



National Public School
Koramangala

Tidings
from Primary Years

The Heritage and Culture Edition



Our first edition of this new year is here and what a fantastic start we have had with a musical extravaganza-Preksha!

Preksha '23 has given us a glimpse of the singing prowess of the students of the NPS-KRM Primary department and shown us yet again the magic of teamwork making the dream work!

The year began for us on a musical 'note', if we may use the pun, and has extended into the different events in these two months, all based on the heritage and culture of our country.

The much-awaited field trip was flagged off with Grade 5's visit to Jakkur Lake. After a two-year hiatus, this was something that everyone eagerly waited for.

We hope to inculcate a sense of appreciation for our rich and varied heritage and culture among the student community which has always shown great zeal and enthusiasm towards such initiatives. We are proud of our students, for their participation and their boundless energy and of our parent community for working along with us to support all our endeavours. Thank you for your support as always.

Wishing you all a very healthy and happy year ahead!



The arts are an essential element of education, just like reading, writing, and arithmetic... music, dance, painting, and theater are all keys that unlock profound human understanding and accomplishment.
 - William Bennett, Former US Secretary of Education



The morning of 6th January 2023, had a very different vibe for the primary division of NPS Koramangala. The rustling of silk pavadas and elegant kurta pyjamas, and the tinkling sounds of bangles and anklets filled the corridors as the students scurried to their designated venues. Their faces were glistening with excitement and anticipation as the D-day of PREKSHA-2023 had finally arrived and all their effort and days of practice was about to bear fruit. The underlying theme across the primary section being exploration of rich and vibrant culture and traditions of India, students brought this out with their songs and dances.

The much-awaited annual event of the Primary division; PREKSHA 2023; the musical extravaganza, was held in two sessions:

As is the tradition, both the sessions began with a mellifluous singing of “Guru Ashtakam”- composed by Adi Shankaracharya to invoke the blessings of the almighty.

The songs and dance performances by the students of Grades 1-3 kept the audience enthralled. Audience clapped and sang along with popular hits like Feliz Navidad, Rangeelo Maro Dholna, Duma Dum Mast Kalandhar and Chasing the Sun.

Apart from melodious rendition of these songs, the highlight of this session were the energetic dance performances on various sports by Grade 1, an inspiring dance on Sardar Vallabhbhai Patel by Grade 2 and a dance drama based on the life of Samrat Ashoka by Grade 3.



In the second session, Grades 4-5 students took the audience along with them across the country, in ‘Vande Bharat Express’.

In the songs Azhaghe Azhaghe in Tamil, Lokada Kalaiji in Kannada, Namami Brahmaputra in Assamese, Amara Shobhai Raja in Bengali along with some popular English numbers, were greatly applauded and appreciated by the parents. The audience also thoroughly enjoyed the new avatar of Rabindranath Tagore’s poem ‘Where the Mind is Without Fear’ as it was sung by the students to the tune composed by their own music teacher, Mr. Jaison.

The little tabla masters from Grades 3-5 had the audience mesmerized as their little fingers played complex compositions like Nagada, Folk beats, Traditional composition: Kaida in teen taal, and Bhajan Theka Beats, dexterously and effortlessly.

The powerful dance performances on ‘Mahishasur Mardini’, ‘Aiygiri Nandini’, ‘Dhunuchi dance’ and ‘Cheraw Dance’(Bamboo dance) had the audience spellbound and asking for more. The showstopper for the day proved to be ‘The School of Rockers’, the inhouse band comprising little rockstars from Grades 3 to 5. The auditorium reverberated with thunderous applause as they performed ‘Feeling Good’ and ‘Champions’ in their own unique style.

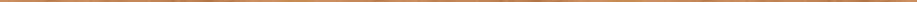
The event ended with the auditorium reverberating to over three hundred students singing in unison for the finale.

Former USA President, Barack Obama:

Music ‘brings us together, helping us reflect upon who we are, where we have come from, and what lies ahead.’ The arts and music transcend ‘languages, cultures, and borders’ ... and helps ‘exchange ideas and styles and share in the artistic vibrancy born from diverse experiences and traditions.’



PREKSHA







SaPa Workshop

The SaPa workshop on integration of ‘Music with Science’ was held in National Public School, Koramangala on 18th January 2023. It was a 40-minute workshop for the primary students from grades 1 to 4. The resource persons of the workshop were Gayatri, Abhishek and Ankita. The purpose of the workshop was to let the children explore their internal artistic talents, get insights, and understand their strengths, by singing songs along with the group who were in-charge of holding the workshop.

The workshop had conducted few interesting activities for the students, like group synchronised singing, using two different pitches between the two groups of students to make them understand how the same song can be sung using different pitch levels. Subsequently, the students were made to do different actions like clapping, thumping the floor, tapping their thighs, make certain noise to help them to sing together to create musical notes without using vocals or instruments.

There was enthusiastic participation of students and they thoroughly enjoyed impromptu creation of music and at the same time touching upon elements of science like frequency, pitch, measurement of sound in hertz etc.

The young music lovers enjoyed this amalgamation of ‘Music with Science’ and remembered the words of Albert Einstein that;
“If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.”





Republic Day

“A thoughtful mind, when it sees a nation’s flag, sees not the flag, but the nation itself” -Henry Ward Beecher

As the nation celebrated its 74th Republic Day, NPS KRM too had a celebration of the National festival for the Primary students during the week. Grades 1 to 3 watched a video on the National Emblem, its origin, usage and significance and expressed their learning through a worksheet.

Grade 4 created a mind map on the theme of Republic Day that included the meaning of the term republic, constitution, its significance and the celebrations of this National Festival across the country as well as its capital. Grade 5 wrote an essay on the topic- Freedom of speech and its relevance for them.

The children also sang the National Song and the celebration culminated with a special assembly held in the school Auditorium. The take away being –“Freedom is indeed very expensive as it has come after the sacrifices of our freedom fighters, so never take it for granted.” Happy Republic Day 2023!



Republic Day





A Visit to Jakkur Lake

It was indeed a very exciting day, on 19th January, for 95 students of Grade 5 as they boarded the school bus to proceed for their first field trip after the pandemic.

The destination for these little nature enthusiasts was Jakkur Lake where they were to observe and identify various birds as a part of their ECL (Extended Learning Programme). For their English lesson ‘A Rare Species of Uncle’ based on the life of Salim Ali, the famous ornithologist.

It was interesting to watch the budding birders, with binoculars round their necks, being guided by Ms. Sunanda, school counsellor and an avid bird watcher.

The students had been given a few tips on what to look out for, during the pre-trip session. During the field trip, they were constantly engaged spotting various birds and there were a profusion of questions to be answered. They were treated to a lot of interesting tidbits on the birds they spotted, by Ms. Sunanda.



Field Trip



Students were absolutely thrilled as they spotted almost 36 different species of birds ranging from majestic painted storks and pelicans to adorable sun birds and red whiskered bulbuls. They excitedly filled the worksheet stating the number of birds of different species that they had spotted.

The eager learners of Grade 5 took the learning to their classroom as well. They applied the information gathered to do a plethora of activities. The tasks ranged from writing autobiography of one of the birds for English to calculating distance, area and fuel cost for math. It also entailed researching about different species of birds for science, delving in the background of revival of Jakkur Lake for social studies and writing creative pieces for Hindi and Kannada. Thus, the event extended from a fun-filled field trip to a multidisciplinary experience.

It was indeed a great learning experience bringing a whole lot of cherishable memories for the students of Grade 5.



A Visit to Jakkur Lake





"India is a curious place that still preserves the past, religions, and its history. No matter how modern India becomes, it is still very much an old country." – Anita Desai

My State, My Pride

Heritage is defined as the traditions, qualities, and culture of a country that has existed for a long time and that has great importance for the country.

This year, at NPS Koramangala, Heritage week was celebrated between 31st January to 4th February 2023. The aim was to raise awareness among students about the diversity of India's cultural heritage and to sensitize them towards their role as the custodians of this cultural legacy.

As part of the celebrations, students from the Primary sections experienced diverse forms of the country's rich cultural legacy through well-curated activities.

Grade 1 and 2 learners were introduced to the meaning of heritage, their state heritage, and the heritage of the country. An activity worksheet on the topic "My State, My Pride" was given to these enthusiastic learners to present the facts about their state.

Being an integral part of the Heritage Week activity, grade 3 students displayed their enthusiasm by sharing food recipes and pictures of them making the recipe of their state.

Heritage week provided an opportunity for grade 4 students to learn more about their past and culture by researching on Indian literature.



Heritage Week

Grade 5 students energetically involved themselves in the bulletin board competition showcasing various facets of the heritage of our country.

To create awareness about the architectural marvels of our country, a virtual tour – was conducted for the students of grades 1 to 5 on 6th February in the school auditorium. The virtual visit was to the Tanjore Big Temple – "A King's Glory in Stone." The heritage of the monument, its architectural brilliance, and the fusion of different cultures in the monument, were discussed through this virtual tour. The discussion was followed by a short story about the temple which generated a lot of excitement among the students.

Heritage Week enlightened students on how our heritage serves as a reminder of our history and is a national treasure as well as a symbol of the civilization's pride. It not only celebrates the diversity of our cultural heritage but also the vulnerability and the efforts required for the preservation of our tangible and intangible heritage.





Habits – the real differentiator in our lives

Habit – a word that's a part of our vocabulary and our life from the day we learn how to walk or talk. It's with us at every moment of our life – steering our lives either downhill or uphill. A good habit can, over some time, improve your life multi-fold and a bad habit can take you down exactly the opposite road.

But how do we know which habits are the ones that we need to cultivate and which are the ones we are better off without? The answer to this question lies in another question we need to answer first: “What kind of person do I see myself as?”. If I see myself as a healthy person, I will naturally have to pick up habits that take me closer to that ideal and drop those that take me away from my goal of being healthy. Similarly, a self-image of being a good citizen would require us to inculcate in ourselves habits aligned with that goal.

Once we know which habits we need to pick up, the next step is to make them a part of our lives. Now, this is the hard part. The best way to take care of this hard part is, interestingly, by making it “easy”.

I'll give an example from my personal life. At pretty much the peak of the Covid lockdown, I realized I'm eating a lot of junk food and hardly eating any fruits – a habit quite contrary to my self-image of being a healthy person. I had got into the habit of munching on chips whenever I needed a snack. The sedentary lifestyle imposed by the pandemic didn't make things better. The wake-up call was a check on the weighing machine. I had to change something.

My eating habits needed a complete makeover. But how? What worked for me was making eating healthy “easy” and eating junk food “difficult”.

I started keeping a bowl of fresh fruits right at the centre of my dining table. I completely stopped hoarding junk food (especially chips) at home. The result: I quickly picked up the habit of eating fruits whenever I needed a snack. Not having junk food at home meant even if I had the urge to eat junk, I won't have access. The result over some time was higher levels of energy and a marked improvement on the weighing scale.

I've tried this approach in so many areas of my life and found it really effective.

Going a step further, this is an approach we can use to improve habits in our local communities as well. A case in point in the apartment complex where we stay was the distribution of colour-coded waste bins to every apartment – making waste segregation a habit with every resident in the complex.

Good habits have a cumulative effect. They take time to show results but believe me, the end result is always well worth the journey!!

- Ms. Rajlakshme Battacharya

Musings





ನನ್ನ ದೇಶ ಭಾರತ (ಪದ್ಯ)

ಜಯ ಜಯ ಭಾರತ ಮಾತೆ
ನೀ ನಮ್ಮ ಆಶ್ರಯದಾತೆ
ಅನುದಿನವು ನಮ್ಮನು ಪೂರೆಯವೆಭಾರತಾಂಚೆ ನಮ್ಮ ತಾಯಿ
ತಾಯಿಯಂತೆ ಮಕ್ಕಳನು ಕಾಪಾಡುತ್ತಿದು ಹಂಮೇಯಿಂದ ನುಡಿವೆವು

ಗಂಗೆಯಮನ ಸಿಂಧು ಕಾವೇರಿ
ತುಂಬಿ ಹರಿವ ನದಿಗಳು
ಹಿಮಾಲಯ ಸಹ್ಯಾದ್ರಿ ವಿಂದ್ಯಾದ್ರಿ
ಸುಂದರ ಗಿರಿ ಪರ್ವತಗಳು

ತೇಗ ಹೊನ್ನೆ ಗಂಧ ಮಾವು
ಬೆಳೆದು ನಿಂತ ಮರಗಳು
ಹಂಪೆ ಆಗ್ರಾ ಕೆಂಪುಕೋಟೆ
ಪ್ರೇಕ್ಷಣೀಯ ಸ್ತಳಗಳು

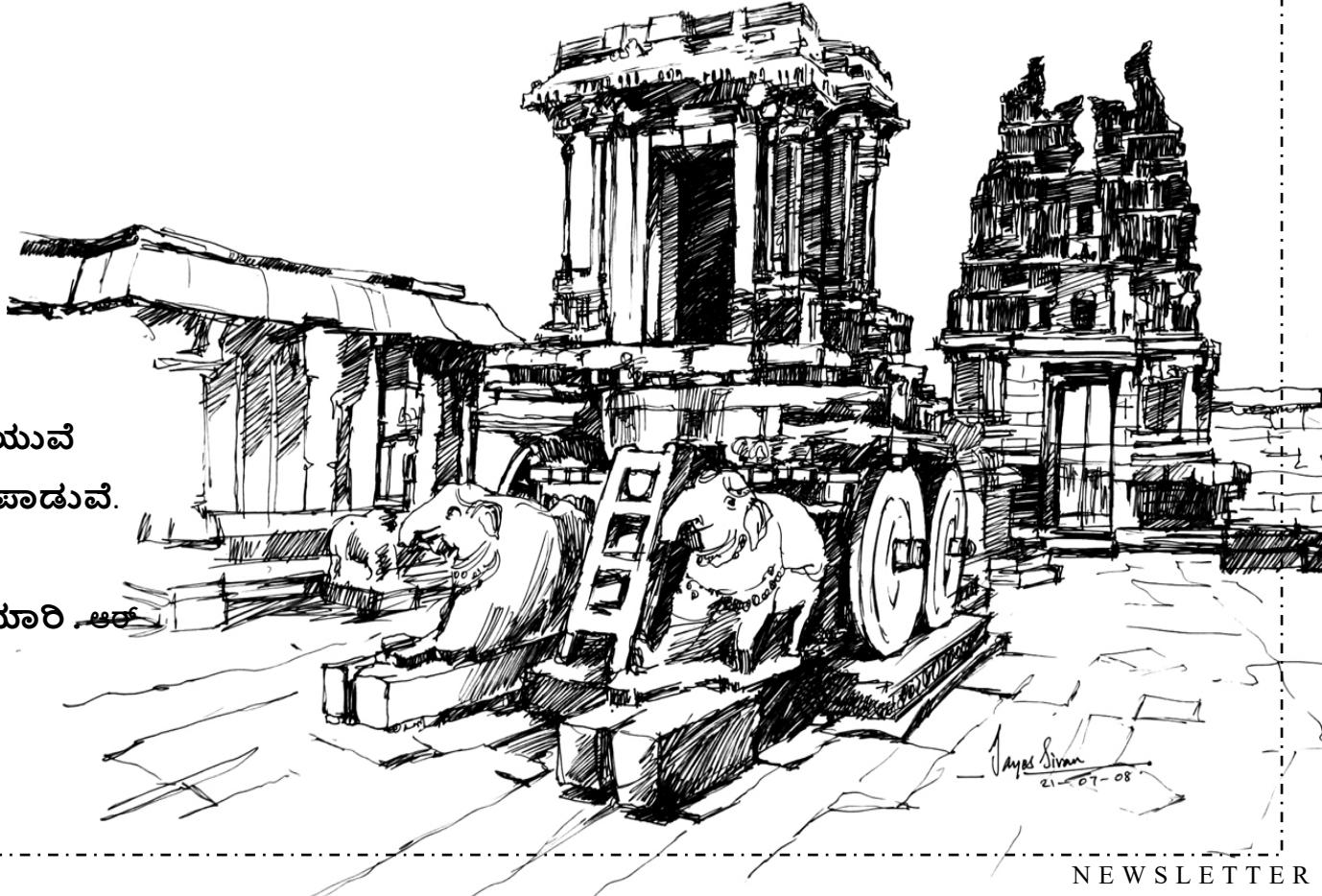
ಕನ್ನಡ ಹಿಂದಿ ಮರಾಠಿಯಂತಹ
ಭಾಷೆ ಭಾವ ನಮ್ಮವು
ಸುಂದರ ಈ ಭಾರತ ಮಂದಿರ
ನಾವು ಕುಣಿದು ಬೆಳೆವೆವು

ಈ ಮಣಿಲ್ಲಿ ಜನಿಸಿರುವ
ನಮ್ಮದೇ ಮಹಾ ಪುಣ್ಯವು
ಒಬವ್ವ ರೂನ್ನಿ ಲಕ್ಷ್ಮೀ
ನಿನ್ನ ಮುದಿಯ ಸುಮಗಳು

ಜಯ ಜಯ ಭಾರತ ಮಾತೆ
ನೀ ನಮ್ಮ ಆಶ್ರಯದಾತೆ
ಅನುದಿನವು ನಮ್ಮನು ಪೂರೆಯವೆ
ತಾಯಿಯಂತೆ ಮಕ್ಕಳನು ಕಾಪಾಡುವೆ.

Musings-Poem

Kannada can be estimated as 2,500 years old, ranking as the 3rd oldest language after Sanskrit and Tamil. Kannada alphabet evolved around 1,900 years ago.



“India is the One land that all men desire to see, and having seen once, by even a glimpse, would not give that glimpse for all the shows of all the rest of the globe combined.”

- Mark Twain

The new year is always a fresh start. As we step into this year in anticipation of new learnings, new adventures and new beginnings, we must not forget the past. Our heritage is full of lessons that we must carry forward to the next generation-valuable stories, enchanting myths, mysterious monuments, awe-inspiring architecture, interesting games and a respectful culture-the list is endless.

At NPS KRM, we have no doubts that our children have a keen interest to keep this love of learning about our country alive, always.

Thank you and we'll be back with our next edition of Tidings.