

SCHOOL DAY CELEBRATION

Manasarowara Pushkarini Vidhyashrama celebrated the 34th School Day on 23rd December, 2022. The whole MPV family strived hard to put up a good

show. The theme for this Annual Day was 'Prakruthi hi eva Sharanam' which translates to 'Surrendering to the spirit of mother nature'. The chief guest, Sri D Mahesh Kumar IFS, Deputy Conservator of Forests, and special guest, Mrs Shubha Sanjay Urs made the day more special with their inspirational words. On this occasion, students of the AISSE 2022 were felicitated for their meritorious performance and senior members of the faculty and staff of the institution were recognized for their dedicated service.

The parents were also equally delighted to enjoy their kids perform and the show was a grand success. A delightful Kannada play with the message to preserve our Earth was received with a huge applause.

-Ananya. U (9B)



74TH REPUBLIC DAY CELEBRATION

The 74th Republic Day was celebrated on 26th January in the school grounds at Manasarowar Pushkarini Vidhyashrama.

The students of class

IX took pride in glorifying and celebrating the event, along with all the students of class VI to IX. The event began at 8 a.m. with the welcome speech and the hoisting of the Indian Flag by the Chief Guest of the day - Major Manjunatha. J, an Administrative Officer at NCC, Mysore. This was followed by the national anthem and the Jhanda Geet. The students of the four houses marched in perfect synchronization to the songs played by the school band. The school band also had an impressive additional display, showcasing their talent with patriotic tunes. The chief guest then delivered an inspirational address, making the students aware that the future of the country is in their hands and that they must inculcate good values in life.

The students of Pushkarini highlighted the significance of the day by giving wonderful speeches. The school echoed with patriotic fervour as the students of class IX enacted a virtuous play on patriotism, showing the hardships and sacrifices of a soldier. The celebration was concluded by the vote of thanks ensued by the singing of the national anthem.

-Niharika Puttaswamy(8D)



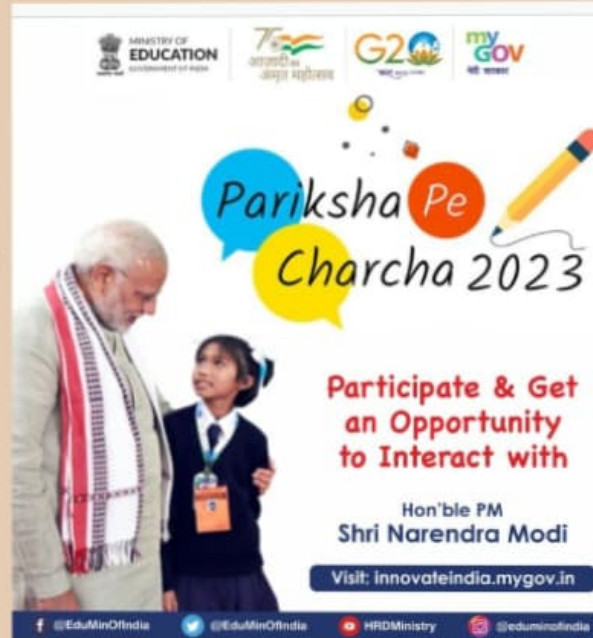
PARIKSHA PE CHARCHA 2023

Pariksha Pe Charcha is a yearly seminar conducted by Prime Minister Narendra Modi. It is a part of the larger "Exam Warriors" movement, encouraging a stress-free testing atmosphere for the youth of our country. Pariksha Pe Charcha 2023 was the sixth one in the series to take place. It panned out as an online session where students, parents and teachers across the country got to interact with our honourable Prime Minister, and ask him all types of questions relating to the topic of tests and exams.

Many questions related to time management and exam pressure were asked. It was an inspiring, enlightening and interesting session where we students understood the importance of concentration, determination and focus in studies and exams. Our prime minister gave us many satisfying solutions to our questions and queries.

The session was lengthy, yet interesting till the end. Students were given the opportunity to get answers to some questions they may not have even thought about. At Pushkarini, we were able to listen with perfect audio as well as clear visual assistance.

-Nishant. A(9D)



SPORTS DAY

The sport's day for the academic year 2022-2023 was a grand success. Parents of primary grade children participated in fun filled games like slow cycling , bouncing the ball, shot putt, throwball and volleyball and a couple of more games were organized.

The day was also made interesting by a volley ball match between the school senior girls and the teachers. After some rigourous sprints and relay races the final house points were announced.

Nilgiris took up the first place following by Himachal, Vindhyachal and Sahyadri.



THE ARCANE TALENT OF PUSHKARINI



ANOTHER WORLD

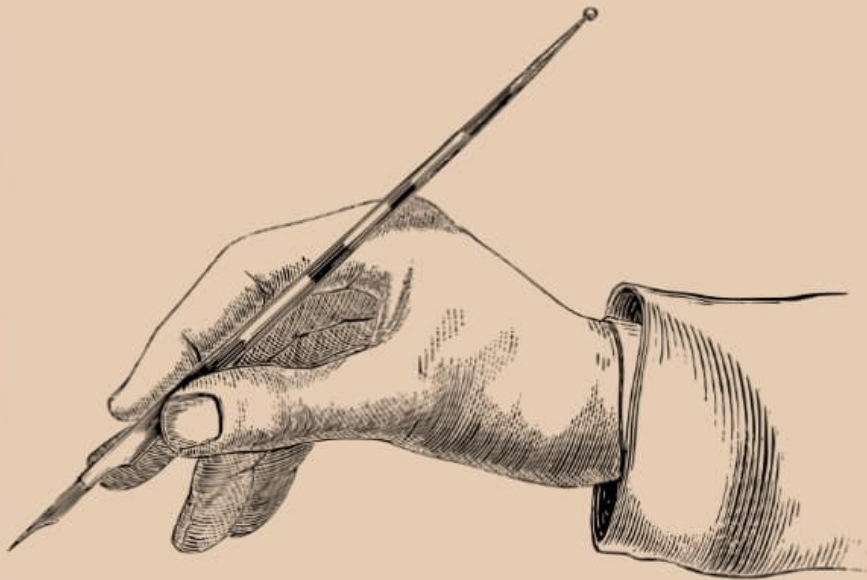
Her illusional presence soothes me
A world where my wings are free
I wish you existed, dear
To confide in someone, I long
Whose silence is the symphony of a song

A place for myself, a home
Unlike this world, a space to roam
I wish you existed, dear
Blood and tears and scars to embrace
A heaven where I shall not be a disgrace

Where the clock never ticks or turns
With waves of solace to console my burns
I wish you existed, dear
Oblivious of my deeds, good and bad
Unaware of memories, happy or sad

A place where my soul can dance
With emotions, of vivid hues, to enhance
I wish you existed, dear
To lay on your lap and count the stars
While letting go of my inner wars

I want you now, I need you
For I'm desperate for a break from this darkened blue
I wish you existed, dear
But I'm sure I'll meet you one day, my friend
When all beginnings shall come to an end



THE CLEVERNESS OF THE BRAHMIN

-Unnathi.R (9B)

Once upon a time, there lived a brahmin in a small hut. One night when he was half asleep, he felt like he was flying. When he opened his eyes, he saw two Yamadoothaas (The beings who work for Yama the God of death) flying and taking him to the abode of Yama, as the brahmin had done some bad things. When they reached the abode of

Yama, the brahmin told Yama that he did not do anything bad. But Yama called Chitragupta, (the person who notes down the bad things we do) who claimed that the brahmin had indeed done some bad things. Still, the Brahmin refused and said that even Yama once had made a mistake and that one who makes a mistake cannot punish others who make a mistake. So they went to Brahma. But the

brahmin claimed that once, even Brahma had made a mistake by marrying his

own daughter, so they all, including Brahma, went to Lord Shiva. However, even Shiva had once committed a mistake by tearing off one of the heads of Brahma in anger. So they all, including Brahma and Shiva went to Lord Vishnu. But the brahmin suddenly told the gods that he should be sent back to earth. They all asked why. The brahmin said that he had seen all the three main gods, while people on

Earth were praying to see at least the foot of one god, and by that, Lord Yama agreed and let the brahmin go.



-Avyay. Dilip (4C)

PUSHKARINI'S TALENT



SRINIDHI 5A



HRUITHIK. V.
K 5C



IMAPANA.K
5B



IMAPANA.K
5B



PRABUDDH 4C



KUMUDVITHA.
D 4A



VIMUDA 4D



NISHA
CHOUDHARY
5A



7C



7C



JEEVITHA.C
4A



VAMSHITHA.
M 4D



JEEVITHA.C
4A



Chinthana 9D



VAMSHITHA
M 4D





Senajith gowda 4B



Jeet 5B



Aditya 9A



Hishithaa 4A



Hishitha 4A



Apoorva MP 4A



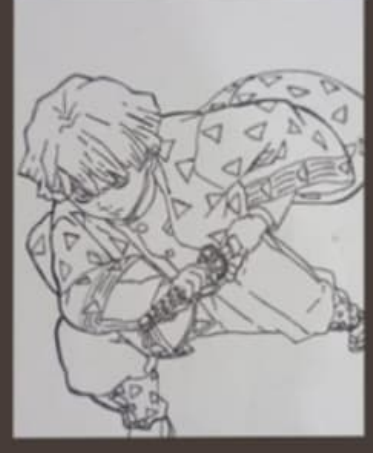
Charvi 5C



Nandika 5B



Mannmeet Jain 7C



Kuval A Ram 7D



Kushaal. D 5C



Sankalpa 4B

Marvel Trivia

Question: Nick Fury wears an eye patch over which eye?

Question: Who is the firstborn child of Odin?

Question: What does S.H.I.E.L.D. stand for?

Question: Black Panther is set in which fictional country?



Fun Facts-

1. Australia is wider than the moon: The moon sits at 3400 km in diameter, while the diameter of Australia from east to west is almost 4000 km.
2. Ketchup was once sold as medicine: The condiment was prescribed and sold to people suffering with indigestion back in 1834.
3. Dolphins have names for one another: According to National Geographic, dolphins use a unique whistle to distinguish between different members in their pod

Bad jokes

- "I'm afraid for the calendar. Its days are numbered."
- "What did the pirate say on his eightieth birthday? Aye, matey"
- "Shout out to my fingers. I can count on all of them."
- "Why did the math book look so sad? It had so many problems!"
- "This graveyard looks overcrowded. People must be dying to get in."
- "What's brown and sticky? A stick.



EDITORIAL COLUMN: A BRIEF OVERVIEW OF EXAM STRESS

Currently, with the 10th standard board exams around the corner, exam stress has been a hot topic circulating among students, parents, and teachers alike. This has been the case especially after Prime Minister Modi's inspirational words at Pariksha Pe Charcha 2023. Exam stress, otherwise known as test anxiety, is a condition which creates extreme levels of tension, dread, and discomfort before assessments. Though a little exam tension is a common factor which all students experience before exams, chronic exam stress is a more extreme and harmful version of this. It has been proven by innumerable studies around the 1950's that people with exam stress end up doing worse in evaluations and testing scenarios, compared to their peers who do not experience this disability. Students often undergo this because of the pressure to succeed, by both internal and external factors. These factors vary from person to person, but can range from anything, such as an impractical standard of perfectionism and inner fears of failure, to interference from guardians and parental figures at home, to peer pressure.

Researchers at the Academic Resource Center of Harvard University claim that people show exam fear and test anxiety in various ways, some not feeling confident in their preparations, a few putting off studying due to lack of confidence in their capability to understand the material, while others feel like their performance in exams will be sub-par at best and won't meet expectations.

If left unchecked, this can be extremely detrimental to academic performance, along with becoming the catalyst for negative emotional and behavioral development patterns.

Some ways of managing your stress during tests and exams are:

- Visualizing successful outcomes
- Identifying what is in your control
- Keeping things in perspective
- Practicing positive affirmation and keeping your cool

Some ways for educators to help students manage exam stress are:

- Lowering the impact of any single test
- Giving preparational material
- Reminding students that failure or bad performance in exams is not the end of the world and that they always have chances to redeem themselves

-Gowri Anand.(9C)

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