



From the Principal's Desk

“Students who have a growth mindset experience challenges on the way to learning. They learn and achieve at higher levels, even when they start out at the same place as those with fixed mindsets.”

Dear Parents/Students,

Greetings to you all from Tattva School!!!!

Leadership doesn't look the same every time. In fact, it rarely does. You're probably familiar with many examples of famous leaders from history books, the news, your community, etc. We remember these leaders for their accomplishments. And sometimes we remember leaders for their failures.

Effective leadership is not unique to iconic figures like Martin Luther King Jr. or Mahatma Gandhi, who paved the way for a better tomorrow. For instance, when I think of leaders and leadership, I also think of nurses who work tirelessly to care for our sick and elderly, artists who lend their creativity to challenge the way we think, and community members who stand up to protest for social change. Leaders help foster new ideas and growth within their communities. The truth is that there's a leader in each of us.

You don't have to be the student body president to be a leader in the school. You just need to be someone who cares about a cause enough to ask others to join you.

Great leaders are those who adapt to the environment. In fact, great leaders need to be open and willing to change. One of the key tasks of being a good leader is developing your team to the full extent of their potential.

A positive mindset makes you confident and encourages you to take risks when needed and to think outside the box.

All the best to our Student Leadership Team and ASE winners.



Editorial Team

Chief Editors : Ms. Shwethashree (HM),
Ms. Rakshitha Anand

Teachers: Ms. Priya Sahu, Ms. Prathibha,
Ms. Minu Narayanan,
Ms. Ina Agarwal, Ms. Arthi

Students: Urvi Surana, Manishika



Quote of the month

A leader is one who Knows the way, Goes the way
and Shows the way.

-By John C Maxwell



Investiture Ceremony



The Investiture ceremony 2022 was unequivocally a massive success. The air was filled with enthusiasm as the students and staff awaited the arrival of parents, who were to be the witnesses for the event. The event commenced with a hearty welcome to everyone present. It was followed by a melodious Invocation song sung by the students of Grade 9 and 10. The invocation dance performed by the students of Grade 6 that succeeded the song was the cherry on top of the marvelous cake.

After these wonderful performances, Ms. Shwethashree, Headmistress of Tattva, addressed the gathering and rendered an inspiring speech that uplifted the gathering. Ms. Mamatha Rao, Regional Lead, Academics, Ryan Education, addressed the gathering and talked about the importance of responsibilities and hard work. The chief guest for the day, Ms Sahana Patil, Inspector of the Kumbalgodu Police Station was invited to the dais to say a few words. Ms. Patil delivered a beautiful and thought-provoking speech that was applauded by the gathering.

After the wonderful, inspiring speeches was the crowning of the newly elected student body. The newly elected cabinet marched their way to their positions. The cabinet included the Head Boy and the Head Girl of the school, The captains and vice-captains of the Houses, Sports, The HSCP and Discipline Committee, The Anti-Bullying Committee, The Literary Committee, The Advisory Committee and the Editorial Committee.



Investiture Ceremony



Each member then made their way to the center stage where they were christened with a badge and a sash while their passions and achievements were announced. The swearing-in of the newly elected student council was led by Syed Fouzan, the former Head Boy of Tattva. The swearing-in of the cabinet signified the official beginning of their leadership. The newly elected council will strive to make Tattva a better place with their hard work and leadership. We wish them the best in their endeavors.

Avyukt - Head Boy

Being in Tattva School for the past 12 years has helped me to understand and create a vision for the school. As The Head Boy, I aim to introduce an aggressive approach to academics and sports, similar to what Mc Cullum and Ben Stokes are doing to English Test Cricket. But above all each student must enjoy what they are doing and find joy in coming to school.

Mahalakshmi - Head Girl

As the Head Girl of Tattva school, I aim to make the students more enthusiastic and disciplined. I will encourage the students to do better in academics, sports and cultural activities along with respecting and following the school rules. I will try incorporating more activities like debates and quizzes and make sure every student gets a fair chance. I believe in making big differences with small steps.



Investiture Ceremony



Chidvilas Sports Captain

Sports have been a major part of my life since childhood. As the Sports Captain, I aim to help improve the sports infrastructure of the school and integrate sports as an important part of every student's life. I believe I can share my experience in sports and help bring Tattva School to new heights in this field.

Junior Head - Boy Sujith M

With leadership comes responsibility, as a junior head boy I will do my best of what is in my power to make TATTVA the best school. I plan on bringing about changes that would make the school environment more disciplined, friendly and inclusive.

Junior Head - Girl Hansika Naveen

As a junior head girl of TATTVA, I will make sure to carry out my assigned responsibilities in a systematic and dedicated manner. To me, being the head girl is not about position or title, but about actions and examples which can make a difference. I aim to make the school better by encouraging eco friendly activities and creating a buddy system between the students. I will work to the best of my ability and ensure that change is brought about.



Student Cabinet



We welcome the new cabinet, the elected and nominated student members. I am sure they will keep the school flying high and bring laurels to our esteemed institution.

Head Boy: Avyukt Sharma

Head Girl: Mahalakshmi D

Junior Head Boy: Sujith M

Junior Head Girl: Hansik

Sports Captain: Chidvilas S

Sports Vice-Captain: Monika S

Blue House Captain: Aniketh M Arya

Vice-Captain: Kanasu S Nadig

Green House Captain: Akilan V

Vice-Captain: Kruthi Vaishak

Red House Captain: Thanushree K M

Vice-Captain: Prabudh R

Yellow House Captain: R Monish Reddy

Vice-Captain: Disha Rajshekar

HSCP Captain: Lakshmi H G

Vice-Captain: Yashica Uttappa

Discipline Captain: Pranavi Pradeep Kumar

Vice- Captain: Brunda H N

Anti-Bullying Captain: Bharat Menon

Vice-Captain: Jeevanmai Achyuta

Advisory Committee Captain: Nigamaanth Karur

Vice-Captain: Aaditya Bolar

Members: Vibha A Adalapura, Sreeya Nama, Bhavna Raghunath, Keerthana Saradhya

Literary Committee Captain: Zoha Afreen

Vice-Captain: Bharath Menon

Members: Prakruthi C S, Adhwaya A Padaki

Editor in Chief: Urvi Surana

Editor: Manishika



Events and Activities



Lab Activity: Testing for Starch and Protein - Grade 6 'A'

Testing for Protein

Food sample- cooked dal

Chemicals required- copper sulphate and sodium hydroxide

Procedure:

Cooked dhal was mashed and by adding water it was made into solution form, to this Copper Sulphate solution and NaOH was added. The color changes to dark purple.

Inference- Change of color to dark purple shows the presence of protein in the food sample - dhal.

Testing for Starch

Idly(rice), bread (wheat), potato

Above mentioned food samples were tested with iodine solution. They observed the color change to blue black with rice and wheat.

Students tested the food samples and confirmed the presence of starch and Protein.



Internal and External Organs Grade - 2 'B'

Children were able to differentiate between internal and external organs. They were also able to identify the function of the internal organs.

Activity to on Soil Grade - 7 'B'

Students of grade 7 'B', with the kit, explored the texture, water absorption capacity, percolation rate of three samples of soil - clayey soil, sandy soil, loamy soil.

By doing the different tasks students understood the composition and properties of soil clearly.

Activities @ School



Sense Organ-Tongue Grade - 2 'B'

Children had got salt, sugar and tamarind. They were able to see the difference in tastes in each of them and understood how the tongue helps in tasting by this activity.

Animal Fibres Grade - 7 'B'

Differentiating natural and synthetic fibers.

On burning the fibers- following observations were made by the students.

Whether it melts or burns, smells, residue if any or any other feature.

By doing this activity, students understood the differences between natural and synthetic fibers.

Is matter around us pure Grade - 9

Experiment -Properties of solutions, suspensions and colloids.

Geometrical Pattern Painting Grade - 8 'B'

We used Mathematics Instruments to create beautiful abstract art. Acrylic paint has been used which gives a bright look to the painting.

Students enjoy the painting session.



Activities @ School



Role play on nature Grade - 1 'B'

Learners did the role play with props of animals and birds. Participants spoke on the importance of birds and animals for our environment.

Group activity on how to keep our park clean - Grade - 1 'A'

Park is the best place where children feel connected with nature. This close to home area should not be left unattended at any time. To introduce the idea of clean surroundings, learners were given the idea of collecting rubbish and disposing in trash bins. Children came up with the idea of "we need more plants" and sowed seeds too.

Role play on nature conservation Grade - 2 'B'

Learners dressed up as birds and spoke on their importance in nature conservation. Poem recitation and Coloring activity gave more emphasis on the need to conserve nature. Various ways on how to conserve nature were also shared by facilitators.

Yardstick Activity: Origami Dog Craft - Grade - 2 'B'

Origami improves spatial visualization skills using hands-on learning. A family tree tells you who your family is and how it has grown. Children explained how each member is related to each other and their importance. This activity makes family bonding stronger.



Activities @ School



Innovation Club

Grade - 3 & 4

Magnetic car - Dimensional figures 2D and 3D
Shapes of vehicles and buildings Parts of a vehicle, chasis ,
wheel and axle Students learnt about Land transportation.

Grade - 5

Types of Boats - Sailboat, pedal boat, motor boat, balloon boat
Students learnt about objects that sink and float, water
transport, shapes of boats and comparison of boats with fish.

Grade 6 - Catapult

Types of simple machines, lever, parts of lever, real world
application of three parts of lever

Grade 7 - Static Crane Model

Structure of crane, static swing, travel and hoist mechanism of
crane, Pulley as a simple machine, movable and immovable
pulleys

Grade 8 - Cone moving up

Force and gravity, forces affecting force of gravity, center of
mass, why does the structure moves upwards defying gravity.

Role of a counselor in school setting

Sessions for teachers by Ms. Kriti Khatri (Student Counselor)

The session gave insight on how a teacher can take assistance
from a student counselor to bring out the best in learners.



Special Assembly



Doctor's Day

Tattva celebrated National Doctor's day by conducting a special assembly. Our Guest Dr. Swetha Shivshanker from Manipal Hospital, Yeswanthpur gave us an inspirational speech and mentioned that the day was dedicated to commemorate the birth and death anniversary of Dr. BidharChandra Roy, former West Bengal Chief Minister. She also spoke about various branches in the medical field and specifications of each branch, inspiring the students of Tattva to choose their choice of medicine in future.

15 Book Campaign

The 15 Books Campaign Programme was inaugurated by Mrs. Shalini Satish and Raam Baranidharan.

Mrs. Shalini Satish is a technical writer of children Books and it was a pleasure listening to her impressive words.

This Campaign supports to develop interest and motivate reading habits amongst the children.

Story Characters were out of the book in the form of Puppets wherein children enjoyed the puppet show of The Tenali Rama and Brinjal curry.

Tattva teachers practiced for 4 hours and put up a great show. This shows the team work and dedication of the teachers (Ms. Mythili and the Group) at Tattva.



Special Assembly



International Tiger Day Grade - VIII 'A'

Deeksha Baliyan

Theme based presentation

Song – Richmond Tigers

Significance – This song is the theme song of 'Richmond Club', which is one of the teams of AFL (Australian Football League). This team is the official partner of WWF Australia and works to raise awareness and funds for conservation of Tigers.

Other Activities: Tiger masks for the presenting students

Students: Vanditha, Prerana, Hamsika, Keerthana, Niharika, Shalini (song).

Deekshitha (Masks & Charts)

Sivani (Facts & Chart)

Akash (GK Questions)

Harshvardhan (Pledge)

Vanditha (Thought)

Ananya (News)

Special Assembly on International Tiger Day - Grade II

Learners spoke on the importance of tiger and its conservation. Thought on the topic gave insight on the preservation of our national animal.





“Leadership is not a position or a title, it is action and example.”

One of my favorite leadership by example stories is that of Mahatma Gandhi. How closely does what you say as a leader align with what you do? Here is a great story to share. May we all be better leaders as we lead by example.

It was a beautiful village, there lived a young boy with his parents. He was addicted to eating sugar and his mother warned him several times, not to eat sugar, as it is not good for his health. But the boy didn't listen to his mother. After some days, his mother decided to get help from Gandhiji. So, she took his son to the ashram where Gandhiji stayed. The Journey was long, as she has to walk miles in hot weather conditions. She then finally reached the ashram and met Gandhiji. She asked him to tell her son to stop eating sugar, as it is not good for his health. Gandhiji replied “I cannot tell him that right now but you can bring him back after a month and then I will talk to him! Hearing this, the mother was confused and upset that Gandhiji didn't give any solution. She and her son went back home. After a month, they met Gandhiji again in the Ashram. This time Gandhiji looked at the boy and said “Young boy, you should stop eating sugar as it's not good for your health. Listen to your mother and follow her”. The boy promised that he will not do that again. The boy's mother with curiosity asked Gandhiji “Why didn't you tell him last time when I brought him here?” Gandhiji smiled and said, “Mother, last time when you came, I had the habit of eating a lot of sugar myself.”



If you want to be a leader who wants to be followed or listened to, then you should lead as an example for things that you want others to follow. By leading the way you are creating confidence in people in you.

**- Ms. Prathibha, Coordinator
Pre-primary, Grade 1 and 2**



PARENT FEEDBACK

Hi Ma'am,

I want to take this opportunity to share my thoughts for this new academic year, post the pandemic.

Initially there were a lot of concerns raised by us parents regarding the readiness of the child to be able to handle the next level of academics as the pandemic hindered that growth in the children. But, I am happy to see that the school and the teachers have taken measures to help the kids to transition into classroom learning with ease.

The UTs, spaced out homework is helping the children and us parents to understand how much the child is able to grasp and what needs more attention.

I am also very impressed with the SAPA classes, innovation lab and the CCA activities as my son enjoys them thoroughly.

However, I would like to see more engagement in the sports area. I think that is one aspect I think the school can focus on a little more. Overall, I am happy with the initiatives taken by the school towards improving the children's learning experience!

- Ms. Asha Vijay Kumar
Parent of Avyukth Kumar, Grade 3 'A'



PARENT'S TESTIMONIAL

Thoughts on celebration of Olympic Day

As parents, we certainly understand the importance of sports on every child's physical and mental wellbeing. Sports not only helps children to improve their physical skills, but also teaches teamwork, ethical practices and improves their self-esteem. Olympic day is a celebration of sports. It commemorates the benefits of sports in everyday life. It is celebrated on 23rd June every year. This year's theme is 'Together for a peaceful world'. Aim of this theme was to reiterate the power of sports to bring people together.

We understand that Tattva school, with its large infrastructures and facilities such as cricket ground, basketball, football and volleyball courts, is providing adequate opportunities for students to get trained in different sports. Various awareness activities were conducted during this period. In a nutshell, we are assured that our children get adequate exposure to pursue any sports of their choice and get the benefits of sports at Tattva school.

- Ms. P. Archana Hebbar,

Janithri's Mother

Importance of Sports in Schools



For a long time, sports have been viewed as a way to stay healthy and in shape, but their importance goes much further. As a matter of fact, playing sports teaches life lessons like discipline, responsibility, self-confidence, accountability, and teamwork.

Health

Studies have shown that exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulated creativity, and better-developed problem-solving skills. In short, playing sports helps the brain grow and makes it work better.

Teamwork

Teamwork is key to success. In sports, you have to collaborate with other team members to win. To succeed in education, a student needs to work hand in hand with teachers and fellow students. After school when working on a project, those with teamwork skills achieve their objectives. Employers are interested in hiring employees who can work together with other employees to achieve a common goal. Teamwork skills are among other requirements to secure a good job.

Social Skills

From a social standpoint, sports are a powerful tool that brings people together and creates a sense of community. They develop connections that bond together people from all walks of life.

Playing any competitive sport brings in healthy stress among kids/students which push them to perform better in all facets of life along with the sport.

I have seen many parents and kids suddenly leaving sports after a year or two of training, as they expect the child to deliver results of their investment (both time and money), which is a big mistake, I feel personally, as it impacts the child's confidence that the parents have on them and also their own self-confidence. Instead of making the child stop /shift the sport, it is suggested to continue as long as the kid is interested to pursue a particular sport. In my personal experience my elder son has been going for speed skating training since 2016-17, but we have continued our support to him irrespective of his wins/losses. Today we feel that he takes his sport and his competition seriously and we have also observed that his academics have also seen an upward curve, during the course. Also, to add on to the above, in spite of hearing loss in both his ears, and I strongly believe that because of our perseverant support to him over the past 5-6 years, we are able to see the confidence in his body language, the way he socializes with people of his age and elders and the respect for teachers and coaches and many more. His confidence level has grown because of the kind of people he's coming across

Importance of Sports in Schools



in both school and training and competitions. He has learnt to accept his defeats/losses with his competitors, and how to overcome them. Being down to earth and sportive even while winning/losing.

Improved energy levels

The reason most students do not play sports is because they feel lazy about it and don't have the energy for it. However, the belief that the intense exercise of playing sports will leave you exhausted has been proven wrong by research. Because exercise pumps more oxygen through your blood and makes your entire system more active, the benefits of playing sports actually include giving more energy to accomplish everything else you need to do to manage your busy schedule.

Managing emotions

Sometimes it feels stressful to manage training, homework, exams, and other stuff all at once, it is very challenging and occasionally parents and kids have to deal with bad homework or midterm grades; and it can take a bad hit whenever it happens. I believe that playing sports teaches both parents and kids how to deal with failure and disappointment in life. I learned that I am not always going to get the results that I want, from my kid both in sports and academics, but no matter what, we have to persevere and not give up. Sports give a positive attitude where I see falling as a way to learn how to pick themselves up.

Coaches train students how various negative emotions can affect their performance. Emotion management skills learned at a young age helps one handle critical life challenges later on in life.

Brainpower

Routine participation in sport and physical activity has a positive relationship with higher levels of attentiveness in classrooms.

High levels of attentiveness positively impact academic performance by increasing a student's ability to concentrate on, absorb and recall content and subject materials.

Frequent participation in sport and physical activity at a young age encourages positive cognitive development in youth – developing and learning to use the core skills of the brain to think, read, learn, remember, reason and problem solve.

Sport and physical activity positively impact academic performance as it encourages the enhancement of brain function and cognition through increasing blood flow to the brain; increasing levels of norepinephrine and endorphins; and increasing growth factors that help create new nerve cells and support synaptic plasticity.



To sum up, playing sports has some serious benefits. Besides just being fun, sports can help you perform better in school, relax more and worry less, deal with setbacks, work better with others and increase your energy — all of which helps you balance school and everything else going on in your life.

Mr. N. Radhakrishna
Parent of N. Sai Rithvik
Grade 7 'B'

Kids Zone

By Avani Arakeri, Grade 6 'B'

Sports is an integral part of basically every community. It involves everyone, whether they are playing or watching. Sports reflect the culture of the country and its people. In many ways, sports define a society's character and habits. They show how people can make a living by being athletic and entertain other people. They give people ways to test their athletic abilities against others abilities. Sporty games create an atmosphere of friendly competition. Most of all, they give people something to follow and focus on. It is a healthy release from the stressful and pressing chores of everyday life.

There are many types of sports. Golf is an individual sport unlike Tennis, in which one player

must beat the other to finish a match. Baseball, Basketball and Soccer are some of the many team sports in which teams play against each other and the teammates help each other to win as a team. Sports develops discipline and team spirit in an individual.

5 Perks of Playing Sports By Elizabeth Aarti Thejus, Grade 7 'B'

"Goal", "Shoot" and "where has the ball disappeared?" are common comments we hear all over the world. After academics, most people make sports their priority. There are a variety of sports for all people- old, young and specially abled. We can play indoor or outdoor games. We all have a favorite sport to either watch or play. I enjoy playing Badminton. It helps our team spirit, leadership and communication skills. We make friends and cement our bonds while playing games.

If you think about it, sports can teach us a lot about how to lead a good life. Here are 5 perks I learnt while playing badminton.

First, both in Sports and life, rules are important. Rules give structure to the game. Similarly, in life rules give purpose to our life and are great tools to



lead a good life. Rules can make the game fun and enjoyable- No rules, no fun but Know rules, Know fun.

Second, badminton is like a conversation with shuttle being the opinion or words. It goes back and forth and is sometimes easy to receive, sometimes difficult and sometimes even harsh. This has taught me that we should not be fazed by what other people say, but instead carry on with the game of life.



Third, a sport teaches you to overcome failure. Even if you lose a point, you keep going to the end of the game, hoping that you will achieve atleast one point. This failure actually motivates you to keep improving. We also learn to never say "NO" or "I Can't do it". We learn to have a positive mind and be ready to learn from our mistakes.



Fourth, although we strive for success, there are other perks to playing a sport. To make new friends, meet great people, achieve something good and help others- which is also important.



Fifth, no game is complete without an audience and a coach. The audience either discourages us or cheers for us, just like our parents, friends and teachers. No matter what the audience says, the couch sticks by us and gently corrects us when we make mistakes. Either in life or in sports, it is crucial to know that **PRACTICE MAKES A MAN PERFECT.**

Student Achievements/ School wall of fame



- Inter school Head start Friendship Games golf tournament played in the stableford format at the KGA.
- Tamanna Kandra from Grade 6 won the first place in Category C (11-12) Girls.



Upcoming Events

- Tirangaa 2022
- Hiroshima and Nagasaki Day
- Independence Day

