



MANIPAL
SCHOOL

A unit of Academy of General Education

MANIPAL SCHOOL Connect August (AY 2021-22)



Mrs. Anuradha Shivaram
Principal, Manipal School

Dear Parents,

Greetings to you!

It's hard to believe that we are three months into the new academic year. We once again want to express our thanks to you, our students, our faculty and staff for your diligence, patience and support over the last 18 months as we have navigated this pandemic together.

I must share that it is very exciting to see the eager participation of our learners in the online classes. Our skilled and devoted staff is planning and preparing their lessons with new tools and strategies. All signs point to another incredible and productive school year.

I hope all of you have enjoyed receiving the regular school newsletters which really do reflect the school in a glorious way. They are proving to be an excellent way to share all of the different activities that students have been undertaking. I have been really impressed by everyone's productiveness and ingenuity and would encourage them all to continue to use their time at home as productively as possible.

- Mrs. Anuradha Shivaram
Principal

EDITORIAL COMMITTEE

Anuradha Shivaram	Principal
Laveena Barboza	Teacher
Hiba Baksh	Teacher
Shibani Trikannad	Teacher
Reshna Sudeep	Teacher
Vandana Nayak	Teacher
Veena Mallya	Teacher
Rakshitha Kishan	Admission Manager

QUOTE OF THE MONTH

Don't rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just luck.

-A. P. J. Abdul Kalam

MANIPAL SCHOOL
A Unit of Academy of General Education

CBSE
Affiliation No 830495

Congratulations
We are proud of our students !

100% results in Grade 'X' CBSE examination for the **7TH** consecutive year

42 Distinctions and 11 First classes

TOP PERFORMERS

Akhil Menon 98%	Gaman R G 97%	Ruwa Farina 97%	Advin Satheesh 97%	Soha Salim 97%	Monty Cheranda Muthanna 97%
Kavya 97%	Khateja Chasimee 97%	Nabeesha Jahan Sheikh 97%	Shaan Rana 97%	Neha Ashi Pooja Care 97%	Nisha, Mehrooz 97%
Niyathi Pal 97%	Vishnu Sunil Kumar 97%	Jyoti 97%	Nakhuda Mohammed Yusuf 97%		

Manipal School has achieved 100 percent results in Class X CBSE exams for the seventh year in a row. The students have performed extremely well.

Akhil Menon was the school topper with 98 percent followed by Gaman R G at 97 percent. Out of the 62 students who appeared for the board exams this year, 42 have secured a distinction and 11 students have secured a high first class.



GRADE X - AY 2020-21

Standing row first from left to right:

Yashas R.Rao, Monik C.M, Aniq Abdul Hameed, Mohammed Shahil, Mochi Sing Jetawat, K.S Sparsh, Razaan Hameed, Ashmit Joseph Saldanha, Darbe Ramesha, Ashlesh, Faizan Abubakkar, Karan Kumar.

Standing row second from left to right:

Theekshin B Rai, Mohammed Jalal, Owais Shaikh Anif, Advin Sathesh, Niyathi Pai, Aysha, Deyanshi Rao, Aliya Faiyaz Gazi, Akhil Menon, Ammar Rafiq Ahmed, Varun Pradeep, Milan Malviya.

Sitting row from left to right:

Mariam Rynadh, Mariam, Khateerja Chamie, Sheza Rizqin Jalaludheen, Tr. Vandana S Nayak, Principal Mrs. Anuradha Shivaram, Tr. Parvathi, Vibha B, Khateerja Rashana, Salha Kuthija, Soha Salman.



GRADE X - AY 2020-21

Standing row first from left to right:

Ankita Girish Nayak, Dhyan Shetty, Gaman Raahmi Ganesh, Trishal Rajesh Karywal, Rakshith Bediguthu, Ishaan Raina, Shiyaz Omar Muhammad, Mohammed Ayaan Haris, Adarsh Madhusudhan Laad, Vignesh Santhosh Anchan, Prakrithi Bhandary

Standing row second from left to right:

Fathima Sameeha Sadiq, Tanisha Shakawat, Mohammed Rajif Althaf, Sufiyan Ibrahim Gijani, Vishnu Sunil Kumar, Nakhuda Mohammed Yusuf, Owais Anis, Ayush Pramod Shetty, Nidhal Mehfooz, Shayan Mohammed, Meghna Joan Mathias, Ameera Abid Asgar.

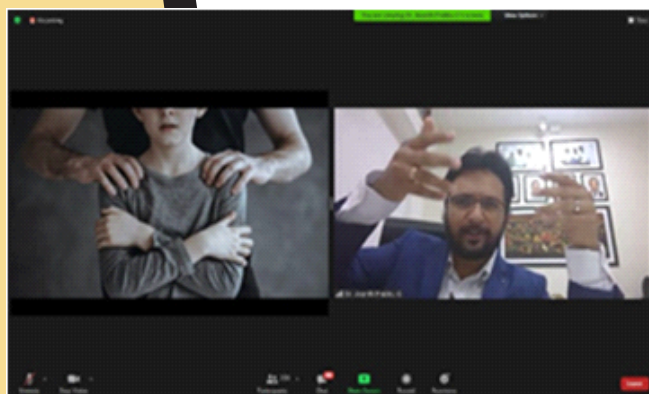
Sitting row from left to right:

Siya Harsha Shetty, Krithi Anil Nair, Krishnapriya Pratap, Neha Anif Pooja Care, Tr. Yogavathi, Principal Mrs. Anuradha Shivaram, Tr. Parvathi, Kashi, Nabeeha Jahan Sheikh, Meenal Udayavara Kiran, Rysu Partha.

EVENTS @ SCHOOL:

CYBER SAFETY PROGRAMME:

As part of 'Azaadi ka Amrit Mahotsav', the school organized and hosted a virtual workshop on "Cyber Safety Programme" on 7th August 2021. This workshop was presented by Dr. Ananth Prabhu G., a cybersecurity expert, Professor in Computer Engineering at the Sahyadri College of Engineering and Management and an acclaimed author. He is also a guest faculty at the Karnataka Police Academy and Karnataka Judicial Academy. The virtual workshop was attended by more than 250 participants including the Principal, Mrs. Anuradha Shivaram, students of Grade VIII, IX, and X, and teachers of Manipal School. The two-hour session consisted of various internet safety topics like the reach of social media, the safety of images and data posted online, reverse image searches, hacking, phishing, and the importance of installing a paid antivirus software on all devices. The programme was extremely interactive and hands-on. Students were able to directly interact with Dr. Ananth throughout the session and have a comprehensive understanding of safety in cyberspace.



AICS ACCELERATOR SESSION:

The English teachers of Primary and Middle School attended a workshop held by the Lourdes Central School - AICS ACCELERATOR- 02 on Competencies and Experiential learning on 18th August, 2021. The resource persons Ms. Shaila Pereira led us through the approach and procedures in Competency based Language teaching and Ms. Deepa J D'Souza spoke on the Experiential Learning Model. It was a comprehensive session where a great emphasis was laid on 'starting with the known and moving on to the unknown'. A comparison on 'Traditional vs Competency' was also made. Some easy-to-follow examples of how experiential learning can be applied in the classrooms were shared. Various examples of hands-on activities like activities using newspaper, story-telling, Graphic organizer, Bubble map, Padlet making videos were shared to increase student participation, memory retention and thereby increase the effectiveness of learning. The workshop was very informative and appreciated by all attendees.

INDEPENDENCE DAY:

Not only is India's Independence Day a historic celebration which makes one remember and honour the mighty sacrifices our courageous leader and fighters put forward for our country, but also a day to take pride, celebrate and respect our country's rich honour, culture and tradition. Usually, Independence Day is marked by grand celebrations but owing to the pandemic just like last year, flag hoisting was done at school in the presence of a very limited gathering. And the rest of the celebration with students happened in virtual mode.



Inculcating life skills is the only way we can slow down and perhaps even stop the silent epidemic of depression and anxiety, in children and young adults. The right skill and mindset can not only equip us to do things well but can also empower us to live well.

A webinar session on Life Skills Development was presented to the students of Grades VII - X by Mrs. Deepali Shenoy, Business manager, Ariv Education.

ARIV EDUCATION IN ASSOCIATION WITH **MANIPAL SCHOOL**
A Unit of Academy of General Education

Presents a FREE Webinar on
LIFE SKILLS DEVELOPMENT
(Age group 12-15 years)

19th Aug, 2021 - 4pm to 5pm on **zoom**

Session Presenter
Business Manager
Ariv Education - K'kaka
Motivational Speaker
& Soft Skills Trainer

Principal
Manipal School
Mangaluru

MRS DEEPAI SHENOY E-Participation Certificates will be provided **MRS. ANURADHA SHIVARAM**



'HELLO SUMMER' PRIZE DISTRIBUTION:

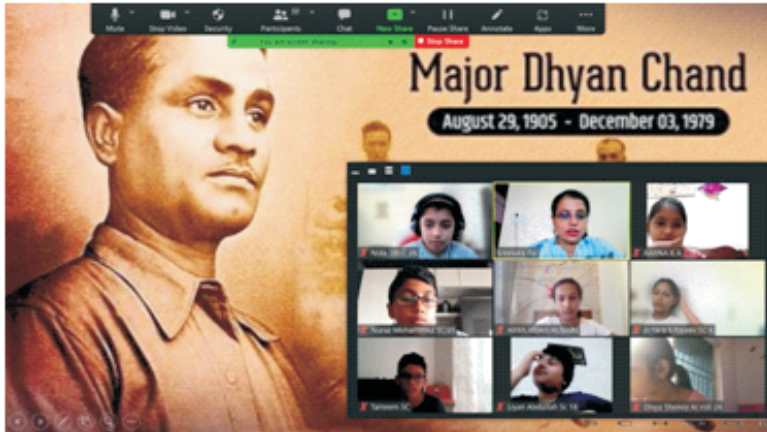
"Be it a jewel or toy, not the prize gives the joy, but the striving to win the prize." - Robert Bulwer-Lytton

It was finally the time to applaud and reward the students for their sincere efforts and active participation in the "Hello Summer online contest 2021"



NATIONAL SPORTS DAY:

The National Sports Day in India is celebrated on 29th August, on the birth anniversary of Major Dhyhan Chand. He was an Indian field hockey player widely regarded as one of the greatest in the history of the sport. To mark this day, we had an integrated assembly for middle school students where they were made aware of the importance of this day. Major Dhyhan Chand's achievements and important trivia about him were shared with the students. A quiz was also conducted in class. The quiz consisted of questions ranging from various sports including, football, golf, tennis, etc. Students participated in the quiz enthusiastically and were awarded house points.



ACTIVITIES @ PRE-PRIMARY:

INDEPENDENCE DAY VIRTUAL CELEBRATION:

The 75th Independence day of our motherland was celebrated with great enthusiasm and fervor in Pre-Primary virtually on the 16th August. Pre-Primary students wore Tri-colours with flag badges and traditional attire representing diversity of our Nation.

During the virtual special assembly teachers educated the children by explaining the importance of the day and why we remember it every year on 15th August. Children were all ears when they were screened a short film and told the story about how our great leaders fought and won our freedom from British rule. They were told that freedom was precious and it was necessary to preserve it. Further students were briefed on how Independence Day is celebrated as a patriotic celebration and the Prime Minister of our nation hoists the flag at the Red fort, Delhi. A video clip on the Independence day celebration at school was also shared and children saluted as Principal ma'am Mrs.Anuradha Shivaram hoisted our national flag.

Some students dressed up as freedom fighters gracefully danced to patriotic songs and some of them participated in singing. As a hands-on activity, children actively participated in tri color tulip flower making (Paper folding). The assembly concluded by singing the National Anthem.



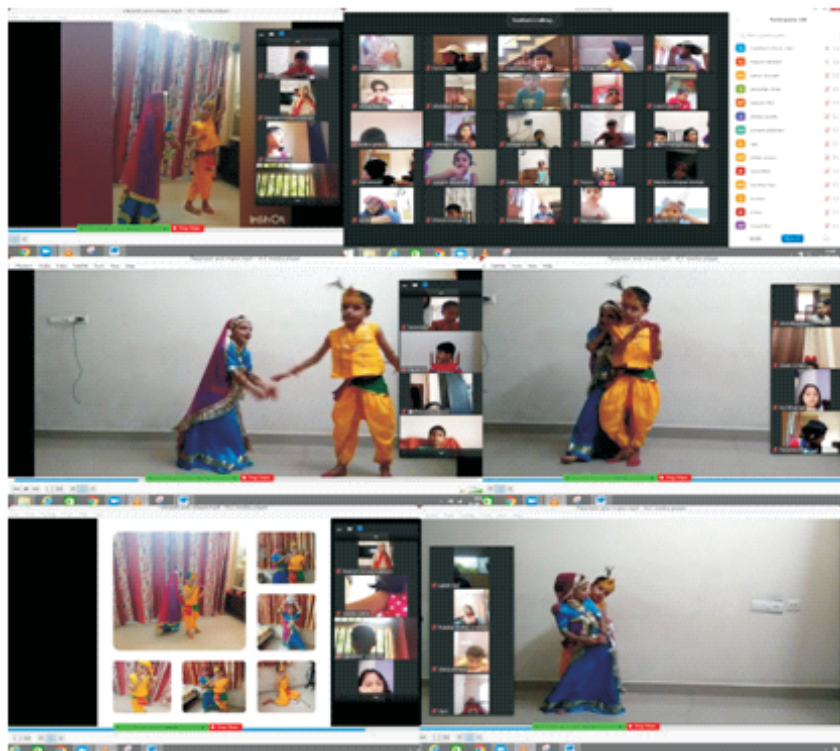
KRISHNA JANMASHTAMI VIRTUAL CELEBRATIONS:

Our toddlers of Pre-primary section celebrated Krishna Janmashtami virtually this year on 31st August 2021. Encouraging good will over bad will, the holy occasion brings people together, thus signifying unity and faith.

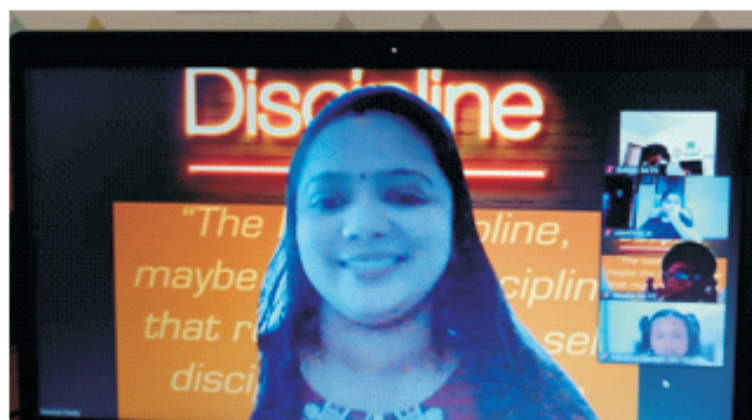
Children looked adorable in their ethnic wear donning the roles of Lord Krishna, Radha and Gopis.

While the teacher welcomed the gathering, Ms.Laxmi Shetty M/O Diya Shetty gave the significance of the festival.

Vikrant was portrayed as Krishna giving confidence to everyone that Krishna is with them all the time guiding and that we will win over the present pandemic very soon. Children gracefully danced on some Bollywood dance numbers with great zest and zeal thus filling the air with joy and happiness. As a hands on activity colourful headgear with feathers were made by the little ones.



ACTIVITIES @ JUNIOR SCHOOL:



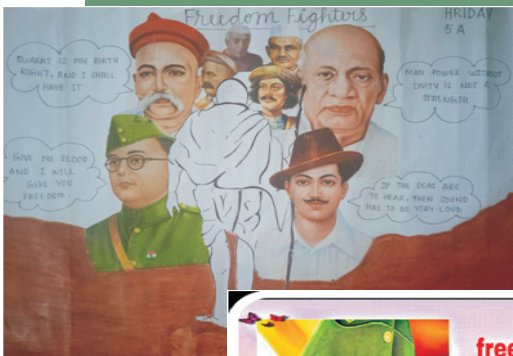
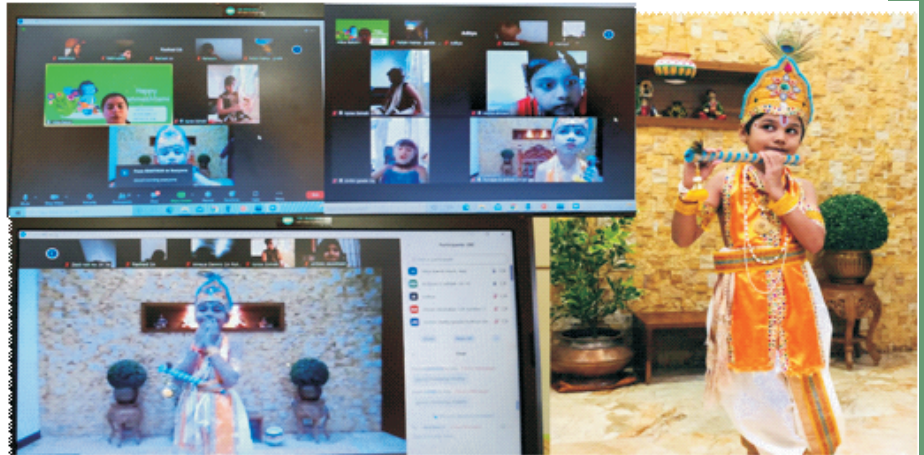
SELF-DISCIPLINE IS THE BEST DISCIPLINE: SPECIAL ASSEMBLY:

Every teacher wants to have good behavior in their classroom. The self-discipline approach is based on the belief that students are responsible individuals who can assess and correct their own misbehavior, and that teachers and students have trusting relationships built on respect. Students of grade III had a special assembly on the theme 'Self-discipline is the best discipline'.

KRISHNA JANMASHTAMI SPECIAL ASSEMBLY:

"The mind acts like an enemy for those who do not control it."

Krishna Janmashtami, also known as Gokulashtami is one of the biggest festivals celebrated with much pomp and fervor in the country. In Hindu mythology, it is believed that on the day of Janmashtami, Lord Krishna was born. Therefore, it is an auspicious day of great significance for the devotees of Lord Krishna. Students and teachers of the Junior school celebrated Janmashtami in a special virtual assembly with great zeal.

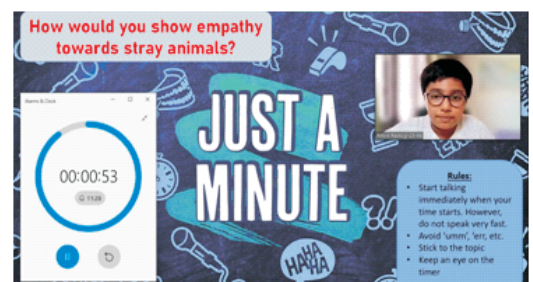
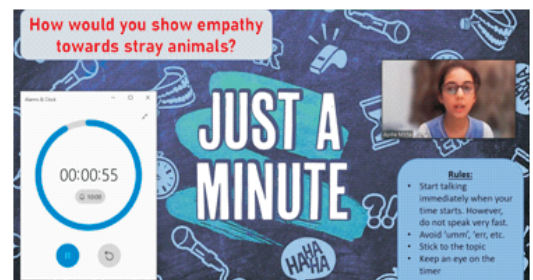


ACTIVITIES @ MIDDLE SCHOOL:

Our nation is celebrating the 75th anniversary of India's Independence. To commemorate this monumental occasion, a year-long celebration under Azadi Ka Amrit Mahotsav has been planned by the Government of India. For this month, the students of Grade V participated in a Poster Making competition regarding freedom fighters. The students enthusiastically participated and portrayed the freedom fighters along with their slogans and their sacrifices made for our country.

ENGLISH - LIFE SKILLS INTEGRATION:

Students of Grade VI prepared and delivered a speech on the topic 'Empathy Towards Stray Animals'. Each student spoke for one minute on the importance of showing empathy towards stray animals and how they will contribute to the cause. Some insightful thoughts shared included examples of Obara Gunewardene, Sri Lankan entrepreneur who has dedicated her life to animal welfare. Students had interesting ideas on how they would try to arrange shelters or homes for these strays and how a simple act of keeping a bowl of water outside the building compound may help the stray animals quench their thirst. Empathy is an important life skill that needs to be instilled in children from a very young age. Students were able to reflect on the lack of compassion shown towards animals.



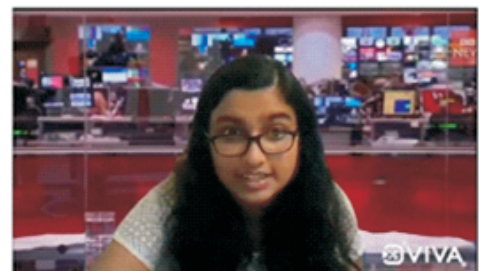


ENGLISH - ART INTEGRATION:
Students of grade V worked hand in hand with the Art teacher and made their own 'Dream catchers' in one of their English classes.

ACTIVITIES @ HIGH SCHOOL:

ROLE PLAY - NEWS READING ACTIVITY:

The students of grade VIII in groups of 3-4 students carried out a news reading and reporting activity in which they played the roles of newsreaders, reporters and eye witnesses. In this activity, one student followed the guidelines such as having the news item written on a piece of paper and reading it clearly from a distance without using informal language. Two students reported the news in which they covered the facts which answered the questions 'who', 'what', 'where', 'when', 'why' and 'how'. While doing this, they followed the guidelines like looking into the camera, moving around to show the site to the viewers, asking questions to the eye witnesses about the incident and wrapping up by telling their names, the name of the cameraman, the location and the news channel they are working for.



AZADI KA AMRIT MAHOTSAV ASSEMBLY:

With freedom in mind, faith in words, pride in hearts and memories in soul, Manipal school celebrated Azadi Ka Amrit Mahotsav, a special assembly on 16th August. The special assembly showcased the significance of the day as well as paid respect to the sacrifice given by the leaders of the freedom struggle. Students of Grade VIII presented a video on the zenith of glory achieved by the nation in different fields, such as Science, Agriculture, Space, Technology etc., hence inspiring the young minds to strive for excellence. It also urged the students to abide by the constitution, preserve the unity and integrity of the nation and feel proud to be a citizen of India.



STUDENT CORNER

It was fascinating to watch some events of Olympics 2020 held during July-August 2021 in Tokyo, Japan under the strict Covid-19 protocol. There were restrictions on audiences but the streaming that happened through the electronic media was fantastic. We got a feeling that we were in the field. The badminton matches played by P V Sindhu were very impressive. Though she narrowly missed a silver medal and had to settle for a Bronze medal, she displayed brilliance in her matches making us proud. The performance by the Indian hockey team which brought home the Bronze medal was also commendable. I instantly turned out to be a huge fan of P R Sreejesh, the goalkeeper who is also known as the 'Great wall of India'. Indian women's hockey team also performed brilliantly though they couldn't get a medal. I was a proud Indian when 23 years old Neeraj Chopra won a Gold medal in the Javelin throw. The highlight in this Olympics was that India brought home 7 medals for the first time. This has inspired all young and aspiring athletes and players to participate and aim at winning medals for the country. The President and Prime Minister of India felicitated all the Indian participants of Olympics 2020 and assured all support from the Government of India. The medal winners were also bestowed with various kinds of prizes. I am now eagerly waiting for the next Olympics scheduled to take place in 2024.

Jai Hind.

**Naman Jairaj Kodoth,
Grade VI B**

IMPORTANCE OF COLOURS IN LIFE

Colors influence us on a few different levels. On one hand, we are conditioned socially and culturally (we mourn in black and wear white mostly in the summer) and on the other hand, our reaction is also personal, influenced by how this color is presented in our own lives. Colors are commonly divided into two categories: warm and cool colors. Warm colors such as red, orange, yellow, and combinations of these provide the illusion of heat and warmth because they remind us of sunlight or health. Visually, warm colors will appear closer or like they are advancing towards you. Cool colors such as blue, purple, and green provide a sense of calm and relaxation because they are a visual reminder of elements of nature like water, sky, and grass. Opposite to warm colors, cool colors look as though they are further away or receding from us. Surrounding yourself with the right colors can improve your mood, relieve stress, and help you get a good night's sleep. So how do you pick the right colors for yourself? The most important thing is to create an environment that will have the right amount of both colors and will not side too heavily in one direction only.

Colors play a vital role in our lives and how we respond to our surroundings. The colors you surround yourself with can influence your perspective and emotions, as well as those around you. A mix of warm and cool colors will help you find your own balance, so use the above short guide as a starting point to help you determine how to use them to your advantage and help yourself in everyday situations.

Red attributes - love, passion, heat, joy, energy, and life

Orange attributes - warmth, change, and health

Yellow attributes - happiness, cheer, warmth, optimism

Pink attributes - romance, gentleness, sweetness, playfulness

Gold attributes - riches, opulence, and tradition.

Blue attributes - calm, wisdom, importance, trust, and integrity

Green attributes - health, growth, environment, tranquility, and harmony

Purple attributes - wealth, nobility, luxury, spiritualism, magic, creativity

White attributes - innocence, cleanliness, clarity, and openness

Black attributes - authority, power, elegance, and mystery

Tr. Aruna C.V., Middle School

Let's Clap the loudest,
For The BATCH OF 2020-2021.

Let The thundering ovation
Reach every teacher who adapted,
Every student who accepted,
Every parent who supported.

Let's Show our Appreciation,
For The Teachers who gave up their Old methods,
Their Classrooms, their Boards;
And adopted innovative methods to teach.

Let's cheer for the 16 year olds,
The students who gave up their freedom,
Their playgrounds, their classrooms,
All within a span of a few days.
And adopted the online system of learning.

Where the cheering was virtual,
The teaching was virtual,
The exams were virtual.

Let's Give a thundering round of Applause.
Let it reach every student who Smiles...
In spite of online learning difficulties.

Let us Clap the loudest...
For the batch of 2020-2021.
Who made history,
For Being the first online batch.
For Studying without the school ambience,
Without the friendly giggles and smiles.
Without the friendly pat and the hug,
And the occasional disappointed tears.

They are the bravest of them all,
Silently understanding the pandemic scenario,
Taking their parents' worries faces,
And giving them their lovely smiles.

Understanding that their year is at stake,
But knowing that lives too are at risk.

The Batch of 2021 has to be applauded,
For their coping mechanisms.
For their patience, Their silent support.
For their parents who were struggling,
For their teachers who were coping,
For their friends who were missing them,
For the education system which let them down.
For the optimism they displayed,
For the silent understanding,
For the heads bent over books,
For the never-ending suspense,
Of the upcoming boards and results,
For missing the farewells,
The laughs and the jeers,
On the last day of school.

They shall be treasured,
They shall be admired,
They shall be winners...
In all their chosen fields...
For it was the year; Of 2020-2021;
That academics underwent a revolution.

The Batch of Online Students. They deserve the
loudest claps, Love you my dear students.

**-Dr Michelle Joan
Mathias,
P/o Meghana Mathias
(Batch of 2020-21)**