

National Public School
Koramangala

REVERBERANCE



NEWSLETTER
September - October 2025

Volume 4



CONTENTS

Achievements	3
Major Events	19
Other Events	26
Teacher Speak	54

Achievements

REYAANSI AGRAWAL

Reyaansh Agrawal (Grade 10) was ranked among the top 8% of 12,300 participants and has been awarded the Silver Honour in The International Astronomy and Astrophysics Competition (IAAC) this year.

The International Astronomy and Astrophysics Competition (IAAC) is a global astronomy competition that encourages students to challenge themselves beyond their curriculum, develop their problem-solving skills, and connect with a worldwide network of enthusiastic students. The Final Round represents the most advanced stage of the competition, where participants demonstrate their skills in a timed online exam.



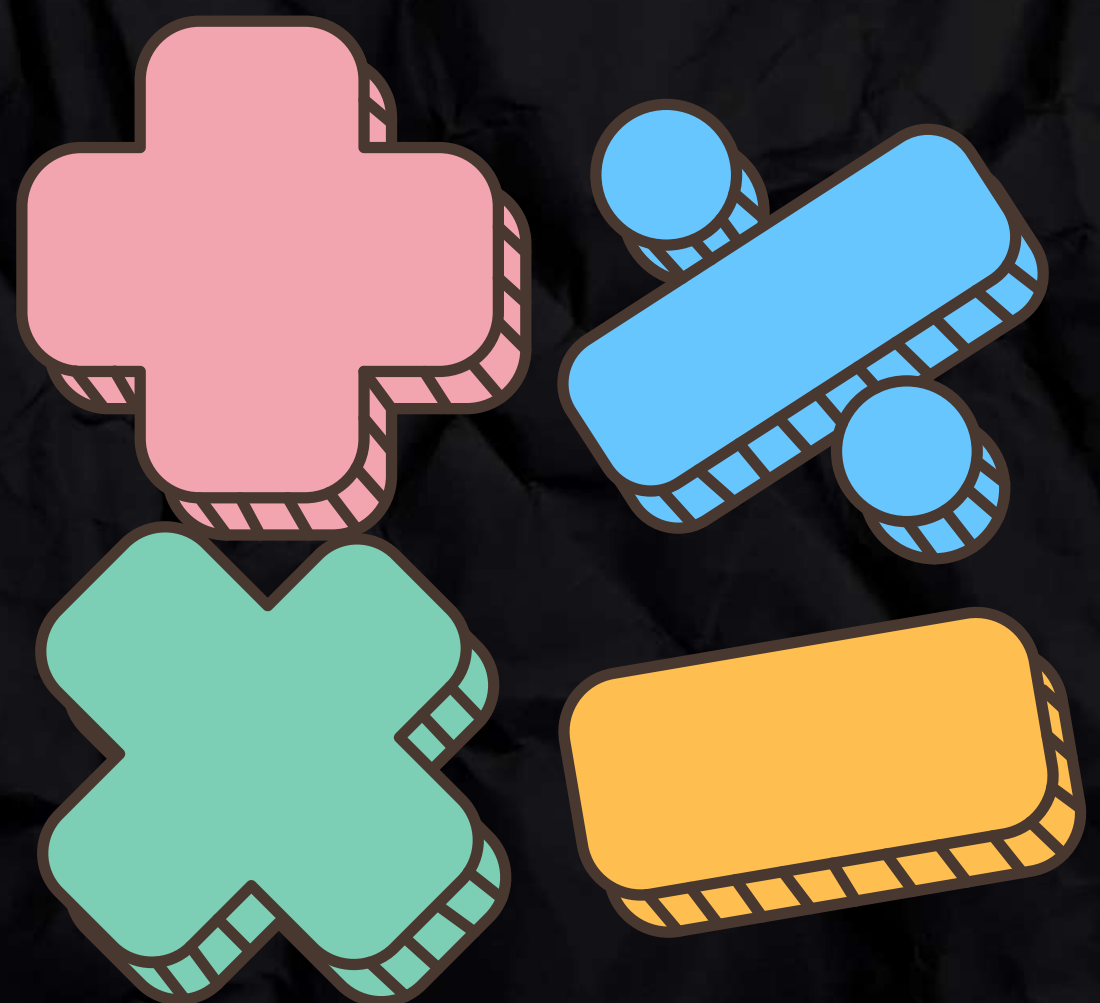
Achievements

ARHAM GADA

Arham Gada (Grade 10B) was among the 3 from India and 60 from 29 countries selected for the 'Math Beyond Limits 2025 (MBL)' program that took place in Poland from 7th- 20th September.

MBL is for gifted high school students from all around the world. This program aims to create space for development of young Math enthusiasts through working on interesting and demanding subjects. In 2024, this camp was attended by 60 participants and 24 tutors from 29 countries including India.

It was an amazing learning experience and opportunity for Arham to interact with students and researchers from different parts of the world, such as PhD students from MIT, Oxford, and Cambridge. He was introduced to topics from university level mathematics such as: Generating Functions, Analysis, Algebraic Geometry and Fourier Series. In addition to this, there were a number of activities such as a Puzzle Hunt, and a 28km long hike in the Polish mountains that deepened the rich experience.

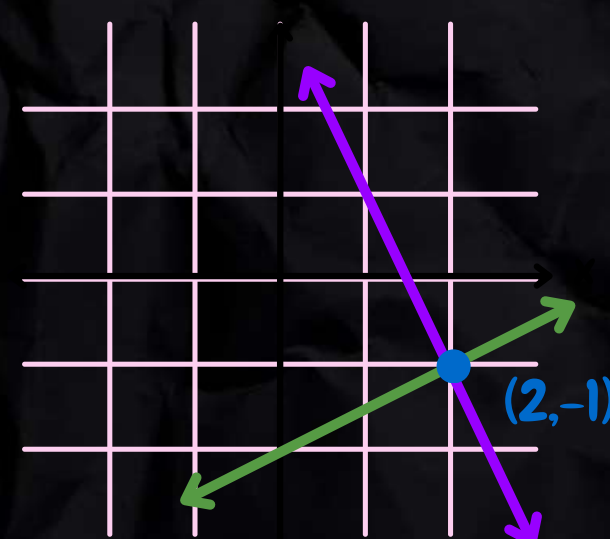


Achievements

ARHAM GADA



$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

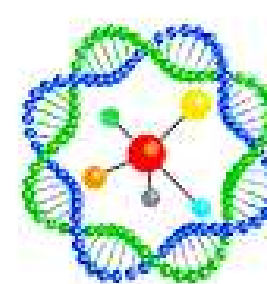


Achievements

ANVAY VARSHNEY

Anvay Varshney (Grade 9C) was a Perfect Scorer (100%) in ISOCSEA 2025 (International Science Olympiad Competition of Southeast Asia) held on 27th Jul 2025 and won Gold Medal in IMOCSEA (International Mathematics Olympiad Competition of Southeast Asia) held on 3rd Aug 2025. Hence, he has been selected to participate in IMOCSEA and ISOCSEA International Round 2025 to be held in Osaka, Japan on 19-20 Dec 2025.

Anvay Varshney (Grade 9C) was selected in the Techfest-2025 Zonal Round of robotics competitions organized by IIT-Bombay in Bangalore on 26 Oct 2025. Anvay secured first position in Testfest Olympiad, 3rd positions in both Meshmerize and Cozmoclench which are robotics events. He will now be participating in India national at IIT-Bombay from Dec 22-24, 2025.



ISOCSEA

INTERNATIONAL SCIENCE OLYMPIAD COMPETITION OF SOUTHEAST ASIA

Achievements

SHARANYA RAY

Sharanya Ray (Grade 9C) participated in the UNSDG Climate Action 2025–26 event, hosted by Bribooks Publishing, during the month of July. The challenge required participants to write and publish a book within just one month to spread awareness about climate change. Rising to the occasion, Sharanya authored a 125–page science–fiction novel titled *Red Sky, Blue Sky*.

The story follows a young boy, his sister, and a scientist as they carry out a delicate yet determined coup to gradually transform their world into a place of renewed beauty and hope.

Here is the link to purchase a copy of Sharanya's book:

<https://bribooks.com/bookstore/red-sky-blue-sky-by-sharanya-ray>



Achievements

MAYURI SRIRAM

Mayuri Sriram (Grade 6C) participated in the National Young Authors' Fair (NYAF) organized by BriBooks, the world's largest book-writing competition for students.

Mayuri's book, *Quest for the Light Flowers*, has been published and officially considered for the contest under the category based on content and genre. The results are expected between December and February. She is currently an Emerging Best-seller in the city.

Here is Mayuri's book link-

<https://www.bribooks.com/bookstore/quest-for-the-light-flowers-by-mayuri-sriram>



Achievements

PLAYACT FANTASIA 2025

On 31st October 2025, NAFL hosted the second edition of its inter-school theatre festival, PlayACT Fantasia 2025. Based on the nostalgic, charming world of R K Narayan's writings, - Malgudi Days and other short stories, the event celebrated dramatic talent and served as a platform for students to collaborate, manage logistics, and build lasting connections. It was a day filled with captivating performances, creative storytelling, and a shared love for theatre!

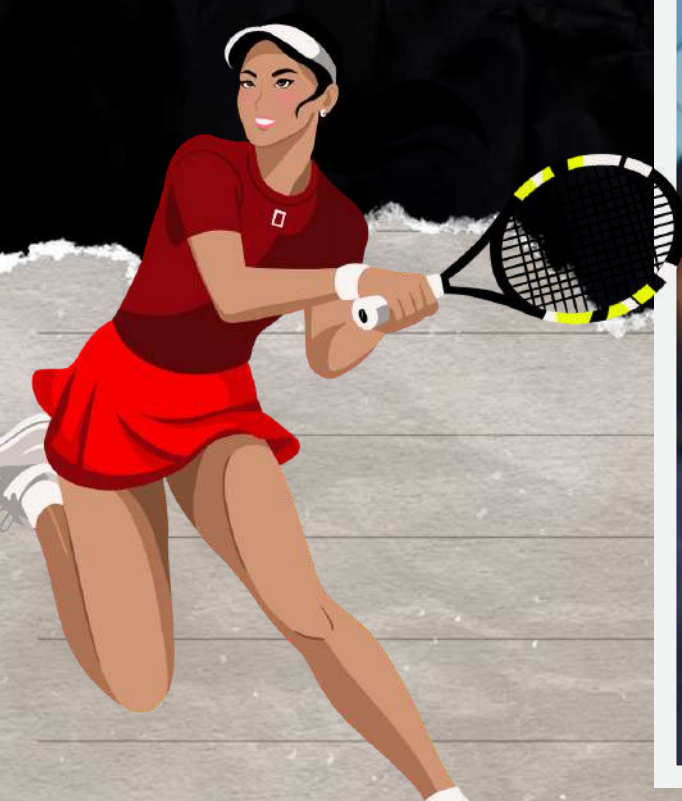
Our team comprising of 15 artists from Grade 9 bagged the Best Music Award.



Achievements

PRAKAASH SARRAN

Prakaash Sarran (Grade 10) won International Junior tennis tournament, ITF J30, held at Bengaluru from 1st September to 6th September and the Nationals Doubles of Fenesta National Under 16. With this he has won National Doubles of both the Under 18 and Under 16 events. He was also the winner of clay court Under 18, nationals doubles.



Achievements

SNEHO ROY

Sneho Roy (Grade 9 C) bagged a Gold and a Silver in the 20th State Mountain Biking Championship - 2025. He will be representing Karnataka in the National Games which is expected to take place in Arunachal Pradesh in February, 2026.



Bangalore Dist win: The Bangalore District mountain bike team won the overall title at the State championship held in Bagalkot from Sept 14-15. **Results: Bir winners:**
Boys: U-14: XCT: Sneho Roy, **XCO:** Samruth; **U-16: XCT & XCO:** Dhanush Prasanth; **U-18: XCT & XCO:** Pranav K.
Girls: U-14: XCT & XCO: Aira Saran; **U-18: XCT & XCO:** Kiana Baruah.

TIMES OF INDIA – 17TH SEPTEMBER 2025 (PAGE 22)





Achievements

SNIS TOURNAMENT

From October 8th to 9th, the NPS-KRM boys' and girls' basketball, football and volleyball teams participated in the SNIS (Sharanya Narayani International School) Tournament 2025. The tournament featured 8 teams from all over Bangalore. Organized by Sharanya Narayani International School, the competition witnessed outstanding performances from all participating teams.

We are incredibly proud of our under 18 Boys Basketball Team for clinching the gold medal after displaying unstoppable energy to make it to the finals. We have our Girls Basketball Team who, battled through every round to reach the finals against NPS-RNR. In a challenging and exciting match, the girls team played with confidence, focus and gave it their all to finally secure the Gold Medal.

The best player of the tournament award for both boys and girls was given to two of our students for displaying extraordinary skill and determination on court. Ankita Sahu and Anirudh Sreenivas were titled the MVPs from girls and boys respectively. Our Under 18 Boys football team secured the runners up position in the tournament after a series of hard-fought matches. Our under16 Girls Volleyball team also secured the runners up position after displaying resilience and true sportsmanship through all their matches.

We extend our heartfelt congratulations to all the players for their hard work, dedication, and sportsmanship throughout the tournament.



Achievements

ESPRIT DE CORPS

Our Volleyball Boys and Volleyball Girls teams were the Runners Up in the Esprit de Corps interschool volleyball tournament organised by NPS Indiranagar on 31st Oct for Grades 8 and 9 players.



Achievements

NEW HORIZON BASKETBALL

On 30th October our team of won the New Horizon basketball tournament under 16 Boys. Neil Anand was the Most Valuable player of the tournament.



Faculty Achievements

QUIZZARDS

NPS HSR, in collaboration with Q-shala, organized Quizzards, an exciting quizzing event filled with multiple engaging and diverse rounds that tested knowledge, curiosity, and quick thinking.

The event brought together enthusiastic young minds from different branches, making it a truly enriching experience. Our EY team from NPS Koramangala showcased great teamwork and intellect, securing an impressive 2nd position in the competition. This achievement stands as a proud moment for the school and a motivation for future quizzing endeavours.



Faculty Achievements

DOCTORATE IN CHEMISTRY



DR. LATHA OPHELIA GEORGE

We are delighted to announce that our Head of the Chemistry Department, Ms. Latha Ophelia George has been awarded the Doctor of Philosophy (Ph.D.) in Chemistry from Bharathiar University, Coimbatore. Her research, titled “CHEMICAL AND BIOCHEMICAL CHARACTERIZATION OF ACTIVE COMPONENTS IN THE MEDICINAL PLANT-Kalanchoe Pinnata”, explored the plant’s bioactive compounds and their antioxidant and antidiabetic potential.

Faculty Achievements

DOCTORATE IN CHEMISTRY

Through comprehensive phytochemical analysis, Dr. Ophelia demonstrated the therapeutic significance of *Kalanchoe pinnata* in combating oxidative stress and metabolic disorders. Her findings contribute valuable knowledge to the field of natural product chemistry and support the growing global interest in plant-based medicines as safer and sustainable alternatives for disease management.

The school management congratulates Dr. Latha Ophelia George on this commendable achievement and her dedication to advancing the frontiers of phytochemical research.



Major Events

FOUNDERS' CUP

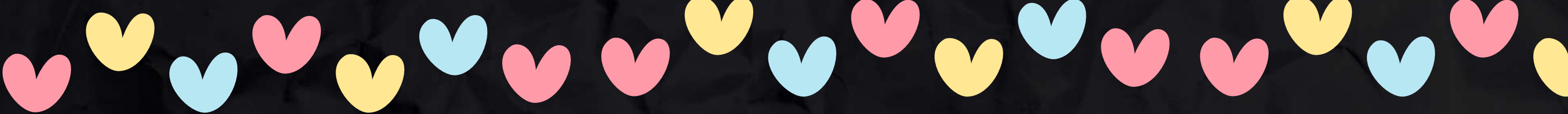
The 8th edition of the NPS KRM Founders' Cup was a resounding success, showcasing sporting prowess and unwavering perseverance of the players.

A total of 14 teams participated in the tournament, held from 13th to 15th October 2025, to battle it out for the coveted rolling trophy. The Sports Captain, Aarush Rajendra Jain, and the Sports Vice Captain, Prachi Nagar addressed the teams, setting the tone for the event and creating a sense of sportsmanship. The tournament was declared open by the Principal, Ms. Jyotsna Nair. Each match was a testament to the hard work of the players and their coaches. Volunteers ensured the event progressed seamlessly.

The radio shack was instrumental in making important announcements, giving a light-hearted touch to the tournaments during the intense moments with live commentary and lively music through the match breaks. The referees from the Karnataka Basketball Association provided fair officiating for all the matches. The event was headed by the PE department who ensured the three days ran smoothly. The tournament was a formidable display of skill, talent, and above all teamwork. Though each team gave it their all, the victors in the girls' category were our own champions, National Public School, Koramangala with Bishop Cottons Girls School as runners-up, and the Top scorer was Ankita Sahu from NPS-KRM and the Most Valuable Player was Jacinta from BCGS. In the boys' category, National Public School, Koramangala emerged victorious, with Gear Innovative International School as the runner-up. The Most Valuable Player was Aarush Rajendra Jain from NPS-KRM and the top scorer was Nischal S from Gear Innovative International School.

FOUNDERS' CUP





Teachers' Day Celebration

This year's Teachers' Day celebration was a heartfelt tribute to the mentors who illuminate both intellect and spirit. The morning began with *Guru Vandana*, composed by Pt. Birju Maharaj and performed gracefully by Aanvi M (Grade 12), setting a reverent tone for the day. It was followed by a classical dance centred on the theme of *guru dakshina* — the belief that while many flowers bloom, only a few are worthy of being offered at the altar — symbolising the respect students hold for their teachers.

A touching address by Vandana R (Grade 12) reflected on the vital role of teachers in shaping young minds, followed by Vignesh A's (Grade 8) soulful rendition of *Vande Bharatam*. The programme continued with a stunning fusion of Kathak and Bharatanatyam presented by Kaviya Bhatia and Rhea Mehrotra (Grade 10), blending tradition with modern rhythm. Kira B Thaker and Nihira P Moghe (Grade 6) lent their voices to a lilting duet, and Udantika D (Grade 11) recited an original poem that beautifully captured the immeasurable impact of teachers.

The senior school band then energised the audience with an electrifying performance, followed by mellifluous regional songs by Snigdha and Sanjana of Grade 11. The event culminated with the farewell segment by the outgoing Grade 12 batch, who revisited a beloved school tradition under the guidance of Ms. Anitha Rao. Their heartfelt performance brought the celebration to a joyous close, echoing the deep bond shared between teachers and students.

Teachers' Day Celebration





Teachers' Day Celebration



Teachers' Day Celebration



Onam Celebrations



Other Events

Interhouse Competitions

ENTREPRENEURSHIP

Entrepreneurship Club hosted an exciting Entrepreneurship event on 16th October where the Grade 9–12 students' teams presented advanced and impactful innovations. The judges evaluated the teams on creativity, innovation, and presentation skills.

The Challengers presented personalised perfumes, while the Explorers came up with innovative electricity generating shoes (WattWalk). An ingenious gardening solution (EcoScan) was displayed by the Voyagers. The Pioneers wowed the judges with a productivity enhancer (NeuraFocus). The event was a great success, fostering creativity, teamwork, and business acumen among students, while celebrating the spirit of innovation and young entrepreneurship.

The results are:

1st Place: CHALLENGERS

2nd Place: VOYAGERS

3rd Place: EXPLORERS



Interhouse Event

ENTREPRENEURSHIP





Interhouse Event

CYBER

Cyber Club: Scratch Game Development Challenge

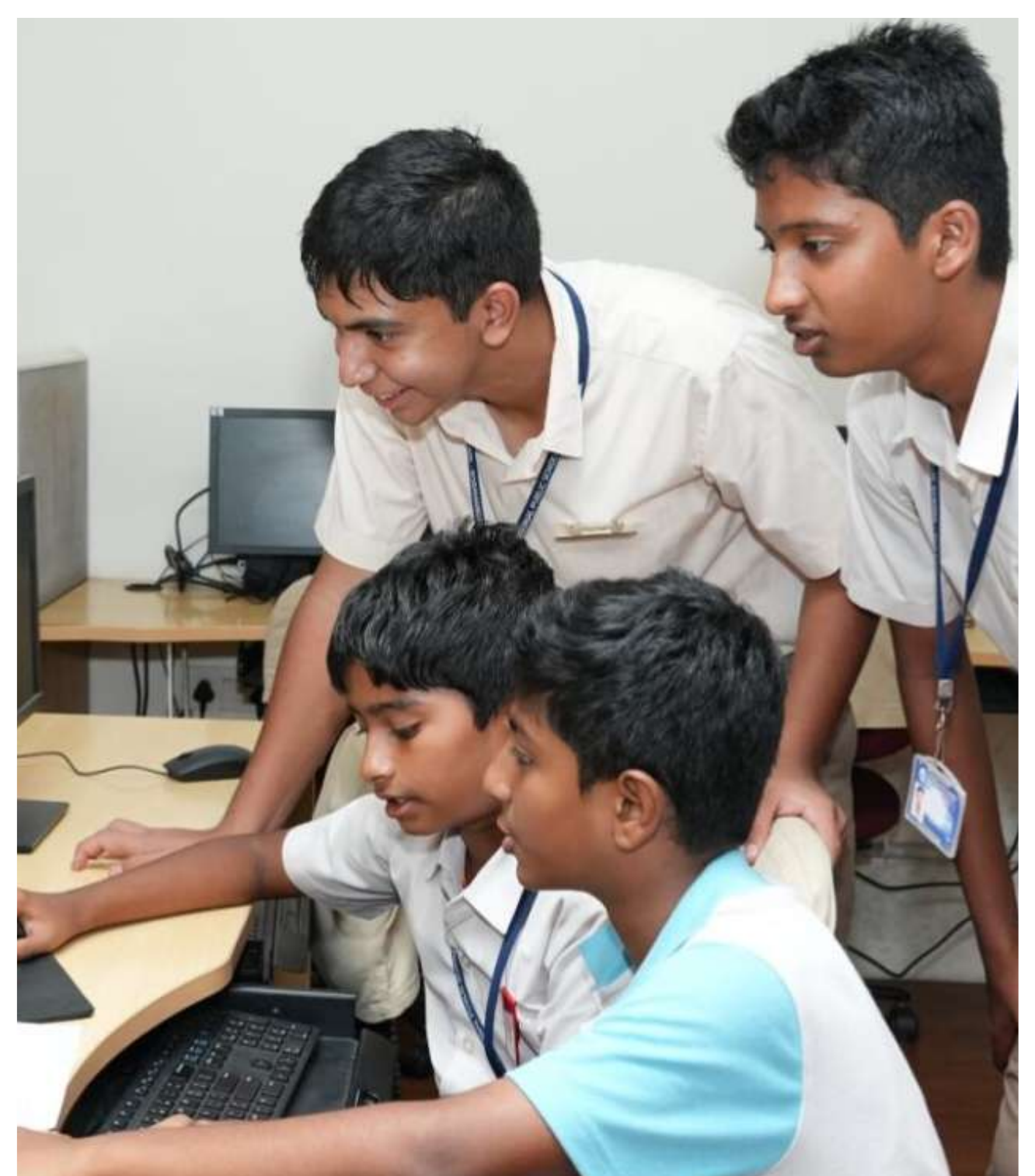
The interhouse Cyber Event for Grades 6–8 was conducted on 10th October which featured an exciting Scratch Game Development Challenge, where students showcased their creativity, coding skills, and teamwork. Participants were given 60 minutes to design and develop a fully functional and interactive game in Scratch, complete with a playable character, obstacles, win and loss conditions, and a visible progress bar.

The Challenge encouraged innovation through optional features such as customizable characters, pause and skip buttons, and creative game mechanics, allowing students to demonstrate both technical skill and imagination.

After an intense and engaging session, the Challengers team, comprising Ethan Adarsh (Grade 6B) and Advika Senthil Kumar (Grade 8A), emerged as the winners, impressing the judges with their well-executed and polished game. The Voyagers team, represented by Aarav V R (Grade 6C) and Aarav Gandhi (Grade 8A), secured the second position with their creative and dynamic game concept.

The event highlighted the students' exceptional coding abilities, problem-solving skills, and spirit of collaboration, making it a memorable and inspiring competition that reflected the growing enthusiasm for technology and innovation.

Interhouse Event CYBER



Interhouse Events

MUN

The Interhouse Model United Nations (MUN) was held on 25th October 2025 for students of Grades 8–12, featuring two committees — the United Nations Security Council (UNSC) and the Social, Humanitarian and Cultural Committee (SOCHUM).

The UNSC deliberated on “Re-evaluating the Security Council’s P5 system in the context of international cooperation.” After a day of insightful debate, Varad Bhatia, Sreyan Panda, and Joanna Renjith secured the first, second, and third positions respectively.

The SOCHUM committee addressed the global refugee crisis and explored ways to ensure universal rights and integration. The Best Delegate Award went to Abhishek J (Grade 9) (Russian Federation), followed by Nikhil Agrawal(Grade 10) (Syrian Arab Republic) as Outstanding Delegate, and Chinmay Jujare (Grade 10) (United States of America) as Commendable Delegate. Delegates represented various nations in a mock international forum, showcasing their diplomacy, collaboration, and problem-solving skills. The event was a true reflection of critical thinking, teamwork, and articulate expression.

The results are–

1st Place: PIONEERS

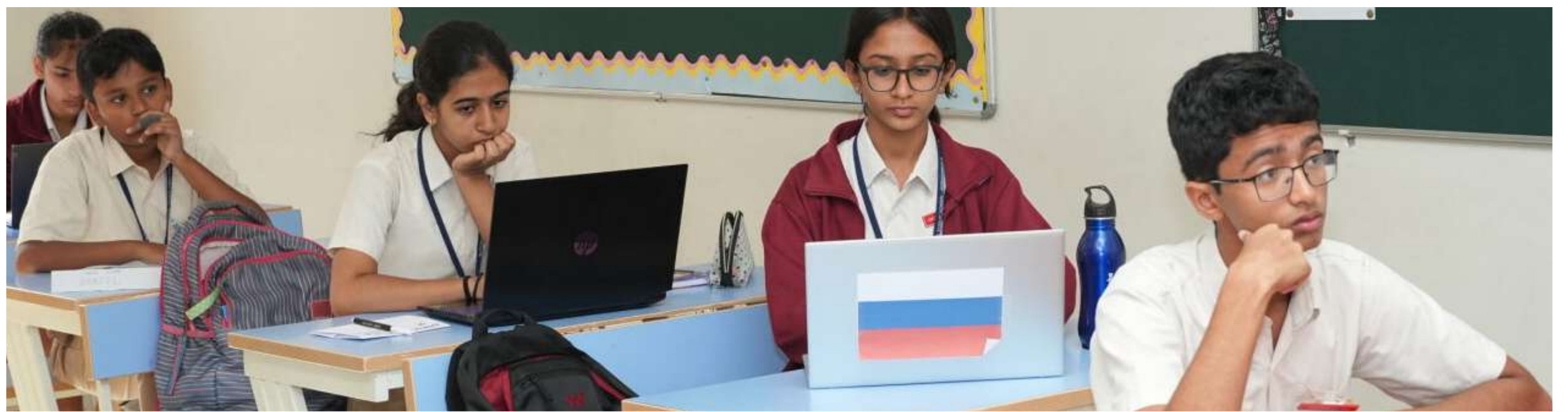
2nd Place: EXPLORERS

3rd Place: CHALLENGERS



Interhouse Events

MUN



Interhouse Events

SCIENCE & MATH EVENT

The Senior (Grades 9-12) Inter-House Science & Math club event, a Murder Mystery Escape Room was held on 29th October 2025, testing the prowess of students across all four Houses, in the fields of Math and Science. Each team was assigned a murder mystery scenario and were given 60 minutes to solve the case. In each case assigned, there were 4 Acts with different level of questions and several other activities like a ball-toss game.

The rounds included 5-min penalties, eliminations, revival questions and games to keep the participants engaged. The event witnessed enthusiastic participation across all the Houses, with students actively engaging in complex problems, critical thinking, and careful analysis of the storyline. It was an impressive display of scientific understanding, collaborative teamwork, and objective analysis. The results are:

1st Place: CHALLENGERS

2nd Place: EXPLORERS

3rd Place: VOYAGERS



Interhouse Events

SCIENCE & MATH EVENT



SUGAR BOARD

CBSE INITIATIVE - CURB THE HIGH
CONSUMPTION OF SUGAR



Career and College Guidance

NTU SINGAPORE

On 11th September 2025 Nanyang Technological University (NTU) Singapore conducted a session for the students and parents from Grade 10–12.

An information session on **Nanyang Technological University (NTU), Singapore** was held on 11th September for the interested students and parents of Grades 10– 12. The session was conducted by NTU Manager Outreach Mr Vijay Krishnan Chandran, Professor Ng Keng Meng and an NTU PhD Student, Sachin Prasad who shared valuable insights about NTU's academic programs, research edge, admission requirements, campus life, and scholarship opportunities and the summer and winter internship programs.



Career and College Guidance

NTU SINGAPORE



The presenters highlighted NTU's global reputation, interdisciplinary learning environment, and strong research focus. They also addressed questions from students and parents, offering clarity on application processes and life at NTU.

The session proved highly informative and helped students and better understand the opportunities available at NTU, equipping them to make informed decisions about higher education pathways.

Career and College Guidance

UNIVERSITY OF LEEDS, UK

University of Leeds (UK) Information Session was organised on 8th October 2025 for the students and parents of Grades 9-12. The session was helpful in providing insights into undergraduate and postgraduate study opportunities at the University of Leeds, campus life, student support services and Scholarships, eligibility criteria, and the application process. Q & A round proved fruitful in providing clarifying the doubts personally.



Career and College Guidance

ARIZONA STATE UNIVERSITY (ASU), USA

Arizona State University Information Session was organised on 29th October 2025 for the students and parents of Grades 9–12. The session was helpful in providing insights into undergraduate and postgraduate study opportunities at the university, campus life, student support services and Scholarships, eligibility criteria, and the application process. Q & A round proved fruitful in providing clarifying the doubts personally.



Career and College Guidance

SUBJECT CHOICE EXPLORATION SESSION

A session, on Subject Choice Exploration after Grade 10, was conducted by the career counselor Ms Shivika Gupta for the students of Grade 9 on 23rd October 2025. Taking the students through the major streams to the nuances of subject choices, Ms Gupta discussed the various options available to the students after Grade 10.

Students were advised not to be influenced by peer pressure but must follow their passion with dedication and commitment. Emphasis was laid on utilising the duration of two years, viz. grade 9 and 10, to deeply dive into the subject of their choice through books, courses, internship and research.



Trip to Coorg

GRADE 12

The Grade 12 students embarked on an unforgettable class trip to Coorg from 30th October to 1st November, accompanied by six teachers. A total of 72 students participated in this much-awaited excursion that beautifully combined learning, adventure, and recreation.

The journey began with a visit to the Namdroling Monastery at Kushalnagar, also known as the Golden Temple, where students were captivated by the tranquil ambience and the richness of Tibetan culture. The subsequent visit to the Tibetan Colony offered valuable insights into the community's vibrant traditions and daily life.



Trip to Coorg

GRADE 12

The second day featured the Galibeedu Nature Trek, an invigorating experience through Coorg's lush greenery and scenic trails. Students embraced the spirit of exploration while appreciating the region's diverse flora and fauna. Later, a visit to the magnificent Abbey Falls left everyone awestruck by its breathtaking beauty and refreshing mist.



Beyond the scenic experiences, the trip fostered camaraderie and lasting memories, as students and teachers shared laughter and meaningful moments together. The three days spent amidst the serene hills of Coorg will be cherished by all as a memorable highlight of their school journey.

Trip to Coorg

GRADE 12



Samarthanam

TRUST VISIT

On 23rd and 24th October 2025, the Grade 6 students visited Samarthanam Trust for the Disabled as part of their community outreach programme. The visit aimed to promote awareness about inclusion and empathy towards people with disabilities.

The students were warmly welcomed by the staff and given an overview of the trust's initiatives in education, training, and sports. The visit also included interactive sessions and a short singing session by the students of Grade 3.



Our students were deeply moved by the positive spirit and confidence of these differently abled students. A highlight of the visit was experiencing blind cricket — the students touched and shook the special ball that makes a rattling sound to help visually impaired players locate it. This unique experience gave them great respect for the players' skills and determination.

The students also presented grocery items as a token of support and participated in a short interaction with the residents. The visit was an inspiring and heartwarming experience, teaching students valuable lessons on compassion and resilience.

VISIT TO OLD AGE HOME

The students of Class 10B undertook a meaningful visit to an old age home on 24th October 2025 as part of their community service initiative. The visit aimed to bring joy and companionship to the elderly residents and foster a sense of empathy and social responsibility among the students.

The programme began with the students organizing a lively session of Tambola for the residents, complete with exciting prizes. The cheerful participation of the elderly and the enthusiastic involvement of the students created a warm and joyful atmosphere. The students also interacted with the residents, listening to their stories and sharing conversations that bridged generations.



Adding to the festive spirit, several students danced with the residents, spreading smiles and laughter throughout the home. As a gesture of care, the students also donated essential rations along with a few hundred bananas, which were distributed in the mess by three student volunteers. The visit proved to be a deeply enriching experience for the students, reminding them of the value of compassion, respect, and the joy of giving. It was truly a day filled with learning, love, and heartfelt connections.

VISIT TO OLD AGE HOME



MULTIPLE INTELLIGENCES WORKSHOP FOR EDUCATORS

A workshop on Multiple Intelligences was held on Thursday, 16 September 2024 at NPS, Koramangala to introduce educators to the theory and its practical applications in the classroom. This session was specially curated by the TTA. The session provided a comprehensive overview of the eight different intelligences, teaching attendees how to identify and nurture them in their students.



The trainers laid emphasis on the importance of moving beyond traditional linguistic and logical-mathematical approaches to create a diverse, conducive and inclusive learning environment that caters to a wide range of strengths. The resource persons equipped attendees with actionable ideas to adopt a "no student is invisible" approach. Teachers engaged in hands-on activities, designing lessons that incorporated kinesthetic, musical, interpersonal, interpersonal, naturalistic and other intelligences to make learning more engaging and effective for every student.

MULTIPLE INTELLIGENCES WORKSHOP FOR EDUCATORS

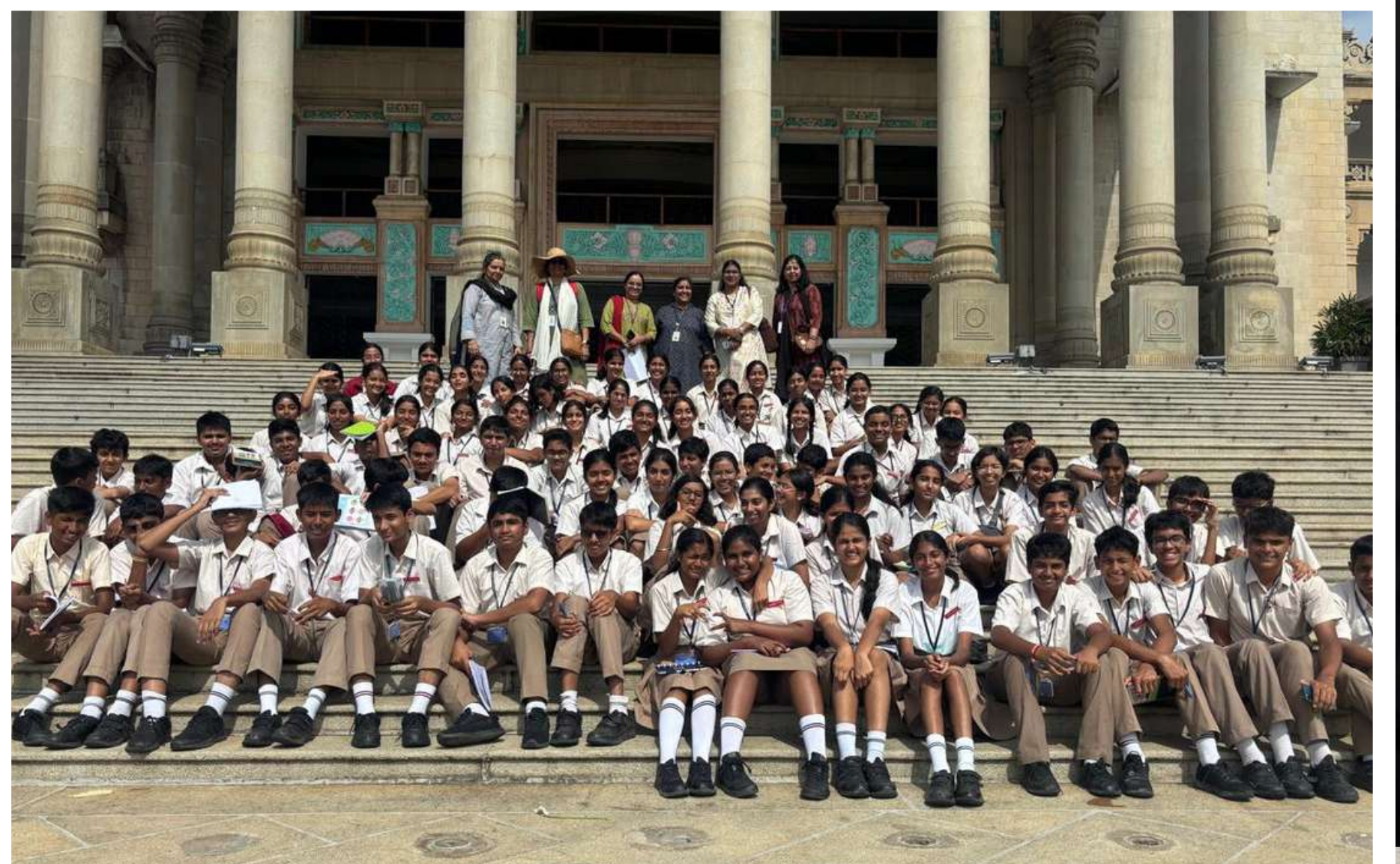


EDUCATIONAL TRIP

The students of Grades 7 and 9 embarked on an educational excursion to Vidhan Soudha, the seat of the Karnataka State Legislature, on 13 and 14 October 2025 respectively.

Ahead of the visit, the students attended a brief presentation conducted by their history teachers, who gave an overview of their forthcoming experience.

Upon arrival, the students beheld the architectural magnificence of Vidhan Soudha – a monumental creation of locally-sourced granite, built in the Neo-Dravidian style completed in 1956. The edifice was conceived by Kengal Hanumanthaiah, to reflect Indian architectural elements and embody the artistic vision of Shilpa Kala Kavya.



EDUCATIONAL TRIP

As the students walked along the stately corridors, they glimpsed the offices of ministers and cabinet members before proceeding to the Legislative Assembly Hall (Vidhan Sabha) and the Legislative Council Hall (Vidhan Parishad). Officials explained the roles of the two Houses and the features that make each chamber unique. Both halls are pillarless; their expansive roofs are supported by trusses and concealed support columns.

The chambers are acoustically designed, and the seats are so arranged that every member has an unobstructed view of the Speaker's Chair. The Well of the House, situated at the centre, is reserved for parliamentary reporters and stenographers. Students also observed motifs and emblems representing ideals associated with justice, progress and governance incorporated into the décor and noted the portraits of eminent national leaders adorning the walls.

The visit proved both enlightening and memorable, providing students with a first-hand experience of the functioning of the state government and the bicameral legislative system whilst also enabling them to appreciate the building's architectural and historical significance, thus enriching and extending their classroom learning.



TRIP TO THE BLIND SCHOOL

The students of Grade 7 visited Shri Rakum School for the Blind, a residential institution for visually challenged and orphaned children located in Indiranagar. The visit offered a heartwarming and eye-opening experience, giving the students a deeper understanding of the lives of the visually impaired.

During the visit, the students learned how the visually challenged navigate their surroundings using a walking stick and were introduced to the Braille script. They also observed how the residents skillfully use computers, proving that determination and perseverance can overcome any obstacle.



TRIP TO THE BLIND SCHOOL

the trip concluded with a heartfelt reminder to cherish and care for one's eyesight — a precious gift often taken for granted. The experience left the students enriched with valuable lessons in empathy, tolerance, and the joy of giving.



First Aid Awareness

FOR TEACHERS

A First Aid Awareness Session was conducted on 17th September 2025 in the school auditorium for all teaching staff. The session was facilitated by the school nurse, Ms. Deeksha G. S, and Ms. Smita Mathew, with the objective of educating teachers on the identification and management of common medical emergencies in the school environment.

The session covered a wide range of everyday medical situations including cuts, scrapes, nosebleeds, fainting, seizures, sprains, and fractures. Emphasis was placed on the importance of the DR ABC method (Danger, Response, Airway, Breathing, Circulation) as a structured approach to managing emergencies.

Key first aid procedures were explained through visual presentations, hands-on demonstrations, and interactive discussions, enabling teachers to gain both theoretical knowledge and practical skills. In addition, teachers were guided on their responsibilities before, during, and after a medical emergency, ensuring preparedness and effective response.

The session proved to be highly informative and practical, equipping teachers with essential first aid knowledge and reinforcing the importance of immediate and appropriate action in safeguarding student health and well-being.

First Aid Awareness FOR TEACHERS



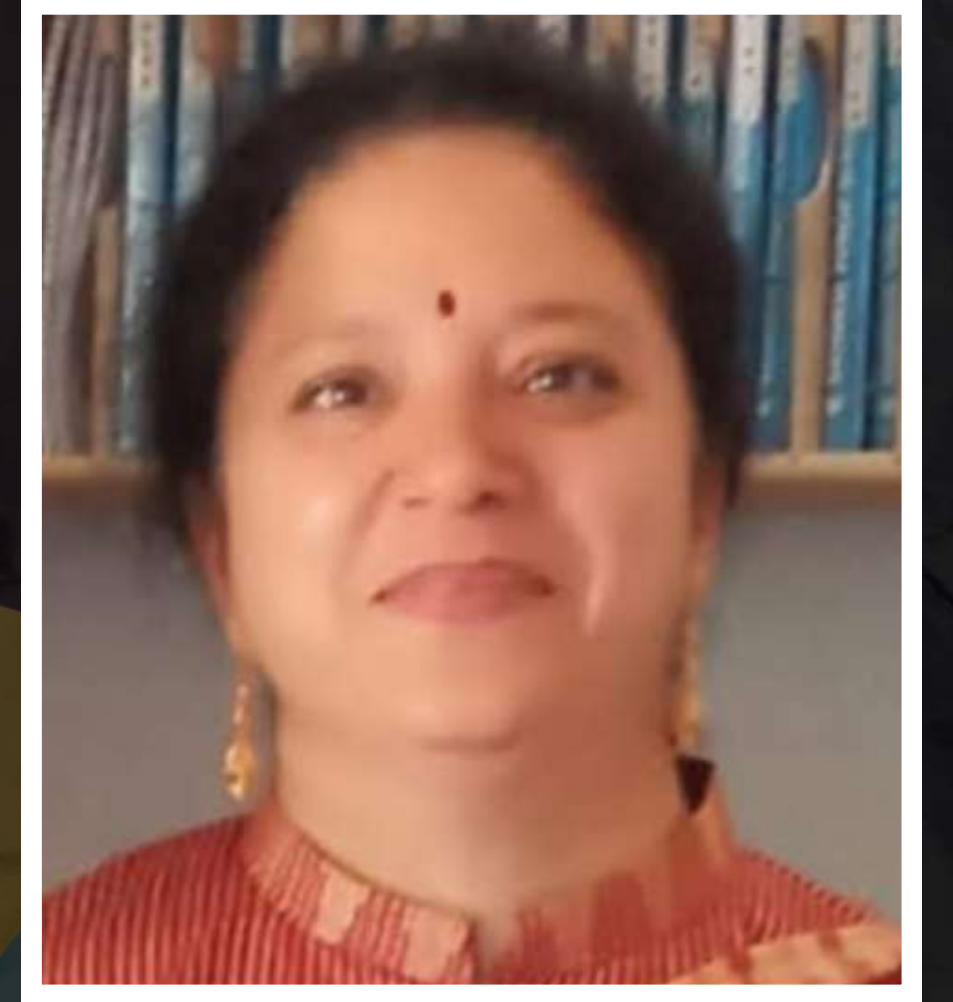
Teacher Speak

अनीता मेहरोत्रा

मेरे प्रिय विद्यार्थियों, आप सबका हार्दिक अभिनंदन।

आज मैं आप सब का ध्यान एक बहुत ही साधारण किन्तु महत्वपूर्ण विषय की ओर आकर्षित करना चाहती हूँ। प्रतिदिन प्रातः हम सब हाथ जोड़कर प्रार्थना करते हैं। इस मुद्रा को नमस्कार-मुद्रा, प्रणाम-मुद्रा या अंजलि-मुद्रा भी कहते हैं। यह मुद्रा हमारे मानसिक, आत्मिक एवं आध्यात्मिक विकास के लिए बहुत आवश्यक है। मैंने अनुभव किया है कि आप सब भिन्न भिन्न प्रकार से इस मुद्रा को करते हैं।

इस मुद्रा को करने की सही विधि को ध्यानपूर्वक सुनिए। यह अत्यंत ही सरल मुद्रा है। आप अपने दोनों हाथों को जोड़ें एवं अँगूठे से अपने हृदय को स्पर्श करें। नेत्रों को बंद करिए एवं अपने मन को केन्द्रित करने का प्रयास करें।



इस मुद्रा से होने वाले लाभ अनगिनत हैं। यह हमारे मस्तिष्क के दोनों भागों में संतुलन बनाए रखती है। यह मानवता एवं मित्रता को संवर्धित करती है। हमारे अहं को नियन्त्रित करती है, एवं वाणी में मधुरता का संचार करती है। यह मुद्रा हमारे अन्दर सकारात्मक ऊर्जा उत्पन्न करती है, मन को शान्त करती है, शान्त मन से आत्मचिंतन के द्वारा हम प्रतिकूल परिस्थितियों में भी मानसिक संतुलन बनाए रखते हुए अपने लक्ष्य को प्राप्त कर सकते हैं। इस मुद्रा के नियमित अभ्यास से आप अपने मन को नियंत्रित कर एकाग्रता के साथ अध्ययन कर सकते हैं।

अब आप सब समझ गए होंगे कि क्यों यह मुद्रा हमारी संस्कृति एवं दिनचर्या का अभिन्न अंग है। अतः आप प्रार्थना करते समय इन सभी बातों का ध्यान रखें और स्वयं को सशक्त बनाएं।

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