

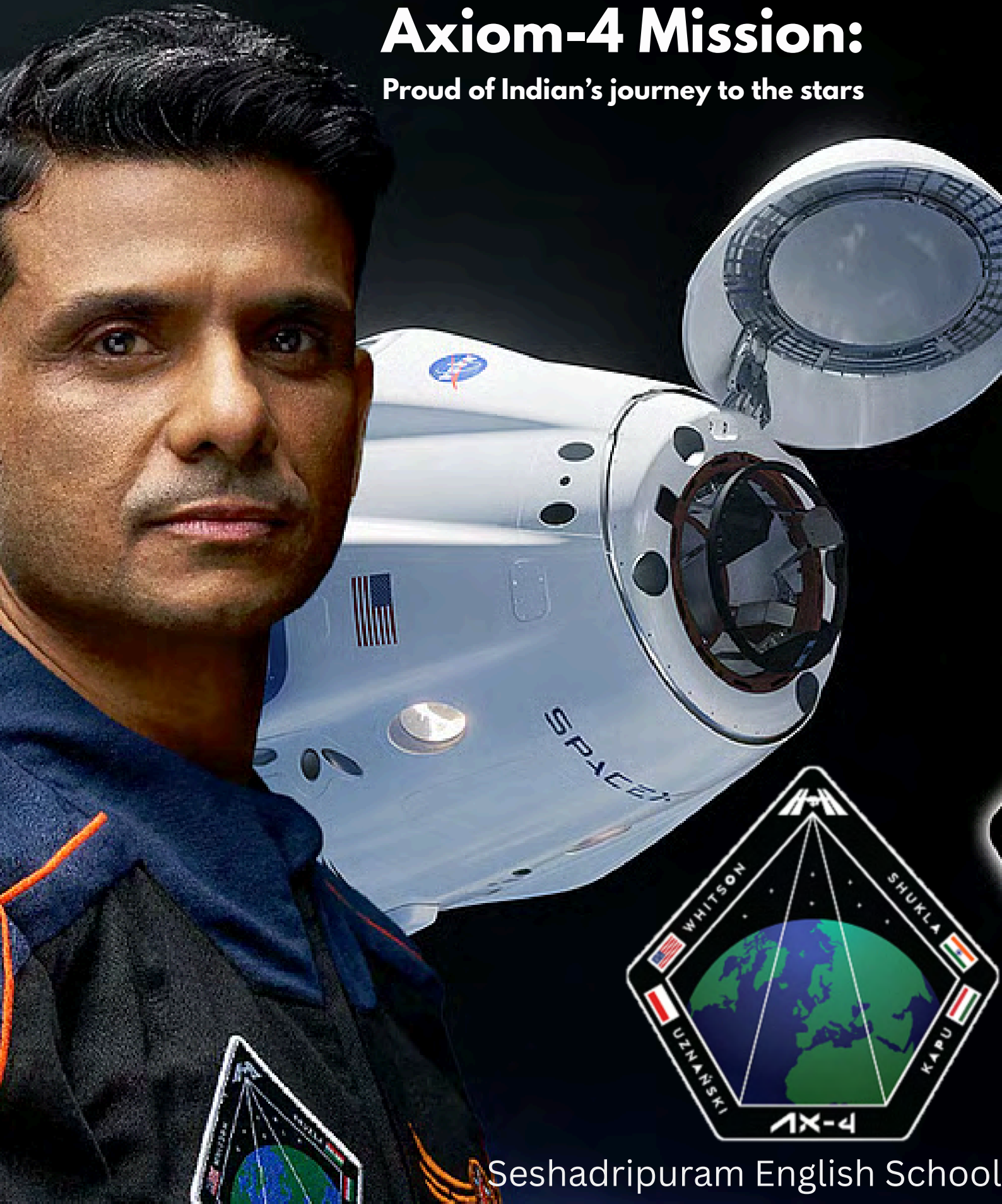


STUDENTS' SWARM

ISSUE #4, September 2025

Axiom-4 Mission:

Proud of Indian's journey to the stars





International Tiger Day

July 29, 2025



Karnataka is one of India's top tiger-populated states, with around 524 tigers—making up a significant share of the countrywide population .

“Their Future in Our Hands”

Seshadripuram English School



From Principal's Desk

“SUCCESS COMES TO THOSE WHO WORK HARD AND STAYS WITH THOSE, WHO DON'T REST ON THE LAURELS OF THE PAST.”

Smt. Sowmya B.M.

Seshadripuram English School, Melekote, Tumakuru

Education is not merely acquirement of facts but also of values which help us improve the different facets of mankind. It ensures that we leave the world a far better place than we found it. A pivotal role of education lies in shaping the personality of a child into a healthy mind and happy soul, who is not only equipped with 21st century skills and aptitude required for academic excellence but helping him face the challenges of life in a balanced and harmonious way. Therefore, the system of education should work as a catalyst in making each child a balanced human being having his core strengths embedded in the learning experiences.

In Seshadripuram English School, we enterprise to map academic excellence with a good human value system, which in myriad ways is ingrained in the culture of the school. To achieve this, we strongly feel that a paradigm shift in the minds of all stake holders should take place so that when the school becomes the hub to initiate and formalize education it has its tenets enshrined in a good value system; the extension of which is thereby taken home where it is further strengthened. And our commitment to such education will always persist in all our endeavors.

Teamwork is the hallmark of Seshadripuram English School. I am very sure through collaborative effort we can achieve more to benefit our students who are the future leaders of tomorrow.

With sincere and warm regards

**SOWMYA B M, M.Sc., B.Ed., K-SET, NET
PRINCIPAL**

FROM THE

EDITOR'S DESK

From the Editor's Desk

Dear Readers,

We are happy to bring you this edition of our school newsletter. It captures the joy, hard work, and creativity of our students and teachers. Each page shares moments of learning, achievements, and celebrations that make our school a special place.

A big thank you to our Principal, teachers, parents, and students for their support and contributions. We hope you enjoy reading as much as we enjoyed putting it together.

Happy reading!

Ramya R. Raj

Editor-in-Chief



Shubhanshu Shukla

Second Indian in Space



Born on 10 October 1985 in Lucknow, UP. He completed schooling at City Montessori School, holds a B.Sc from NDA (2005), and an M.Tech in Aerospace Engineering from IISc, Bangalore.

Indian Air Force Group Captain and test pilot, serving since June 2006. He has 2,000+ hours of flight experience on jets like Su-30 MKI, MiG-21, MiG-29, Jaguar, Hawk, Dornier, and An-32.

Axiom Mission 4 Highlights

- Launch: June 25, 2025 aboard SpaceX Falcon 9 & Crew Dragon.
- Mission role: Primary co-pilot alongside an international crew.
- Experiments: Participated in 60+ microgravity experiments, including studies in medicine, agriculture (e.g., growing methi), cyanobacteria, and screen-time research—relevant for Gaganyaan and future Ax-4 objectives.
- Duration: ~18 days on the ISS, returned to Earth on 15 July 2025

Awards, Legacy & Personal Life

- Shukla's mission is a key milestone in India's growing footprint in global space exploration, strengthening collaboration across agencies and nations.
- He is married to Dr. Kamna Shukla, a dentist, and they have a young son. His reserved nature is well noted by those close to him.
- Following his return, health evaluations confirmed he is in good health, undergoing a recovery regimen to readjust to Earth's gravity.

"Cherrapunji of South India" is a nickname commonly given to Agumbe, a small village located in the Shivamogga district of Karnataka. Known for its lush rainforests, biodiversity, and heavy rainfall, Agumbe is one of the wettest places in South India.



- Agumbe receives over 7,600 mm (300 inches) of rainfall annually.
- Agumbe is famous for being a habitat of the King Cobra, the world's longest venomous snake.
- The Agumbe Rainforest Research Station (ARRS) was founded here to study King Cobras and other wildlife.
- It's located in the Western Ghats, a UNESCO World Heritage Site and one of the eight "hottest hotspots" of biological diversity in the world.
- The forests are rich in rare medicinal plants, reptiles, amphibians, and birds.
- The famous Indian TV series "Malgudi Days" was shot in Agumbe.



Visitors are encouraged to respect local traditions and avoid plastic usage.
Seshadripuram English School

FIRST BATCH OF FEMALE CADETS GRADUATES FROM NDA

Daring 17: The first women who crossed NDA portals



Graduation ceremony marks historic moment for women in Indian armed forces; cadet Shriti Daksh secures first place in B.A. stream to win Silver Medal and Chief of Air Staff Trophy.

At least 339 cadets were conferred with degrees during the convocation ceremony of the 148th NDA course held at the academy, which trains cadets for the Army, Navy, and Air Force.

Division cadet Shriti Daksh etched her name in history books as she became the first female cadet to receive the Silver Medal and Chief of Air Staff Trophy for securing first rank in the B.A. stream. Lucky Kumar received the Chief of Army Staff Trophy for topping the B.Sc. stream, battalion cadet Captain Prince Kumar Kushwaha lifted the Chief of Naval Staff Trophy for topping the Computer Science branch, and academy cadet Captain Udayveer Singh Negi emerged topper in the B.Tech. stream.



 **Shriti Daksh**
Topper of NDA

For the first time in its 70+ year legacy, the NDA, known for shaping warrior-leaders, welcomed daughters of India into its rigorous and revered three-year training program. These cadets were no longer just symbols of change—they were change in motion, living proof of the Indian Armed Forces' evolving ethos.



“The safety, honour, and welfare of your country come first, always and every time.” – Indian Military Academy Motto
Seshadripuram English School

Clay is one of the oldest and most versatile natural materials used by humans. Formed from fine-grained soil, clay becomes soft and moldable when mixed with water, making it perfect for creating pottery, sculptures, tiles, and even bricks. Civilizations like the Egyptians, Greeks, and Chinese used clay to create stunning art and everyday utensils thousands of years ago.

What makes clay so special is its transformation – it starts as a lump of earth and, with a little creativity and heat, becomes a beautiful and lasting piece of art. There are different types of clay like terracotta (red clay), porcelain (white clay), and stoneware, each with its unique texture and use.

Today, clay continues to inspire artists, students, and even scientists. It's used in schools to spark creativity, in homes as décor, and in industries for tiles and ceramics. Working with clay is not just fun – it teaches patience, precision, and the joy of creating something with your own hands.

Before glass sparkled or steel shone, before skyscrapers touched the sky or plastic filled our shelves, there was clay.

The story of clay begins deep underground. Clay is made up of fine-grained particles formed when rocks like granite slowly break down over time. Rain, wind and ice work together to grind these rocks into soft sediments, often settling in riverbeds and lakes.

Types of Clay

There are different kinds of clay:

- Kaolin (China clay) – used in porcelain.
- Earthenware – common in pottery.
- Stoneware – strong and waterproof when fired.
- Ball clay – very plastic and used for fine ceramics.



Did you know?



CLAY SHAPED THE FIRST COOKING POTS

Long before metal pots existed, people cooked meals in clay vessels placed directly over fire.

YOUR SKINCARE ROUTINE OWES A LOT TO CLAY

Certain clays can absorb oil, bacteria and toxins, which is why they're still used in face masks and soaps.

CLAY IS PICKY ABOUT WATER

If it gets too dry or too wet, clay can crack or collapse - potters need perfect timing to shape it right.

CLAY HELPED PRESERVE ANCIENT LAWS

The code of Hammurabi, one of the oldest law codes in the world, was first carved into clay tablets.

CLAY HELPED HUMANS WRITE BEFORE PAPER WAS BORN

Ancient sumerians used clay tablets to invent cuneiform - one of the earliest writing systems in the world.

RADIO STATIONS USE IT TOO

Clay minerals help filter and insulate materials used in satellite dishes and communication devices.

IT CAN TURN INTO MUSIC TOO

The ocarina, a wind instrument found in many ancient cultures, is often made from fired clay.

FUN FACTS BENGALURU

Bengaluru is called the silicon valley of India since it enjoys the distinction of having the highest number of software companies in India - 212, followed by Hyderabad - 108, Pune -97.

Bengaluru has 21 engineering college, which is the highest in the world in a given city. Bengaluru university has 57 engineering colleges affiliated to it, which is the highest in the world.

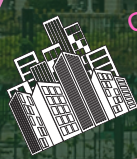
Bengaluru has produced the highest number of professionals in USA almost 60 percent of the indian population abroad is from Bengaluru (except Gulf).



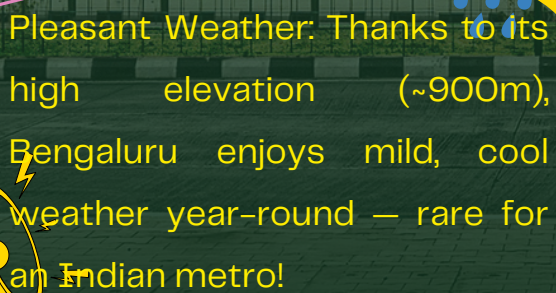
Bengaluru University has the highest number of students going abroad for higher studies, taking the first place from IIT Kharagpur.



Bengaluru has produced the maximum international sportsmen in India for all sports, ahead of even Mumbai and Delhi.



Bengaluru has only 48 per cent of local population and hence, is a true cosmopolitan.



Pleasant Weather: Thanks to its high elevation (~900m), Bengaluru enjoys mild, cool weather year-round – rare for an Indian metro!



Bengaluru has produced the maximum number of scientists considered for nobel prize nominations.

BENGALURU

TIGERS

- **Largest Wild Cats** – Tigers are the largest members of the cat family. A male Siberian tiger can weigh over 300 kg!
- **Unique Stripes** – No two tigers have the same stripe pattern, just like human fingerprints.
- **Night Vision** – Tigers can see six times better than humans at night, making them skilled hunters.
- **Powerful Roar** – A tiger's roar can be heard up to 3 km away in the wild.
- **Strong Swimmers** – Unlike most cats, tigers love water. They are excellent swimmers and can cross rivers more than 5 km wide.



Why are dolphins in the Amazon river Pink?

Meet the magical creatures of South America's rivers

- Found in the Amazon and Orinoco river basins in South America.
- They are born gray and gradually turn pink as they age, due to scar tissue and increased blood vessels near the skin.
- Males are usually pinker than females.
- They can turn brighter pink when excited or agitated!
- They're freshwater dolphins and are considered very intelligent, with a flexible neck that helps them maneuver in flooded forests.

Special Swimmers

They can swim upside down, thought to give them a better view of fish on the river bed

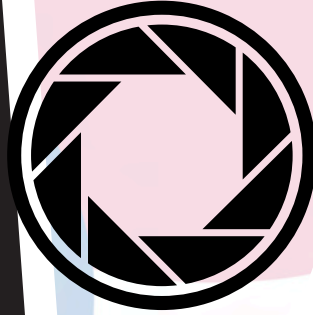


HOW PHOTOGRAPHY BEGAN AND GREW

Discover how light and science came together to capture life in pictures

The first photograph took hours to capture

Joseph Nicéphore Niépce's 1826 image, View from the Window at Le Gras, needed eight hours of sunlight to appear.

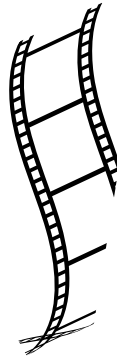


Old portraits rarely showed smiles

Early cameras needed long exposure times, so people had to sit still without moving their faces.

Colour photography began in the 19th century

The first colour photograph was made in 1861 using red, green and blue filters.



The oldest known colour photo still exists

James Clerk Maxwell's 1861 colour ribbon photo is preserved at the University of Cambridge.



World's first selfie dates back to 1839

American pioneer Robert Cornelius took a self-portrait that required him to sit still for over a minute.



The first digital photo was taken in 1957

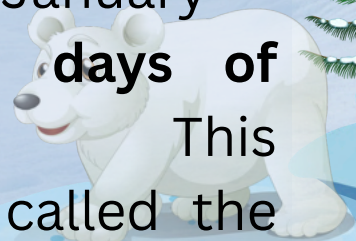
It was created 20 years before the digital camera, by scanning a picture of a baby onto a computer.

WITHOUT SUNRISE?



Alaska's extreme daylight patterns happen because of its location near the **Arctic Circle**. The Earth is tilted on its axis by about **23.5 degrees**, so during winter, the North Pole is tilted away from the Sun.

In places like **Utqiagvik (formerly Barrow), Alaska**, which lies above the Arctic Circle, this tilt means the Sun dips below the horizon in late November and doesn't rise again until late January — about **65 days of darkness**. This period is called the polar night.

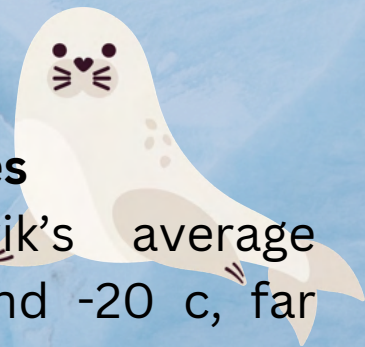


Snow houses in history

Indigenous inupiat people once built igloos for shelter during hunts, taking advantage of snow's insulation.

Extreme temperatures

In Winter, Utqiagvik's average temperature is around -20°C , far colder than most freezers.



Movies from the dark

The polar night inspired films and books, including vampire stories set in 30 days of night.

The opposite happens in summer. For about 80 days, the Sun never sets, creating the famous "Midnight Sun" where daylight lasts 24 hours.





Sneak Peek Sneak Peek

Ethiopia uses a different calender system.

Ethiopia follows the Ethiopian calender, which has 13 months and is about seven years behind the Gregorian Calender used elsewhere.

The Danube river flows through ten countries.
Europe's Danube is the only river in the world that passes through so many different nations, from Germany to Romania.

Antarctica has no time zones

Since all longitudes meet at the south pole, scientists in Antarctica simply use the time zone of their home country or supply base.

Mount Everest grows a little taller each year

Tectonic activity causes the world's tallest mountain to rise by about 4 millimeters annually, slowly changing its height.

Thailand is the only country in Southeast Asia never colonised

Unlike its neighbours, Thailand avoided European colonisation and maintained its sovereignty throughout history.

The Amazon River has no bridges

Despite being over 6,400 kilometers long, the mighty Amazon River has no bridges crossing its main channel.

The Philippines has over 7,600 islands

This southeast Asian country is made up of thousands of islands, many of which are still unnamed.

YOGA DAY



INDEPENDENCE DAY



Aksharabhyasa



Colours Day



Festival CELEBRATIONS



Investiture CEREMONY



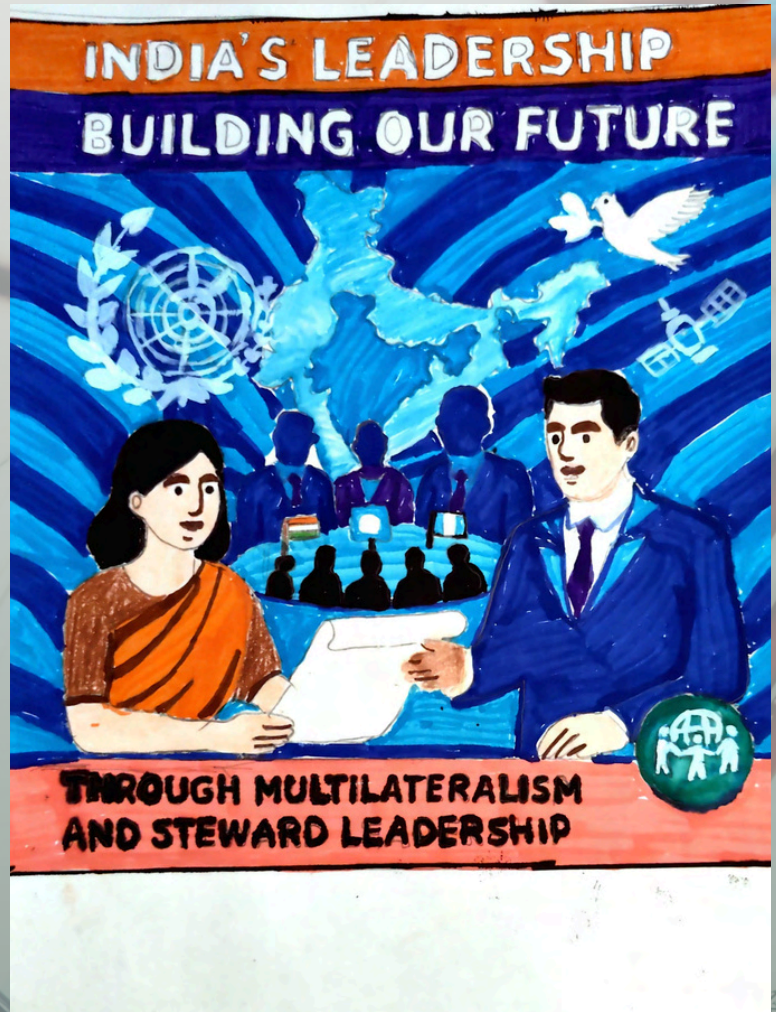
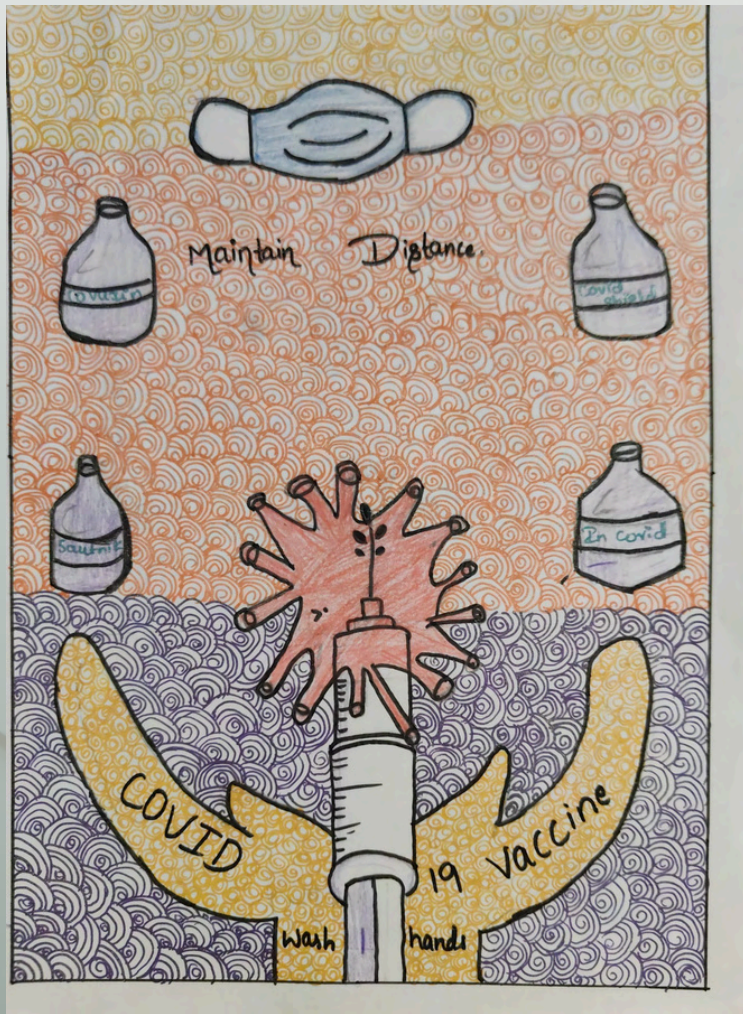
Investiture CEREMONY



Investiture CEREMONY



Art Gallery





ಪ್ರಜಾ ಪ್ರಗತಿ



ಕೌಶಲ್ಯಾಭಿವೃದ್ಧಿ ತರಗತಿಗಳ ಉದ್ಘಾಟನೆ

• ಪ್ರಜಾಪ್ರಗತಿ.ಕಾಂ

ತುಮಕೂರು: ನಗರದ ಶೇಷಾದ್ರಿಪುರಂ ಇಂಗ್ಲೀಷ್ ಶಾಲೆಯಲ್ಲಿ ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ನೀತಿ-2020 ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಅನುಸರಿಸಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತುಮಕೂರಿನ ಪೇಸ್ ಸಂಸ್ಥೆಯ ಸಹಯೋಗದಲ್ಲಿ ಆಯೋಜಿಸಿರುವ ಕೌಶಲ್ಯಾಭಿವೃದ್ಧಿ ತರಗತಿಗಳನ್ನು ಶಾಲೆಯ ಪ್ರಾಂಶುಪಾಲರಾದ ಸೌಮ್ಯ ಅವರ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಬೆಂಗಳೂರಿನ ದಿ ಸ್ಕೂಲ್ ಆಫ್ ನ್ಯಾಚುರೋಪಥಿ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಡಾ.ಅಪರ್ ಅವಿನಾಶ್ ಸಾವ್ಜಿ, ಕೃಷಿ ವಿಜ್ಞಾನ ಕೇಂದ್ರ, ಹಿರೇಹಳ್ಳಿಯ ತಾಂತ್ರಿಕ ಅಧಿಕಾರಿಗಳಾದ ಜಗದೀಶ್, ಯುವ ಶೈಕ್ಷಣಿಕ ಉದ್ಯಮಿ ಪ್ರಣವ್ ಅನಿರುದ್ಧ್, ಪೇಸ್ ಕಾರ್ಯ ನಿರ್ವಾಹಕ ಅಧಿಕಾರಿ ನಾಗೇಂದ್ರ ಅವರುಗಳು ಉದ್ಘಾಟಿಸಿದರು.

ಶಾಲಾ ಮಟ್ಟದಲ್ಲಿಯೇ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ಎನ್ ಇಪಿ ಯೋಜನೆಯಂತೆ ಕೃಷಿ ತಂತ್ರಜ್ಞಾನ, ಗ್ರಾಫಿಕ್ ಡಿಸೈನ್ ಹಾಗೂ ಪ್ರಕೃತಿ ಚಿತ್ರ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ನಿಪುಣತಾ ತರಗತಿಗಳನ್ನು ಆರಂಭಿಸಿರುವುದು ಶೇಷಾದ್ರಿಪುರಂ ಇಂಗ್ಲೀಷ್ ಶಾಲೆಯ ವಿಶೇಷವಾಗಿದ್ದು, ಪ್ರಾಯಶಃ ಇದು ನಮ್ಮ ರಾಜ್ಯದಲ್ಲಿಯೇ ಪ್ರಥಮ ಪ್ರಯತ್ನವಾಗಿದ್ದಿರಬಹುದು ಎಂದರು. ತುಮಕೂರಿನ ಪೇಸ್ ಹಾಗೂ ಶೇಷಾದ್ರಿಪುರಂ ಇಂಗ್ಲೀಷ್ ಶಾಲೆಯ ಈ ಜಂಟಿ ಯೋಜನೆಯಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳು ರಾಷ್ಟ್ರನಿರ್ಮಾಣದ ಕೆಲಸಕ್ಕೆ ಸಜ್ಜಾಗುತ್ತಿರುವುದು ಈ ಮಾದರಿ ಯೋಜನೆಯ ವೈಶಿಷ್ಟ್ಯವೆಂದರು.



ಕೃಷಿ ತಂತ್ರಜ್ಞರಾದ ಜಗದೀಶ್‌ರವರು ಮಾತನಾಡುತ್ತಾ, ಪ್ರತಿವರ್ಷವೂ ಅವಿವಿಷ್ಟಿ ಹಾಗೂ ಅನಾವೃಷ್ಟಿಯಿಂದ ರೈತ ಸಮುದಾಯ ಕಂಗಾಲಾಗುತ್ತಿದ್ದು, ಅವರಿಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಲು ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯ ಕೃಷಿವಿಜ್ಞಾನಿಗಳ ಅಗತ್ಯವಿದ್ದು, ಶೇಷಾದ್ರಿಪುರಂ ಇಂಗ್ಲೀಷ್ ಶಾಲೆಯು ಕೈಗೊಂಡಿರುವ ಇಂತಹ ಯೋಜನೆಯು ರಾಷ್ಟ್ರಕ್ಕೆ ಕೃಷಿ ವಿಜ್ಞಾನಿಗಳನ್ನು ನೀಡುವಲ್ಲಿ ಉತ್ತಮ ವೇದಿಕೆಯಾಗಿದೆ ಎಂದು ಶ್ಲಾಘಿಸಿದರು. ಗ್ರಾಫಿಕ್ ಡಿಸೈನ್ ತಂತ್ರಜ್ಞಾನವು ಎಲ್ಲಾ ಉದ್ಯಮ ಕ್ಷೇತ್ರಗಳಿಗೂ ಅತ್ಯಗತ್ಯವಾಗಿದ್ದು ತಮ್ಮ ಕೌಶಲ್ಯಗಳನ್ನು ಜಾಗತಿಕ ಮಟ್ಟದಲ್ಲಿ ಪರಿಚಯಿಸಲು ಹಾಗೂ ವಿಸ್ತರಿಸಲು ಅವಕಾಶ ಕಲ್ಪಿಸುತ್ತದೆ ಎಂದು ಮತ್ತೊಬ್ಬ ಅತಿಥಿ ಪ್ರಣವ್ ಅನಿರುದ್ಧ್ ತಿಳಿಸಿದರು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿದ ನಾಗೇಂದ್ರ ಅವರು ಶಿಕ್ಷಣವೆಂಬ ಮಾಧ್ಯಮದ ಮೂಲಕ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಕೇವಲ ಪಠ್ಯಕ್ರಮಕ್ಕೆ

ಸೀಮಿತಗೊಳಿಸಿ ಅಲ್ಪಮಾನವರನ್ನಾಗಿಸದೆ, ಕೌಶಲ್ಯಾಭಿವೃದ್ಧಿಯ ಕೋರ್ಸುಗಳ ಮೂಲಕ ಅವರನ್ನು ವಿಶ್ವಮಾನವರನ್ನಾಗಿಸುವ ಧ್ಯೇಯವೇ ಈ ಯೋಜನೆಯ ಮೂಲಸ್ವರೂಪವಾಗಿದೆಯೆಂದರು. ಪೇಸ್ ಸಂಸ್ಥೆ ವಿಸ್ತಾರಗೊಳಿಸಿರುವ ಈ ಕೋರ್ಸುಗಳ ಮಹತ್ವವನ್ನು ತಕ್ಷಣವೇ ಗ್ರಹಿಸಿ ತಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಅನುಷ್ಠಾನಗೊಳಿಸಿದ ಪ್ರಾಂಶುಪಾಲರಾದ ಸೌಮ್ಯ ಅತ್ಯಂತ ದೂರದೃಷ್ಟಿಯುಳ್ಳವರಾಗಿದ್ದು ಉತ್ತಮ ವಿದ್ಯಾರ್ಥಿಗಳ ಆಧುನಿಕ ಅಗತ್ಯಗಳನ್ನು ಅರ್ಥಪೂರ್ಣವಾಗಿ ಪೂರೈಸುತ್ತಿದ್ದಾರೆಂದರು. ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ಶೇಷಾದ್ರಿಪುರಂ ಪದವಿ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಜಗದೀಶ ಜಿ ಟಿ, ಶೇಷಾದ್ರಿಪುರಂ ಪದವಿ ಪೂರ್ವ ಕಾಲೇಜಿನ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಮಹಾಂತೇಶ್ ಹಾಗೂ ಶೇಷಾದ್ರಿಪುರಂ ಐಸಿಎಸ್‌ಸಿ ಶಾಲೆಯ ಪ್ರಾಂಶುಪಾಲರಾದ ನಂದಾರಾಜ್ ಅವರು ಉಪಸ್ಥಿತರಿದ್ದರು.

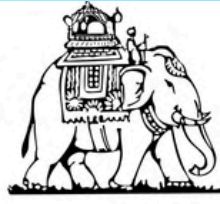
Tumkur Edition
Jul 08, 2025 Page No. 8
Powered by: seshadripuram.com

Friday, August 1, 2025



Seshadripuram English School holds investiture ceremony: Seshadripuram School, Tumakuru, recently held its investiture ceremony. The event was graced by chief guest Subha Kalyan, IAS, District Commissioner of Tumakuru, and dignitaries T S Henjarappa, M S Nataraj, Principal H N Nanda Raj, and Principal Sowmya B M Student leaders were formally inducted into the school council.

ಪ್ರಜಾಪ್ರಗತಿ



ರಾಷ್ಟ್ರನಿರ್ಮಾಣದ ಪ್ರಬುದ್ಧ ಮನಸ್ಸಿಗಾಗಿ ಯೋಗ

● ಪ್ರಜಾಪ್ರಗತಿ.ಕಾಂ

ತುಮಕೂರು: ಪ್ರತಿದಿನ ಮಾನಸಿಕ ಮತ್ತು ದೈಹಿಕ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ ನಿರಂತರವಾಗಿರಬೇಕು ಎಂಬುದೇ ಯೋಗ ಫಾರ್ ಒನ್ ಆರ್ಥ್, ಒನ್ ಹೆಲ್ತ್ ಎಂಬ ಈ ವರ್ಷದ ಯೋಗ ದಿನಾಚರಣೆಯ ಆಶಯ. ನಮಗೆಲ್ಲರಿಗೂ ಸಿಗುವುದು ಒಂದೇ ಜೀವನ, ಆ ಜೀವನವನ್ನು ಯೋಗದ ಮೂಲಕ ಸಂತೋಷ ಮತ್ತು ನೆಮ್ಮದಿಯಿಂದ ನಿರ್ವಹಿಸಿ ದೇಶದ ಬೆಳವಣಿಗೆಗೆ ಕಾರಣರಾಗಬೇಕೆಂದು ಬೆಂಗಳೂರಿನ ಎಸ್-ವ್ಯಾಸ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಅಸಿಸ್ಟೆಂಟ್ ಪ್ರೊಫೆಸರ್ ಡಾ|| ವೈಶಾಲಿ ಮಠಪತಿಯವರು ಆಶಿಸಿದರು. ತುಮಕೂರು ನಗರದ ಶೇಷಾದ್ರಿಪುರಂ ಇಂಗ್ಲಿಷ್ ಶಾಲೆಯಲ್ಲಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಅಂಗವಾಗಿ ಹಮ್ಮಿಕೊಂಡಿದ್ದ ಕಾರ್ಯಾಗಾರದಲ್ಲಿ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಭಾಗವಹಿಸಿ ಮಾತನಾಡಿದ ಅವರು, ಯೋಗವನ್ನು ತಮ್ಮ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವುದರಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳು ಏಕಾಗ್ರತೆ, ಶಿಸ್ತು, ಸಮಯಪ್ರಜ್ಞೆ ಹಾಗೂ ನೆನಪಿನ ಶಕ್ತಿಯನ್ನು ವೃದ್ಧಿಸಿಕೊಂಡು ಬಹುತೇಕ ವಿದ್ಯಾರ್ಥಿವೇಷೆಯಲ್ಲಿನ ಸವಾಲುಗಳಿಗೆ ಸೂಕ್ತ ಉತ್ತರಗಳನ್ನು ಕಂಡುಕೊಳ್ಳಬಹುದೆಂದರು. ಇಂದು ಭಾರತ ಮಾತ್ರವಲ್ಲದೇ ಜಗತ್ತಿನ ಬಹುತೇಕ ಎಲ್ಲ ವಿಶ್ವವಿದ್ಯಾಲಯಗಳು ಆಧುನಿಕ ಶಿಕ್ಷಣದ ಒತ್ತಡದ ಸಮಯದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಯೋಗದ ಉಪಯುಕ್ತತೆ ಕುರಿತು ತಿಳಿಹೇಳುತ್ತಿವೆ. ಸಾವಿರಾರು ವರ್ಷಗಳ ಇತಿಹಾಸವಿರುವ ಯೋಗವಿಜ್ಞಾನವನ್ನು ದೈನಂದಿನ ಕಲಿಕೆಯಲ್ಲಿ ಜೋಡಿಸಿಕೊಂಡಾಗ ಬೇರಲ್ಲಾ ಪಠ್ಯಕ್ರಮಗಳಲ್ಲಿ ಯಶಸ್ಸು ಸುಲಭವಾಗುತ್ತದೆಂದರು. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಹೃದಯ ಸಂಬಂಧಿ ಸಮಸ್ಯೆಗಳು ತಲೆದೋರುತ್ತಿರುವುದು ದುರಂತ, ಅವರಲ್ಲಿ ಒತ್ತಡವನ್ನು ಕಡಿಮೆ ಮಾಡಿ ಸಮಸ್ತಿಗೆ ತೆಗೆದುಕೊಂಡು ಬರುವಲ್ಲಿ ಯೋಗ ಸಹಕರಿಸುತ್ತದೆ.

ಯೋಗ ಮಾಡುವುದಕ್ಕೆ ಇಂತಹದ್ದೇ ವಯಸಾ ಗಬೇಕೆಂಬ ನಿಯಮವಿಲ್ಲ, ಪುಟ್ಟ ವಯಸ್ಸಿನಲ್ಲಿ

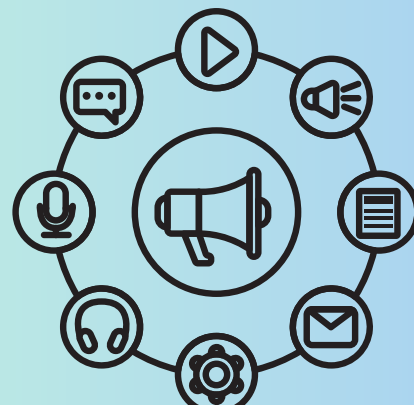


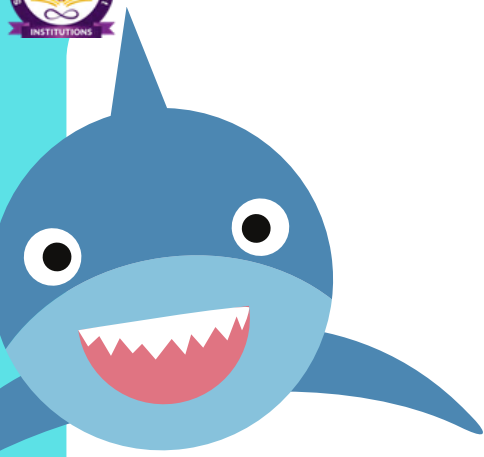
ಸಣ್ಣ ಪುಟ್ಟ ವ್ಯಾಯಾಮ, ಪ್ರಾಣಾಯಾಮ, ಪ್ರೈಮರಿ ಶಾಲೆಯ ಹಂತಕ್ಕೆ ಬಂದಾಗ ವಿವಿಧ ಸುಲಭ ಯೋಗಾಸನದ ಭಂಗಿಗಳು, ಯುವಕರಿಗೆ ಸಮಗ್ರ ಯೋಗಶಿಕ್ಷಣ ನೀಡಿದಾಗ ದೈಹಿಕ ಆರೋಗ್ಯದ ಜೊತೆಗೆ ಯೋಚನಾಶಕ್ತಿ ಹಾಗೂ ಏಕಾಗ್ರತೆ ಹೆಚ್ಚಾಗುತ್ತದೆ. ಇಂದಿನ ಭೌಗೋಳಿಕ ರಾಜಕಾರಣ, ಕೃತಕಬುದ್ಧಿಮತ್ತೆ, ರಾಷ್ಟ್ರಗಳ ನಡುವಿನ ಯುದ್ಧ ಸಂಘರ್ಷ, ಭಯೋತ್ಪಾದನೆ ಘಟನೆಗಳು, ಆರ್ಥಿಕ ಹಿಂಜರಿತ, ಪ್ರಕೃತಿ ವಿಕೋಪಗಳನ್ನು ಗಮನಿಸಿ ಖನ್ನರಾಗುತ್ತಿರುವ ವಿದ್ಯಾರ್ಥಿ ಸಮುದಾಯಕ್ಕೆ ತಮಗೆ ಲಭಿಸಿರುವ ಜಗತ್ತನ್ನು ಅನಾವರಣ ಮಾಡಿಕೊಳ್ಳಲು ಯೋಗದ ಕಡೆಗೆ ಗಮನಹರಿಸುವುದು ಅಗತ್ಯವಾಗಿದೆ. ಭಾರತೀಯ ಗಗನಯಾನಿ ಶುಭಾಂಶು ಶುಕ್ಲಾ ಅಂತರಾಷ್ಟ್ರೀಯ ಅಂತರಿಕ್ಷ ನಿಲ್ದಾಣದ ಶೂನ್ಯ ಗುರುತ್ವಾಕರ್ಷಣ ವಾತಾವರಣದಲ್ಲಿ ಯೋಗ ಮಾಡಲಿರುವುದು ನಮಗೆ ಹೆಮ್ಮೆ ತರುವ ವಿಷಯವಾಗಿದೆ. ಹಲವು ದೇಶಗಳು ಹಣ, ಗಡಿ ವಿಸ್ತಾರಣೆ, ಪರಮಾಣು ಶಸ್ತ್ರ ಸಂಗ್ರಹಗಳ ಬಗ್ಗೆ ಯೋಚಿಸುತ್ತಿದ್ದರೆ, ಭಾರತ ಜಗತ್ತಿಗೆ ಯೋಗ ಎನ್ನುವ ಸಾಫ್ಟ್ ಪವರ್ ನೀಡುತ್ತಿದೆ.

ವಿದ್ಯಾರ್ಥಿಗಳು ಪಿಯುಸಿ ನಂತರ ನೀಟ್ ಪರೀಕ್ಷೆಯಿಲ್ಲದೇ ನ್ಯಾಚುರೋಪತಿ ಹಾಗೂ ಯೋಗಿಕ್ ಸೈನ್ಸ್ ನಲ್ಲಿ ವೈದ್ಯರಾಗಿ ಯೋಗ ಧರಪಿಯಿಂದ ಡಯಾಬಿಟೀಸ್, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಹೃದಯ ಸಂಬಂಧಿ ಕಾಯಿಲೆಗಳು, ಕ್ಯಾನ್ಸರ್, ಜೀರ್ಣಕ್ರಿಯೆಯಲ್ಲಿನ ಲೋಪಗಳಿಗೆ ಯೋಗ ಧರಪಿಯ ಮೂಲಕ ಚಿಕಿತ್ಸೆ

ನೀಡಬಹುದೆಂದರು. ಎಲ್ಲಾ ಕಾಯಿಲೆಗಳಿಗೂ ಮೂಲ ಸ್ಥೂಲಕಾಯ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚುತ್ತಿದ್ದು ನಿರಂತರ ಯೋಗಾಭ್ಯಾಸದಿಂದ ತಮ್ಮ ದೇಹವನ್ನು ಫೆಕ್ಸಿಬಲ್ ಆಗಿ ಕಾಪಾಡಿಕೊಳ್ಳಬೇಕೆಂದರು.

ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ಬೆಂಗಳೂರಿನ ಎಸ್-ವ್ಯಾಸ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ನ್ಯಾಚುರೋಪತಿ ಹಾಗೂ ಯೋಗಿಕ್ ಸೈನ್ಸ್ ವಿದ್ಯಾರ್ಥಿ ಚಿ||ಪ್ರತೀಕ್ ಅನಿರುದ್ಧ್ ಕಾರ್ಯಾಗಾರದಲ್ಲಿ ವಿವಿಧ ಯೋಗಾಸನಗಳನ್ನು ಪರಿಚಯಿಸಿದರು. ಪ್ರಸಿದ್ಧ ಗಾಯಕಿ ರೂಪ ನಾಗೇಂದ್ರರವರು ಯೋಗಾಭ್ಯಾಸಕ್ಕೆ ಶ್ಲೋಕಗಳನ್ನು ಪಠಿಸುವ ಮೂಲಕ ಸಾಂಪ್ರದಾಯಿಕ ಆಚರಣೆಗೆ ಸಹಕರಿಸಿದರು. ಶೇಷಾದ್ರಿಪುರಂ ಇಂಗ್ಲಿಷ್ ಶಾಲೆಯ ಪ್ರಾಂಶುಪಾಲರಾದ ಸೌಮ್ಯರವರು ಸಮಾರಂಭದ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ಪ್ರಣವಸ್ಯ ಅಕಾಡೆಮಿಯ ಸಹಕಾರದಿಂದ ಎಸ್-ವ್ಯಾಸ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಸಂಪರ್ಕವಾಗಿ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು, ಔಪಚಾರಿಕ ಆಚರಣೆಯಿಂದ ಹೊರಬಂದು, ತಮ್ಮ ಶಾಲೆ ಅರ್ಥಪೂರ್ಣವಾಗಿ ಆಚರಿಸಿರುವುದಕ್ಕೆ ಸಂತಸಪಟ್ಟರು. ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ತುಮಕೂರಿನ ವಿವೇಕಾನಂದ ಇಂಗ್ಲಿಷ್ ಶಾಲೆಯ 40 ವಿದ್ಯಾರ್ಥಿಗಳು ಈ ಕಾರ್ಯಾಗಾರಕ್ಕೆ ಆಹ್ವಾನಿತರಾಗಿ ಭಾಗವಹಿಸಿ ಪ್ರಯೋಜನ ಪಡೆದರು. ಭಾಗವಹಿಸಿದ ಎಲ್ಲರಿಗೂ ಅರ್ಹತಾಪತ್ರ ವಿತರಿಸಲಾಯಿತು.





OCEAN ANIMALS



WORD SEARCH

Find the words listed below and mark them.

O	C	T	O	P	U	S	X	D	S	T	F
A	L	K	S	Q	R	Q	R	Z	T	M	H
E	O	L	E	S	T	U	S	H	A	R	K
B	W	H	A	L	E	I	T	C	R	A	B
C	N	M	L	V	Y	D	U	I	F	O	A
D	F	N	P	D	O	L	P	H	I	N	C
F	I	O	T	U	R	T	L	E	S	Q	E
G	S	E	A	H	O	R	S	E	H	R	X
J	H	J	E	L	L	Y	F	I	S	H	S



- CRAB
- CLOWNFISH
- WHALE
- JELLYFISH

- SEAL
- SQUID
- DOLPHIN
- OCTOPUS

- TURTLE
- STARFISH
- SHARK
- SEAHORSE





ESHADRIPURAM ENGLISH SCHOOL

CBSE Visit





Dear Parents,

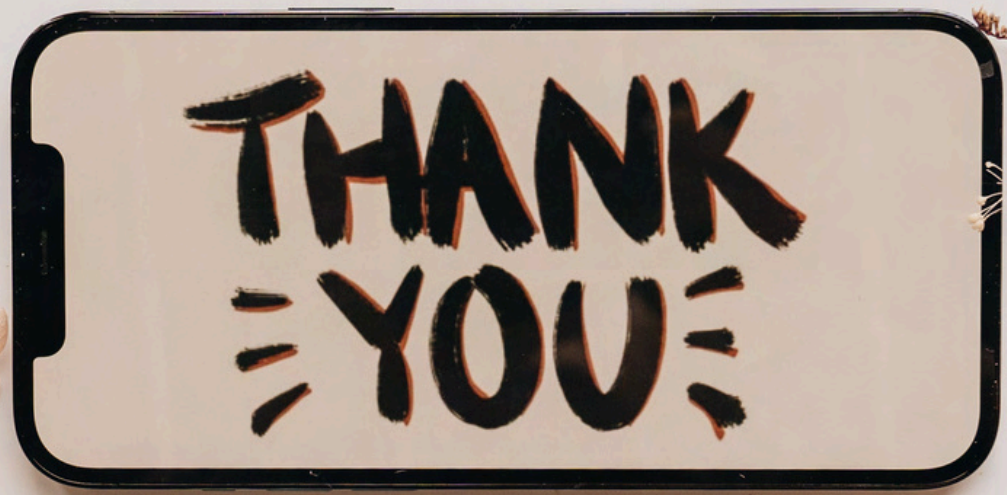
As we conclude the 1st Term of Academic Year 2025-26 at Seshadripuram English School, we would like to express our heartfelt gratitude for your unwavering support and partnership throughout the year. Your dedication to your children's education and your commitment to our school community have been truly remarkable. We are incredibly fortunate to have such a supportive and engaged group of parents.

We wish you and your families a colourful Dasara.

Happy Holidays

Thanking You,

Team SESTMK



**THANK
YOU**