
ಕಟ್ಟಿಟ್ಟ ಬುತ್ತಿ. ಕೋರ್ಟಿನಲ್ಲಿ ಐ ಪಿ ಸಿ ಸೆಕ್ಷನ್‌ಗಳು ಇರುವ ಹಾಗೆ ಶಾಲೆಯಲ್ಲಿಯೂ
ಕೂಡ ವಿವಿಧ ಭಂಗಿಯ ಶಿಕ್ಷೆಗಳು ಇರುತ್ತಿದ್ದವು. ಒಂಟಿ ಕಾಲಿನಲ್ಲಿ ನಿಲ್ಲುವುದು,
ಬಸ್ತಿ ಹೊಡೆಯುವುದು, ಕಾಲುಗಳ ಮಧ್ಯದಲ್ಲಿ ಕೈಗಳನ್ನು ತೂರಿಸಿ ಕಿವಿ ಹಿಡಿದು
ನಿಲ್ಲುವುದು, ಕೈಗಳ ಮೇಲೆ ಕೋಲಿನಿಂದ ಹೊಡೆಯುವುದು, ಕಿವಿಗಳನ್ನು ಹಿಂಡುವುದು
ಸರ್ವಸಾಮಾನ್ಯವಾಗಿತ್ತು. ಇಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಒಮ್ಮೆ ಮಾಡಿದ ತಪ್ಪನ್ನು ಮತ್ತೆ
ಮಾಡಲು ಹೆದರುತ್ತಿದ್ದರು. ಈ ಎಲ್ಲಾ ಶಿಕ್ಷೆಗಳ ಹಿಂದೆ ವೈಜ್ಞಾನಿಕ ಕಾರಣವೂ
ಅಡಗಿತ್ತು. ಶಿಕ್ಷಕರೆಂದರೆ ಅಪಾರ ಗೌರವ, ಭಯವಿತ್ತು. ವಿದ್ಯಾಭ್ಯಾಸ ಮುಗಿಸಿ
ಹಲವಾರು ವರ್ಷಗಳಾದರೂ ಕೂಡ, ಆಗ ಕಲಿತ ಶಿಸ್ತಿನ ಪಾಠಗಳು,

ಮೌಲ್ಯಗಳು ಇಂದು ಬದುಕಿಗೆ ದಾರಿದೀಪಗಳಾಗಿವೆ. ಆದ-
ರೆ ಈಗ ಮೊದಲಿನಂತೆ ಶಿಕ್ಷಣದ ಜೊತೆ ಮಕ್ಕಳಿಗೆ
ಶಿಕ್ಷೆಯೇ ಇಲ್ಲದಿರುವುದರಿಂದ ಸೂಕ್ಷ್ಮ ಪ್ರವೃತ್ತಿಯ
ಮನೋಭಾವದವರಾಗಿದ್ದು, ಪರಿಸ್ಥಿತಿಯನ್ನು ಎದುರಿಸುವ
ಆತ್ಮಸ್ಥೈರ್ಯವನ್ನು ಕಳೆದುಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ. ಸಣ್ಣ
ಪುಟ್ಟ ವಿಷಯಗಳನ್ನು ಅವಮಾನ ಎಂದು ಭಾವಿಸಿ,
ಆತ್ಮಹತ್ಯೆಯಂತಹ ದೊಡ್ಡ ವಿಚಾರಗಳನ್ನೂ ಕೂಡ
ಇಂದು ಸಾಮಾನ್ಯ ಸಂಗತಿಯನ್ನಾಗಿಸಿಕೊಂಡಿದ್ದಾರೆ.
ಭವಿಷ್ಯ ಬಗ್ಗೆ ವಿವೇಚನೆಯಿಲ್ಲದೆ, ಲಗಾಮು ಇಲ್ಲದ
ಕುದುರೆ ಹಾಗೆ ಮನ ಬಂದಂತೆ ಗೊತ್ತು ಗುರಿಯಿಲ್ಲದೆ
ಓಡುತ್ತಿದ್ದಾರೆ. ಹಾಗಾಗಿ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದ
ಹಂತದಲ್ಲಿ ಶಿಕ್ಷಣದ ಜೊತೆಗೆ ಶಿಸ್ತನ್ನು ಕಲಿಸುವಲ್ಲಿ
ಶಿಕ್ಷಕರ ಮತ್ತು ಪೋಷಕರ ಪಾತ್ರ ಮಹತ್ವದ್ದಾಗಿದೆ.



ಸುಮಲತ. ಎಸ್
ಕನ್ನಡ ಶಿಕ್ಷಕಿ



WALL OF GRATITUDE

On the occasion of Teacher's Day, children participated in the "Wall of Gratitude" activity on 4th September 2025. Each child brought a flower and a thank-you note expressing their love and appreciation for their teachers.

The collected flowers were beautifully arranged into a bouquet, while the heartfelt notes were thoughtfully put together in a creative collage, showcasing the children's messages.

The activity was simple and meaningful. It also highlighted the bond between students and teachers, making the celebration memorable.





DESALITE INTERSCHOOL QUIZ

The DESALITE Interschool Quiz & Debate Competition was organised by the South West India Province on September 10, 2025. SFS Academy delivered a remarkable performance at the event.

In the Quiz segment, our school team comprising Prमित Sahu and R. Sukhin secured the First Runner-Up position and was awarded a cash prize of ₹30,000.

In the Debate competition, the team consisting of Karthik Ishwarappa Ganamukhi, Spoorthi Dhanyamrutha M and Aadhitya Narayan R achieved the Second Runner-Up position. Adding to this success, Spoorthi Dhanyamrutha M was declared the Winner Against the Motion, earning the top cash prize of ₹20,000.







TEACHERS' DAY '25

Guiding Hearts, Shaping Minds...

The Teachers' Day celebration for the academic year 2025 was held with great enthusiasm and reverence on 6 September 2025 in our school premises. The programme was thoughtfully designed to honour and appreciate the invaluable contribution of teachers in shaping the lives of students.

The event commenced with a warm introduction, followed by a soulful prayer song that set a spiritual and serene tone for the gathering. A heartfelt Welcome Address extended greetings to our respected Principal, beloved teachers and fellow students.

The auspicious Lighting of the Lamp ceremony was then performed, symbolising the dispelling of darkness and the spreading of knowledge. This was followed by the melodious rendition of the School Anthem, reflecting the unity, values and pride of the institution.

The inspiring Principal's Address reminded everyone of the noble role teachers play in nation-building and character formation. The programme concluded with a gracious Vote of Thanks, expressing heartfelt gratitude to all who contributed to the success of the event.









CAMPUS VISIT

Our Kindergarten children went on a guided campus tour as part of an experimental learning activity. The aim was to help them explore school facilities and feel a sense of belonging.

The little ones were excited to visit the library, computer lab and science lab, where colorful books, technology and simple experiments sparked their curiosity. They also enjoyed the music and art rooms and got a glimpse of the Nurse's room, robotics lab, audio visual room, dance room and senior classrooms.

A special moment was meeting the principal in his cabin which made them feel proud to be part of the school community.

The tour was both fun and informative, leaving the children motivated and eager for their journey ahead in school life.







HINDI DIWAS '25

The Hindi Diwas celebration was conducted by Class VIII E on September 11, 2025 through a special assembly held to commemorate the importance of the language. The event was organized to highlight the significance of Hindi in India's cultural and literary history.

The program commenced with an introductory speech that outlined the historical background of Hindi Diwas and emphasized its importance in recognizing Hindi as one of the official languages of India. The speaker elaborated on the richness of Hindi literature, the contributions of renowned writers and poets and the expressive strength of the language in uniting people through words and emotions.

The assembly then featured a short and meaningful skit portraying everyday situations that reflected the relevance and value of Hindi in daily life. Through confident dialogue delivery and expressive acting, the students conveyed a thoughtful message about respecting and appreciating the language.

The celebration concluded with a vibrant dance performance set to a Hindi song, which added energy and enthusiasm to the occasion. The performance beautifully captured the spirit of Hindi Diwas and was warmly applauded by the audience.

Overall, the Hindi Diwas celebration conducted by Class VIII E proved to be informative, engaging and a memorable tribute to the language and its enduring legacy.





SKIT about SCREEN TIME

Too Much Screen, No More Green!!!

To create awareness regarding healthy practices, our kindergarten teachers performed a significant skit called "Too Much Screen, No More Green."

The skit depicted a child who spends too much time on phones, neglecting friends, outdoors, play and even sleep. Finally, the child gets sick and sees a doctor, who describes the ill effects of too much screen time. With care, counsel and encouragement from parents and friends, the child understands how essential it is to balance technology with outdoor play, exercise and face-to-face human interaction.

By straightforward telling, energetic performance and a genuine message, our teachers very nicely imparted to the kids that phones are handy, but excessive screen time impacts health and happiness. Real happiness comes from playing outdoors, reading, laughing and being with loved ones.

The last message rang out down the hallway: "Play more, stay healthy, smile always!"







अगर मैं एक पक्षी होती

अगर मैं एक पक्षी होती
फिर पंख फैलाकर उड़ती रहती।
पेड़ पर अपना घर बनाती,
घर में मीठे-मीठे गाने गाती।
दाना चुगकर खाती,
सुंदर-सुंदर पक्षियों को अपना मित्र बनाती,
अगर मैं एक पक्षी होती



कियारा राजपूत
II D

मेरी माँ

मेरी माँ का नाम रूही है। मेरी माँ मेरे जीवन की सबसे महत्वपूर्ण व्यक्ति हैं। मेरी माँ मुझे प्यार करती हैं। मेरी माँ सुबह जल्दी उठकर हमारे लिए खाना बनाती हैं। घर का काम करती हैं। मेरी माँ कोशिश करती हैं कि मेरे चेहरे पर मुस्कान बनी रहे। मेरी माँ मुझे खेलाती हैं। मेरी माँ मुझे सुलाती हैं। मेरी पहली दोस्त मेरी माँ हैं। मैं भगवान से प्रार्थना करती हूँ कि मेरी माँ स्वस्थ, खुश और सुरक्षित रहे।



ऊर्वी पटेल
III D



अगर मेरे पास जादू की छड़ी होती...

कभी सोचा है कि क्या होता यदि आपके पास जादू की छड़ी होती? यदि मेरे पास जादू की छड़ी होती तो मैं सबसे पहले अपने देश को बेहतर बनाती। मैं अपनी जादूई छड़ी से सभी बच्चों को विद्यालय भेजती ताकि सब पढ़ और लिख पाए और देश का विकास हो सके।

दूसरा, मैं अपनी जादू की छड़ी घुमाकर सबकी गरीबी दूर करती।

तीसरा, मैं अपनी जादू की छड़ी से सबके मन को प्रसन्नता से भर देती जिससे सबके चेहरे पर मुस्कान बनी रहती और सब एक दूसरे के साथ मिलकर प्रेम से रहते।

मैं अपने जादू की छड़ी से प्रदूषण दूर कर देती और फिर हर जगह हरियाली होती। इंसानों के साथ जानवर भी स्वच्छ जगह पर रह पाते और मैं अपने माता-पिता और बड़ों-छोटों की इच्छा पूर्ण करती।

जादू की छड़ी तो एक सपना है। हम उसके बिना भी बहुत कुछ कर सकते हैं। हमारी दयालुता, मेहनत और अच्छी सोच ही हमारी जादूई छड़ी है।



सौग्या पी.
V E

प्रकृति से अनुशासन सीखो

प्रकृति एक ऐसी चीज़ है जो बिना बोले हमें बहुत कुछ सिखा देती है।

जैसे- सूरज रोज उगकर कहता, करो समय का सम्मान।

हवा सिखाती हल्के चलना, मन में ना कोई शोर,
पेड़ बताते स्थिर रहना, चाहे तूफ़ान आए झकझोर।

बादल आते बरस जाते, वादा पूरा करते हर बार,

अनुशासन की यह सीखें देती जीवन को उपहार।

बीज भी चुपचाप आता है, धैर्य की राह चुनकर,

वह कहता है धीरे-धीरे बढ़ते हैं सपने तनकर।

प्रकृति की ये छोट-बाट देते जीवन को संयम का संदेश,

तुम इससे सीखो अनुशासन, यही जीवन का उद्देश्य।



मानवी सिंह
VI F



एक दिन बिना मोबाइल के.....

आजकल मैं जहाँ भी जाती हूँ तो हर एक व्यक्ति के हाथ में मोबाइल ही दिखाई देता है। उस समय मेरे मन में यही ख्याल आता है कि यदि इन लोगों को केवल एक दिन के लिए भी मोबाइल से दूर रखेंगे, तो इनके ज़िंदगी में कितना भारी असर पड़ेगा। मानो जैसे उनकी सारी खुशियाँ और संतुष्टि उनसे दूर किसी जगह घूमने गई हों। मेरे हिसाब से यदि ऐसा कभी होगा तो मानो या न मानो, दुनियाँ के अधिकतर काम रुके होंगे। कई तरह के काम, जैसे अपने परिवार और दोस्तों से बात करना, मोबाइल द्वारा किसी चीज़ को खरीदना आदि सारे काम मोबाइल के द्वारा ही किए जाते हैं पर अब वे सारे काम नहीं हो पाएँगे। अब बात करते हैं इसके प्रभाव के बारे में; दोस्तों ज़रा आप अपने ही बारे में सोचो, आपके साथ तो ऐसा हुआ ही होगा कि आपको कोई बहुत ज़रूरी काम करना था परंतु आप मोबाइल में इतना व्यस्त थे कि अंत में आलस की वजह से उस काम को अधूरा ही छोड़ दिया। इसका मतलब यह हुआ कि किसी काम में मन लगने का कारण मोबाइल ही है। आज के समय में सारे काम मोबाइल के द्वारा ही किए जाते हैं जो हम सभी को आलसी और दूसरों पर निर्भर रहना सिखाती है। यह बहुत बुरी सीख है जो भविष्य में एक बड़ी मुसीबत के रूप में हमारे सामने प्रगट होगी। यदि हमारे पास मोबाइल ही न हो तो अपना काम स्वयं ही करना पड़ेगा और हम और मेहनती बनेंगे।

अंत में मैं यही कहना चाहूँगी कि यदि मोबाइल इतना ज्यादा ज़रूरी है तो उतना ही उपयोग करे जितना ज़रूरी है।



कोनैन
VIII E

असफलता से सीख



जीवन में सबको सफल होना है परंतु क्या सफलता से हमें सीख मिलती है? अगर एक इंसान बिना गिरे चलता है तो जीवन में चलने का क्या मतलब है? इसलिए कहा जाता है कि असफलता ही सबसे बड़ी सीख होती है।

अगर हम कभी असफल हुए तो हमारे मन में सबसे पहला सवाल होता है कि गलती कहाँ हुई? यही सवाल हमें मज़बूर करता है सुधारने और सुधरने पर। असफल होना ही हमारे लिए एक बहुत बड़ी सीख है।

कभी-कभी असफल होने से हमें दर्द होता है, आगे बढ़ने का मन नहीं करता। यह सच है कि गिरना कोई बुरी बात नहीं होती परंतु गिरकर वहीं रुक जाना गलत है।

अगर थॉमस एडिसन असफल होने से डरते तो आज हमारे पास बल्ब नहीं होता, अगर खिलाड़ी हारने से डरते तो कोई रिकॉर्ड नहीं बनाता। हर सफलता के पीछे बहुत-सी असफलताएँ होती हैं।

हम गिरते हैं, असफल होते हैं, कुछ कर नहीं पाते पर कोई बात नहीं, क्योंकि हमें गिरकर उठना ज़रूरी है। जो भी असफल होकर आगे बढ़ते हैं, उन्हें कोई कुछ करने से नहीं रोक सकता।



श्रियांशी पाल
VIII B



डिजिटल युग में किताबों की अहमियत

आज के इस डिजिटल युग में अक्सर किताबों की अहमियत को भूल जाते हैं। हमें लगता है कि जब दुनिया में सारी जानकारी इंटरनेट पर है तो किताबों की क्या जरूरत है? पर हम अक्सर भूल जाते हैं कि किताबों के कितने फायदे हैं?

किताबें पढ़ने से हमारी याददाश्त अच्छी हो जाती है। किताबें पढ़ने से हमारी आत्मनिर्भरता बढ़ जाती है। हम बस दूसरी चीजों पर निर्भर होने के बजाय खुद से काम करना सीखते हैं। हम इसको आम ज़िंदगी में भी देख सकते हैं।

हमारे माँ-बाप बिना फोन और डिजिटल चीजों का उपयोग किए बिना सब कार्य कर देते हैं। किताबों को पढ़ने से हमारे ज्ञान में बहुत होती है। किताबों में जो जानकारी होती है, उतनी इंटरनेट या गूगल में नहीं आ पाती और उससे भी कम ए.आई में आ पाती है। अतः संपूर्ण ज्ञान तो हमें किताबों से ही मिलता है, तो ज़रा आप ही सोचिए कि किताबें हैं न बेहतर हैं? इसलिए किताबें पढ़िए और आत्मनिर्भर बनिंए।

उमंग सिंह
IX B



भारतीय नारी सशक्तिकरण

सुदृढ़ समाज का आधार.....

नारी तुम केवल श्रद्धा हो

जग के सुंदर आँगन में।

पीयूष श्रोत - सी बहा करो,

जीवन के सुंदर समतल में।।

यह केवल कविता नहीं वास्तविकता है। किसी भी देश की सभ्यता, संस्कृति एवं उन्नति का मूल्यांकन वहाँ के नारी वर्ग की स्थिति को देखकर आसानी से लगाया जा सकता है। जो राष्ट्र स्त्री को केवल भोजन पकाने एवं बच्चे पैदा करने का साधन समझते हैं, वे दुर्भाग्य से अभी सभ्यता, संस्कृति या शिष्टता की दौड़ में बहुत पीछे हैं। प्राचीन युग में स्त्रियाँ पुरुषों के साथ प्रत्येक सामाजिक एवं धार्मिक कार्यों में समान रूप से भाग लेने की अधिकारिणी थीं। मध्यकाल में नारी को गुलाम और भोग्य बनाकर पतन की दिशा की ओर मोड़ दिया गया है। भारतीय संविधान में भी नारी को समान अधिकार दिए गए। शिक्षित महिला वर्ग ने स्वयं पर्व का त्याग किया। आज २२ वीं सदी में नारी, पुरुष से कंधे से कंधा मिलाकर समाज के निर्माण में जुटी हुई है।

आर . श्रीया
VIII E



डिजिटल प्रभाव और मानवीय पहचान: एक आत्म-मंथन

आज के आधुनिक युग में हम अक्सर अपनी असली पहचान खोते जा रहे हैं और वही बन रहे हैं जो डिजिटल दुनिया हमें दिखा रही है। हम अनजाने में सोशल मीडिया और बाहरी दिखावे से इतने प्रभावित हो चुके हैं कि हमारी मौलिकता कहीं छिप गई है। स्क्रीन पर देखी जाने वाली सामग्री हमारे व्यवहार को सीधे नियंत्रित करती है, जिससे हमारे भीतर चिड़चिड़ापन और आक्रामकता बढ़ने लगती है। विडंबना यह है कि हम इस नकारात्मक बदलाव को जानते हुए भी अनजान बने रहते हैं और इस आभासी दुनिया की लत में फँसते चले जाते हैं। कई लोग इस प्रभाव से बचने के लिए अकेलेपन का रास्ता चुनते हैं, लेकिन अकेलापन हमारे मानसिक स्वास्थ्य पर और भी विपरीत प्रभाव डाल सकता है। इससे बचने का असली उपाय 'सार्थक संवाद' और 'अच्छी संगति' है। हमें ऐसे सच्चे दोस्तों और मार्गदर्शकों की आवश्यकता है जो हमें सही शिक्षा दे, हमारी गलतियों पर हमें टोकें और हमें भीड़ का हिस्सा बनने के बजाय एक बेहतर इंसान बनने की राह दिखाएँ। अंततः, हमारी आत्मीयता और मानसिक शांति तभी सुरक्षित रह सकती है जब हम जागरूक होकर अपनी संगति और विचारों का चुनाव करें।



हेली पी. शाह
X B

हमारा आत्मविश्वास

जीवन की कठिन दिशाओं में
जो राह दिखाए
वही तो है
हमारा आत्मविश्वास।
कठिन परिस्थितियों में दुखी होने पर
नहीं होंगी हमारी परेशानियाँ दूर
परिश्रम करने का जादू तो देखो,
परेशानियाँ हो जाएँगी अपनेआप दूर।
जैसे जीवन में हर पल खुशी नहीं
उसी तरह जीवन में हर समय दुःख नहीं
मेरे इस कविता को रखना हमेशा याद
जीवन भर रहेगी तुम्हारे साथ।।



हर्षिता डी नंदा
X C

मुस्कान: जीवन की सबसे सरल पर सबसे सुंदर भाषा

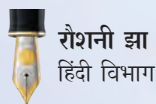
मुस्कान वह भाषा है, जिसे समझने के लिए किसी शब्दकोश की आवश्यकता नहीं होती। यह चेहरे पर उभरने वाली एक छोटी-सी रेखा है, लेकिन इसका प्रभाव दिलों तक पहुँचता है। मुस्कान न केवल खुशी का संकेत है, बल्कि यह सकारात्मकता, विश्वास और अपनापन भी प्रकट करती है।

एक सच्ची मुस्कान किसी थके हुए व्यक्ति के दिन को रोशन कर सकती है, किसी उदास मन को हल्का कर सकती है और किसी तनावपूर्ण माहौल को सहज बना सकती है। यही कारण है कि मुस्कान को जीवन की सबसे सुंदर सजावट कहा गया है, जो बिना किसी खर्च के हर व्यक्ति को समृद्ध बना देती है।

विद्यालय और कक्षा जैसे वातावरण में मुस्कान का विशेष महत्व है। शिक्षक की मुस्कान विद्यार्थियों का आत्मविश्वास बढ़ाती है, वहीं विद्यार्थियों की मुस्कान शिक्षक के परिश्रम को सार्थक बनाती है। यह एक ऐसा पुल है जो दिलों को जोड़ता है और सीखने की प्रक्रिया को सहज व आनंददायक बनाता है।

आज के व्यस्त और दौड़ती-भागती दुनिया में मुस्कुराना जैसे धीरे-धीरे कम हो रहा है, लेकिन यही वह आदत है जो तनाव कम करती है, मन को शांत करती है और रिश्तों को मधुर बनाती है।

रोज़ थोड़ा मुस्कुराइए-क्योंकि आपकी मुस्कान किसी का दिन बदल सकती है।



रौशनी झा
हिंदी विभाग



दुनिया के दस्तूर

तरह - तरह के रंग हैं इनके, तरह - तरह की चाल
तरह-तरह के रूप हैं इनके, तरह-तरह के मायाजाल ।।
फूलों से भी रंगीले हैं ये, हाथी से भी मतवाले ।
गिरगिट जैसे बदलते रूप हैं ये, समझते हैं खुद को चालाक ।।
क्या कहूँ इन नासमझों, नादानों को, यहाँ पल में होते हैं दिन-रात ।।
हर तिमाही में मौसम बदलता, छमाही में याददाश्त ।।
भूलों मत इस दुनिया को, सबक दिया है अच्छे से अच्छे को ।।
बड़े-बड़े सूरमाओं को, भीगी-बिल्ली बनते देखा हमने ।।

झूठ भरम टिकता नहीं,
इतना अहम अच्छा नहीं,
इस रंग बदलती दुनिया में,
कोई अच्छा नहीं कोई सच्चा नहीं ।।
सबने दिखावटी चश्मे पहने हैं,
इक दिन सब छोड़ के जाना है,
ये माटी, माटी में मिल जाना है ।।
हिम कठोर हो कितना मगर,
एक दिन अंबु बन जाता है ।
नदियाँ उफ़ानी हो जितनी मगर
गुरूर सागर में मिल जाता है ।।
वृक्ष हरा-भरा रहता सावन में,
पर पतझड़ तो आता ही है ।।
इंसान अकड़ता है जवानी में
पर बुढ़ापा तो आता ही है ।।
गरल छोड़ सुधारस बरसाओ,
पत्थर नहीं फूल बन जाओ ।।
इक दिन सब छोड़ के जाना है।
ये माटी, माटी में मिल जाना है ।।



डॉ. मनिषा पांडेय
हिंदी विभाग





विद्यार्थी जीवन

“कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥”
अर्थात् कर्म के फल की चिंता किए बिना कर्म करते जाओ, जैसा कर्म होगा फल तुम्हें अवश्य प्राप्त होगा ।
विद्यार्थियों को भी विद्यार्थी जीवन में एक ऐसी ही समय तालिका बनाकर चलनी चाहिए जिसका फल उन्हें अपने भविष्य में जरूर मिलेगा ।
विद्यार्थी का काम सिर्फ अपनी पढ़ाई पर ध्यान देना है । कहा भी जाता है कि “काक चेष्टा बको ध्यानं, श्वान निद्रा तथैव च ।
अल्पहारी गृहत्यागी, विद्यार्थी पंच लक्षणम् ।”
विद्यार्थियों को कौए की तरह चतुर, बगुले की तरह ध्यान, स्वान की तरह

कम निद्रा और कम खाने वाले गुण को अपनाने चाहिए ।
“नास्ति विद्यासमो बन्धुर्नास्ति विद्यासमः सुहृत् ।
नास्ति विद्यासमं वित्तं नास्ति विद्यासमं सुखम्” ॥
अर्थात् विद्या जैसा कोई बंधु नहीं, विद्या जैसा कोई मित्र नहीं, विद्या जैसा कोई अन्य धन या सुख नहीं । विद्यार्थी जीवन में जो भी कष्ट भोगते हैं उतने ही सुख की प्राप्ति आपको भविष्य में प्राप्त होती है ।
अतः सभी विद्यार्थियों को अपना कर्म अर्थात् अपनी पढ़ाई पर ज्यादा ध्यान देना चाहिए और अच्छे फल की कामना करते हुए, भविष्य को नज़र में रखते हुए अपना कर्म करते रहना चाहिए ।



प्रीति
हिंदी विभाग



TAPESTRY OF TRADITIONS

Tapestry of Traditions Celebration at SFS Academy Kindergarten

SFS Academy Kindergarten celebrated Tapestry of Traditions on October 9, 2025, with great enthusiasm and joy. On this special occasion, the little ones came dressed in their vibrant traditional attire and brought along delicious traditional dishes to share with their friends.

A Talk Time activity was also conducted, where the young learners spoke confidently and proudly about their culture and traditions. The celebration turned into a fun-filled and enriching experience, fostering in children a sense of appreciation for the rich diversity of cultures and traditions represented in their classroom.





DHYATVA 2025

ART GALLERY



A. BENITA CYRIL, GRADE-4D



A. KAUSHIK, GRADE-2B



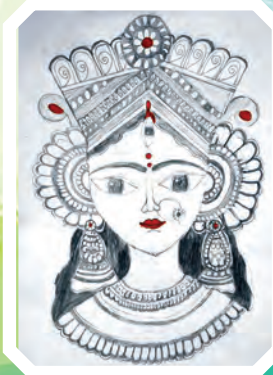
AKSHITHA ARVINTH, GRADE-2D



AADHYA PRASAD, GRADE-2D



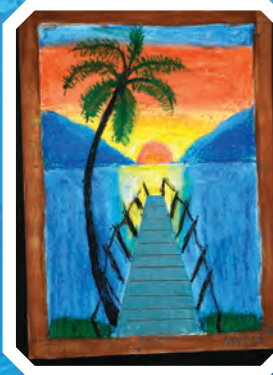
AARADHYA DASH, GRADE-3A



AASHI AYAT, GRADE-3C



ANAYA.C, GRADE-4B



ANNIKA, GRADE-3A



ANNIKA GUPTA, GRADE-5E



ANTHONY ANCY FEDORA, GRADE-2C



ANTHONY ANCY FEDORA, GRADE-2C



ANUGRAHA, GRADE-3B



ART GALLERY



ARHAAN, GRADE-2D



ARNAV POL, GRADE-4A



ASWAT VINEESH, GRADE 1D



AYRA.P, GRADE -5E



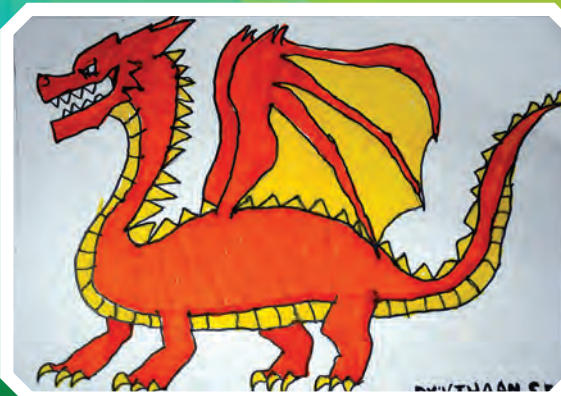
CHRISTINA SHIBU, GRADE -5B



ADVIT SRIVASTAVA, GRADE -6C



D.SAISANTH, GRADE-1B



D.VIHAAN SAI, 5C



DEEPAK.S, GRADE-3D



DEVADRIT GOSH, GRADE-3C



DHYATVA 2025

ART GALLERY



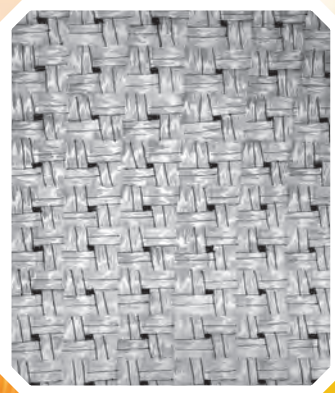
DEVADRIT GOSH, GRADE-3C



HARSHID SAI.K, GRADE-4E



DIVYANSHI BHATT, GRADE-5B



FILZA FATHIMA, GRADE-5C



DIKSHA SRI, GRADE-5D



DIVUM DAS, GRADE-3C



ISABEL ROSE, GRADE-1D



KHALAIMAGHAL.S, GRADE-3C



HRIDHYA, GRADE-3D



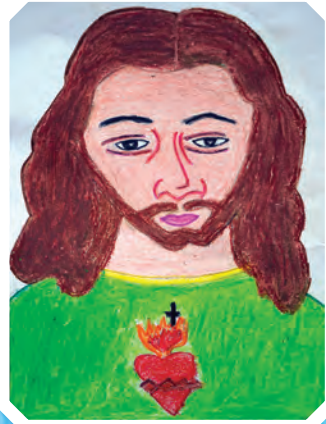
HRIHAAN SINGH, GRADE-4D



ISHTAA SHETTY, GRADE-5E



ART GALLERY



JASON JON, GRADE-4B



ISHAAN KRISHNAN, GRADE-4D



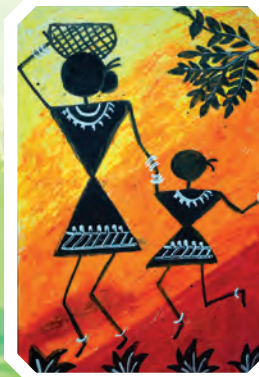
KRITIN, GRADE-4A



LAKSHMI, GRADE-5D



LEHAN GOWDA, GRADE-4C



MAHIMA.D, GRADE-2B



MIVAAN VERMA, GRADE-3D



KRISHIKAA.D, GRADE-1A



MYSHA AHMED SHEIKH, GRADE-5C



NAGA SAI DHURVA, GRADE-5E



NAVANEETH.H, GRADE-3A



DHYATVA 2025

ART GALLERY



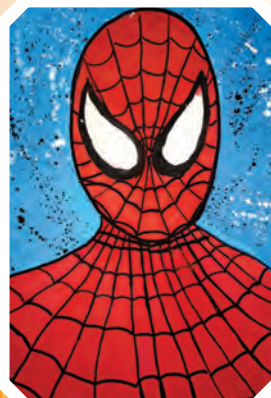
NIKITHA KURNOOL, GRADE -4D



MOHAMMED HISHAN KHAN, GRADE-3B



RAYAN, GRADE-2A



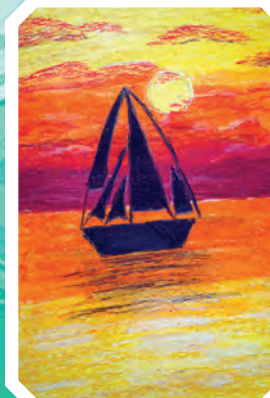
RITHIK.M, GRADE -4E



RITHIK.M, GRADE -4E



PRANANYA, GRADE-3B



RITHVIJ.A.S, GRADE-3A



S.AKSHAYA, GRADE-1B



SAANVI RAO, GRADE -4C



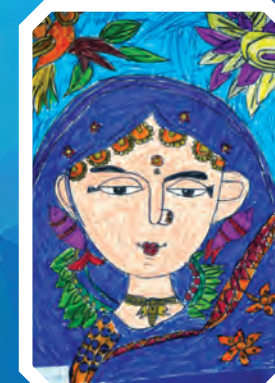
S.YASHMITHA, GRADE -4C



S.SRI RANGAN, GRADE-3D



SAANVI, GRADE -5C



SAANVI RAO, GRADE -4C



ART GALLERY



SAMANYU DAS, GRADE -5A



SANNIDHI KIRAN SHETTY .C, GRADE-1A



SHAURYA.M.SHETTY, GRADE-2B



SAMANYU DAS, GRADE -5A



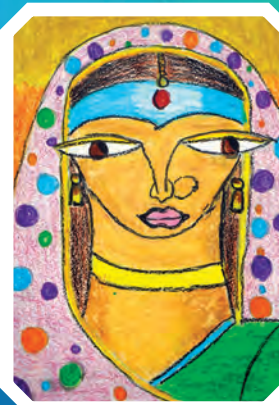
SANIYA.H, GRADE-4B



SAI RAJ, GRADE -4E



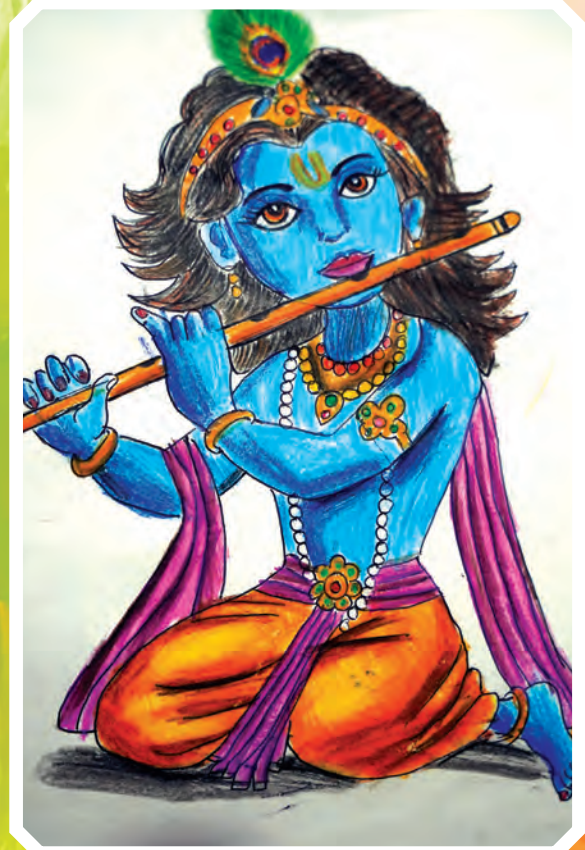
TANVI PRABHA, GRADE -4E



SUDEEKSHA ASHOK, GRADE-4A



TANYA GLAISON, GRADE -5A



SUDHEEKSHA, 5C



DHYATVA 2025

ART GALLERY



TUHNATH, GRADE -5B



Y.DHARSHANEYA, GRADE -4C



VIJAY VISHNU.B, GRADE -5E



V.YALINI, GRADE -5A



YAASHMITHA, GRADE -4C



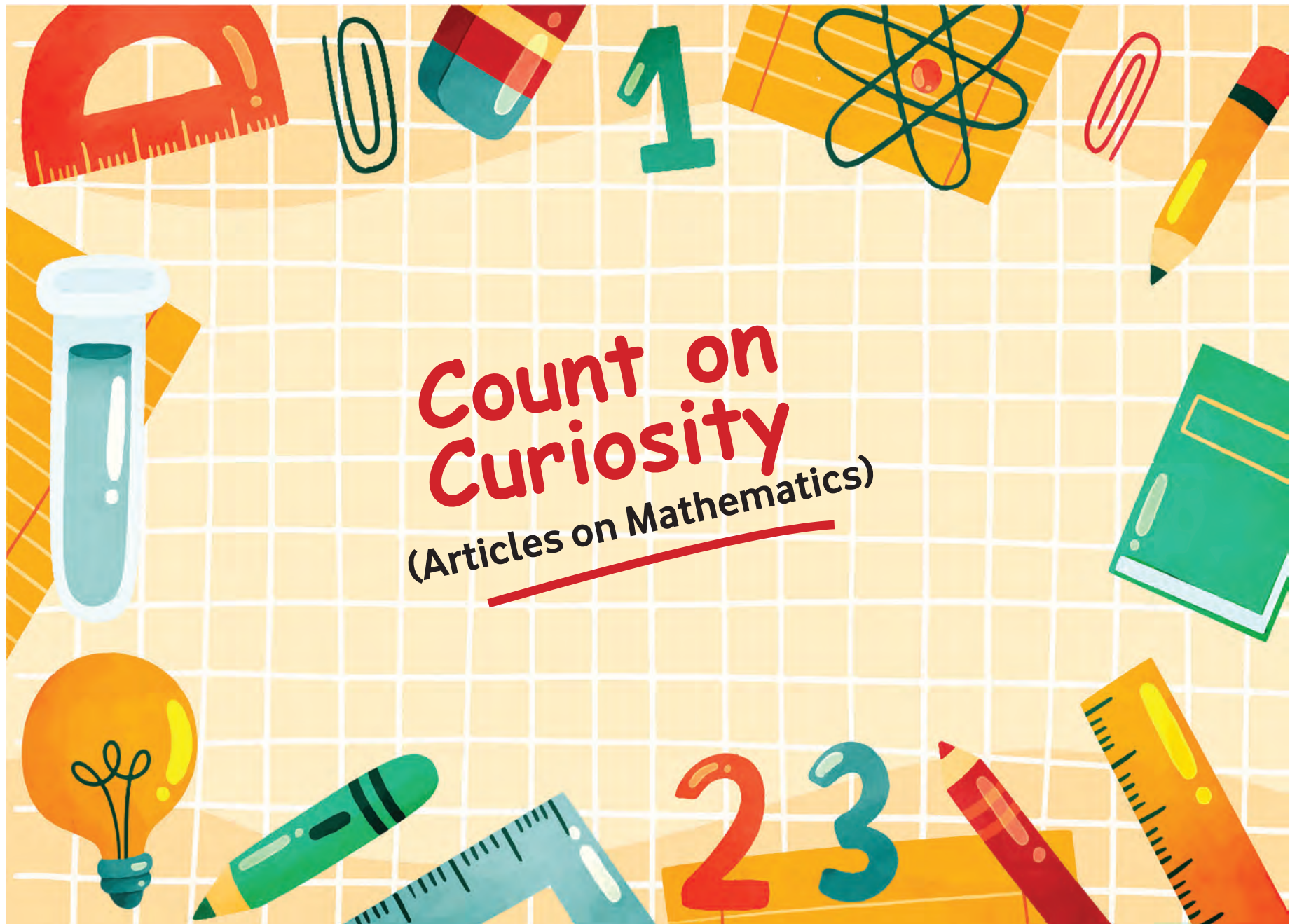
SRISTI BANERJEE, GRADE -5E



VEDANSH SAI, GRADE-2A



V.YUGAN, GRADE-1A



Count on Curiosity

(Articles on Mathematics)



MATH is FUN



Vanya Vaswani
I C

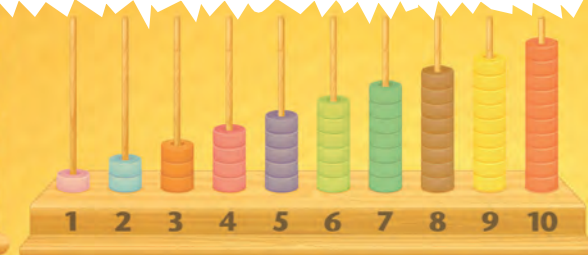
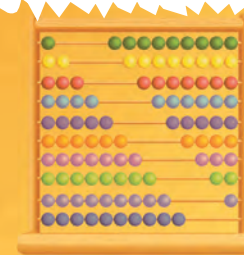
Height goes up, up, up,
Width goes side to side
Capacity can hold
Things inside!
Clap your hands,
Stamp your feet,
Math is fun and oh-so-sweet!

The Beauty of Shapes



Arjun L. K.
V C

Shapes are beautiful
They dance and play
Circles, triangles, squares too.
Bringing joy to me and you.
Making this world a lovely view.
Filling our hearts with happiness-true.



Cool jobs that use mathematics: game designing, animation, astronomy engineering

When we hear the word 'mathematics', we get the boring equations. These boring equations are the secret key tools to make these cool jobs, not boring homework. Now let us see how mathematics is used in these cool jobs.

Game designing: Have you ever wondered how the characters in Fortnite move? They use geometry (shapes) and physics (motion) in these games.

Animation: Have you ever noticed the smooth moves of cartoon characters and few impossible movements in movies? They use speed formula and angles to make it look good in animation.

Astronomy: Do you know that scientists use mathematics in everything? One such example is Astronomy. They use mathematics to measure in large numbers and space. (light years)

Engineering: They use mathematics while building bridges, phones and cars, to ensure safety and get exact measurements.

Therefore, mathematics is not boring homework; it is a key tool for future jobs.

 **Jayam Sudiksha**
VI D



Mixed Math

Circles spin and angles gleam,
Math is more than just a dream,
Every number, Every Sign
Holds a secret, pure and fine.

 **A M Logadharshini**
VI E

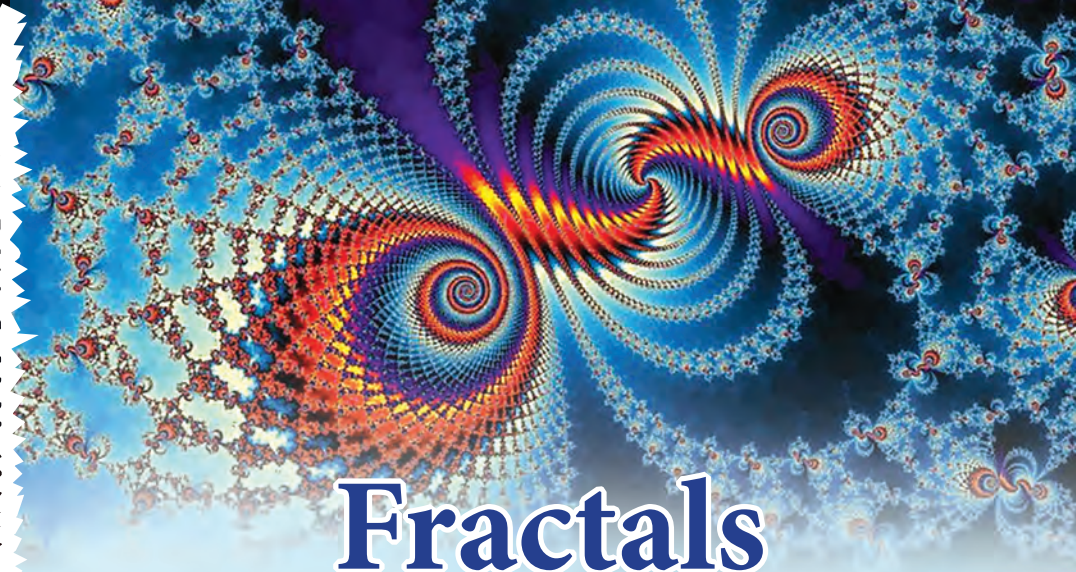




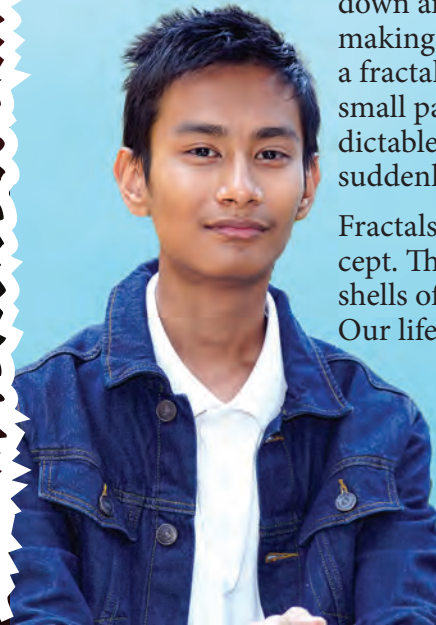
So next time circle meets your eye,
Remember the secret called the Pi.
A mystery in every turn,
Forever teaching, forever to learn...



Manya Ashok Mane
VIII F



Fractals are not imaginary, nor an abstract concept. They can be seen in nature such as plants, shells of snails, flowers and many more things. Our life is like a fractal, so look at it carefully.



Rick Lukram
IX B

Conjectures are statements that are verified for various numbers and values but have no proof till date. There are many conjectures in mathematics that still have no proof. Let us know about two conjectures – Goldbach's Conjecture and Collatz Conjecture.

Goldbach's Conjecture is one of the oldest and simplest conjectures in mathematics. It states that every even number above 2 can be expressed as the sum of two prime numbers.

Examples:

- $4 = 2 + 2$
- $62 = 59 + 3$
- $234 = 5 + 229$

This rule is verified for all even numbers up to 4×10^8 . Although this conjecture originated in 1846, there is no proof for it even today.

The Collatz Conjecture is one of the most unique conjectures in mathematics. To understand this conjecture, let us do a small activity.

1. Think of a number (It would be easier if you chose a number from 1 to 100).
2. If the number is even, divide it by 2.
3. If the number is odd, multiply it by 3 and add 1.
4. Do steps 2 and 3 repeatedly with the answer you get.

The conjecture asserts that no matter what number you start with; you will eventually enter a repeating loop of 4-2-1. Despite its simple rules, no mathematician has been able to prove that this loop is inevitable for every single number in existence.

Conclusion

Many conjectures were solved and became theorems. New conjectures are being made once in a while. Some mathematicians are trying to solve some of these conjectures. These conjectures make our hardest subject more mysterious.

CONJECTURES: THE UNSOLVED PROBLEMS IN MATHEMATICS



Ethan Jayan Joseph
IX D





Irrational numbers are some of the most fascinating ideas in mathematics. They are called “irrational” not because they are crazy, but because they cannot be written as exact fractions. Their decimal form never ends and never repeats, no matter how far you go. This endlessness gives them a kind of magic that makes people curious and amazed.

One of the famous irrational numbers is π (pi). We use π when we talk about circles, like finding a circle’s area or circumference. Although we often write π as 3.14, the real number goes on forever without a pattern.

Another important irrational number is $\sqrt{2}$, which comes from the diagonal of a square. People discovered it thousands of years ago and were shocked that it couldn’t be written as a simple ratio.

Irrational numbers appear in many places in nature and science. They help us understand waves in the ocean, patterns in plants and even the shape of the universe. Even though they seem complicated, these numbers make our formulas and measurements more accurate.

What makes irrational numbers truly magical is that they remind us that the world is full of endless details. Even something as simple as a line or a circle hides numbers that go on forever. Irrational numbers show that math is not just about solving problems—it is also about discovering beauty, mystery and the infinite possibilities hidden within numbers.

The Magic of Irrational Numbers



Niyati Ramesh
IX D

Numbers Tell a Story – How Data Can Reveal Human Behaviour

In this world, we are surrounded by numbers — like clicks, steps, purchases, searches and views. Each of these figures might seem meaningless on its own, but together they tell a powerful story about who we are, what we value and how we behave. This data speaks the modern language of human behaviour, allowing us to see patterns across the vast streams of digital traces.

“The Power Behind the Numbers” — when millions of people scroll through social media, buy groceries online, or stream their favourite songs, they collectively generate a huge amount of information. This data transforms from mere statistics into meaningful insights.

During the COVID-19 pandemic, data on infection rates, vaccination levels and mobility patterns helped governments and scientists make life-saving decisions. Numbers, in this case, became a living story of humanity’s response to crisis — one of adaptation, resilience and cooperation.



Thugu Thanmaya Sree
NIOS 2

“The Human Side of Data” — although data may appear cold and objective, behind every statistic lies a human experience. A single data point might represent a family buying groceries, a student searching for scholarships, or a patient seeking treatment. Recognising this helps ensure that data is used ethically — to improve lives.

From Data to Understanding

The story that numbers tell is only as good as the storyteller. Data scientists, analysts and researchers act as interpreters, turning raw information into knowledge. But interpretation requires context — understanding why the numbers look the way they do. When combined with empathy and curiosity, data becomes a window into the human condition.

Conclusion

In conclusion, I would like to say that numbers are more than mere figures on a screen — they are fragments of our collective narrative. They reveal how societies evolve, how trends rise and fall and how people connect, dream and change. In a world increasingly driven by data, it is not enough to collect numbers; we must listen to the stories they tell.



ANYBODY CAN LEARN MATH!



Tr. Pavithra V R
Dept of Mathematics



“Yet ultimately, mathematics reaches pinnacles as high as those attained by the imagination in its most daring reconnoiters. And this conceals, perhaps, the ultimate paradox of science. For in their prosaic plodding both logic and mathematics often outstrip their advance guard and show that the world of pure reason is stranger than the world of pure fancy”

One common complaint of students of mathematics around the globe is that topics covered seem to have little relevance to practical problem. Students seem to feel that sometime in future their boss will walk into the office and demand “Quick, what’s the quadratic formula?” or, Hurry I need to know the derivative of $\sin x$, $\log x$ or e^x etc.

Well, when I enquired some of my students who graduated from universities, working in different sectors, replied saying “Ma’am, now we finally understood, Math is not just about for-

mulas or cranking out computations. Learning math helps us depth, think better and stay focussed in almost all areas irrespective of score. We feel more confident and we are equipped to solve large scale computations and algorithms easily. The prerequisite required for every areas, be it technical, scientific or machine learning is MATHEMATICS. Profound statement by one of our former desalite.

My favourite part of teaching is to spend time with students working on few challenging questions that need more logic, patience and time. Some students never give up, they dive into math realm with a little push but some enter into frustration thinking they can’t achieve further levels. The goal of learning math is not just about achieving 100/100 but to permit your smart brain to think on every challenge. This creates interest in learning and enables students to apply diversified methods to handle problems. This process takes years, its not instant. Students who undergo mind workout right from primary level in the form of puzzles, building blocks, legos, rubiks, abacus etc develop spatial skill and critical thinking required to set a strong foundation in secondary level. Children who undergo such workout are found to conquer real life challenges positively and carry great mental strength and is our ultimate goal in the process of teaching and learning. In today’s world, children are fast and good at technical things but unable to handle real life challenges. We see that they enter into the mode of stress

due to their incapability to work on a particular thing for a long time. A little positivity, focus and inclination towards learning in a consistent manner may help them achieve greater heights both emotionally and academically.

As an educator, I strongly believe that the ultimate goal of learning math is to create a sort of brain wiring to handle practical life through the educational tools provided by various sources. It’s not just about computation, memorising tables, formulas or cramming over the procedure printed in textbook. It’s beyond that. It’s trying to get back to the source and the ability to understand how the universe is connected through different frequencies and the energy associated with the same.

I hope this article is helpful. I’m glad I shared my love and enthusiasm for mathematics with you all. At the start of academic year we discuss with students what mathematics is and several students have shared that it has been difficult or even painful for them to cope up with the subject. Our mission is to give them a positive experience doing mathematics, not by trivializing it but by embracing its challenge and helping them meet it. So, my dear children, work on the God given brain, prepare it to function in the best possible way to serve yourself and the society. Try to fill it with positivity and always remember that ‘anybody can learn math’ but the choice is left to you.

Thank You!



Popcorn Brain



Tr. Shama
Dept of Mathematics

Have you ever felt your mind racing with too many thoughts at the same time? Ideas keep popping up one after another, making it difficult to concentrate on just one task. This feeling is often described as “Popcorn Brain.”

Popcorn Brain refers to a state of mental restlessness and scattered attention, usually caused by excessive exposure to digital content and screen time. Our minds get used to constant stimulation, just like popcorn popping rapidly in a pan.

This is especially common during exam time. Students may suddenly worry that they have missed important topics. Thoughts such as, “Did I revise this?” or “Should I check that again?” begin to pop up all at once. The mind feels crowded with questions, ideas and concerns.

Although an active mind can sometimes feel creative and energetic, too much “popping” can make it difficult to focus, relax, or sleep peacefully. Just as our body needs rest, our brain also needs time to slow down and recharge.

That is why calming the mind is important. Simple habits like taking deep breaths, writing down thoughts in a notebook, spending time away from screens, or engaging in quiet activities can help settle the mind. Most importantly, setting healthy limits on screen time can keep our thoughts balanced and clear.

Taking care of our mind helps us stay calm, focused and ready to give our best.



CO-CURRICULAR ACTIVITIES

We, at SFS Academy, believe that while academics are important, it is the co-curricular activities (CCAs) that teach lessons that transcend beyond the classrooms. The CCAs provide a channel for reinforcing the lessons learned in the classroom. It helps the students to apply their academic skills in a real-world context. Our CCAs aim at producing holistically developed individuals with the appropriate skill sets that enable them to make a difference in society.

The Co-Curricular Activities (CCAs) are available for students from Grades I to IX and are conducted every Friday. We offer a variety of activities, including Bharatanatyam, Western dance, Western Vocal, keyboard, guitar, taekwondo and skating. For students in Grades V to IX, we provide specialized coaching in a sport or game of their choice, such as cricket, football, basketball, chess or athletics. Additionally, we offer foreign language courses in French and German for students in Grades VI to IX.





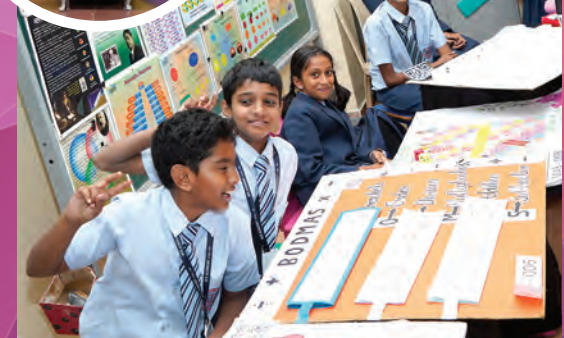
MINDSPARK '25

Where Arts and Sciences Speak Together...

The Art and Science Exhibition "MindSpark '25 – Where Arts and Sciences Speak Together" was held on 18 October, 2025 in the school premises. The event was graced by Dr. Srinivas R. Kadaba, Head of the Data and AI Platform at the Central Brain Research, as the Chief Guest and Fr. Aji Cherian, msfs, Spiritual Director at Suvidya College, as the Guest of Honour. The programme was presided over by Fr. Johnson, msfs, Principal.

The exhibition featured a wide array of innovative static and working models presented by the departments of English, Hindi, Mathematics, Science, Social Science, IT, Robotics and Arts. Each class contributed two group exhibits, reflecting creativity, collaboration and conceptual understanding. Special thematic setups such as Hospital, Bank, Festivals, Life of Pi and The Evolution of Life added variety and depth to the displays.

The event served as an enriching platform for students to integrate art and science, showcasing their knowledge, imagination and teamwork in a meaningful way.









KANNADA RAJYOTSAVA '25

Let Kannada Be Green...

Kannada Rajyotsava was celebrated with great spirit and enthusiasm in our institution on November 1, 2025. The celebration began with a warm welcome to the Chief Guest, Smt. Amrutheshwari M. Kattimani and the Principal. The Chief Guest hoisted the Karnataka State flag, followed by the rendition of the State Anthem and addressed the gathering, highlighting the significance of Kannada Rajyotsava.

The programme showcased the rich culture, language and heritage of Karnataka. Students presented a vibrant array of performances, including songs, dances and character portrayals depicting the lives and achievements of eminent personalities from the state.

Teachers and students together emphasized the importance of preserving and promoting the Kannada language. The event concluded with the National Anthem, as joy and pride lit up every face, reflecting the true spirit of Kannada Rajyotsava.







KANNADA RAJYOTSAVA '25 (KG)

The kindergarten students of SFS Academy joyfully celebrated Kannada Rajyotsava on October 31, 2025. Dressed in vibrant shades of yellow and red, the young learners showcased their love and pride for Karnataka through a creative cultural activity.

As part of the celebration, the students participated in "Photo-Jam", a colourful collage presentation thoughtfully divided into three themes - Traditional Food, Famous Personalities and Historical Places.

Pre-KG: Traditional Food of Karnataka - The tiny tots displayed Karnataka's rich culinary heritage, representing diverse flavours from different regions of the state.

LKG: Famous Personalities of Karnataka - This segment paid tribute to great visionaries whose contributions in engineering, literature, the freedom movement and cinema have shaped Karnataka's identity.

UKG: Historical Places of Karnataka - The Heritage section featured the state's iconic landmarks and monuments, reflecting its glorious history and artistic legacy.

The collage beautifully reflected the students' creativity, enthusiasm and teamwork while deepening their appreciation for Karnataka's cultural richness. It was indeed a colourful tribute to the state's unity, pride and heritage.





FIELD TRIP '25





EXCURSION







CHILDREN'S DAY '25

Nurture Little Hearts. Shape Bright Future...

The Children's Day celebration at SFS Academy was conducted with great enthusiasm and joy. The programme began with an introduction, during which the guests were led to the venue by the school music band under the guidance of Tr. Sampath. This was followed by a graceful prayer dance that set a serene tone for the event.

A warm welcome speech and the ceremonial lighting of the lamp created an atmosphere of positivity and respect. The Chief Guest, Rev. Fr. Paul Sagayam, addressed the gathering with an inspiring message, after which the cake-cutting ceremony by the Student Council added a cheerful touch to the celebration.

The KG teachers presented a delightful programme that entertained the audience, followed by a melodious group song and an energetic dance performance by the talented teachers.

The Principal shared an uplifting message and later captivated everyone with a beautiful musical concert. He, along with the Chief Guest, then extended their wishes to the Cabinet Leaders.

The skit and fashion show presented by the teachers showcased their creativity, confidence and dedication.

The event concluded with a heartfelt vote of thanks and the National Anthem, marking a memorable and meaningful Children's Day celebration at SFS Academy.









The Science Spectrum

(Articles on Science)





ADHYATVA 2025

WHAT DO WE EAT

We eat rice, we eat fruit
Healthy food is super cute
Veggies, bright, colourful, fun
Make us strong to jump and run
A yummy meal helps us grow
Gives us energy from head to toe
Energy bites help us play
Laugh and learn the whole long day



Aaradhya
I B

124 SFS ACADEMY



Avyansh S
II C

GROWING PLANTS

Plants start to grow from tiny seeds. To help a seed grow, we need to plant it in the soil and give it water. Seeds also need sunlight to grow big and strong. They send out roots to drink water. A small stem then reaches up towards the sun. As plants grow, they make leaves and sometimes flowers or fruits. Taking care of the plants by watering them and keeping them in the sunlight can help them stay healthy. Growing plants is fun because we can watch tiny seeds turning into beautiful flowers or tasty vegetables.





THE IMAGINARY WORLD OF SCIENCE

(What if I had a time machine)

- ▶ I would go to prehistory and learn about their culture and invention of fire and wheel. How they survived by eating raw flesh.
- ▶ I would go to the age when dinosaurs were alive and learn about their habitats and how they used to hunt.
- ▶ I would also go to the Indus valley and learn how the monuments were built. Moreover, I would get to know about their traditions, festivals and games.
- ▶ I will be excited to know about the first car in the world.
- ▶ I would also go to the ancient earth to see how the first life form was and their food habits then.

My dream trip to the moon

I flew to the moon, up high in the sky,
past the clouds
where stars say hi....
I bounced around, so light and free
No gravity to bother me.
The earth looked small, round and blue
I waved and said, I'll come back soon.
A shiny land with rocks and light.
Oh! What a dream, pure moon delight.



Aadhya Prasad

II D



Mithul M

III A



ANIMAL SUPERPOWERS

Animals are amazing creatures. They have its own superpowers to protect themselves. Some are fast, some are clever and some are simply magical.

Cheetah - The Fastest Runner

- It is the fastest runner.
- It can run about 96 to 120km/hour to catch its prey.

Dolphins - Smart Communicators

- They can whistle to talk to each other.
- They use echolocation to see underwater.

Owls - Night Vision Experts

- They can see very clearly in darkness.
- They can fly silently to catch their prey.

Bees - Tiny Navigators

- They fly far away to get nectar from flowers.
- They make honey to feed humans and animals.

Elephants - Memory Superpowers

- They have excellent memory.
- They can remember places, things and water resources.

Honey Badger - Tough Survivor

- They have thick skin.
- They can survive bites from venomous snakes.

Vultures - Earth's Cleaners

- They eat dead bodies.
- This animal helps in preventing the spread of diseases.

Conclusion: Animals have superpowers because they have special abilities which make us respect and love all animals.



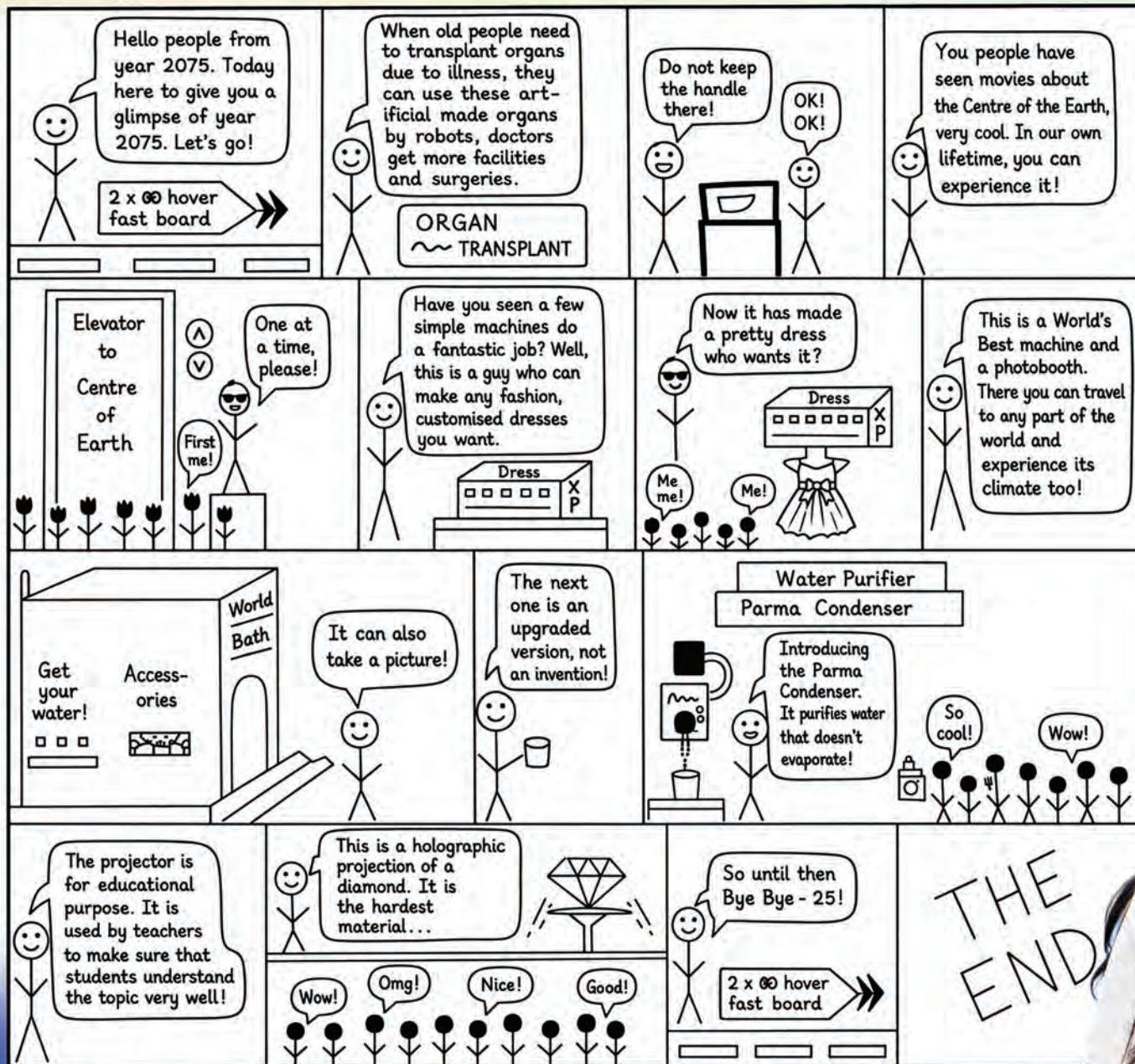
Adeline Luke Thomas
IV A



Science in the Future

(Comic)

Liya
VI A





CAN PLANTS SPEAK: PLANT COMMUNICATION



A. Chaidaniya
VII B

Plants may not speak like human beings, but they do communicate through surprising ways. Scientists have discovered that plants send messages using chemicals, touch and even electrical signals.

How Do Plants Communicate?

Chemical signals: When a plant is attacked by insects, it releases special chemicals into the air to warn nearby plants.

Defense preparation: The warned plants then prepare their own defense mechanisms.

Root communication: Some plants also communicate through their roots, sending signals through the soil.

Wood-wide web: They use fungi (called “wood-wide web”) to share nutrients or warn about dangers.

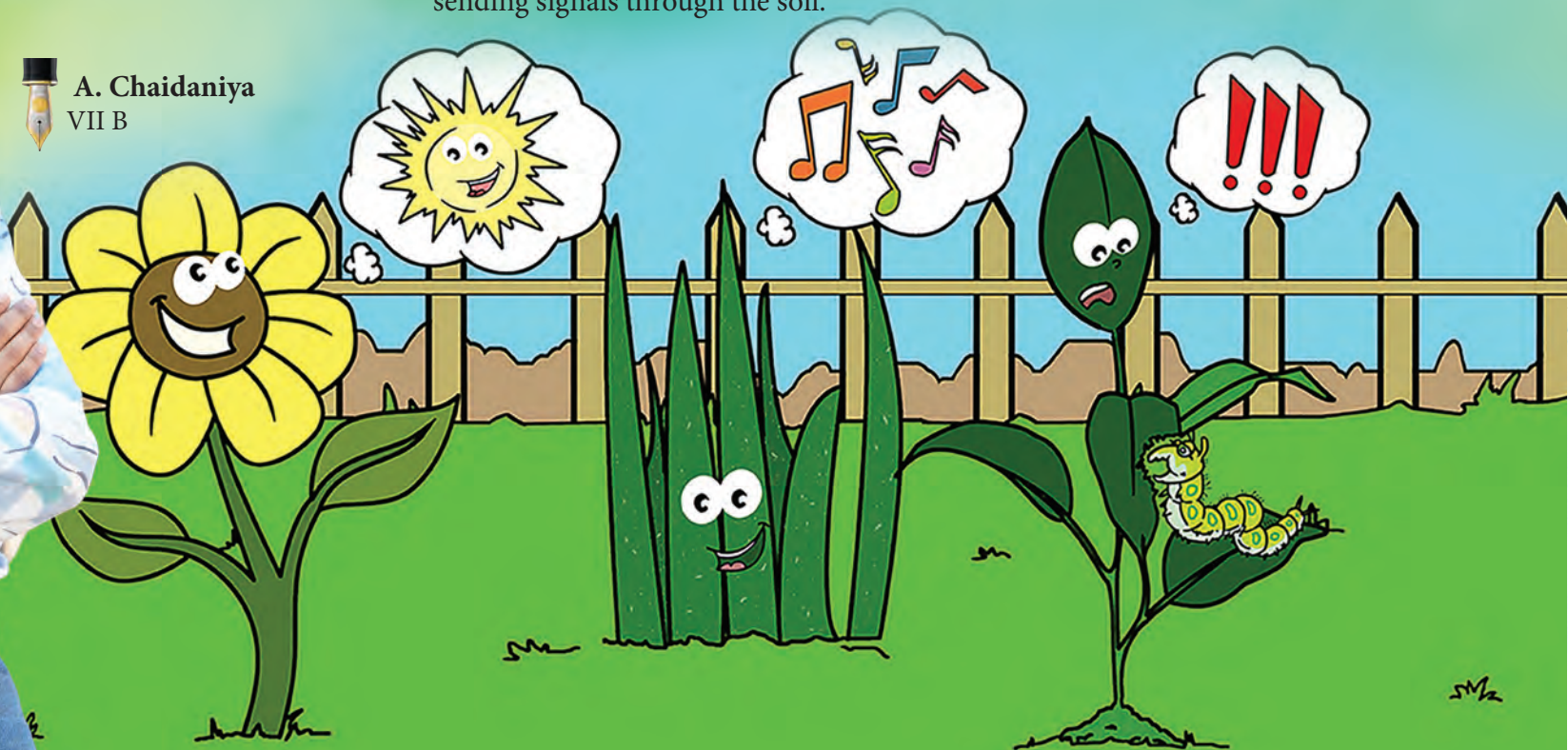
Other Ways Plants Respond:

They react to changes in sound, light, or touch.

These responses help plants adapt to their surroundings.

Conclusion

Although plants cannot talk, they have their own silent language that helps them survive and stay connected to the environment.



When Feelings Fall Asleep - How Emotions Shape Your Dreams



P. Vaishnavi
VIII B

Have you ever gone to bed upset and ended up dreaming something completely strange? Or had a happy day and found your dreams feeling soft and peaceful?

That's because your emotions travel with you into your sleep. Your brain never fully switches off; it simply changes the way it works at night.

Inside Your Head – Three Tiny Heroes

Amygdala: The fear alarm that decides how intense your dreams feel. If you had a stressful day, it may create dramatic or scary dream scenes.

Hippocampus: Your memory librarian that pulls out random memories – like your friends' voice, yesterday's joke, or last year's field trip – and mixes them into strange storylines.

Prefrontal cortex: Your sensible decision-maker that rests. That's why you never question why you are flying or talking to a dog in your dreams.

The Most Magical Part of the Night:

The most magical part of the night is that emotions drive the dream-making process, turning everyday feelings into vivid night time adventures.

REM sleep

When you slip into rapid sleep, your brain becomes active again.

Chemical substances like dopamine and serotonin shift inside your brain, colour-



ing your dreams with vibrant feelings of fear, calm and joy.

Scientists' view on dreams

Dreams are the brain's way of clearing up your feelings.

They help you process your day, release stress and start fresh the next morning.

Mind-body connection during sleep

While your body rests, your mind becomes a gentle storyteller.

It turns your emotions into a private movie that only you would enjoy watching.

"Your Dreams are the Echoes of your Day, Reshaped by your Heart."



Introduction

Many of us are masters at performing last-minute miracles. In subjects like Maths & Science, we work hardest at the very last challenge, often burning the midnight oil—at least once in our lives.

The adverse effects of sleep deprivation

We barely know about the negative effects of poor overnight operations.

Sleep deprivation is what many people, especially teens, undergo.

Lack of sleep can even lead to death.

Why does sleep matter?

Sleeping is the time when the body “recovers” itself after the hectic work of the entire day. Sleep regulates blood pressure. Muscle building happens while you’re sleeping, not while you’re working out in the gym.

Health Consequences of Insufficient Sleep

Not getting enough sleep can increase blood pressure.

Sleep releases cortisol, the stress hormone famous for its “fight-or-flight” response.

Elevated cortisol (stress) leads to anxiety.

Anxiety can cause depression.

Depression leads to a lack of focus, concentration and interest, creating a serious chain reaction.

Lack of sleep can cause plaque formation in your arteries. Atherosclerosis is the fancy word. Think of it like your internal pipes getting clogged. This increases the chance of getting cardiovascular disease, like a HEART ATTACK, literally.

Psychology suggests that people who sleep for less than 6 hours a day are more likely to become psychopaths – it becomes just psychopathic.

The adverse effects of sleep deprivation are so severe that you can’t even fit everything in a few pages – it’s a never-ending list.

Personally, I have suffered a lot because of sleep deprivation. Deteriorating grades, drowsy eyes, terrible mood in the mornings; sleep deprivation has almost spoiled my life.

Sleep is the superhero that recharges your heart for a new day. If you’re struggling with poor grades, depression or anything like that, remember that just closing your eyes for 8–10 peaceful hours can CHANGE YOUR LIFE



REST OF RISK?



R Sukhin
IX A

and bring you so far that you’re some sort of guru, which itself shows that you’re obsessed about becoming the best version of yourself.

Do go, have a nap, keep smiling and enjoy your life. You can do it! Believe in you...





The endless diversity of life on Earth

I believe planet Earth is like the biggest “Housefull” show ever—overflowing with an incredible variety of living organisms. From microscopic bacteria thriving in extreme heat to towering trees dominating lush rainforests, life exists in an astonishing range of forms, sizes and behaviours. This richness of life makes Earth truly unique and endlessly fascinating.

What is even more remarkable is that humans have identified only about 20% of all life on Earth. This fact highlights just how vast and mysterious our planet still is. Despite centuries of scientific exploration and rapid technological advancement, most living organisms remain unknown, especially those inhabiting remote and hard-to-reach environments such as deep oceans, dense forests and underground ecosystems.

From my perspective, the discovery of only a small fraction of life on Earth is both humbling and motivating. It highlights the vast complexity of our planet and reflects the ongoing evolution of scientific knowledge. Furthermore, it underscores the importance of protecting ecosystems to preserve countless unknown species for future generations to discover, study and learn from it.

As technology improves and human curiosity continues to grow, one day we may finally uncover the unknown creatures that share our planet. Until then, Earth will remain a living secret—its mysteries patiently waiting for time to unravel them.



Adwesh A. M.
VIII B





Reflections After the Final Bell

The silence is the first thing that hits you. Now, as the last echoes of the Grade 10 farewell fade into the corridor, the silence is heavy. I sit at my desk, looking at thirty six empty chairs and realize that for the first time, I am the only one left in the room.

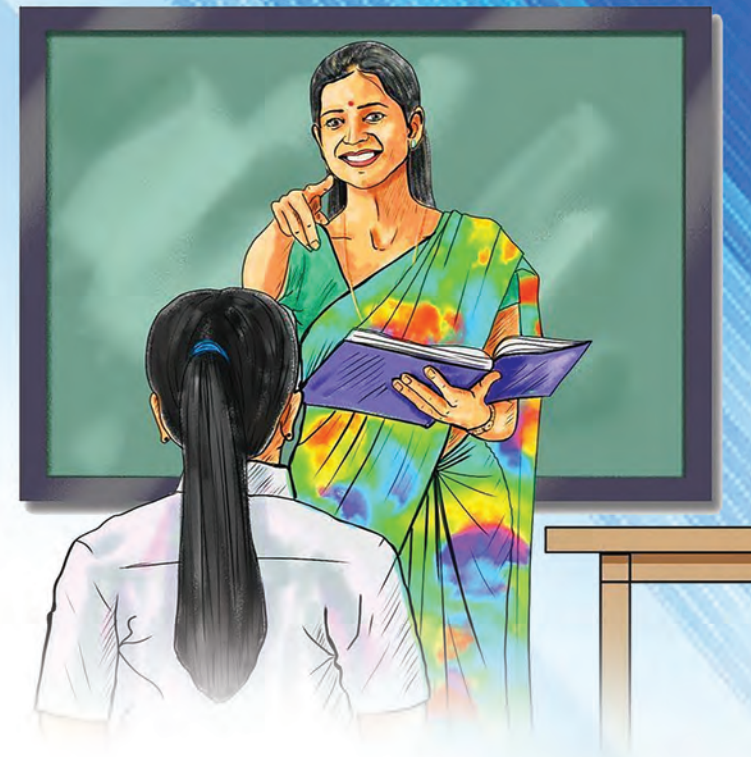
Watching a Grade 10 class leave isn't just about saying goodbye to students; it's about witnessing the end of a metamorphosis. I remember them as awkward Grade 7 students, unsure of themselves, losing pens and courage in equal measure. Today, they walk out taller, more confident and more aware of who they are becoming.

I look at the empty front row and see the "Genuine" ones. These were the students who wore their hearts on their sleeves. They were the first to notice if I looked tired, who stayed back to help without being asked and who wrote essays that revealed wisdom far beyond their years. Others were the "Rebels and Dreamers," the ones who turned every lesson into a comedy act, who distracted others and who reminded me that humor is often another form of intelligence. And then there were



Tr. Anila John

HOD, Department of Science



the "Hard Workers," the quiet strength of the class. They struggled, they asked questions, they stayed late and in the end, they proved that persistence is its own kind of brilliance.

A classroom is never truly empty. Even now, it holds the inside jokes, the collective groan and the frantic energy of deadlines. It is a living memory, stitched together by the voices of students who have now moved on.

Being a teacher is like being a harbor. You prepare the ships, mend the sails and check the compasses. Then, one day, the tide comes in and they sail away. The room may be quiet, but it is not empty. A part of every student remains here and a part of this room travels with them into the world.



One day, I entered my class and found most of the students gathered around a table.

When I asked what all the commotion was about, one of the students claimed she could do magic.

I asked her to show her magic trick. She soon took out a plastic comb and started combing her hair rapidly.

Then she brought the comb near some bits of paper and they stuck to the comb. The whole class started to clap for her magic trick.

Being a science teacher, I encouraged her experimental thinking and explained that it was because of static electricity created by the friction of combing dry hair, which attracts the paper bits to the comb.

This led other kids to show their “magical” experiments, such as:

- A spoon appearing to bend when placed in a glass of water (the scientific reason being the refraction of light in water).
- A volcano eruption using baking soda, dish soap, food colouring and vinegar (the scientific reason being a chemical reaction).

Is It Magic or Science?

- Invisible ink — messages written with lemon juice that are revealed only when the paper is heated (the scientific reason being oxidation).

So, the next question arises: Do all magical tricks have a scientific explanation?

Yes, most magical tricks have hidden, rational and scientific explanations.

Scientific experiments can be viewed as modern rituals, with labs acting as sacred spaces and equipment as tools of discovery.

Both magic and science make us feel amazed and fill us with wonder about the world. They both deal with things we cannot see, like gravity or spells.

Both can change the world — whether through inventions or through inspiring magic tricks.



Tr. Ramani A
Department of Science





Rick : What's a proud moment you've seen at this school that represents our values?

T C Pramila : One proud moment that stands out is when our school's various teams won the championships, showcasing our values of empowering minds and excellence pursued.

The team's dedication, teamwork and passion for learning were truly inspiring.



Venpa : What is one word or a phrase you would use to describe our school?

T C Pramila : Holistic Approach with Nurturing Excellence.



Rick : In a class, some students are very visible and some are invisible. What system do you use so that the invisible students also get attention?

Asha Hari : In our school, we believe that every student matters, whether they are highly visible in class or more reserved and quiet. To ensure that "invisible" students also receive proper attention, we follow a structured and inclusive system.

First, teachers consciously observe all students, not just the active ones. We encourage participation through small group activities, pair work and rotational questioning so that every student gets a chance to speak and engage.

Second, we maintain regular assessments and performance tracking. This helps us identify students who may be struggling academically or socially, even if they do not openly express it.

Third, we conduct remedial classes for students who need additional academic support. These classes provide focused attention, concept clarification and individual guidance in a smaller group setting.

Additionally, teachers offer one-on-one mentoring and counselling support whenever required. We also communicate regularly with parents to ensure that students receive support both at school and at home.

Through continuous observation, inclusive teaching strategies, remedial support and personal mentoring, our school ensures that no student remains unnoticed or unsupported.



Rick : What steps do we take to make school safe - physically and emotionally - for students?

Roopa U : SFS Academy plays a key role in supporting students' physical and emotional well-being, providing a nurturing environment



PROUD TO BE A DESALITE

Behind the scenes of our campus, a dedicated group of your Student Council members sat down with our teachers to uncover their vision for student welfare and school safeguards. This exclusive feature gives current students and parents total peace of mind about our secure environment, while giving newcomers a clear look at the powerful support system awaiting them. By bringing these vital staff insights directly to you, we aim to strengthen the trust between our homes and our classrooms. Dive into these conversations to see how our teachers work every day to keep our entire school family protected, connected and thriving.

where students feel safe, valued and understood. The physical and emotional well-being of students is a crucial component of their overall success and development. Our school support the students' emotional well-being, fostering a positive and supportive environment for growth and learning.

Controlled Access and Surveillance: Our school use single-entry funnels and visitor management systems to monitor who enters the building. CCTV cameras are positioned at entrances, hallways and common areas to deter threats and monitor behaviour.

Transportation Safety : GPS tracking on buses and qualified drivers and the presence of house mothers to monitor boarding and drop-off.

Emergency Preparedness Drills : Regular, documented drills for varied scenarios—including fire situations—familiarize students and staff with safe, swift responses.

Fostering Positive Teacher-Student Relationships: At SFS Academy, teachers take time to listen to students' concerns and show empathy. This helps students feel heard and valued, reducing feelings of isolation and anxiety. Teachers should be available for one-on-one conversations or check-ins with students who may need emotional support. Letting students know that they can approach their teachers with any concerns creates a supportive classroom environment.

Hosting Workshops and Seminars : Our School organize workshops on topics such as emotional well-being, stress management and building healthy relationships for both students and their families.

By prioritizing physical and emotional well-being, our school ensure that students are equipped with the necessary tools to navigate their academic journey while also maintaining their mental health. Creating a holistic approach to education that supports students' emotional, physical and academic development will lay the foundation for a generation of well-rounded, resilient and successful individuals.



Venpa : What is one thing you want to change or bring about in school?

Anupama G H : We at SFS Academy boast dedicated teachers who personalize lessons, a close-knit community that feels like family, modern facilities that spark creativity and enthusiastic students eager to explore. It's a nurturing space where kids thrive academically and socially.



Advaita : How do you deal with conflicts or behavioural issues?

Simi Iype Mathew : Over the years, I have had the opportunity to deal with thousands of students who come from different upbringing and situations at home. So, all of them have their own uniqueness, yet they all tend to blend in with everyone.



One thing I have most commonly noticed is that students who seek attention are the ones who usually create conflicts in our class. Mostly, they want to be recognized in the eyes of the teacher, be called on, talked to or even scolded, but be seen by the teacher.

Once I am aware of such students, I try to solve their problems individually or accordingly. Hence, once I enter the class, I myself call these students out and listen to them before starting my lessons. This ensures they are attentive to my class for the rest of the time.

My advice to other teachers would be, when we come across such students, don't think of them as a challenge. Accept their needs and be happy that they want our attention. Be proud that they feel we can solve their issues for them.

Punishing the students for causing conflicts often leads them to feel unwanted, making them want to create more trouble. So, I always first listen to what happened and then react to it in the most student-friendly way.

The key to students' hearts is to just make them be seen or recognized in the class.

I believe I am just a facilitator. Sometimes they may know more than me on a topic. In such cases, I allow them to express their thoughts first and then add on to them. This motivates them to collect more information and be ahead of the topics.

Lastly, a gentle smile from the teacher always makes the students at ease.



Shravani Saran : What's the biggest lesson you have learned from your students?

Nethravatti T : My students have taught me patience, kindness and hope. Their ability to





smile even after failure and try again inspires me every day. They remind me that teaching is not just about giving knowledge, but also about learning from each other.



Shrivani : What advice would you like to give someone who wants to become a teacher?

Poonam Souza :



1. Teach with Heart, Not Just with Books
Teaching is not only about finishing lessons. It is about touching lives. Be patient, kind and understanding. Students may forget your lessons, but they will never forget how you made them feel.

2. Never Stop Being a Learner

A good teacher is always a student first. Keep reading, learning new methods and improving yourself. Education keeps changing — grow with it.

3. Love Children for Who They Are

Every child is different. Some learn fast, some slow. Some are confident, some shy. Accept them without comparison. Encourage, don't discourage.

4. Be Patient and Calm

There will be challenging days. Students may test your patience. Stay calm. Your reaction teaches them more than your words.

5. Teach Values Along with Subjects

Teach respect, honesty, kindness and discipline. Education is not only about marks — it is about character.

6. Build Trust

Be someone your students can talk to. When they trust you, real learning begins.

7. Remember Your "Why" Ask yourself: Why do I want to teach?

If the answer is to inspire, guide and make a difference, you are choosing the right path.



Advaita : What keeps you motivated to continue teaching year after year? What is your approach when a student repeatedly struggles despite effort?

Deepthi Salil : Each academic year brings a new group of learners with unique strengths

and challenges. Teaching is not limited to delivering content. My role has a long-term impact beyond examination results.



When a student struggles despite genuine effort, my first step is to identify the root cause. I try to change the teaching method. They need encouragement and appreciation. If required, I communicate with the parents as well.



Advaita : When students appear disengaged or start dozing off in class, what strategies do you use to regain their attention and interest?

Bindhu Sebastin : As a teacher, I've got a few tricks up my sleeve to get those sleepyheads back on track. Here are some strategies I'd use:



1. Change the pace: Switch to an interactive activity, like a quick quiz or group discussion, to shake things up.
2. Make it relevant: Connect the topic to real-life examples or current events to make it more relatable and interesting.
3. Get them moving: Incorporate physical activity, like a quick stretch or a think-pair-share, to get the blood flowing.
4. Use visuals: Break up the lecture with images, videos, or infographics to add some visual spice.
5. Encourage participation: Ask open-ended questions or ask students to share their thoughts to get them engaged.



Venpa : If you were the principal for one day, what would you do?

Madhavi Malhotra : If I were the principal of my school for one day, I would be obliged by the present system of our school and I would



be happy to work here as an educator. Since the question asks me to imagine myself as the principal, I have my own dream school that I would implement from my point of view. My aim is to create a joyful, engaging and supportive atmosphere where students feel valued and learning is fun.

Through my experience at SFS Academy, I have learnt many things as a leader, more than as a teacher. My experience has taught me to lead a class and this gives me the confidence to act as a principal, even in the role of a teacher. The system at SFS Academy makes me feel like an acting principal when I initiate new, innovative tasks and responsibilities. Surely, the good customs which are followed in our school will be implemented in my dream school and will also help me to start a school in the future.



Venpa : What is the one thing that you'll cherish in your life forever about this school?

Gauri A Kanade : That is a wonderful question, though it is hard to cherish one thing forever.



Learning is a lifelong journey and school is where it truly begins.

Since 2014, this school has shaped me professionally and blessed me with beautiful memories with little ones."

It feels special:

When a child calls "my teacher" and meets with a smile, When your good deeds are appreciated and mistakes are shaped into lessons, When every special day at school is celebrated together with love and laughter, Whenever I miss my school days, I cherish them by looking at all of you.



Rick : Which teaching method, or activities, do you find most effective in fostering student growth and our school's values?

Geethanjali B : I find that the most effective teaching methods for fostering student growth and reinforcing our school's values are those that combine meaningful learning with reflection and collaboration. Project-based learning, for example, allows students to engage with real-world problems that require critical thinking, perseverance and teamwork. It helps the students to develop both academic skills and personal responsibility. When students work collaboratively in groups, they learn to communicate respectfully, value diverse perspectives and hold themselves accountable to shared goals.



I also feel that regular reflection should be integrated with goal-setting activities so that students can take ownership of their progress, practice integrity through honest self-assessment and develop a growth-provoking mindset. By creating a classroom environment built on high expectations, authentic application and strong relationships, students not only grow academically but also consistently practice and embody our school's core values.



Rick : What is one habit you want the students and teachers to practice daily to keep the classroom healthy?

William Anthony : Personal cleanliness leads to a healthy environment. It is highly important that students wash their hands time to time to stop the spread of germs and prevent the infection due to harmful bacteria. It is essential that they keep their body hydrated by drinking water frequently.



It is the responsibility of every teacher to keep the work space clean, encourage timely movement and boost the energy level of the students to improve their focus in learning. Inculcate the positive behaviour and instill respectful approach to others. Promote the practice of gratitude and encourage positive communication to reduce stress among the students.



Shrivani Saran : How do you adapt your teaching style for different types of learners?



Narayana A
Department of Arts





Rajamani S : Teaching mathematics effectively means recognising that students learn in different ways and adapting instruction to meet those diverse needs. A flexible teaching approach allows every learner to understand mathematical concepts in a manner that suits them best. One effective strategy is to incorporate a variety of learning methods within a single lesson.



Visual learners benefit from the use of diagrams, charts and number lines, which help them see relationships between numbers and concepts more clearly. For auditory learners, explaining problem-solving steps aloud and encouraging classroom discussions can strengthen understanding. Students who prefer reading and writing often learn best through clear written instructions, worked examples and practice exercises that allow them to organize and reflect on their thinking. Hands-on learning is particularly helpful for kinesthetic learners. Using manipulatives such as blocks, counters, or other concrete materials enables students to physically explore mathematical ideas and build deeper understanding through experience.

For example, when teaching addition or multiplication, I combine several strategies: students may draw pictures to visualize the problem, discuss the steps with classmates, solve written exercises, or group objects to represent numbers. By integrating these different approaches, I create a more inclusive learning environment where all students remain engaged and develop a stronger foundation in mathematics.



Advaita : The current education system focuses largely on theoretical learning. How do you ensure that students gain practical understanding and real world application of the concepts you teach?

Ramani : Research shows that you begin learning in the womb and go right on learning until the moment you pass on. Your brain has the capacity for learning that is virtually limitless, which makes every human a potential genius.



While theory builds the foundation, practical understanding makes learning meaningful. To ensure students gain real-world application skills, I incorporate project-based assignments and problem-solving exercises that reflect modern challenges. I encourage students to work on real-life examples, discussions and simple hands-on activities wherever possible. For instance, the theoretical aspects of electricity can be challenging, the hands-on practical nature of working with electricity turns into fun learning and 3D lab makes the students to enter into the world of electric fields, travel along with electrons and experience the electromagnetic force which cannot be seen. Students also feel joy and fascination when seeing the bulb light up in a circuit they make and excited to know the defect in domestic wiring. Thus students get better understanding of the concept.



Rick : What's one piece of advice you wish every student would take seriously?

Suchitra Mittra : 1. Learn how to handle failure early Failure is not the enemy; avoidance is. Every student will face setbacks at some point—an unexpected low score, a missed opportunity, or a goal that seems out of reach. What matters is not the failure itself, but how you respond to it. Students who learn to accept disappointment, reflect on their mistakes and keep moving forward develop resilience and emotional strength. Marks may fall, results may disappoint and plans may not always work out. However, quitting should never be the response. Each setback offers a chance to learn, improve and grow. The ability to bounce back from failure is one of the most valuable life skills a person can develop and it often matters far more than any single academic achievement.



Shri Shloka : If you could implement one change to improve student life at this school immediately, what would it be?

Sumalatha S : First, by fostering a positive attitude in the child and instilling discipline from student life itself, they can gradually be encouraged to focus on learning.



Rick : What specific promise can we expect from SFS Academy's teachers regarding your commitment to our individual development and success?

Debjani Sengupta : At SFS Academy, every teacher makes a clear and meaningful promise to you—not just as students, but as individuals growing into your future selves.



We promise to see you, support you and believe in your potential. Each one of you is unique and we are committed in helping you discover your strengths while guiding you through your challenges.

We promise to create a safe and encouraging environment where you can ask questions, make mistakes and learn with confidence. Your voice matters here.

We promise to go beyond textbooks—helping you build values, critical thinking, creativity, discipline and compassion, so you are prepared not only for exams, but for life.

We promise to walk alongside you in your journey—celebrating your successes and helping you rise after setbacks.

And most importantly, we promise to teach with dedication, integrity and care—because your growth, both academic and personal, is our true success.

That is the commitment you can always expect from every SFS teacher.



Advaita : Do you believe punishing students for mistakes is effective, or do you think guidance and correction work better for learning?

Sarika Mishra : Punishment, in itself, rarely brings about meaningful change unless it is accompanied by correction and guidance. At SFS Academy, we believe that discipline should not merely focus on pointing out what is wrong, but also on helping students understand why it is wrong and how they can improve. Most forms of punishment, when thoughtfully applied, should include an element of reflection, learning and support. It is this combination that truly helps a child grow.



When students are guided with patience and clarity, they are more likely to develop a sense of responsibility and self-discipline. Correction provides them with direction, while guidance ensures they feel supported rather than discouraged. Therefore, while constructive responses to behaviour may sometimes be necessary, they are only effective when they are a part of a broader approach that emphasizes understanding, learning and positive development.



Advaita : What steps do you take when a student understands concepts slowly compared to others?

Sarika Mishra : At SFS Academy, we firmly believe that every child has unique abilities and learns at their own pace. Supporting students who may require additional time or guidance is an important part of our educational approach. For slow learners, we take several thoughtful and structured steps to help them progress with confidence and success.



Firstly, we identify such students through regular assessments, classroom observations and feedback from teachers. This helps us understand their specific learning needs and challenges. Once identified, we provide individualized attention by adapting teaching methods to suit their pace, including simplified explanations, repeated practice and the use of visual aids or real-life examples.

We also conduct remedial classes in small group sessions, where students receive focused guidance in a supportive environment. These sessions allow teachers to clarify concepts, strengthen fundamentals and build the student's confidence without the pressure of a larger classroom.

In addition, we encourage interactive and activity-based learning, which helps make lessons more engaging and easier to understand. Teachers use techniques such as peer learning, where students can learn collaboratively with classmates who can guide and support them.



Regular communication with parents is another key step. We keep parents informed about their child's progress and suggest ways they can support learning at home. This partnership ensures consistency and encouragement beyond the classroom.

Most importantly, we foster a positive and encouraging environment where students feel safe to ask questions without hesitation. We recognize their efforts, celebrate small achievements with star badges and certificates and motivate them to keep improving.

Our goal is not just academic improvement, but also to build confidence, resilience and a love for learning in every student.



Rick: If you could give one message to parents thinking about admission here, what would you say?

Jaisy Rajeev : "A good school teaches lessons; a great school builds futures."



Choosing the right school for a child is a significant decision and an ideal school is one that aligns with a student's learning style, nurtures their strengths and supports their holistic development.

At SFS Academy, we don't just educate minds, we nurture potential and build futures. We are committed to creating a safe and supportive environment where every child is encouraged to grow with confidence and reach their full potential. Our dedicated faculty and structured approach ensure that each student receives the care and guidance they deserve.

As the Admission in charge at SFS Academy, I have had the privilege of interacting with many parents and understanding their hopes for their children. One of the most fulfilling aspects of my role is witnessing the trust that parents place in our institution. SFS Academy is not just a place of

academic excellence but also a nurturing environment that focuses on the holistic development of every child. Being able to represent these values and communicate the vision of the school to prospective parents gives me a sense of pride and purpose.

Based on my experience, I can confidently say that SFS Academy offers a supportive and enriching atmosphere where every child is valued and encouraged to grow with confidence.

I would like to express my sincere gratitude to the parents for the trust and confidence they have placed in our institution by entrusting their children to SFS Academy.



Advaita Priya N : What changes do you believe are most needed in today's education system?

Pavithra V R : I believe building thinking classroom by adopting few optimal practices for thinking may bring transformation.



As the global economy becomes increasingly interconnected, Indian education must also address the growing disconnect between traditional curriculum and international employment demands. For instance, the most in-demand jobs reveal a strong emphasis on healthcare professionals, technology specialists and skilled trades – sectors where practical skills, critical thinking and adaptability are paramount. Indian educational institutions must evolve beyond rote memorization and theoretical frameworks to incorporate hands-on training, soft skills development and exposure to real-world problem-solving.

This is one of the issues and challenges that the Indian education system is currently facing and I believe it can be addressed by setting a strong framework that focuses on the skills mentioned above.

Whenever the global demand changes, the curriculum and framework can be upgraded with new objectives by deleting the old ones. Also, when it comes to the quality of education in rural areas, the government needs to focus on increasing investment in the education sector. Access to quality education remains uneven across urban & rural areas and among different socio-economic groups. Children from marginalized communities, especially in rural regions, often face barriers to education due to poverty, lack of resources and geographical constraints.

Rick : What is one tradition or value of our school you want to protect forever?



Veena Katti : There are many traditions and values in SFS Academy that I would like to preserve, but if I had to choose one, it would be holistic learning.



We believe that education is more than just a syllabus; we balance it by allowing students to learn and explore themselves by taking part in co-curricular activities be it in art, dance, sports or debating, help students not only discover their potential but also build their confidence and be a part of society and thrive in it.

These hands-on activities help the students to build skills like leadership, teamwork and communication, also making it memorable.

Preserving this tradition is important because it builds a strong foundation for lifelong learning. Our Desalites ensure that they grow happy, confident, compassionate and all-rounded, ready to face their future in the new world.





DESALITE CUP '25

The Interschool Football and Basketball Meet – Desalite Cup 2025 was held at SFS Academy on November 4, 2025, bringing together teams from various schools who showcased energy, coordination and sportsmanship.

In Basketball (Boys, Grade 8 and below), DPS East emerged champions, followed by Amaatra Academy and Samhita Academy.

In Basketball (Boys, Grade 10 and below), Christ Academy lifted the trophy, with Samhita Academy and Sri Aurobindo Memorial School as runners-up.

In Basketball (Girls, Grade 8 and below), DPS East secured first place, while Hill Rock NPS and St. Francis, Koramangala took the runners-up positions.

In Football (Boys, Grade 8 and below), SFS Academy won the title, followed by SFS Public School and Samhita Academy.

In Football (Boys, Grade 10 and below), St. Joseph's Matriculation Higher Secondary School claimed the top spot, with Samhita Academy and GHS Bommasandra as runners-up.

In Football (Girls, Grade 10 and below), Advait International School triumphed, while St. Xavier's School and SFS Academy secured the next positions.

The meet concluded with a colourful closing ceremony, where Rev. Fr. Binoy and Rev. Fr. Majish presented trophies, medals and cash prizes. The event truly celebrated the spirit of teamwork and healthy competition.





ESPERANTO '25

Play Hard, Dream Big

SFS Academy hosted its annual sports meet, ESPERANTO '25, over two energetic and action-packed days, reflecting the spirit of its motto: "Play Hard, Dream Big." The meet brought together students, staff and dignitaries in a vibrant celebration of athletic skill and sportsmanship.

Opening Ceremony

The meet commenced on November 27, 2025, with a grand opening ceremony. The programme began with an introduction, a prayer dance and a warm welcome address. The ceremonial flag hoisting was led by the Chief Guest, Mr. P.N. Prakash, Arjuna Awardee and Olympian, known for representing India in the 10m Air Pistol and 50m Pistol events.

The School Anthem was followed by the lighting of the sports torch by the Chief Guest, representing courage and determination. A disciplined march past by the four houses, led by the school cabinet members, added splendour to the ceremony. Students then took the Oath of Sportsmanship, pledging fair play and integrity. In his inspiring message, Mr. Prakash officially declared ESPERANTO '25 open.

A special recognition ceremony honoured Ms. Aarna Bhati, who secured the Best Administrator Award at the Young Indians Parliament. The inaugural programme concluded with a vibrant dance performance, a vote of thanks and the National Anthem. Sports events began immediately after, marking a thrilling day of inter-house competitions.

Closing Ceremony

The meet concluded on November 28, 2025, with an impressive closing ceremony. After the athletes assembled, a welcome address set the tone for the day. The prize distribution ceremony was presided over by the Chief Guest, Rev. Fr. A. Nayaga Seelan, Administrator of Suvidya College, who felicitated the achievers for their outstanding performances.

The overall house results were then announced: Nifty Knights (Green House) emerged as the Overall Champions, while Invincible Samurais (Blue House) were declared Runners-up.

The event concluded with the formal flag retreat, the Chief Guest's declaration of closure, the final vote of thanks and the National Anthem.

In his closing remarks, Fr. Johnson praised the dedication, teamwork and enthusiasm of all participants, teachers and organisers, marking ESPERANTO '25 a memorable success.





Happy Birthday

DHYATVA 2025



PRINCIPAL'S DAY

The Principal's Birthday Celebration at SFS Academy began with a solemn procession, escorting the Chief Guest, Dr. Santhosh Kunar, Director of De Sales Music and Language Academy and the Guest of Honour, Rev. Fr. Joshy Philip, Manager of SFS Group of Institutions, along with the birthday celebrant, Fr. Johnson, to the venue.

The programme opened with a soulful Prayer Song, followed by a warm and heartfelt welcome address.

A key highlight of the event was the Cake-Cutting Ceremony, where Fr. Johnson cut the birthday cake amidst cheerful singing and enthusiastic applause.

The celebration continued with inspiring messages from Dr. Santhosh and Fr. Joshy, who shared cherished memories and conveyed their admiration for Fr. Johnson. Adding to the significance of the occasion, Dr. Santhosh offered a touching saxophone performance, creating a serene and heartfelt ambience.

A vibrant dance performance by the students further enlivened the celebration, expressing their love and appreciation through their energy and talent.

As the event drew to a close, Fr. Johnson delivered a moving speech, expressing gratitude to the guests for their meaningful words and to everyone who contributed to making the celebration special.

The programme concluded with a sincere vote of thanks, acknowledging the efforts of all who helped make the event memorable.

Overall, the Principal's Birthday Celebration was a joyful, dignified and heart-warming occasion that beautifully reflected the unity, respect and affection within the SFS Academy community.







AGNITO '25

Igniting Young Minds...

The Kindergarten of SFS Academy hosted its cultural and literary feast, Agnito '25 – Igniting Young Minds, on 5 and 6 December 2025. The two-day celebration commenced with a grand opening ceremony attended by distinguished guests Ms. Linda Jose, Hindustani classical vocalist and Rev. Fr. Riju. The Chief Guest inspired the audience with encouraging words and captivated everyone with a melodious song.

A variety of competitions—dance, singing, storytelling, action song, elocution and creative attire—added vibrancy and excitement to the event, making the fest dynamic, engaging and memorable for all participants.

The celebration concluded with a colourful closing ceremony graced by Sr. Grace, Kindergarten Coordinator of Carlo Cavina School and Rev. Fr. Majish. Legendary Spartans (Red House) emerged as the Overall Champions, while Invincible Samurais (Blue House) were declared Runners-up. The Chief Guest felicitated the winners and officially declared the competitions closed.

Agnito '25 truly reflected the kindergarten's commitment to holistic education by beautifully blending cultural richness with literary growth. The fest was a resounding success, leaving lasting memories for children, parents and educators alike.



AGNITO '25

DHYATVA 2025







CHRISTMAS '25

Unwrap the Joy of Giving...

The Christmas Celebration '25 was organised with great joy and reverence, following the theme "Unwrap the Joy of Giving." The programme began with an introduction, followed by a prayer dance that invoked God's blessings and set a serene tone for the celebration.

A welcome speech was delivered to greet the dignitaries and the gathering. The lighting of the lamp marked the formal inauguration of the programme, symbolising hope and positivity. The Nativity enactment beautifully portrayed the birth of Jesus Christ and conveyed the message of love, humility and sharing.

The Chief Guest, Rev. Fr. Shibu Jacob, Vice Principal of SFS Degree College, addressed the gathering and inspired the students with his meaningful message on compassion and generosity. The Guest of Honour, Rev. Fr. Riju, Parish Priest of Our Lady of Sorrows Church, graced the occasion and encouraged the students to live by the true values of Christmas.

The celebration continued with prize distribution, a colourful group dance, cake cutting and melodious Christmas carols.





FESTARA '26

A Wild Tale...

The Kindergarten Annual Day Celebration, the most awaited event of the academic calendar, was held on a magical evening in January 2026 at 6:00 PM on the SFS football court. The programme began with a warm welcome to the honoured guests, setting the tone for a joyful and meaningful celebration.

The function was presided over by Rev. Dr. Thomas Kalariparambil, MSFS, Provincial of the South West India Province, with Dr. Thimappa Hegde, renowned neurosurgeon and Director of Narayana Institute of Neurosciences, as the Chief Guest. The event was further graced by the presence of the Guests of Honour — Rev. Fr. Benny Jacob, MSFS, Councillor in Charge of Education, SWIP and Rev. Fr. Dr. Santhosh Kumar, MSFS, Councillor in Charge of Formation, SWIP—along with dignitaries from the SFS Group of Institutions. A formal welcome and prize distribution ceremony marked the opening of the programme.

The highlight of the evening was the unveiling of the kindergarten movie “The Jungle Book: The Earth Belongs to All”, showcased through a working projector. The trailer and two songs from the movie had been released earlier on YouTube, creating excitement among parents and well-wishers.

Inspired by Rudyard Kipling’s classic, the musical fantasy carried a contemporary message of empathy, unity and environmental responsibility. Featuring nearly 40 main characters and the participation of around 470 Pre-KG, LKG and UKG students, the 90-minute film with six soulful songs beautifully conveyed that the Earth is home to all and that even young hearts can inspire meaningful change.







DHYATVA 2025





FESTARA '26

A Wild Tale...





REPUBLIC DAY '26

SFS Academy celebrated Republic Day on January 26, 2026. The programme commenced with the unfurling of the national flag by the Principal, followed by the proud rendition of the National Anthem by the gathering. The Principal then addressed the students, inspiring them with words on patriotism and responsibility.





FOND FAREWELL '26

Endless Beginning...

SFS Academy organised a heartfelt Farewell Function to bid adieu to the outgoing Grade X students. The programme commenced with a graceful procession of the Grade X students, clad in graduation robes, symbolising the completion of an important milestone in their academic journey. This was followed by a serene prayer dance that set a calm and spiritual tone for the event.

The Chief Guest for the day was Rev. Fr. Philip Thomas Kizhakumpurath and the Guest of Honour was Rev. Fr. Joshy Philip. The programme continued with the lighting of the ceremonial lamp by the dignitaries along with the Grade X representatives, followed by the soulful rendition of the school anthem.

Students of Grade IX expressed their admiration and gratitude towards their seniors through heartfelt speeches, melodious songs and a vibrant group dance performance. A meaningful oath-taking ceremony served as a reminder to the outgoing students of the values, responsibilities and integrity they carry forward as ambassadors of the institution.

The teachers and the Chief Guest, Rev. Fr. Philip, inspired the students with words of wisdom, encouragement and guidance for their future endeavours. The distribution of mementos, speeches by the Grade X students and a nostalgic video montage added emotional depth, evoking fond memories of their school life.

The programme concluded with a sincere vote of thanks followed by the National Anthem, leaving behind cherished memories and heartfelt wishes for the bright and successful future of the outgoing batch.







FOND FAREWELL '26

Endless Beginning...





SPRINTO '26

Play Hard, Dream Big.....

The much-awaited SPRINTO '26 was held on February 12, 2026, with great zeal, excitement and a frolicsome atmosphere. The sports meet commenced with the warm welcome of the Chief Guest, Miss Bhoomika Srinivas, a State Volleyball Champion. The opening ceremony was a spectacular sight as the torch bearers mesmerized the audience and the Chief Guest with their spirited performance.

Miss Bhoomika Srinivas officially declared the meet open and motivated the students to participate with enthusiasm and sportsmanship. The track events began soon after, featuring a variety of competitions such as running races, ball balancing on the cone, hurdle race, obstacle race, scoop ball and ball passing through soccer cones. The participants displayed remarkable energy, determination and team spirit throughout the events.

The prize distribution for the track events was conducted simultaneously during the day. The final closing ceremony was held on February 13, 2026. Sr. Puspha graced the occasion as the Chief Guest for the prize distribution of individual and overall championships.

The Ambitious Avengers clinched the Overall Championship title, while the Invincible Samurais secured the Runner-Up position. Sr. Puspha delivered an inspiring speech emphasizing the importance of sports in students' lives and encouraged everyone to actively participate in physical activities.

Overall, SPRINTO '26 was a grand success, filled with fun, joy, excitement and unforgettable memories.





DHYATVA 2025





DHYATVA 2025





Visions of the Future

(Articles on Social Science)





DHYATVA 2025



Cultural Celebration

"My India, My Pride"

India is a rich land of culture and diversity. People from different religions and communities live together and each group celebrates its own festival with great joy. Cultural celebrations help in understanding the traditions, values and rich heritage of the country. Each festival has its own dress, food and activities. Festivals such as Holi, Diwali, Eid, Christmas, Onam and Pongal bring happiness to everyone. Families visit temples, churches, etc., during their festivals. Cultural celebrations in India show how colourful and diverse the country is. Even though people follow different traditions, they celebrate together with love and unity.



Ojashi Pandey
III C

160 SFS ACADEMY

THE ROLE OF A GOOD LEADER



A good leader guides a group, team, or community towards a common goal. True leadership is not just about holding a position of authority; it is about inspiring others in a positive way. A good leader understands the strengths and weaknesses of each member and this understanding helps everyone perform to the best of their ability.

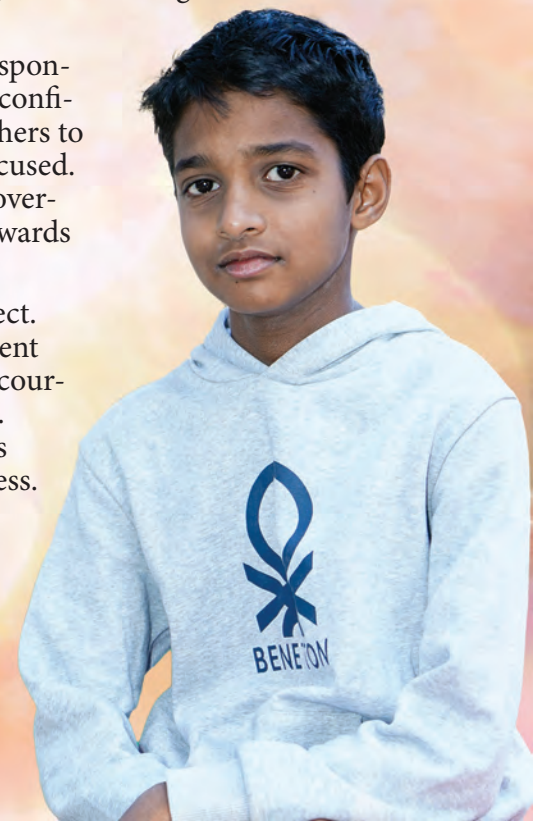
Clear communication is one of the most important qualities of a good leader. He listens carefully, expresses ideas clearly and shares a protective environment where everyone feels heard. He also takes fair and thoughtful decisions, keeping the well-being of the entire team in mind.

Another key aspect of leadership is responsibility. A good leader stays calm and confident during challenges, motivating others to keep trying and remain strong and focused. This positive attitude helps everyone overcome difficulties and start working towards success.

Empathy is equally important as respect. Leaders create a supportive environment where everyone feels included and encouraged. This leads to unity and progress. In this modern world, a good leader is vital, as good leadership leads to success. Thus, we can say that good leadership is the key to success.



V. Hemathaneesh Reddy
IV B



Knowledge is a powerful weapon

Knowledge isn't quiet. It's a roar behind the doors, a spark that rewrites destiny, while the world still blinks.

It's the rebel that whispers "Ask more. Learn more. Be more"
And suddenly the ordinary isn't ordinary anymore.

Books become battlefields, ideas become shields and a single thought is sharp as lightning, can win wars without lifting swords.

Empires fade, fame melts, but knowledge? It just grows like wildfire in the mind of anyone brave enough to feed it.

So raise your weapon high, not steel, not stone, but wisdom glowing, relentless fire. Because the strongest warriors don't fight with fists, they fight with what they know.

Thank you!!

 **Aaradhya**
VI F

Role of a Good Leader

A leader is you; a leader is kind.
A leader is someone who leads from behind.
A leader is you; a leader is great,
A leader is someone we appreciate.
A leader is you; a leader is fun,
A leader is someone who does not shun.
A leader is you; a leader is me,
A leader is someone who can believe.
A good leader is someone anyone can be.

 **Raafi Sheno S.G.**
VI B



SOCIAL MEDIA AND RESPONSIBILITIES



These days, social media's use is growing rapidly. Senior citizens, adults and even young teens have started using social media. Well, these apps, like YouTube, Instagram and Facebook, aren't that bad, but what people upload on them affects other people. Young teens often see many things that they aren't meant to see.

On the other hand, we also get useful information, life hacks, craft ideas, comedy, etc., that can also spark our creativity—to a rather good effect. But it all comes down to what we see, so we always must see useful things, as even if we have a future, our life has barely started.

But when we look at 'responsibility', the view is different. Many think, "It's such a burden!" or "Why was I given this task?" But slowly, as we keep doing it, we stop thinking about these things. We gain good habits and stop a major problem all around the world—procrastination. We also don't have much of a problem doing it after getting used to it. This is because, in the end, it's our dedication that helps us complete a task entrusted to us with trust that we can't break.

In the end, the better option is someone's valuable trust rather than going through endless reels and memes. So next time, before you sit down with your phone, scrolling and liking, just think, "Is this the only solution to boredom?"



Anwesha Khandai
VII D





The Forgotten Flame of Dharma- The Legacy of Chhatrapati Sambhaji Maharaj



Our country, Bharat, has around 1.4 billion people. All of us cannot get equal recognition. But imagine being one of the greatest, most celebrated and bravest figures of your era and still being forgotten in the pages of history. Such is the story of the great Chhatrapati Sambhaji Maharaj.

He was born on 14th May, 1657, at Purandar Fort, Maharashtra. He was the son of Chhatrapati Shivaji Maharaj. Sambhaji Maharaj continued his father's dream of a united India. Aurangzeb tortured him to the brink, forcing him to surrender his kingdom and convert his religion. But Chhatrapati Sambhaji Maharaj did not give in.

Even when red-hot iron was inserted into his eyes and his limbs were cut off, he stayed true to his dharma. I deeply respect him. Therefore, I am writing this article to honour his legacy. He shows us that even in the darkest times, we have the choice to decide which path to take.

The great king, Raja Chhatrapati Sambhaji Maharaj, shows us that a true son of dharma never lets go. He proves through his bravery, resilience and strength that all we need at times is willpower and self-control.

Let us ensure that the legacy of Chhatrapati Sambhaji Maharaj is sung for many, many years to come.

Jai Chhatrapati Sambhaji Maharaj

The Unsung Hero of India.



Aadishree
VII A



Don't worry, I am not here to discuss topics related to science. I am here to talk about an important issue that we have been facing and discussing for a long time—discrimination.

Yes, you may be surprised to hear that discrimination still exists in our country. I am not saying that discrimination is widespread everywhere, but it is also true that it has not been completely removed. After independence till the early 2000s, the government tried to reduce these inequalities and is still trying by introducing laws. One such law was many reservation for people from weaker economic backgrounds. Students from such backgrounds were given reserved seats for NEET, JEE, etc. and initially, these policies worked well.

However, since the late 2000s, these laws slowly started having negative effects on citizens. To justify this statement, I would like to give an example.

My sister, whose ultimate dream was to become a doctor, studied very hard and appeared for the NEET examination. Unfortunately, she could not secure a seat because she missed a few marks required for admission. What felt unfair was that another student from a reserved category, who scored fewer marks than my sister, got the seat. This deeply hurt me and my family.

When I discussed this issue with the

Economic and Social Background of People



person I love the most and respect deeply—my mother—she also felt that this situation was unfair. Not only this, I noticed another issue: people from higher economic backgrounds but belonging to reserved communities were also benefiting, while students who were economically weak but belonging to the general category were not receiving any help. For example, a student from a financially weak family but from a higher community still cannot afford high fees which is unfair.

The government aimed to help people who were truly in need, but now this support is not reaching the right people.

All I am asking is that the government should make laws stating that students should get seats only if they are eligible and not simply based on community background. Secondly, the government should help people who are actually economically weak, regardless of their caste or community and provide support based on need rather than background.

So, rise up, my brothers and sisters and let us correct some of the practices in our society. Let us help each other and remember that we all belong to the same mother—Mother India.

Jai Hind!



Aryan V. Nair
VIII A





Social Equality



Pramit Sahu
VIII E

Equality is something that cannot be given but felt. It's something which is not taken. Equality is the state of society in which every person and object is given respect in the world. Equality is a state of physical and emotional well-being and it cannot be described by mere words or letters, a mere act cannot bring equality at a national scale. Many people measure equality in terms of political effectiveness but it should be measured in terms of emotional and social effectiveness. The enforcement of apartheid, caste system, racism, genocide, coups and wars declare that though there might be a thousand acts but a single person does not enforce it from the bottom of the heart.

Therefore, we should ensure that all people, irrespective of their heart, colour, gender, caste, etc., should not be discriminated. People should be "graded" according to their qualities and calibre of their work. By graded, it means to be given a responsible post which is on par with everyone. People should be trained by heart and mind, not by brute force or politics. Therefore, let's ensure from this day that every human born of blood, heart, pain, emotion, skeleton, brain, organs and other humane qualities be given an equal position in society. Once the heart changes, the person changes and once a person changes, a nation changes. Of course, it won't happen overnight, but small steps make a big monument; Similarly, small steps towards make a just society. Let's come together and pull off this task, which may take an indefinite time, but still consistency breaks every problem. And before feeling guilty for feeling unique, remember: the world respects everyone capable of something unique and every problem has a solution.

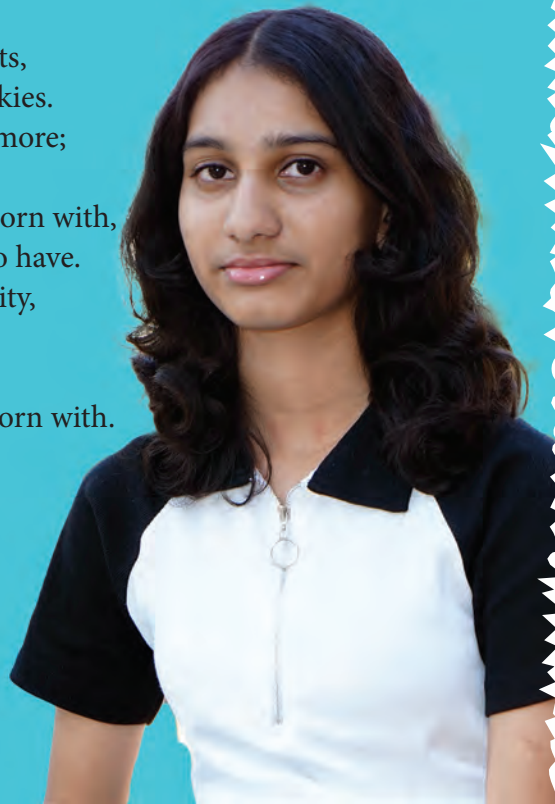


HUMAN RIGHTS

Every human deserves rights,
 Every dream deserves the skies.
 No human is less, no one's more;
 Dignity is at our core.
 Human rights that we are born with,
 Something we all deserve to have.
 Every human is full of dignity,
 Every face deserves rights.
 Human rights —
 Something that we are all born with.



Anvika J.
 VIII C



Feminism

'Feminism' is a word that is in fact not new to most of us, yet there are very few people who know the actual meaning of it. People generally assume that since it has a female gender-related prefix (fem), it is something related to females only. This is not the actual meaning of it, but just a stereotypical cover over the true meaning.

Feminism is a movement that seeks for equal rights of both genders – male and female. Yes, you read it right, it stands for all genders' rights. A feminist is a person who fights for their rights and they can be of any gender and not necessarily a woman. Now, there are people who misuse this term. There are women who use this for the wrong purposes and there are men who also misuse this term for their own personal gains. We must remember that every time we do this, we are harming the people who might genuinely need it.

In conclusion, we must make sure that we are educated on certain topics without forming stereotypical images which can ultimately ruin their original meaning.



Esther Mariam
 X B



Water

Now, let me introduce my family. Meet my parents: hydrogen and oxygen, also known as H and O. They have been on Earth ever since this beautiful planet has existed. I have many friends too, which I will introduce to you next time Water

Hi, I am water, also known as H_2O . I think I am the favourite drink in the whole world, am I not? Let us see where I am found in the world.



Avani Nayak
VIII C

I am found all over the Earth and I cover about 70% of the Earth's surface. I am present in seas, oceans, lakes, rivers, beaches, wells and many more places.

I believe you are drinking me while you read about me. But have you seen me clean? Have you kept me clean? You dump wastewater and chemicals into me and then blame me for causing diseases. This is not fair! I am covered with thick white foam made of chemicals. If you save me, you save yourself.

Never mind, let me tell you where I am used. I am used in your day-to-day life for drinking, cooking, cleaning and many other purposes.

I appear in different colours too. I am yellow in the Yellow River of China. I am green near North Korea and I am red too in some places. But I am clean and pure by nature.

I am very helpful, you know. When you drink me, you become a healthy person. You might even die if you do not drink water—me, the famous H_2O .

It is time for me to go; my parents are calling me. Remember, do not pollute me. Use me carefully and wisely.

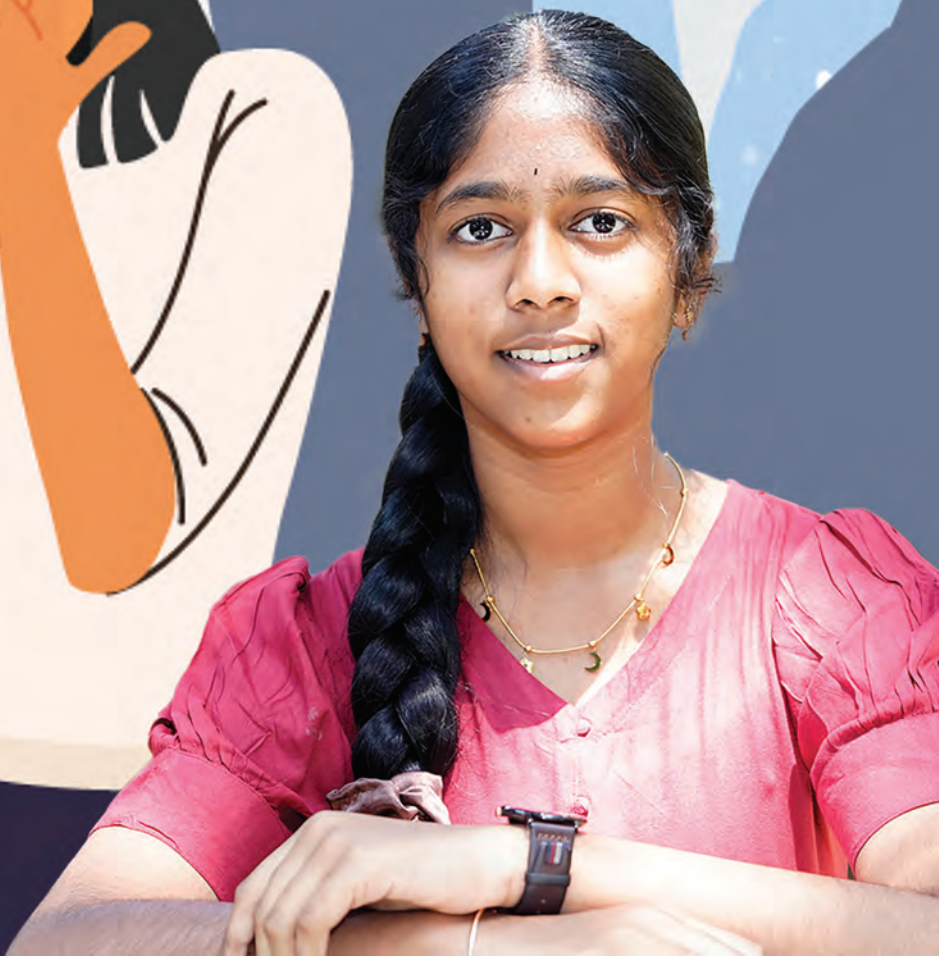


Fears We Face

What are phobias?
Why do they haunt us?
How do they cure?
Where do they disappear?
When do they find us?
How do we cure them?
When others think the sky is dark,
Only the stars think the moon shines.
The waves fear the shark,
But forget the fishes' lines.
Each has their fears to be faced.
It's all your conscience
That patronizes you.
Everything looks suspicious
When your thoughts flow.
They always chase you.
Turn back to find them,
They will fear you.
Take a step towards them,
They will run away from you.
Even the king of fears — the “maths fear”.
Arachnophobia, tryphobia,
claustrophobia, aquaphobia...
Oh... the list goes on.
But remember —
Fears come back
Only if they have chosen you.



Harshada. R
IX C





COLOURISM

The sun shines equally on every shade. It's humans who create the shadows.

We all think racism got over years ago. It ended, didn't it? But somehow it doesn't feel so.

Colourism is the discrimination based on skin colour. In this, people with fairer skin tone are considered capable and superior to the ones with darker skin tones. Why did I say colourism and not racism? They are not the same; it is racism when a foreign group discriminates because of the skin colour, but to be honest, colourism hurts more. It is when the people from your own society or community discriminate against you just because of your skin tone.

In many countries, including India, there is this orthodox thought that "fair is beautiful". It has been around since the colonial period. I don't understand why we are still slaves of these stuck-in-the-mud ways. Over time, films, advertisements and beauty products made this idea stronger.

I assure you the outcomes aren't pretty. People, mostly teens, start feeling insecure about their skin colour. In many various societies, fair-skinned people are considered more capable to complete work. This discrimination leads to comparison, self-doubt, finally leading to identity issues.

What can we all do? We should all stop judging others by the way they look. Compliment people for their skills, not their looks. Teach our next generation that every shade is beautiful.

The colour of the skin may differ, but the warmth of our hearts is the same. It's time we erase the shades of prejudice and paint our world with acceptance and equality.



Ananya Yezhil
IX C



“Seasons: *Life Changing Flavours*”

Seasons change, we change with them too,
Summer's heat, endurance we pursue.
Rainy days bring joy and freshness in air,
Winter's calm, a comfort beyond compare.

We crave what's not, forget what's here,
Comparing seasons, losing cheer.
But each one brings a special charm,
A flavor, a lesson, a life to form.

Like food with spices, life's diverse taste,
Variety is what makes moments pace.
So let's accept, let's learn to see,
The beauty in each season, wild and free.

No complaints about the weather's play,
Just embrace it, live it day by day.



Tr. Fathima Mary. S
Department of Social Science



DIFFERENT BUT ONE

Each culture holds a strong relation in our country,
Each tradition has a story to share.
Each festival has plenty of reason to explore,
Each garb has an added colour to spread.
Each cuisine has a special taste to enjoy,
Each landform has different vegetation to cultivate.
Each lifestyle has a struggle to go through,
Each one has a unique trait to carry.

We are unique but we are same,
We are different but we are one.
Each one contribution in a positive way,
Will make our nation an outstanding one.
From Kashmir to Kanyakumari,
Arunachal Pradesh to Gujarat,
With difference in our languages,
We communicate with a beautiful smile.
That the beauty of my country
We call it BHARAT OR INDIA



Tr. Johnsi Juliet
Department of Social Science



[illegible]

Tr. P Jyothi Rosheni Ciril
Department of Social Science

A portrait of a woman with long, dark, wavy hair, wearing a white saree with a maroon border and floral patterns. She is also wearing a maroon short-sleeved blouse. She has a bindi on her forehead and is wearing gold earrings and a gold bangle. She is standing against a light blue background.

You know the blue planet with its vivid land-forms in GEOGRAPHY makes you smart in choosing your career. It's an era where you use GPS i.e, Global Position system, Logitudinal and Latitudinal coordinates that deals with date, time and place in the global grid system. It's me who help you know about a place, reach a correct destination while travelling, shipments, guide the tourist and provide information on tourism through various types of maps pertaining to the details of a place.

People speak about Global market and business which involves manufacturing various machines from heavy to light. They do learn about their country's natural resource and wealth that help in establishing large scale manufacturing industries to cottage industries and contributing towards the nation's economy; I'm the one who had given the required data sources. I have led to more of scientific inventions and innovation in making your lives better day by day. Also there are many who research, discover, explore with their innovation and invents objects that with better options and comforts human life.

The POLITICAL SYSTEM too functions based on the country's wealth and provides basic amenities to the people right from the infra-structural facilities to expansion of industrial areas, transports, various policies, schemes, programme etc. So, where not you could see me? I'm a vast subject who interacts, interlinks, interconnects with all other subjects and have my strong foundation everywhere. May be, as I'm associated with you throughout, there is no need for you to miss or find ME - it's me Social Science.



DHYATVA 2025



Embrace High Standards

Have you wondered what the real secret of success is? If you think it's mere good luck, think again! Most successful people are doers who believe in actions targeting towards their dreams through perseverance and hard work.

Here are 5 winning ways which will place you on the path success in academics and your career.

Maintain optimism. Most people are positive when all is well. But when they experience a small setback, they often lose hope and imagine the worst. So train your brain to think and talk positive. Adopting a positive mind-set enables children and young people to develop the confidence to overcome obstacles and challenges.

Structure your work. Invest in a diary/ planner and organize daily schedules. Split difficult tasks into doable chunks.

Demonstrate focus. Clarity and certainty about goals/ vision will enable you to focus on smaller doable tasks and enable methodical plan execution.

Maintain stability. Introspect and carefully evaluate people's aptitude before choosing higher education study programme and career while continuing to pursue extra-curricular interest in free time.

Embrace change. Learning from mistakes and accepting new challenges enables children and young people to relearn, adapt and develop into resilient individuals.



Tr. Mamtha
Department of Social Science

A LITTLE LEAP '26

One step braver...

SFS Academy's UKG Pass-Out Day – A Little Leap '26, One Step Braver... was held on March 6, bringing joy and pride to the entire campus. The kindergarten teachers and little ones came together to celebrate this meaningful milestone, sharing laughter, heartfelt words and unforgettable moments.

The Chief Guest, Rev. Fr. Vijin Kottoor, addressed the gathering with inspiring and thoughtful words. He beautifully emphasized the importance of nurturing a child's emotional well-being alongside academic growth.

The little UKG Desalites, dressed in bright caps and gowns, walked onto the stage with confident smiles, filling the atmosphere with excitement and pride.

The day marked the completion of their first learning journey and the beginning of a new chapter ahead. Teachers watched with pride as the children reflected the growth they had achieved academically, socially and emotionally.

It was a heartwarming celebration of learning, friendship and achievement, making the day truly special for everyone present.





THE HELPING CREW '26

The Helping Crew" activity was conducted on February 19, 2026. The children arrived in wonderful costumes, proudly representing various community helpers and sharing insightful details about how these everyday heroes serve our society.

The activity took place during the regular assembly time, where the teachers surprised the students by dressing up as a plumber, postman, doctor, nurse, carpenter, fashion designer, army officer, milkman, lab technician, chef, farmer, lawyer, air hostess, painter, florist, vegetable vendor and teacher.

This hands-on experience was a fantastic way for our young learners to understand the importance of every profession and to develop a deep sense of gratitude for the people who help us every day.

The event concluded with a cheerful round of applause as the children enthusiastically identified each teacher's character, making the learning process both interactive and memorable. Our young learners understood that every helping hand, no matter how big or small, plays a vital role in our community.





DHYATVA 2025





SPECIAL ASSEMBLY

School assembly is an important gathering in our school, bringing together students and staff members. We gather for prayer and some activities like reflection and significance of the day, pledge, news reading, birthday celebration, teachers' talk, Principal's message and ended with singing the glory of our beautiful motherland- Our National Anthem.

During this academic year, each class got an opportunity to participate in at least 2 regular assemblies and 1 special assembly which was usually theme based. This opportunity promoted confidence, fostered discipline, promoted healthy culture, motivated students, activated everyone mentally, boosted leadership skills, taught important lessons, provided space for problem-solving and conflict resolution, gave understanding of the school, initiated physical exercise, fostered patriotism, created a sense of belonging within, the school environment.

The principal, teachers and parents also played a vital role in supporting the morning assembly's objectives. They encouraged students to actively participate in the assembly, reinforced the values and lessons taught during this daily ritual. Moreover, they could collaborate with the school to enrich the assembly experience with relevant insights, life lessons, or inspirational stories. By working together, parents and educators could help young minds internalize the significance of the morning assembly and its long-term benefits.





SPECIAL ASSEMBLY





FOUNDATION STONE LAYING AND BLESSING CEREMONY

On 18th April 2026, SFS Academy reached a historic milestone when the management, faculty and students together invoked God's blessings upon the construction site of the new academic block.

After a soulful prayer song by the choir, Rev. Dr. Thomas Kalariparambil, the provincial of South West India Province led the prayer, sanctified the ground and dedicate this project to a higher purpose. His support and encouraging words reminded us of the collective effort required to build a legacy of excellence. Rev. Dr. Santhosh Kumar, msfs Councilor in-charge of Formation, SWIP, Rev. Fr. Joshy Philip, msfs Manager, SFS Institutions, Rev. Fr. Mijo, msfs the Finance Administrator and other members of the MSFS added great significance to this ceremony by their presence. Mr. Vasu, the Chief Engineer and Mr. Thomas, the Site Engineer were also among the attendees.

As the site was blessed, prayers were offered for the safety and protection of every engineer, architect and labourer whose hands will toil to bring this vision to life.

This new block will represent the unwavering commitment of SFS Academy to provide a world-class environment for the next generation of leaders. It will be a symbol of the expanding horizons and the belief in the power of education to transform lives.





COMPUTER vs AI



A computer is a machine that helps us do work. We can type, draw, colour, play games and watch movies on it. A computer follows the instructions given to it. It only does what we tell it to do.

Artificial Intelligence, or AI, is a special kind of computer program. AI can learn from examples. It can talk, answer questions and help us write speeches. It is like a smart helper inside the computer.



Deeksha A Gowda
I D



If Computers Disappeared

If computers vanished just one day,
Would all our happiness run away?
No online shopping, just floor mopping,
No Amazon, Blinkit, Swiggy dropping.

No Roblox, Netflix, Hotstar too,
Maybe just stare at a lonely tomato or two.
This day is a blessing and a pain,
But without computers, I can't train my brain.

No games to play, no shows to cheer,
No smart cars to drive, I fear.
Without computers, a day or a year,
It's clear, my friend, I won't be here!



Helena Sara Nibu
V A

Computers in Space and Science

Computers have become the backbone of modern space exploration and scientific research. They play a vital role in space and science by helping scientists and astronauts explore and better understand the universe. In space missions, computers control spacecraft, guide rockets and help rovers move safely on other planets. They collect and send important data back to Earth. In science, computers are used to study weather, create medical images, analyse experiments and perform complex calculations quickly. Without computers, many modern discoveries and space explorations would not be possible.



Nidhi N Rao
VI D

Dining with the Droids: The next waiter is made of metal.

Welcome to the future of eating out, where your server doesn't ask how your day was, doesn't need a tip and might actually offer you a high five if you ask nicely. The automated restaurant is here, promising faster service and fewer mix-ups. But is dining with the robots a delicious glimpse into the future or just a sterile, soulless tech demo? Let's chew into the pros and cons.

Pros: turbo-speed service
no more awkward small talks
hygiene heroes
perfect consistency.

Cons: nostalgia's missing
job causes sadness
The "Help! My robot's stuck" problem
The menu limitations.



Mythili Manoj
IX B



Computer science continues to advance rapidly, from light to phones, keyboards to AI and much more. Devices keep getting smaller, better and more powerful, from servers to laptops, phones and even smartwatches. Advancements are made every day to create compact devices that can collect data, learn and perform multiple tasks efficiently.

Technology has entered into the stage of micro computing whereas computers can fit into the palms, but still able to do more and learn more as AI overpowers them to work even better. These computers continue to grow smarter every day. One such example is the Raspberry Pi.

The Raspberry Pi is a single-board computer (SBC) that can be programmed to do many tasks. It can work with sensors, components and AI, all while just being idle. It is actually a full PC with the size of our palms, being strong and versatile. It has 32 GP10 pins that can be used to program any components, with a microSD card. It works with a Broadcom processor, allowing it to run an operating system and multiple programs efficiently.

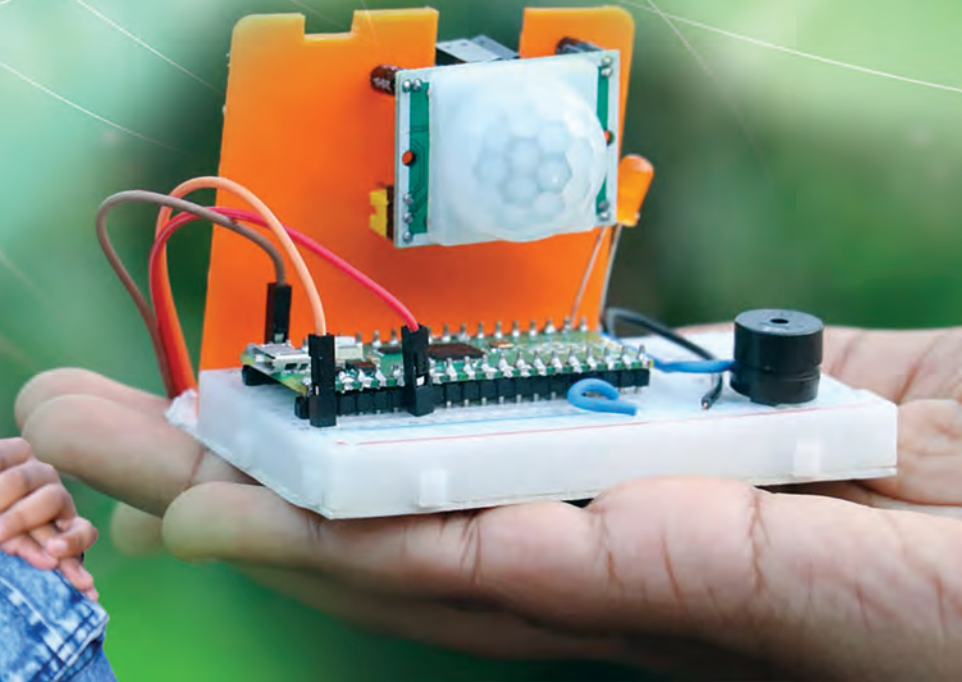
Raspberry Pi, Mini Revolutionaries

Its choice of RAM and use of microSD as storage allows it to balance many programs at the same time. This can empower any project with its balancing power, allowing it to manage all tasks simultaneously with very high efficiency.

Thus, this mini board, the Raspberry Pi, empowers projects with data and the power of AI to work on massive workloads and use components for power all at the same time, showing its intricacy and versatility in projects, thus helping all to work more, do more and learn more.



Srimohnish Sappa
VII A



Technology plays a vital role in assisting people with various disabilities, including those affecting speech, hearing, vision and limbs.

People with speech or hearing disabilities use assistive technologies like text-to-speech and speech-to-text. A person with speech difficulties can type and the computer converts the text into spoken words. Meanwhile, a person with hearing impairment can read the text converted from speech by the computer.

For those with visual impairments, such as partial or complete blindness, assistive technology can describe surroundings or read out written content aloud. They can also use Braille, which involves feeling dotted patterns to understand text.

People with amputated limbs benefit from robotic prosthetics devices, smart assistants like Siri or Google Assistant can help performing tasks such as turning lights on or off.

For partially or fully paralyzed individuals, assistive systems track eye movements to communicate. For example, Stephen Hawking used a system that displayed alphabets and formed sentences based on his eye movements, which were then converted to speech.

Assistive technology is not only for people with disabilities is also widely used by everyone through AI assistants like Siri and Google Assistant.

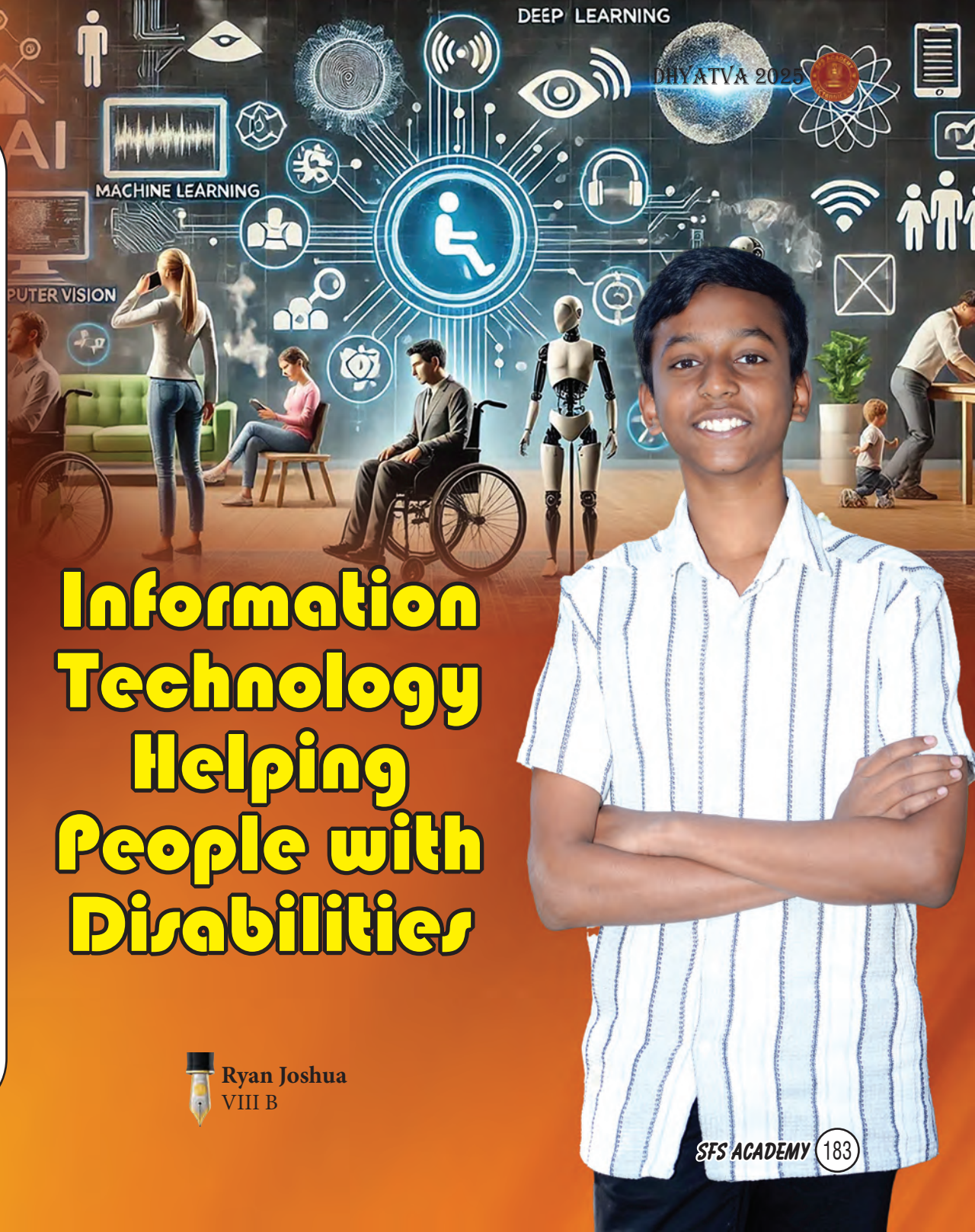
Information Technology Helping People with Disabilities



Ryan Joshua
VIII B

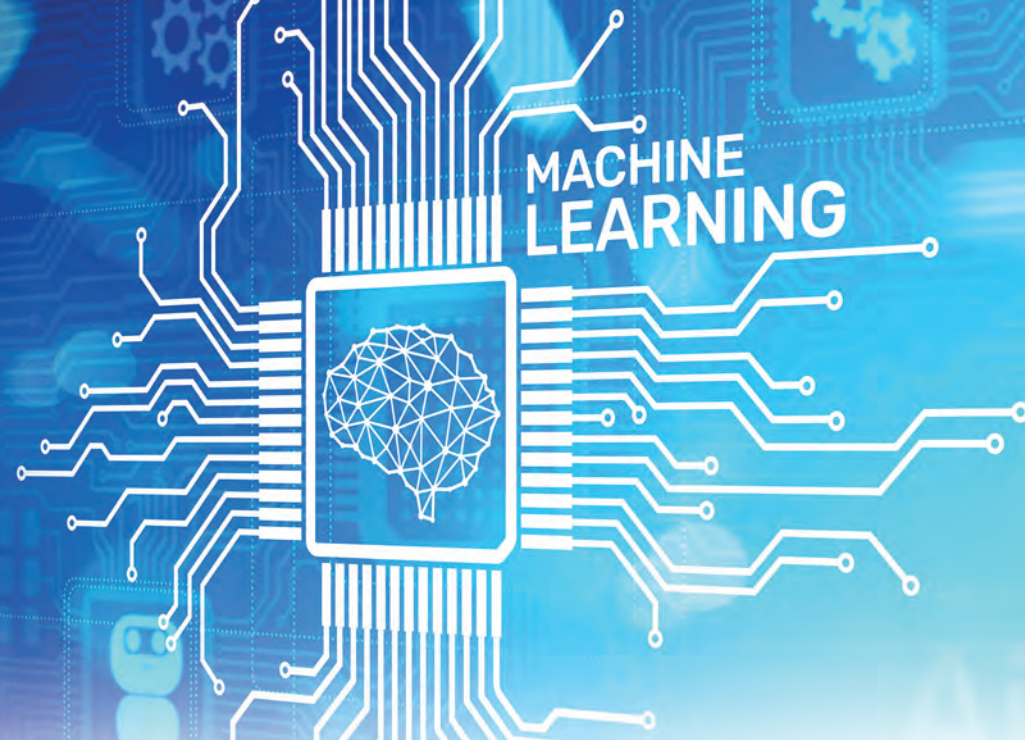
DEEP LEARNING

DHYATVA 2025





Machine Learning



Garv Gupta
VIII F

Machine learning can be defined as the capability of a machine to learn from data automatically and improve performance through experience without being explicitly programmed.

Why is There a Need for Machine Learning?

Humans can't process a huge amount of data manually, so machine learning can be used to make it easy.

How Machine Learning Works?

It learns from past data, wins protection models and predicts the output for any new data added to it.

Some Features of Machine Learning

It uses a huge amount of data to be detected using various patterns.

It can solve complex problems.

It helps in finding hidden patterns and extracting useful information.

Types of Machine Learning

It is divided into three types:

1. Supervised Learning

In this, machines are trained using labeled data. On the basis of that, it predicts output.

Examples: spam filtering, image recognition, etc.

2. Unsupervised Learning

In this, machines are trained without supervision; that is, trained without labeled data. Their goal is to identify similar patterns and shapes and on that basis, it predicts output.

Examples: item categorization, autonomous cars, etc.

3. Reinforcement Learning

It is based on feedback and rewards. The robot gets rewarded for right and penalized for wrong actions.

Examples: AlphaGo, recommendation systems, etc.

Role of Encryption in Online Safety

In our modern-day world, encryption of our online data is more important than ever before. Encryption refers to coding data in such a way that only a person with the key to the code can understand it. Encryption and hashing usually go hand in hand.

Hashing refers to converting data into a string of letters and numbers with a fixed length. Hashing is, however, irreversible, as the original data cannot be obtained from the hash. Hashes are generally used for verifying data integrity rather than storing information.

The security of encrypted data depends on the strength of the encryption algorithm. The same can be said for hashes. Simple hashing algorithms, such as MD5, can be brute-forced given enough time. Therefore, stronger algorithms such as SHA-256 are used.

It is important to note that even a small change in the input data completely changes a hash due to the avalanche effect. Therefore, hashes are mainly used for verifying passwords, etc., without storing them in plaintext.

In conclusion, both hashes and encryption are essential for keeping our information safe online.



M A Shivesh
X D



शरीरमाद्यं खलु धर्मसाधनम्
AIIMS

DHYAN TV 2025



Fascinating News

AIIMS has launched an AI-based app, Never Alone, which has the capability to help in suicide prevention and improve mental health. AIIMS Delhi has launched an important app for teenagers and university students. This app uses an AI-based mental health and wellness programme to help students reduce suicidal thoughts and improve mental health.

Never Alone is a web-based, highly secure app that can be used around the clock through platforms such as WhatsApp. It was launched on World Suicide Prevention Day and mainly focuses on improving mental health for college and university students, as stated by Dr. Nandkumar, a professor in the Department of Psychiatry at AIIMS Delhi.



Ajay Mohan
X D



Data Privacy: Why Your Digital Footprints Matter

In today's world, computers and technology have created a whole new medium which we can call cyber. And in this world, with technology accessible to everyone, it is easier for people to know anything. Here comes the picture of digital footprints. Whatever you do over the internet is accessible to almost anyone. A good example is that no matter what browsing history you delete, whatever you searched is still logged into your router history and your ISP, internet service provider, has clean access to it. There are two types of digital footprints you may leave over the internet: Active Footprints and Passive Footprints.

Active Footprints are the ones that you intentionally share. Examples of active footprints are social media posts, comments, messages, online form submissions, blog comments, photos and videos that you upload on different platforms.

Passive Footprints are the ones that you leave unintentionally. Examples of passive footprints are browsing history, search queries, cookies that log your details into websites, IP addresses and location data. Even information gathered through your personal tracking apps.

It is important to know that you are never completely safe over the internet. No matter what antivirus you use, you are still vulnerable. But you need to take some steps to at least protect your data at the most accessible level. Simple steps like using a VPN to browse let you keep your IP confidential through a proxy. Use a strong unique password that is something you never utter in your daily life. Think before uploading any post or screenshot over social media or community platforms. Sometimes even your phone log can reveal your location. Keep yourself a bit hidden and do not reveal your personal information even by mistake.

I would like to conclude by saying that privacy is an illusion.



Dhyaaneesh K
X B

The rise in ethical hacking

Till the recent past, ethical hacking was not as known as it is now. Nowadays, ethical hacking is a known and respected professional topic. To become an ethical hacker, you need to pursue a cybersecurity course in college or become an amateur hacker.

Hacking is the process by which you infiltrate the security of a device or account of a person. Most hackers do this ethically, meaning by following the rules that governments set up, but some hackers hack in order to gain personal information or blackmail the victim of the hack.

Ethical hacking is nowadays a government job or career. The Intelligence Bureau in each country, like the FBI (Federal Bureau of Investigation) in the United States of America or the CBI (Central Bureau of Investigation) in India.

The rise of ethical hacking reflects a critical shift in cybersecurity, transforming it from reactive measures to proactive defence against cyber threats. The term ethical hacking was first introduced in the Massachusetts Institute of Technology in the 1960s.

The most commonly used operating system for hacking is Kali Linux. Nowadays, a lot of companies and governments hire ethical hackers to proofcheck the software or app the company has created to make sure that it is safe.

ETHICAL HACKING



Harinandan Vishnu A
X B



ARTIFICIAL INTELLIGENCE IN SCHOOL...



Anika Gupta
V E

Imagine walking into your school and finding out that your classroom has its own team of invisible helpers. They don't make noise, they don't take up space and they don't even need food as they are made of AI. These smart digital assistants are becoming a big part of life. Things that we learn would turn regular school days into exciting adventures can figure out exactly what a student needs, almost like a superpower. If a math problem is too tricky, AI can break it down into simple steps and when you don't know the answer to any subject in that matter, AI can help not only in telling the answer but also in a fun way to remember easily. It would be like having a personal coach who knows you better than you yourself. One of the best aspects of AI is that it accommodates every type of learner. Kids who need extra help get special tools like read aloud, give hints or explain things in a different way with AI by our side, school feels a little more like the future. It is preparing us for a world where technology is, to build up amazing possibilities. Who knew learning with an invisible helper could be so cool?

Scroll Less, Live More:

Finding the Balance Between Screen Time and the Green Time.



Harsh Nair
IV B

Be honest- What's the first thing you do when you wake up?

For many of us, it's reaching for our phones to check messages, scroll through social media or watch a quick video before starting the day. Screens have become an inseparable part of our lives. From online classes and gaming to chatting with friends, binge watching shows, we spend hours staring at glowing screens- often without even realising how much time has passed.

Technology has its benefits no doubt. It keeps us connected, helps us learn and open doors to endless information. But like most good things too much of it can throw life out of balance. That's where the idea of "green time" comes in-time spent outdoors, away from screens surrounded by matter.

Green Time is more than just being outside. It's about reconnecting with the world beyond Wi-Fi feeling the grass under your feet, hearing the birds, watching the sunset, or simply breathing in fresh air. It gives your mind and body the rest they need from the digital busy.

Studies have shown that spending even 20 minutes outdoors can reduce stress, boost concentration and improve your overall mood. Its nature's way of saying "Hey, relax-the world is not made of pixels".

For students, especially, balancing screen time with outdoor time can make a big difference. Staring at screens for long hours can strain the eyes, disturb sleep and make us feel tired or anxious. But taking short breaks to step outside to stretch in the sunlight can refresh your brain and making studying easier.

The trick is not to give up technology but to use it wisely. For instance, small goals like keeping your phone away during meals, avoiding screens an hour before bed or taking a short walk after every study session can help your mind reset.

You can also mix technology and nature in creative ways. Try taking photos of sunsets, using fitness apps for outdoor runs. The idea is to let technology enhance your life, not control it.

Think about it- how many sunsets have we missed because we were too busy checking notifications?

So next time you feel like reaching for your phone, may be reach for your shoes instead-step outside, feel the wind, watch the clouds. Because at the end of the day, the best connection you can have is not always online- it's the world around you.



ROLE OF ROBOTICS IN HEALTH CARE

Imagine a hospital on a busy day. Doctors rushing from one patient to another, nurses balancing trays of medicine and the emergency alarm going on ringing. Even the most skilled hands can tire and even small mistakes can make a big difference. Complex surgeries and the pressure of time make health care one of the toughest jobs in the world. These challenges make it clear that healthcare needed a helping hand and the robots stepped in.

Robots have changed the health care ecosystem in many ways. They assist doctors in removing cancer tumours, repairing hearts, in knee and hip replacements, etc, with great precision. Outside the operating room, robots deliver medicine, food and protective gear, preventing human contact and keeping the staff safe. Some even help patients in mobility, dressing and monitoring tasks, etc.

When AI is added to robots, they become smarter. They can analyse scans, detect early diseases and suggest treatments. Tiny AI controlled micro bots are being developed to deliver medicines to the deep inner parts of the body.

The most important thing is that they don't replace humans, they enhance them. While doctors and nurses provide care and support, robots provide speed, accuracy and safety.

Made of metal but guided by science – Robots help to heal and save lives every day.



Aahan Alam
VI F



Safe AI: Ethical Considerations

“When Machines Meet Morality: Crafting a Safe AI Future”



Tr. Lekshmi Sree
IT Department

Using AI in society offers many benefits, but it also raises important ethical and legal questions. To ensure AI is safe, it must be not only effective and reliable but also guided by ethical principles and laws. This helps protect people and communities, builds trust and makes AI systems more accountable. Developing safe AI involves carefully considering ethics to ensure that AI aligns with societal values, respects human rights and meets safety standards. These ethical considerations are essential to prevent harm, ensure fairness and foster confidence in AI technology.

The following ethical principles shall be applied when developing AI systems to ensure the protection of humanity and prevent scenarios where AI could dominate or endanger human existence.

- AI should be designed to avoid accidental harm caused by bugs, failures, or unexpected behaviour, which requires careful testing and ongoing monitoring.
- AI should be built to remove biases that lead to unfair treatment of people based on factors like race, gender or economic background, ensuring fairness for everyone.
- Safeguarding user data is a fundamental ethical responsibility. AI systems need to incorporate privacy-by-design principles to protect personal information from misuse or unauthorized access while ensuring compliance with data protection laws.
- Ethical AI respects and preserves human agency. It should enhance rather than replace human decision-making, providing controls to ensure humans remain in charge of critical decisions.
- Including ethical thinking from the very beginning of AI design ensures that safety and human values are built in from the start—not added later.
- Following international standards and regulations helps ensure ethical and safe AI development, including meeting

AI-specific risk-management requirements.

- Regularly checking AI systems is important to catch ethical issues, keep up with changing societal expectations and maintain safety over time

In the end, the pursuit of safe and ethical AI is not merely a technical challenge—it reflects who we choose to be as creators of tomorrow. As algorithms grow more powerful and autonomous, our responsibility grows with them. Ethical principles become our compass, guiding us through uncertainty and ensuring that innovation never outpaces humanity.

If we build AI with intention, humility and respect for human values, we shape a future where technology amplifies our strengths rather than our fears—where machines extend our reach but never replace our essence. The path to trustworthy AI is not a single breakthrough but a continuous, collective act of ownership and responsibility. And in choosing this path, we affirm a simple yet profound truth: **the future of AI is ultimately a reflection of our own ethics, our own imagination and our unwavering commitment to protect the human story.**



NCC ANNUAL REPORT

We, the cadets of SFS High School, Hebbagodi Institution under 1 KAR BN NCC, were proud to be a part of the National Cadet Corps during the academic years 2024–2026. Our journey in NCC helped us grow in discipline, leadership, confidence, unity and patriotism. We regularly attended weekly parade sessions where we practiced drill commands, marching, saluting and squad coordination and senior cadets were given opportunities for piloting, which improved our leadership skills. After parades, we shared meals together, strengthening our bonding and teamwork. One of the most memorable experiences was attending the Combined Annual Training Camp (CATC) at Talakalli, where we followed a strict routine including early morning meditation, physical exercises, drill practice, weapon training, theory classes, sports and cultural activities. Living together in the camp environment taught us time management, cooperation, responsibility and independence. We also attended weapon training sessions at 3 KAR BN NCC, Race Course Road, where we learned safe handling of rifles, which gave us a sense of pride and responsibility.

Apart from training, our cadets actively participated in sports competitions, drill events and cultural activities, winning several medals and recognition. We also took part in a cycling rally to promote awareness about road safety, environmental protection and physical fitness, highlighting the social responsibility aspect of NCC. Three cadets participated in RDC selections and one cadet took part in TSC camp selection, bringing pride to our institution. The selection of NCC seniors during the Investiture Ceremony was a significant moment, where cadets were appointed, ranks based on their discipline, leadership, attendance and performance, reflecting trust and responsibility. Overall, our two-year NCC journey has been life-changing and memorable, filled with valuable experiences, achievements and friendships. We feel honoured to have been part of NCC and will always carry forward its values of unity, discipline, leadership and service to the nation throughout our lives.





ART GALLERY



AADITRI RAY, 10C



AAHAN ALAM, GRADE - 6F



ADITYA SINGH, 10C



ANUSHKA MITRA, GRADE - 8C



ADVIT SRIVASTAVA, GRADE - 6C



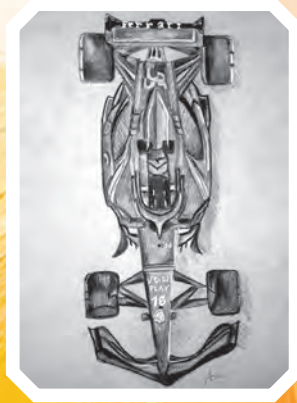
ADWESHA MOHANTY, GRADE - 8B



ADYASHA SAMANTARAY, GRADE - 9C



ANWESHA KHANDAI, GRADE - 7D



ANANYA ANISH, GRADE - 9A



AKANSHA VINEESH, GRADE - 8D



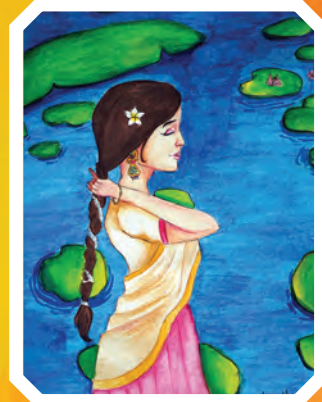
AKUL V, GRADE - 8A



ANNA ALPHONSA, GRADE - 9B



ANITA FLORENCE, GRADE - 10A



AQSA KHAN, GRADE - 8A



DHYATVA 2025

ART GALLERY



ARCHA MILKAMAL, GRADE - 10A



AREENA ROSE, GRADE - 8D



ARYAN, GRADE - 9D



ARYAN.S.SHETTY, GRADE - 7E



ARYAN.S.SHETTY, GRADE - 7E



ASHWIN KARTHIK, GRADE - 9B



ASHWIN.R.S, GRADE - 8F



ATREYEE BORDOLOI, GRADE - 6A



ASHWIN.R.S, GRADE - 8F



AVANI NAYAK, GRADE - 9B



AVYUKTH.S, GRADE - 6A



BHUVI.D, GRADE - 8C



ART GALLERY



AVYUKTH.S, GRADE - 6A



BINITHA.T, GRADE - 9A



CHAIDANIYA, GRADE - 7B



CHARAN.R, GRADE - 10D



CHRIS LIONEL CRASTA, GRADE - 9D



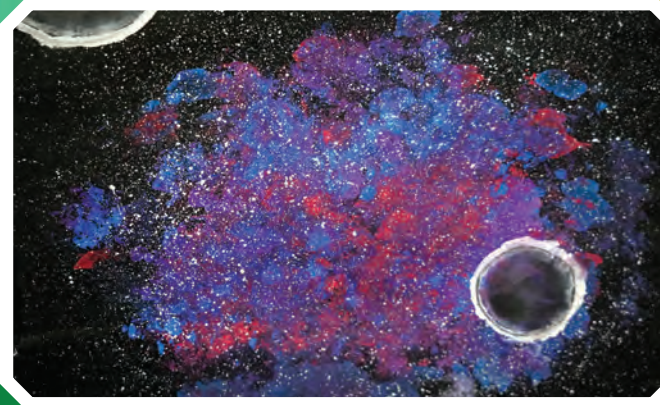
CHRISTO, GRADE - 8A



DEVANANDA.R, GRADE - 8F



DAKSHATA SANTHOSH, 8E



DEVISHA JOSHI, GRADE - 7D



DHATHRI.G.RAO, GRADE - 7C

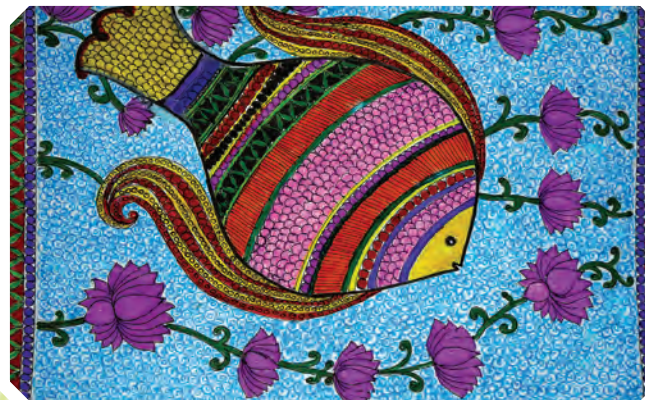


DHYATVA 2025

ART GALLERY



DHYUTI.S, GRADE -6F



DRINA, GRADE -8C



DRINA MAJUMDER, 8C



G.B.NIKITHA, GRADE -9D



HARLEEN, GRADE -8A



HASINI.N, GRADE -9B



HELENA SARA NIBU, GRADE -5A



CHRISTO NICE, GRADE -6E



HEMANTH.GM, GRADE -8C



JAYAM SUDHIKSHA, GRADE -6D



JOVAN, GRADE -6F



KAMALINI.A, GRADE -10A



KARTHIK.G, GRADE -9C



ART GALLERY



KAVYA PRAKASH, GRADE -6C



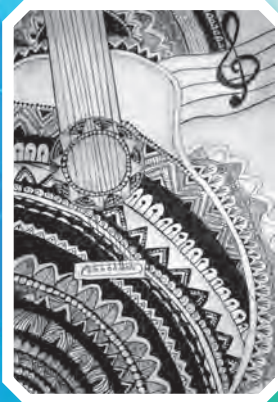
KEVIN CHRISTOPHER, GRADE -8A



KHUSHI KIRAN, GRADE -9D



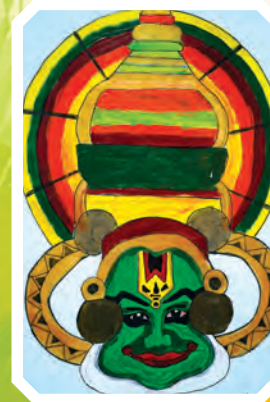
LAKSHANA.N, GRADE -6D



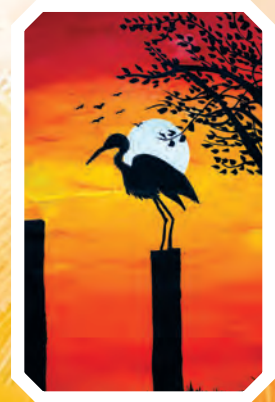
LEKHA VASANTH KUMAR, 8E



LIYA GIRIDHARAN, GRADE -6A



LIYA.G, GRADE -7B



MAYURAKSHI SEN, GRADE -6F



M.THANISHKA, GRADE -9A



MITHRA VINDHA, GRADE -9A



MOKSHA SHREE, GRADE -7C



MOKSHA SHREE, GRADE -7C



NAVYA SHETTY, GRADE -8D



DHYATVA 2025

ART GALLERY



NIVED KRISHNA, GRADE -7D



NIYATI RAMESH, GRADE -9D



POOJA SHREE.S, GRADE -9D



POORVIKA.S, GRADE -8A



PRASTUTI.N, GRADE -8D



PRISCILLA.H, GRADE -9A



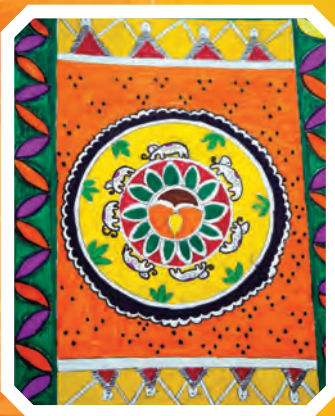
PRIYA DARSHINI, GRADE -7A



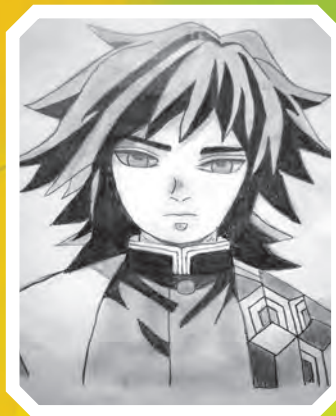
RAKSHITHA.A, GRADE -9D



REVA SHINDE, GRADE -9C



RISHITHA.R, GRADE -7E



RITHUL.R, GRADE -6E



RUTHVIKA, GRADE -6A



S.ASHIN, GRADE -10A



S.YADAV, GRADE -7E



ART GALLERY



SAANVI.V, GRADE -9C



SARON DELPHINA, GRADE -6F



SASHA.N, 8E



SHIVESH M.A, GRADE -10D



SHRADDA, GRADE -10B



SOMOLA.K, GRADE -10B



SOMILA.K, GRADE -10B



SHRI RAGHAV, GRADE -7B



YAZHINI, GRADE -7B



DHYATVA 2025

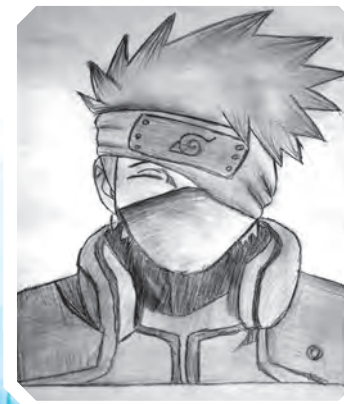
ART GALLERY



SUDEEKSHA KIRAN, GRADE -7E



SUSHANTH.D, GRADE -8D



SWARSHINEE SRI.V, 8E



SRESHTA CHOPPALI, GRADE -9B



SWETHA.D.V, GRADE -9A



THAARUNIKA.M, GRADE -6F



SHUBHIKSHA.S, GRADE - 6A



SREE SASMAL, GRADE -6D



SRESHTA CHOPPALI, GRADE -9B



VENKATA KRISHNA, GRADE -10A



RECOGNITION OF INTERNATIONAL DIMENSION IN SCHOOLS (RIDS)

The rapidly changing world demands learners who are adaptable, innovative and equipped with global competencies. The twenty-first century learners continuously strive to acquire new skills that enable them to thrive in an interconnected and multicultural society. This places a greater responsibility on educators to provide learning experiences that extend beyond textbooks and prepare students for global citizenship.

The Recognition of International Dimension in Schools (RIDS) the programme provided our school with an excellent platform to integrate international perspectives into the curriculum through project-based learning, collaboration and cross-cultural engagement. The programme encouraged experiential learning, higher-order thinking, teamwork and meaningful interaction with students and educators across the globe.

Our primary objective was to foster an international outlook among students and teachers by integrating global themes into classroom teaching. Rather than merely introducing information about different countries, the programme encouraged participants to appreciate cultural diversity, develop empathy, strengthen communication skills and broaden their understanding of global issues.

The academic year began with extensive planning and research. Participation in the RIDS Action Planning Workshop conducted by the British Council provided valuable insights into designing meaningful international projects aligned with curriculum objectives. Based on the workshop, a comprehensive RIDS Action Plan was developed in consultation with project leaders from the Pre-Primary, Primary and Secondary sections.

One of the major highlights of the programme was the establishment of international collaborations with partner schools in Ghana, the United States of America, Tanzania and Nepal, enabling our students to work with five international schools. Through these partnerships, students participated in a variety of collaborative projects focusing on global themes, cultural exchange, environmental sustainability, heritage, language and the United Nations Sustainable Development Goals (SDGs).

The programme also significantly enhanced the professional growth of teachers. It encouraged educators to design interdisciplinary learning experiences, incorporate international dimensions into classroom practices and adopt innovative pedagogical approaches aligned with the National Education Policy (NEP 2020) and twenty-first century learning skills.

The collaborative spirit shared by our international partner schools fostered mutual learning and respect. Their prompt communication, willingness to exchange ideas and active participation strengthened the quality of every project undertaken. Parents also played an important role by encouraging their children, supporting project activities at home and providing valuable feedback throughout the programme.

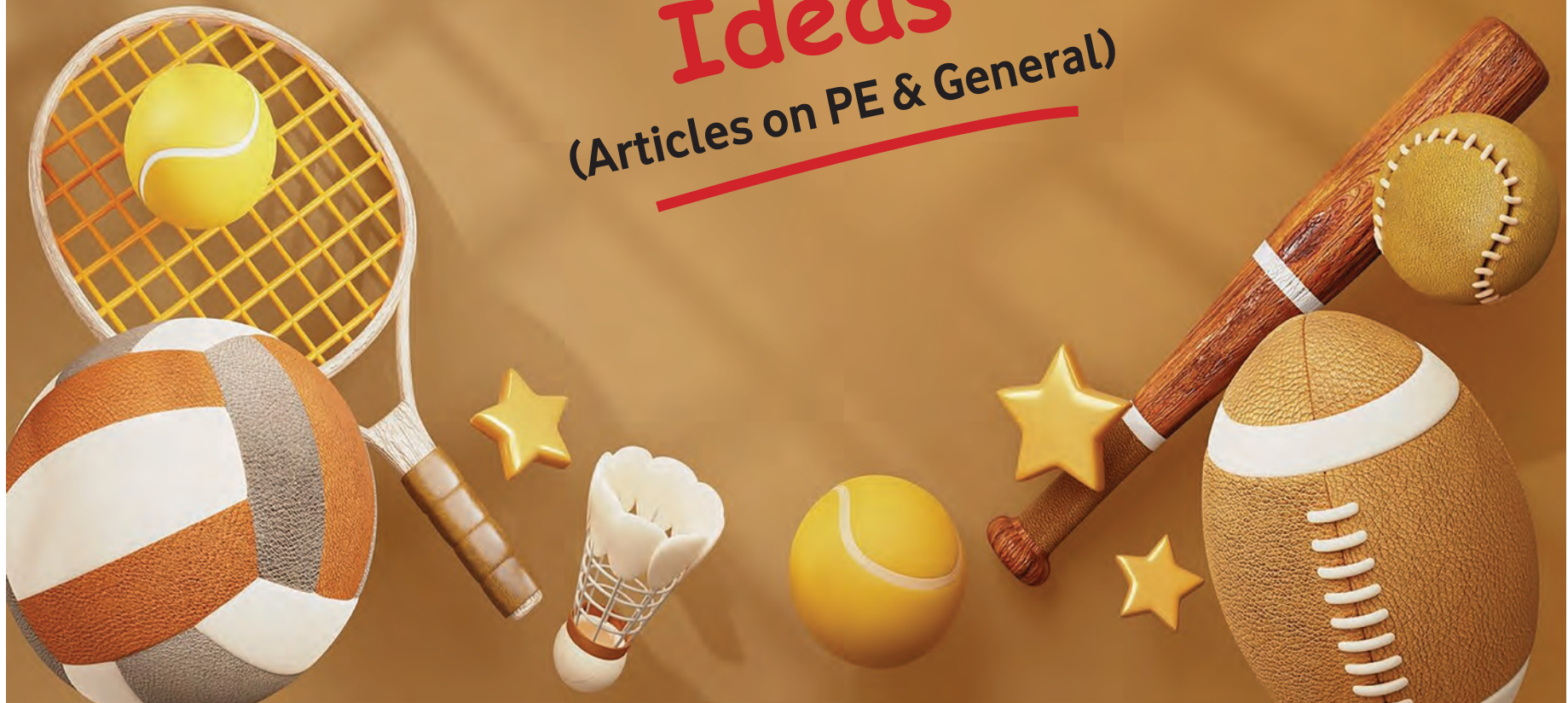
Participation in the Recognition of International Dimension in Schools (RIDS) Programme has been a transformative experience for our entire school community. It strengthened leadership, teamwork, project management, innovation and collaborative learning while nurturing responsible global citizens. More importantly, it reinforced the belief that meaningful international education begins with committed educators who are prepared to inspire students to think beyond geographical boundaries.

The successful completion of the RIDS programme during the Academic Year 2025–2026 marks another significant milestone in our school's journey towards educational excellence. We remain committed to expand international collaborations, integrating global perspectives into the curriculum and providing students with meaningful learning experiences that prepare them to contribute confidently and responsibly to an increasingly interconnected world.



Igniting Ideas

(Articles on PE & General)





Athletics

In the early morning cold
The runners run bold
As they behold
the path that unfold

They have a heart of Gold
Win or lose, they never fold
Heart beating fast, eyes burning bright
Each stride, a promise chasing light.

As the whistle blows, the world rate
The tension grows among those who wait
Each lap, each leap, each goal they chase
In the face of destiny, they stand and embrace

They run with passion, not acclaim
Their inner courage sparks their flame
With no finish line for pride or fame
Their faith and hope fuel everyone.



Elika D
V A





A TRIUMPH WRITTEN IN BLUE



Rishi Mithun Bangera

IV A

Women Who Taught Us to Fly: On 2 November 2023, the Indian Women's Cricket Team created history by winning the country's first-ever Women's Cricket World Cup. Why was this win important to us? This victory was important to all Indian women because it kept the dream of every girl and woman alive — the dream to fly. A Journey of Resilience India's path to the title was not smooth. The win was more than just a trophy. For decades, women's cricket in India fought for recognition. Players trained on borrowed grounds and played in empty stadiums. Why Does it Mattered the Most?

Breaking Barriers: The victory is being hailed as a defining chapter in the history of Indian cricket.

Inspiring Change: It marks the rise of women's sports in India, bringing more matches, more opportunities and stronger belief. **National Pride:** From cricket fans to world leaders, the message was loud and clear. This victory is for every girl who dared to dream.





Tiny Hands, Big Memories -

My Journey as a Pre-KG Teacher at SFS Academy

When I look back at my journey at SFS Academy, my heart fills with gratitude, love and countless beautiful memories. Being a Pre-KG teacher is not just a profession for me, it is a blessing that allowed me to witness pure innocence, first steps of learning and endless smiles.

The year I became part of SFS Academy marked a special chapter in my life. Every morning, as I walked into my classroom, I was welcomed by tiny hands waving excitedly, sparkling eyes full of curiosity and voices calling out “Good morning, Ma’am!” Those simple moments made every day meaningful.

In Pre-KG, learning is not about books alone 'it is about holding crayons for the first time, singing rhymes with actions, sharing toys, learning to wait and discovering the joy of friendship'. I watched children grow from shy little ones who clung to their parents into confident learners who walked proudly into the classroom with

smiles. Each small achievement 'writing their first letter, recognizing colors, or dancing on stage' felt like a personal victory.

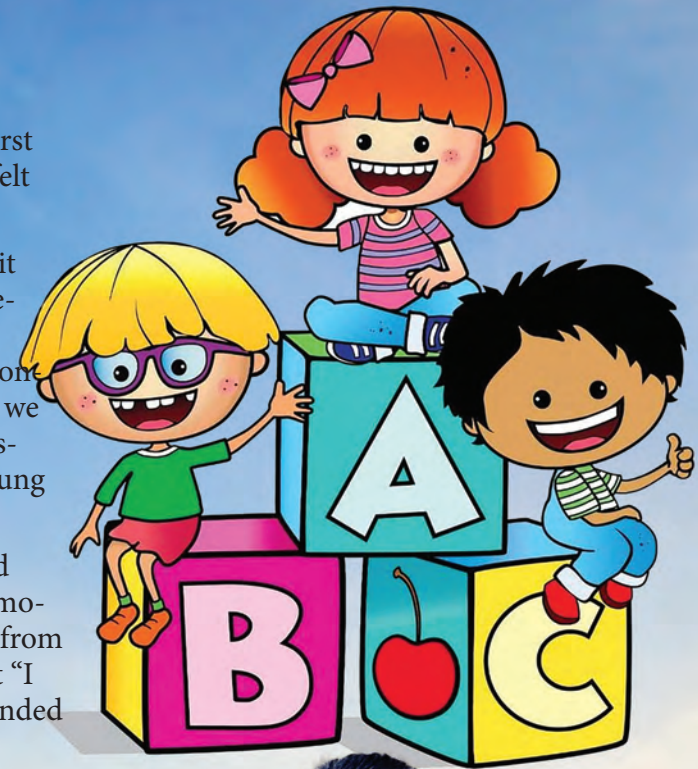
SFS Academy gave me more than a workplace; it gave me a family. The support from the management, encouragement from the Principal and cooperation among colleagues created an environment filled with respect and warmth. Together, we celebrated festivals, planned events, prepared assemblies and worked hand in hand to shape young minds.

There were days filled with laughter and joy and there were days that tested patience 'but every moment taught me something valuable'. The hugs from children, the handmade cards and the innocent “I love you, teacher” erased all tiredness and reminded me why I chose this noble profession.

Being part of SFS Academy helped me grow not only as a teacher but also as a person. It taught me patience, empathy, creativity and the power of unconditional love. I truly believe that the foundation we lay in these early years stays forever in a child's heart and I am proud to have been a small part of their big journey.

As I pen down these memories, I do so with a thankful heart. SFS Academy will always hold a special place in my life, filled with laughter, learning and love. I will forever cherish the moments spent with my little stars and the institution that made this journey so memorable.

Thank you



Tr. Linda Shijoy
Pre-KG



Teenagers are often not taken seriously by adults. It is a universal assumption that they are troublemakers and that they will be up to no good. This is a stereotype because aren't they the next generation? Aren't they going to be the leaders of tomorrow? Wouldn't it be wise to start preparing them for tomorrow before it actually arrives? When we adults refer to them with a negative connotation, we are contradicting ourselves, because we too were once teenagers.

Teenagers are very important to society. They are intelligent and frequently engage in problem-solving. Their young minds are open to bold ideas, as they feel they are indomitable. Teenagers hold the future prospects of their country in their hands. Yet they have often been denied a chance to contribute to it, being let down by poor secondary education and a lack of training and employment opportunities.

According to UNICEF, "Adolescents are 1.2 billion strong – and growing. They are directly affected by the decisions world leaders make in education, health and employment, but are often excluded from decision-making. Adolescents have strong views on the policies and programmes that shape their lives and communities. They have the right to be heard, the right to engage with governments and businesses and the right to influence matters that affect them."

Should Teens Influence Global Policies?



Dr. Christina Francis

More and more young people are stepping up in their communities and raising their voices on issues that are important to both their generation and the world. We should support them and ensure that their voices are taken into account.

Close ties between policymakers and youth will ensure recognition of the importance of youth engagement in policy formulation. Their potential will become visible only when they are given a chance in the decision-making process. Just because they are young or naïve does not mean that they are incapable of creating change and making an impact on society. When teenagers contribute to social change, they build better futures for themselves — and prosperity for entire communities.



ಪುಸ್ತಕ

ಬರವಣಿಗೆಯ ಪುಸ್ತಕ
ಜ್ಞಾನದ ದ್ಯೋತಕ
ಶುರುಮಾಡು ಓದಾಕ
ಬಾಳಿಗಾದೀತು ಅದು ಬೆಳಕ

ಇಳೆಯಲಿ ಬೆಳೆ ತೆಗೆಯೇ
ಹೊಟ್ಟೆಗಾದೀತು ಊಟ
ಪುಸ್ತಕದಿ ಪಡೆದ ಜ್ಞಾನ
ಬಾಳಿಗಾದೀತು ಪಾಠ

ಹನಿ ಹನಿಗೂಡೇ ಹಳ್ಳ
ಇಡಿ ಇಡಿಯಾಗೆ ರಾಶಿ
ಪದ ಪದ ಕೂಡೇ ಪುಸ್ತಕ
ಪುಸ್ತಕ ಅನುಭವದ ಸಾಕ್ಷಿ

ಅನುಭವದ ಭಾಷೆಯನು ಹಾಳೆಯಲಿ ಸೆರೆಹಿಡಿದು
ಅರಿವಿನ ಪುಸ್ತಕಕ್ಕೆ ಸಾಗಿಸುವ ಭೋಗಿ
ಅಗೆದಷ್ಟು ಆಳವಿದು, ಸುರಿದಷ್ಟು ರಾಶಿಯಿದು
ತಮ್ಮ ಓದಿ ನೀನಾಗು ಯೋಗಿ.

ಮಾಡದಿರು ಕಾಲಹರಣ
ಶುರುಮಾಡು ಓದಿನ ಪಯಣ
ಅನುಭವದ ಪೂರ, ಜ್ಞಾನದ ಆಗರ,
ಬರಿದಾಗದ ಸಾಗರ, ಪುಸ್ತಕ ಭಂಡಾರ

ತಿಳಿಯದೆ ನೀನಾದೆ ಗೆಳೆಯ
ಓದುತ್ತಾ ಅರಿಯದಾದೆ ಸಮಯ
ಓದಿನಲಿ ಕಳೆದೋದೆ, ಅನುಭವಕ್ಕೆ ಜೊತೆಯಾದೆ
ಓದಿನೊಂದಿಗೆ ಯಾನ, ಭಾವದಲಿ ಲೀನ.

ಭಾಗ್ಯಲಕ್ಷ್ಮಿ ಆರ್
ಗ್ರಂಥಾಲಯ ವಿಭಾಗ



LITERARY CLUB

A Literary Club is a platform for students who love reading, writing and creative expression. It encourages members to explore different forms of literature. A Literary Club also nurtures creativity and develops a deeper appreciation for literature.

The Literary Club of our school, for the academic year 2025-26, from grades 6 to 9, organized a series of engaging activities to promote language skills and creativity among students in English, Hindi and Kannada. The objective of these activities was to develop reading, writing, speaking and analytical skills while fostering a love for literature.

In English, Hindi and Kannada, activities such as grammar activity, collage making and poster-making were conducted. These activities helped students to improve their vocabulary, pronunciation and confidence.

Overall, the Literary Club activities were successful in creating an interactive and enriching learning environment. Students actively participated and showcased their talents across all three languages. They were rewarded based on their talents.





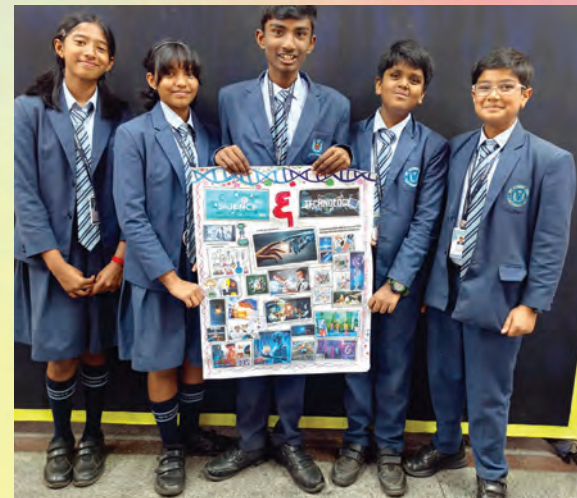
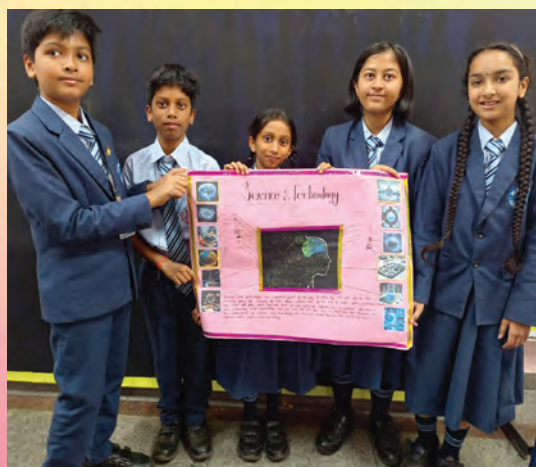
SCIENCE CLUB

The Science Club of our school organised a poster and collage making activity on the theme "Science and Technology".

The main aim of the activity was to create awareness among students about the importance of Science and Technology in our daily life.

Students actively participated and prepared colourful and creative posters and collages showing topics such as space science, medical technology, renewable energy, robots and digital communication. They used charts, pictures, drawings and short messages to express their ideas clearly.

The students showed great interest, creativity and teamwork throughout the activity. The competition helped them to improve their Scientific thinking, presentation skills and awareness of modern technology.



ECO CLUB

The Eco Club of our school organised a poster making activity on the theme "Save Wild Life", skit presentation and pick and speak on "Plastic Pollution"

Save Wildlife- The main aim of the activity was to create awareness among students about the importance of saving environment by banning plastic and reducing its usage in our daily life.

Students prepared attractive and creative posters using slogans, drawings and meaningful messages such as "Protect Animals, Protect Nature" and "Say No to Poaching."

The posters highlighted issues like deforestation, hunting, pollution and habitat destruction. Many students also suggested solutions such as planting trees, reducing plastic use and spreading awareness.

Plastic Pollution -The activity was both informative and creative. It helped students understand their responsibility towards protecting wildlife. Overall, the program was successful in spreading awareness about saving wildlife and conserving nature.

The activity aimed to improve students' speaking skills and create awareness about the harmful effects of plastic on the environment. Students spoke about the causes of plastic pollution, its effects on animals and marine life and the importance of reducing plastic use. Many students suggested practical solutions such as using cloth bags, recycling plastic and avoiding single-use plastics.

The activity was informative and engaging. It helped students gain confidence in public speaking while understanding the importance of protecting our environment from plastic pollution. Overall, the activity was successful and meaningful.





MATHS CLUB

Math club activities play a very important role in a student's academic and personal development. They make mathematics more interesting, practical and enjoyable beyond regular classroom lessons.

This academic year, we conducted club activities grade-wise on November 15th. For Grades 6, 7 and 8, the focus was on practical activities, while for Grade 9, we emphasized strengthening numerical skills. Activity time: 9:00 AM to 10:30 AM.

Grade: 6 Activity: Finding Area and Perimeter Using Threads

Objective of this activity was to help the students practically understand how perimeter measures the boundary (length around a shape) and area measures the space inside a shape using threads through a simple hands-on method. First, we discussed that the perimeter measures the outer boundary of a shape, while the area measures the space inside it. Through this activity, students observed that perimeter depends on the sum of all sides, whereas area depends on the space the shape covers. The activity made the concepts more clear and easier to understand. This activity encouraged conceptual understanding, Logical thinking, Problem solving skills, Hand-Eye coordination and Fine motor skills. Also, this activity helped students to understand that shapes with the same perimeter can have different areas.

Winners of the Activity: 1st - AARUNYA (6B), 2nd - LAKSHANA.N (6D), 3rd - SRISHESH H (6D)

Grade: 7 Activity: Triangle Inequality Property using broom sticks

The activity focussed to verify using broom sticks that a triangle can be drawn only if the sum of lengths of any two sides is greater than the third side. Through this, students will verify the theorem, which states that the sum of the lengths of any two sides of a triangle must be greater than the length of the third side through hands on discovery and conceptual understanding. The activities evaluated based on the criteria; conceptual understanding, accuracy, conclusion & presentation. The students participated actively and enthusiastically, showcasing a high level of engagement and interest in the activity.

Winners of the Activity:

1st - Deshna (7 D); 2nd - S. Priyadarshini (7C); 3rd - Kosigan (7C)

Grade: 8 Activity: Build your 3D world

The objective of the activity was to help the students to understand the structure and formation of 3D shapes in a practical and engaging manner.

Each student was provided with polydron shapes consisting of triangles and stick, balls. Students used these pieces to construct specified three-dimensional solids. As students connected the shapes, they observed the edges, vertices and faces of each solid, reinforcing the concept of solid geometry. This activity encouraged creative thinking, fine motor skills, visualization ability and spatial understanding. This activity helped students gain a clear understanding of 3D shapes through hands-on exploration. It was evaluated as a group activity.

Winners of the Activity:

Place	II Place	III Place
Grade 8D	Grade 8C	Grade 8B
1. Tejashree 2. Yashaswini N 3. Aishwarya 4. Annie 5. Sushanth	1. Lannie Jotham 2. Sam Prithesh 3. Vasudev P Rajeev	1. Aditi Samal 2. G Amritha Murthy 3. Sanjay Sreeraj

Grade: 9 Activity: Are you an Arithmophile?

Recognizing the importance of numerical skills and quick calculation in shaping students' academic progress and confidence, the activities have been structured accordingly. The first round features a 4×4 magic square to assess basic logical and numerical skills. The second round introduces some logical reasoning connected with numerical skills puzzles and the third round was a little more complex magic square, designed to enhance analytical thinking and problem-solving abilities. Students worked with great patience and keen interest, putting their minds to solve these challenges.

Winners of the Activity:

1st - R. Sukhin (9 A); 2nd - Joshua John Rims (9 D); 3rd - Aadithya Narayan (9 B), J Joel (9 C), Siddharth S (9 D)

YOUNG INDIANS PARLIAMENT 2.0 (YIP)

Young Indians Parliament 2.0 (YIP), an initiative of the Confederation of Indian Industry which was conducted for the students of classes 9 to 12 at City level, Regional level and National level. It is one of the prestigious Model Parliament forums for students that focus on to promote leadership, public policy debate and civic engagement, with the special presence of honourable Members of Parliament this year. Around 10 students from SFS Academy participated in this competition and had won Awards at various levels.

City-Level Young Indians Parliament 2.0 (YIP) was held on 8th & 9th July, 2025 at Vidhan Soudha, Bengaluru and following are the most prestigious awards won by SFS Academy students for their outstanding performance.

- Adhitya Narayan R from 9 B was awarded the “Best Parliamentarian” out of 191 students for delivering an excellent opening speech and demonstrating overall active participation.
- Aarna Bhati from 10 D received the “Best Leader of Opposition” award for her effective leadership of the opposition coalition.
- Daggupati Sai Neeraja from 10C was honored with an award for the “Most Valuable Participant”
- Adhitya Singh from 10 C was selected from the short list

Regional-Level Young Indians Parliament 2.0 (YIP), was held on 01 & 02 September 2025 at NIMSME, Hyderabad and following are the most prestigious awards won by SFS Academy students for their outstanding performance.

- Aarna Bhati from 10 D received the “Best Administrator Award” award for her effective leadership as an Administrator.
- Adhitya Singh from 10 C received the “Prominent Leader Award” award for his eminent leadership.

National Finals of Young Indians Parliament (YIP) 2.0, was held on 15 & 16 November 2025 at India Habitat Centre, New Delhi and Aarna Bhati of 10D won the Best Administrator Award for her excellent performance as an Administrator.

Thanks to Yi Thalir Young Indians Parliament 2.0 Team for providing us this opportunity to showcase our students talents.







ACHIEVEMENTS



U16 Cricket Team - Florence Academy.



MEGA International School, Chandapura.



BGS National Public School, Hulimavu.



South West Zone Taekwon-Do (ITF) in Chennai, Tamil Nadu



MANAA Sports Academy Interschool Football Tournament.



EISB (Ebenezer International School) Interschool Football Tournament



Wellsprings Academy Interschool Football Tournament!



Ebenezer International School's Interschool Football Tournament.





Inter-school Athletic Meet held at Shri Ram Global School.



Grand FC Madras Super Cup 2025 held in Chennai.



Asian Football 7s League in Thailand, organized by Yuvha Games.



Shri Ram Global Interschool Football Tournament.



Shri Ram Global Interschool Football Tournament.



IPS Interschool Athletics Championship, St. John's Medical College Ground.





IPS Interschool Athletics Championship 2025–26, held at St. John's Medical College Ground.



Inter-School Visual and Performing Arts and Creative Expression Competition organised by Euroschool, Whitefield.



(NCG) Mud Christmas & New Year Cup, 2024, a T20 White Ball Tournament



GIG Sports Gala - Football Tournament organised by GIG International School



Express 2025, hosted by Euro School, Whitefield.



Mega Inter-School CBSE Art Integrated Competition, held at St. Joseph's School, Ashoknagar, Bengaluru.



Amateur Manager and Scientist Competition at PES University,



The DESALITE Interschool Quiz & Debate Competition was organised by the South West India Province



Fusion Fiesta 2025, Surana Vidyalaya PU College



HEALTH AND WELLNESS CLUB

The Health and Wellness Club organized structured, grade-wise activities for students of Grades I to IX on November 14, 2025. The activity included Gratitude Jar making and the creation of a "Mind Garden," a three-dimensional model designed to help students express and reflect upon their thoughts and emotions.

Furthermore, the Annual Health Check-up for students of Grades I to IX was conducted from February 10 to 13, 2026, with the support and collaboration of the Vimalalaya Hospital health team.



IT CLUB

The IT Club at SFS Academy provides an energetic space for students to discover the joy of technology, experiment with new ideas and develop real-world skills through creative, hands-on projects. By combining coding, electronics and digital design, the club inspires young minds to think innovatively and solve everyday problems using modern tools.

The club successfully conducted a series of vibrant activities for students from grade 6 to 9 on 15 November 2025, divided into two categories. Each activity featured an opening quiz round on IT concepts and applications, followed by hands-on creation or presentation challenges, emphasizing practical learning, collaboration and meaningful tech application. The lineup included Smart Nest, Mobile Mastery, Seminar on AI Chatbot Assistants and Seminar on Artificial Intelligence Evolution.

- **Smart Nest** — Participants prototyped home appliances using QtPi kits and Code2Play, focusing on automation and coding while fostering creativity, innovation and hands-on learning.
- **Mobile Mastery** — Participants designed functional mobile apps with MIT App Inventor, building computational thinking, core programming concepts, critical thinking, debugging resilience and user-centered design.
- **Seminar on AI Chatbot Assistants** — Displaying impressive clarity

and confidence, grade 7 student Srimohnish Sappa led a captivating seminar that unpacked the technology, real-world roles, advantages and careful considerations behind AI assistants such as Perplexity, ChatGPT, Grok and Siri.

- **Seminar on Artificial Intelligence Evolution** — Presented with impressive depth and enthusiasm, grade 9 student Mudasani Sri Shloka Reddy masterfully traced AI's history from its conceptual beginnings in the 1950s through key milestones, machine learning breakthroughs and the recent rise of generative AI, while exploring its promising yet challenging future.

Entries were evaluated on creativity, technical execution, functionality and presentation quality, celebrating diverse talents.

Through Smart Nest, Mobile Mastery and the insightful student-led seminars, the IT Club successfully combined practical projects with forward-looking discussions on AI. These experiences ignited enthusiasm for technology, strengthened critical thinking and demonstrated the exciting possibilities of innovation — equipping students with skills and perspectives for the digital age ahead.





YUVA TOURISM CLUB

The Yuva Tourism Club at SFS Academy has concluded another enriching and eventful year, continuing its mission to expose students to the wonders of tourism, culture and environmental awareness. Throughout the 2025-26 academic year, we remained dedicated to fostering a deeper understanding of the world beyond textbooks, empowering our students to explore, learn and respect diverse global cultures. Here are some of the key activities undertaken by the club during the academic session:

The Yuva Tourism Club hosted a series of forward-thinking seminars for students. These sessions were designed to bridge the gap between traditional travel and modern innovation.

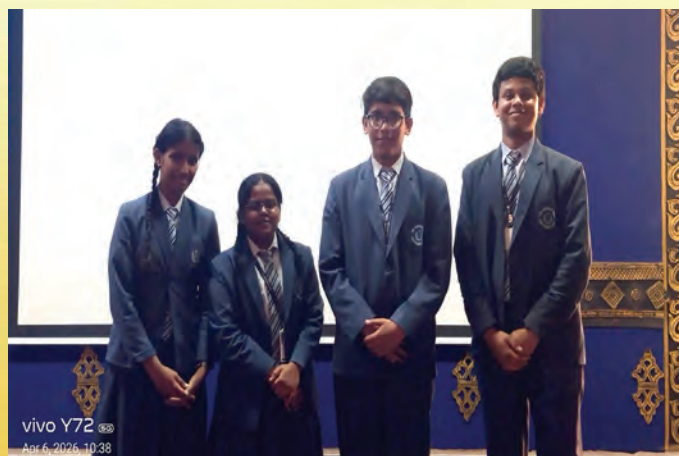
The seminars were conducted based on the topics suggested by the CBSE board on 'Heritage Tourism and AI integration', which helped students assess the future of travel and tourism with the newly developing features of Artificial Intelligence in this 21st century.

Technological Integration: This session explored how digital tools are reshaping the travel experience, focusing on how technology makes exploration more accessible and efficient for global travelers.

Future Initiatives

Looking forward to the next cycle, the Yuva Tourism Club is excited to expand its horizons. Planned initiatives include:

Virtual Tours to international and domestic destinations. Travel Documentaries to showcase diverse ecosystems. Sustainable Tourism Programs to further develop global perspectives and environmental ethics in our students.

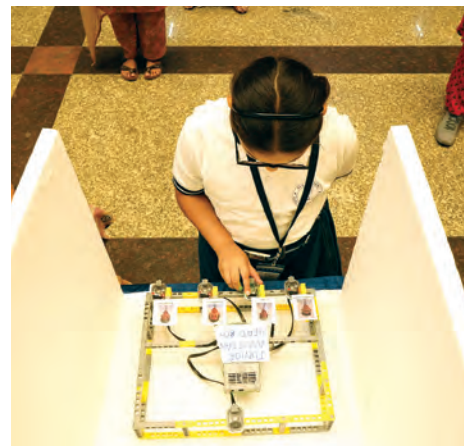


ELECTORAL LITERACY CLUB

STUDENT COUNCIL ELECTIONS 2025-2026

Empowering the Ballot: The Essence of Electoral Literacy

Student Council Elections were held at SFS Academy on 11/06/2025. The students of Grade VIII, IX and X filed their nominations for different positions. Students campaigned for their positions after the assembly on 10/6/25. Polling booths were set up on the election day, students from Grade IV to X cast their votes through Electronic Voting Machine. "Proven Leadership - New Ideas" The results were declared the following day. Students and the contestants were enthused with the entire democratic process. The main objective was to enhance students in the participatory democracy, which was a comprehensive understanding of the electoral process. It encompasses a complete understanding of the Voter Rights and Responsibilities, Decision-Making and the Value of a Vote.





CLASS PHOTOS





PRE KG C



LKG A

CLASS PHOTOS



class photos





LKG D



UKG A

CLASS PHOTOS



CLASS PHOTOS





UKG D



I A

CLASS PHOTOS



CLASS PHOTOS





I D



II A

CLASS PHOTOS



CLASS PHOTOS





II D



III A

CLASS PHOTOS



CLASS PHOTOS





III D



IV A

CLASS PHOTOS



CLASS PHOTOS





IV D



IV E

CLASS PHOTOS



CLASS PHOTOS





V C



V D

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VI B



VI C

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VII A

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VII D



VII E

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CLASS PHOTOS



CLASS PHOTOS





IX A



IX B

CLASS PHOTOS



CLASS PHOTOS





X A



X B

CLASS PHOTOS



CLASS PHOTOS





NIOS

CLASS PHOTOS



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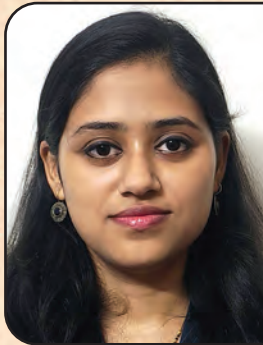


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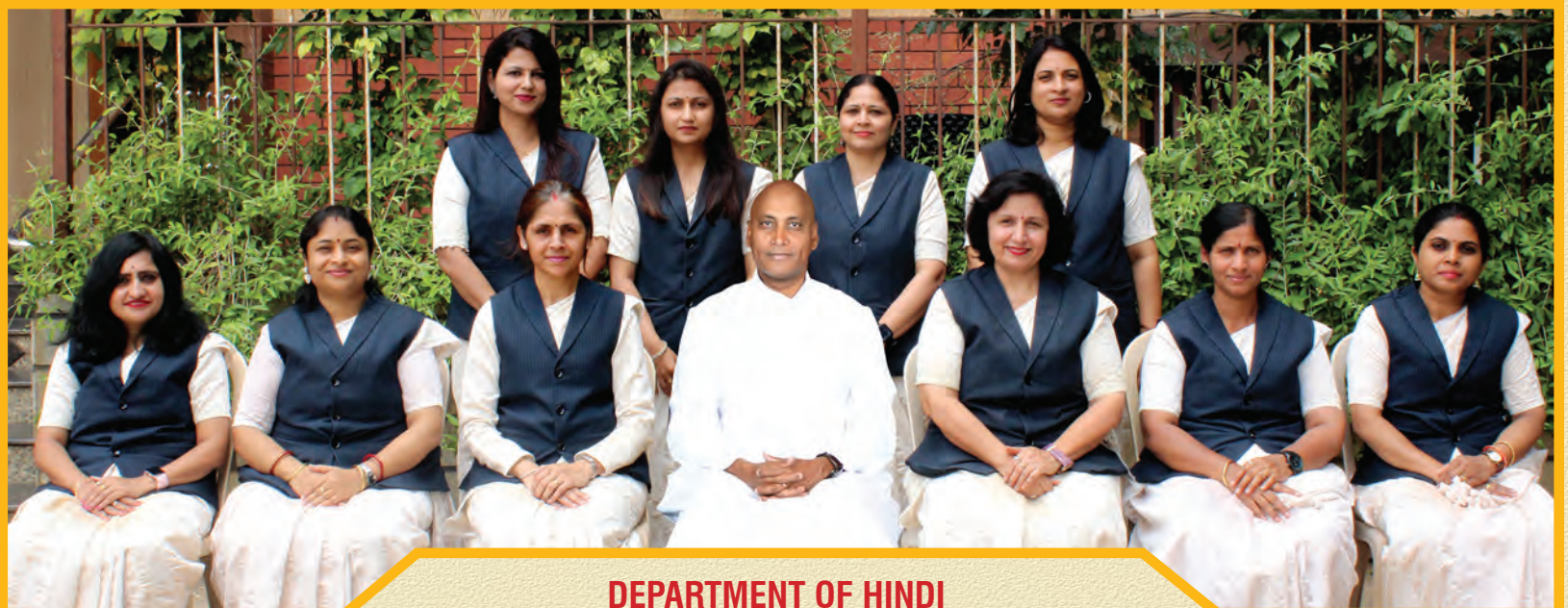
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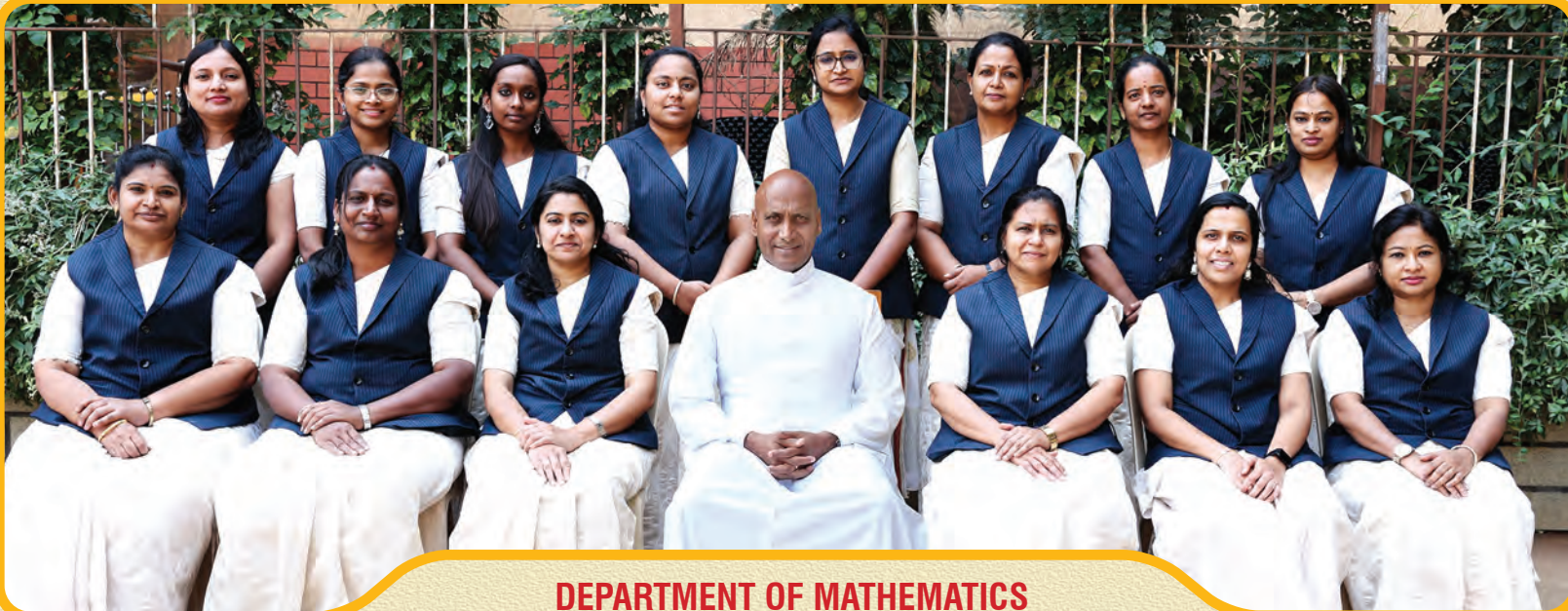
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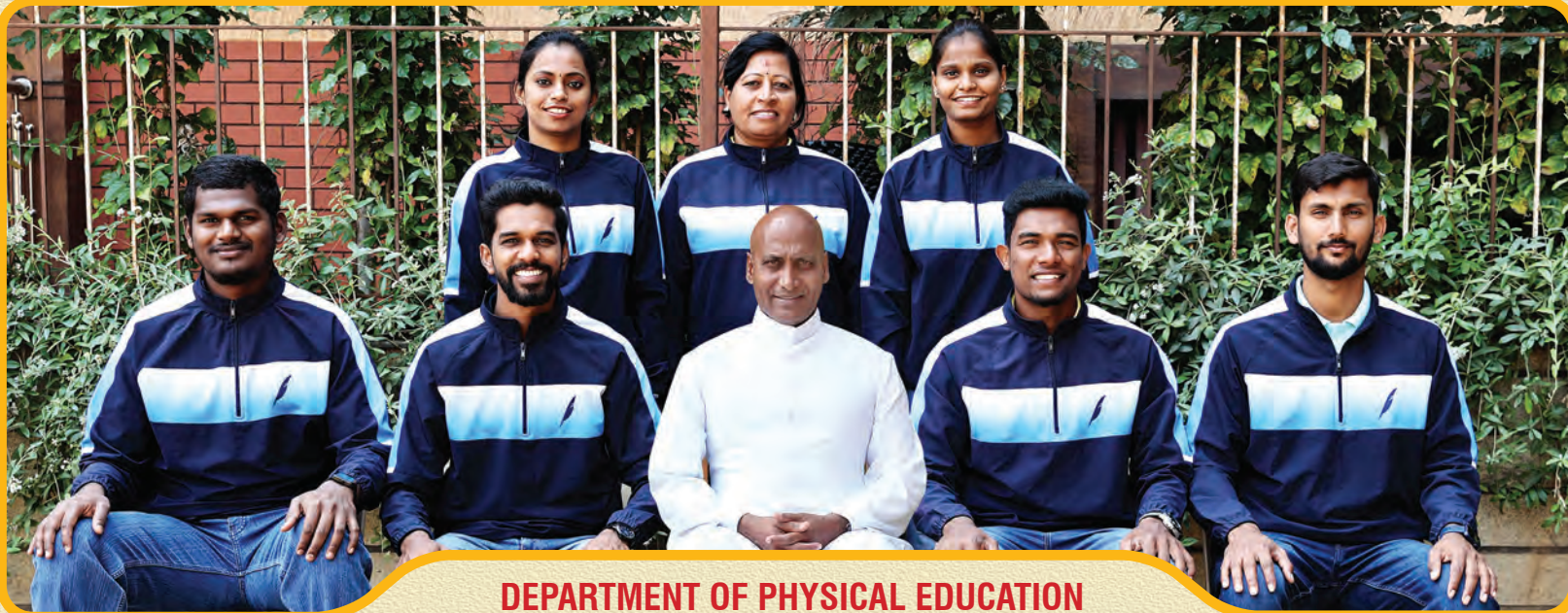
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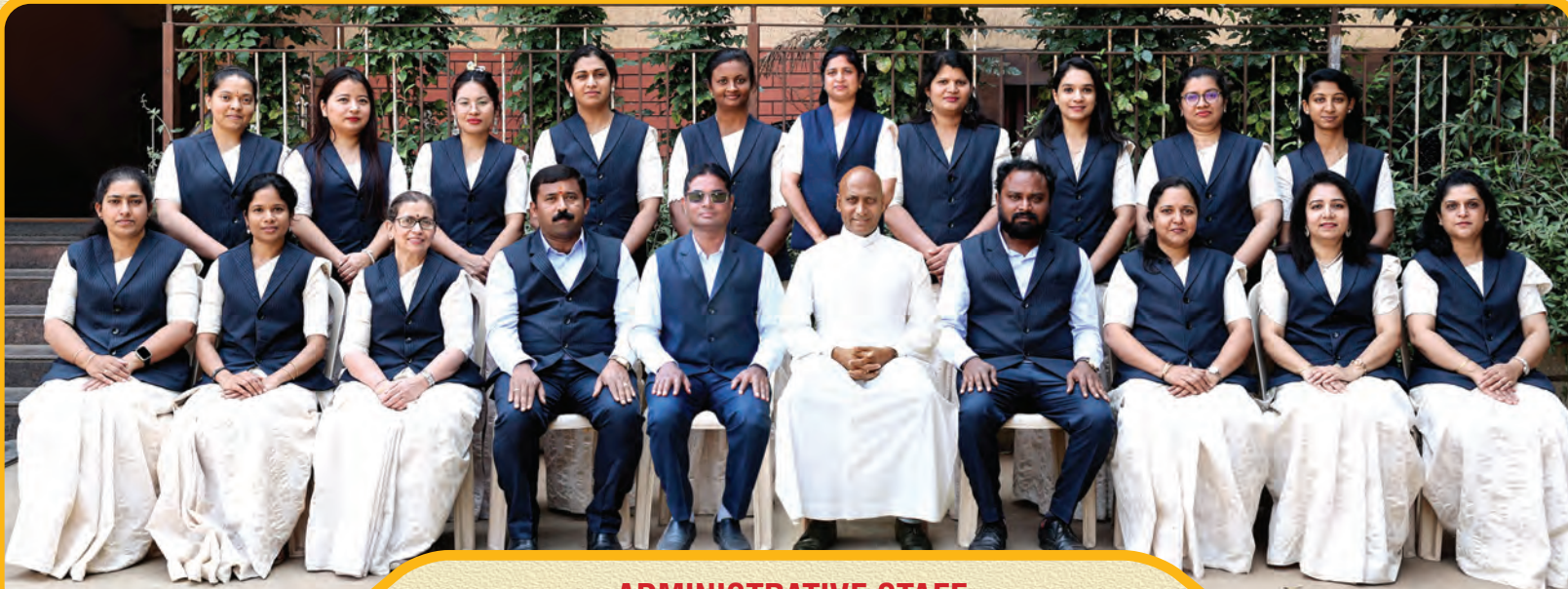
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Teaching & Non-Teaching Staff

Homage



*It is with profound sadness that we
mourn the untimely passing
of our beloved student
Jishanth G S.*

*He was a cherished child of
UKG C known for his simplicity.*

*We the SFS community
express our deepest condolences
to his family.*

*We stand with you in your grief
and extend our
unwavering support.*



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- BCA - Data Science
- BCA with Cyber Security
- BCA with International Cultural Immersion Trip

BA

- BA - History, Economics, Political Science (HEP)
- BA - Journalism: Psychology, Optional English (JPHE)
- BA - BA
- BA (HEP) with Data Analytics
- BA (JPHE) with Digital Marketing
- BA with International Cultural Immersion Trip

BSC

- BSC - Psychology
- BSC - Mathematics, Electronics, Computer Science (MECS)
- BSC - Physics, Chemistry, Computer Science (PCCS)
- BSC - BSC
- BSC Psychology with Counselling & Psychotherapy
- BSC Psychology with Psychometric Assessment
- BSC MECS with Electric Vehicle Designing
- BSC MECS with VLSI Chip Fabrication & Designing
- BSC PCCS with AI & ML
- BSC PCCS with Astronomy & Astrophysics
- BSC with International Cultural Immersion Trip

BBA

- BBA - Human Resources
- BBA - Finance
- BBA with Digital Marketing
- BBA with AI & Data Analytics
- BBA with Fintech & Banking Services
- BBA with Strategic Management
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- BBA with CMA*
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