

DATE : 09/06/2025
DAY : MONDAY

TOTAL - 52
PRESENT - 50
ABSENT - 02

Welcome Back

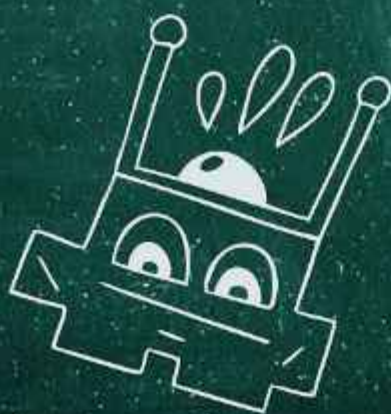
to

Books, Bells & Buddies

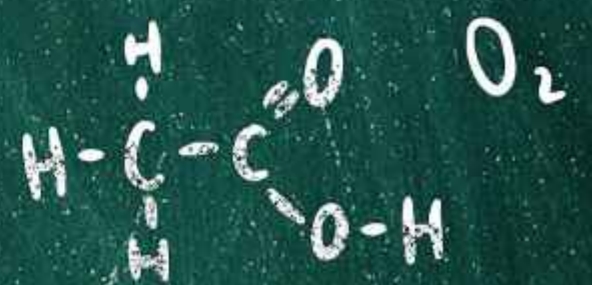
Let the Learning Begin!



SPACE



$f = -32^2 \frac{\sqrt{u}}{\sqrt{u}+1}$



COCO GAUFF Wins 2025 French Open



At just 21, the American phenom stuns World No. 1 Aryna Sabalenka to clinch her first French Open title in a gritty three-set thriller.

Paris, June 7 - In what will go down as one of the most iconic nights in tennis history, Coco Gauff triumphed at the 2025 French Open, defeating Aryna Sabalenka in a fiercely contested final that electrified the Stade Roland Garros crowd. The 21-year-old American emerged victorious with a scoreline of 6-7(6), 6-2, 6-4, claiming her first Grand Slam title on clay.

With this win, Gauff becomes the first American woman since Serena Williams in 2015 to lift the French Open trophy—ushering in a new era in women's tennis.



What It Means for Tennis

This win is more than just a personal triumph—it's a generational moment. Gauff's victory sends a powerful message about the rise of young athletes in the sport and the depth of talent in women's tennis. It was also the first time in over a decade that a Grand Slam final at Roland Garros featured the top two women's seeds—adding even more weight to her win.

As she celebrates her maiden French Open title, Coco Gauff has not only rewritten the script at Roland Garros but has firmly established her self as the future—and present—of women's tennis.




Match Recap

- ▶ **A Nervey Start:** Sabalenka, known for her raw power and aggressive style, took the opening set in a tight tiebreak, 7-6(5). Her serve looked untouchable early on, but cracks began to show as Gauff's defensive strategy began to frustrate her.
- ▶ **Gauff Strikes Back:** The second set was all about Gauff. Using her court coverage, deep returns, and smart shot selection, she outmanoeuvred Sabalenka to take it 6-2, turning the match on its head.
- ▶ **A Champion's Finish:** In the deciding set, Gauff broke Sabalenka's serve at a crucial 5-4 moment, sealing the victory on her second championship point. The crowd erupted as she dropped to the clay in disbelief and joy.

A Star Rises

- ▶ **Age & Achievement:** At just 21, Gauff now holds a Grand Slam on one of the toughest surfaces in tennis, making her one of the youngest American women to do so in the Open Era.
 - ▶ **Mentally Fierce:** Beyond athleticism, what shone was her ability to stay composed—weathering the pressure of facing the World No. 1 and bouncing back after a tight first set.
- ▶ Champion Coco Gauff takes home €2.55 million (-\$2.9 million / approx. ₹24.5 crore) and 2,000 WTA ranking points.
 - ▶ Runner-up Aryna Sabalenka earns €1.275 million (-\$1.45 million / approx. ₹12.25 crore).
 - ▶ Roland Garros continues to set the bar by offering equal prize money for both men and women—part of the push for parity in the sport.

Kusale, Elavenil back in side to lead India in Munich World Cup

Paris Olympics bronze medallist Swapnil Kusale will lead the Indian squad along with comeback shooter Elavenil Valarivan at the season's third ISSF World Cup which will feature of a galaxy of international stars, beginning in Munich from Tuesday. Kusale fought his way back to the men's 50m rifle 3 positions (3P) event on the back of a good show on the domestic circuit. Two-time Olympian Elavenil will be seen in international action for the first time since Paris, although she did make the trip to Buenos Aires and Lima as an RPO (Ranking Points Only) shooter. Reigning Asian Games champion Palak makes her debut in the women's air pistol apart from two new faces in the men's air pistol—Aditya Malra and Nishant Rawat. A total of 695 athletes, including Olympic and World champions and legends of the sport from 78 countries, will participate in the World Cup. 

Canadian teen McIntosh shatters 400 metres freestyle record

Canadian three-times Olympic champion Summer McIntosh set a world record in the women's 400 metres freestyle at the Canadian Swimming Trials in Victoria, British Columbia. The 18-year-old clocked 3:54.18 to better Australian Ariarne Titmus' mark of 3:55.38 set at the 2023 World Championships in Fukuoka, Japan. "Going into tonight, I knew that my training has been really good these past few months, and I knew that I could do something special," McIntosh said. "So being able to input my training in doing that - I didn't think my training would be 54.1 but I'm really happy with that." At the Paris Olympics, the four-times World Aquatics champion McIntosh became the first athlete from Canada to win three gold medals at a single Olympic Games. She won gold in the 400 metres individual medley, 200 butterfly and 200 individual medley, as well as taking silver in the 400 freestyle. But things felt different at the Canada trials. "I just felt so strong throughout, and that's never been the case in the 400 freestyle for me. That last 100, I'm always really, really hurting. 

Neymar sidelines after testing positive for COVID

Brazil forward Neymar has been sidelined after testing positive for COVID-19, his club Santos said in a statement as quoted by Brazilian media. The 33-year-old began showing symptoms on Thursday and was immediately removed from team activities. Medical tests later confirmed the viral infection, the Brazil Serie A side said. The club did not disclose how long Neymar will be out of action. Neymar is already ruled out of Thursday's league match at Fortaleza through suspension. The Fortaleza match will be Santos' last outing before the Brazilian league pauses or the June 14-July 13 Club World Cup in the United States. The former Barcelona forward's future at Santos remains undecided, with his contract set to expire on June 30. Limited by injury, he has made 12 appearances for Santos across all competitions this season, contributing three goals and three assists. 

Not looking that far ahead... says Steve Smith on 2027 Test tours


As intrigue continues over how the remainder of Test career would play out for star Australia batter Steve Smith, the 36-year-old veteran said that he is currently taking things "day by day" and not thinking about exciting Test tours to England and India in 2027.

"I am definitely not looking that far ahead," he said. "I am kind of taking it day by day. While I am enjoying it, while I am batting nicely and feeling like I am contributing to the team. I am pretty happy. But that [2027] is a while away," he added.

Smith's current focus however, would be continuing his red-hot run of form in white clothing during the ICC World Test Championship final against South Africa at Lord's from June 11 onwards. Having slammed four centuries across his last five Tests against India and Sri Lanka, plenty is expected from the superstar batter, whose 121 and partnership with Travis Head was the point of difference during the 2023 WTC final against India at The Oval.

On whether this WTC final is his last appearance in whites at Lord's, a stadium where he averages 58.33, he said. "I think it is probably, outside of Sydney, my favourite ground to play at. The history, the surface itself. It always takes a few balls just to get used to that slope. One end, you feel like you are standing really tall, the other end, you feel like you are falling over a little bit. But the ball races away, both up the hill and down the hill."

After the Champions Trophy, where his team finished their semifinal run under his captaincy with 73 run knock against India in the final four clash, Smith announced his retirement from ODIs in March.

Smith has done well in England, having scored 2,255 runs in 22 Tests and 42 innings at an average of 55.00, with eight centuries and nine fifties and the best score of 215. At Lord's, he has made 525 runs in five Tests, with two centuries and fifties each in nine innings. 

After South Africa decider at Lord's, Smith's next England assignment is the 2027 tour for the Ashes, the year when there will also be a five-Test tour to India.

- ▶ "He has scored 5,800 runs in 170 ODI appearances, made 12 centuries, and won two World Cups.
- ▶ In 116 Tests, he has made 10,271 runs at an average of 56.74. They include 36 centuries and 41 fifties. His best score was 239.
- ▶ He is the fourth-highest scoring batter for Australia in the format.



Sakura Koiwai of Japan hits her third shot on the 1st hole during the final round of Yonex Ladies Golf Tournament 2025 at Yonex Country Club in Nagaoka, Niigata, Japan, on Sunday.

The new-age game

Pickleball is a simple paddle game played with a baseball-sized wiffleball over a tennis-type net on a Badminton-sized court. It combines elements of tennis, badminton, and table tennis.



The paddle

- ▶ The paddle is rectangular with rounded edges.
- ▶ Made from lightweight materials like graphite, carbon fibre, fiberglass, or composite polymers.
- ▶ The handle is shorter than a tennis racket.
- ▶ The surface is solid and may be slightly textured for impact.
- ▶ It is cushioned to absorb shock and enhance comfort.

The ball

- ▶ It is a perforated lightweight, hard plastic ball.
- ▶ Indoor balls have 26 large holes for slower flight and better control.
- ▶ Outdoor balls typically have 40 smaller holes, making them denser.
- ▶ They have low but consistent bounce
- ▶ They come in bright colours like yellow, orange or green for better visibility.

Diksha stays within top 10 after third round

Indian golfer Diksha Dagar carded an even par 72 to hold her position within the top 10 after the third round of the Tenerife Women's Open at Tenerife (Spain). Diksha was five-under for three days and is placed sole 9th in the standings. She is three shots behind the leader Sara Kouckova (69) at eighth-under. The other Indian to make the cut in Tenerife. Avani Prashanth is now placed at 43rd on the leaderboard. Diksha started her day with a birdie on the first hole before dropping shots on the sixth and eighth holes by the time she was halfway through the round. 

SPORTS QUIZ

In love with Badminton? Does cricket give you a high? Or does watching F1 races give you an adrenalin rush? Whatever be the sport you love, here's a quiz to test your mettle and celebrate the spirit of sports.

1. What was Lewis Hamilton's best race finish this season with Ferrari?
 - A. Third
 - B. Fourth
 - C. Fifth
 - D. Sixth

Answer: b fourth
2. How many ODIs did Glenn Maxwell play in his career?
 - A. 126
 - B. 149
 - C. 77
 - D. 3,990

Answer: b 149
3. When does Wimbledon 2024 begin?
 - A. June 15
 - B. June 23
 - C. June 30
 - D. July 1

Answer: c

The Price of a Shortcut

Last week, a student aced a competitive school quiz. Applause echoed, certificates were awarded, and classmates whispered about how she had sneaked answers onto her sleeve. A few days later, she was nominated for a leadership position. Some students felt conflicted: she had won, yes, but had she earned it?

In school, it can feel like everyone's rushing toward something - top grades, university admissions, trophies. So when someone finds a shortcut, it may seem harmless, even clever. But there's a cost. Success built on dishonest choices may bring quick rewards but leaves little foundation for the future. It trains you to rely on loopholes rather than your ability. When repeated, it doesn't just risk exposure, it erodes self-trust.

Cheating or misrepresenting effort may bring temporary success, but often, it comes with internal doubts: "Do I deserve this?" This feeling, known as impostor syndrome, can grow over time, especially when future challenges require the same skill you skipped learning. The irony? The more you avoid the hard work, the more unprepared you feel when you need it most.

Real success isn't just about results - it's about how you reach them. That's what builds resilience, pride, and long-term confidence. Think of athletes who train for years before a medal, or students who fail, learn, and then succeed. Their achievements feel different because they are different. They're built, not borrowed.



Failure isn't the enemy. In fact, failing honestly often teaches more than success achieved dishonestly. It gives you data, direction, and drive. You can own it, improve, and rise stronger. When you cut corners, you deny yourself that growth, and with it, the deeper reward of knowing you got there by being better, not just looking better. True learning begins not with the cessation of effort after success, but with the continuation of effort after failure.



In the long run, your reputation matters more than any award. People may forget what you scored, but they'll remember how you played. Were you fair? Did you help others? Did you show up with integrity when it was hardest? That's the kind of success that lasts, because it's not just about what you did - but who you chose to be.

BACK TO SCHOOL

Reset, Recharge and Refocus

LET'S GOOOO

The start of a new school year is much more than just the return of textbooks, homework, and class schedules. It's a valuable opportunity for growth, reflection, and a fresh start. It allows students to learn from past experiences, reset their mindset, and begin the year with renewed purpose. A strong beginning can boost confidence and set a positive tone for the months ahead. To make the most of this fresh start, students should follow four key steps to stay focused and succeed throughout the year.

Before jumping into new subjects and schedules, it's important to pause and reflect on the academic year that has just ended. Consider what worked, what didn't, and which habits helped or hindered your progress. Reflection isn't just about spotting mistakes—it's also about recognizing growth and celebrating achievements. This helps you learn from experience and start the year with clearer direction and motivation.

A well-planned daily routine is the backbone of a successful academic year. Establishing consistency in your day can help reduce stress and increase productivity. Start your morning with a positive habit, such as a short prayer, deep breathing, or a few moments of quiet reflection. These small acts help center your mind for the day ahead. Incorporate time for regular exercise, healthy meals, and moments of relaxation into your routine. Include a dedicated time for studying and reviewing your work each day. Time management is key—when you learn to prioritize tasks effectively, you'll be better equipped to meet deadlines, balance schoolwork, and maintain emotional well-being.

Setting goals is a powerful way to stay focused and motivated, but not just any goals—SMART goals. These are goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Instead of saying "I want to do better in math," try "I will improve my math score by 10% in the next term by practicing 30 minutes daily." By breaking large goals into smaller, manageable steps, you can avoid feeling overwhelmed. Each small success builds confidence and brings you closer to your long-term objectives. Write down your goals and track your progress. This will give you a sense of purpose and direction throughout the school year.

After a long vacation, it's natural to feel disconnected from academic life. Rather than diving straight into the pressure of performance, use the first few days to reignite your curiosity. Approach your subjects with an open and eager mind. Learning is most effective when it's driven by interest and engagement, not anxiety. Ease yourself back into the rhythm of school. Be patient with your mind and body as they adjust. Explore new topics, ask questions, and find joy in discovering new ideas. Reconnecting with learning in this way helps to reduce stress and build a positive mindset for the term.

I would like to conclude by saying that the back-to-school season is a powerful moment of renewal. It's a time to recharge your energy, reset your intentions, and refocus on your personal and academic growth. By reflecting on the past, building a balanced routine, setting clear goals, and embracing learning with curiosity, you can lay a strong foundation for success.

Stay positive. Stay focused. And most importantly, believe in your ability to make this year your best one yet.

Mrs. Renu Elizabeth Benny
Principal
National Public School,
Jalahalli



Transforming Failure into Inner Gold

In the great epics, moments of uncertainty and fear of failure often become turning points of awakening. Hanuman, in the Ramayana, once stood frozen before his mission to find Sita, forgetting his immense powers until Jambavan reminded him of his true nature. Across scriptures, it is evident that the fear of failure or uncertainty is never the end; it is part of the process, and often the beginning of a more profound discovery of who we truly are.

Modern psychology tells us something empowering. Carol Dweck's theory of the Growth Mindset suggests that abilities aren't fixed. Mistakes and setbacks are not signs of stupidity, but signals to recalibrate. When we see effort as the path to mastery, we become resilient. We stop fearing failure and start learning from it. Recognising that setbacks are a natural contingency in the journey allows us to meet them with curiosity, not shame.

"Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachment to success or failure. Such evenness of mind is called yoga." (Bhagavad Gita 2.48)

In the Bhagavad Gita, Lord Krishna tells Arjuna: "You have the right to work, but never to the fruit of work." (Gita 2.47) This philosophy, known as Karma Yoga, is revolutionary. Do your duty with sincerity, and let go of the obsession with outcomes. This mindset protects us from despair when we fail and arrogance when we succeed.

Judaism calls failure *cheit*—to miss the mark. But every missed shot is a chance to aim better. *Teshuvah*, the act of returning to the right path, is central.

Despite the diversity of paths, one truth remains: failure is not fatal. Whether it's a warrior's doubt, a student's low grade, or a heart's heartbreak—each fall carries a seed of rising. What matters is not the fall but our response. For example:

- Psychology urges us to grow through effort.
- Hinduism teaches us to act with detachment.
- Buddhism asks us to see through illusion.
- Judaism inspire us to return with faith.

The Upanishads speak of *Titiksha*—forbearance in the face of suffering (failure) without complaint. It is not weakness but the quiet courage to endure, to stay centred amid the highs and lows. In Vedanta, failure is part of *Maya*—the ever-changing world of illusion. Real peace comes not from avoiding failure but from recognising its impermanence. Every failure is a teacher, showing us our cravings and mistaken beliefs.

Perhaps we've been asking the wrong question. Instead of "What if I fail?", let us ask: "What will I learn when I do?" For every broken attempt is a chance to reassemble ourselves—not as we were, but stronger, wiser, and closer to who we're meant to be.

As the Mahabharata reminds us: "Time creates all things, and time destroys them all. Time burns all creatures, and time again extinguishes that fire." The failures of today are but passing shadows. What endures is the spirit that chooses to rise.

EPIC TRUTH LIES BENEATH

Sinauli!

The Mahabharata, one of the world's oldest and most profound epics, has shaped Indian culture, literature, and philosophy for millennia. Unlike mere mythology, the Mahabharata is deeply woven into the fabric of Indian history, referencing real places, dynasties, and traditions. For centuries, scholars and enthusiasts have debated its historicity, searching for archaeological evidence that could bridge the gap between legend and history. In recent years, a remarkable discovery in a quiet village of western Uttar Pradesh has reignited this debate and brought new excitement to the study of ancient India. This is the story of Sinauli—India's largest and most significant archaeological find of the 21st century.

Located in the Baghpat district of western Uttar Pradesh, Sinauli sits within the fertile plains of the Ganga-Yamuna Doab. This region, rich in cultural and historical significance, has been a cradle of ancient civilisations. Its proximity to Hastinapur, the legendary capital of the Kauravas, further amplifies its importance in the context of Vedic and epic histories.

The area's strategic location made it a hub for trade, agriculture, and cultural exchange, factors that likely contributed to the development of complex societies whose remnants are now being unearthed.



The archaeological significance of Sinauli first came to light in 2005 when locals stumbled upon human skeletons and ancient artefacts while levelling agricultural land. This prompted the Archaeological Survey of India (ASI) to initiate formal excavations under the leadership of D.V. Sharma. These initial digs revealed over a hundred burials, dating back to approximately 2200–1800 BCE, associated with the Late Harappan or post-Harappan period.

However, it was the 2018 excavation, led by Dr. Sanjay Kumar Manjul, that truly transformed our understanding of the site. This phase uncovered 116 burials, including those of a warrior class, complete with weapons, ornaments, and, most notably, chariots. The discovery of these chariots, dating back to around 2000 BCE, marked the first time such artefacts had been found in the Indian subcontinent, challenging existing narratives about the advent of chariot technology in the region.

WOW

The Sinauli site is a veritable time capsule of ancient Indian life, warfare, and ritual. Here's what archaeologists found:

► **Chariots:** The most sensational discovery was three full-sized chariots, constructed of wood and adorned with copper sheaths and geometric motifs. These are the earliest evidence of chariots in the Indian subcontinent, predating similar finds in Mesopotamia and Greece. These chariots, dating back to 2000–1800 BCE, suggest the presence of advanced transportation and warfare technologies. The chariots' solid disk wheels and advanced construction suggest a sophisticated understanding of metallurgy and engineering.



► **Royal Burials:** Over 126 burials have been found, making Sinauli India's largest known necropolis. The burials include decorated legged coffins, underground chambers, and grave goods such as rice pots, indicating elaborate funerary rituals. Some burials contained copper helmets, shields, swords, and even anthropomorphic figures made of copper and gold, possibly representing Vedic deities.

► **Weapons and Armour:** Among the grave goods were copper antenna swords, shields, and helmets—some of the earliest examples of such weaponry in India. The presence of these items alongside both male and female skeletons suggests a warrior society where women may have held equal status as warriors.

► **Pottery and Ornaments:** The site yielded Ochre-Coloured Pottery (OCP), terracotta figurines, gold bracelets, copper bangles, and beads of semi-precious stones. These finds indicate a culture distinct from the Saraswati-Indus civilisation, yet equally advanced.



Sinauli covers a substantial area in the Baghpat district, with the burial grounds and associated artefacts spread across several hectares. The site's location in the Ganga-Yamuna Doab places it at the crossroads of ancient trade and migration routes, highlighting its importance as a cultural and military hub in the Bronze Age. The elaborate nature of the burials, the presence of royal coffins, and the array of grave goods suggest that Sinauli was home to a powerful and influential warrior tribe.

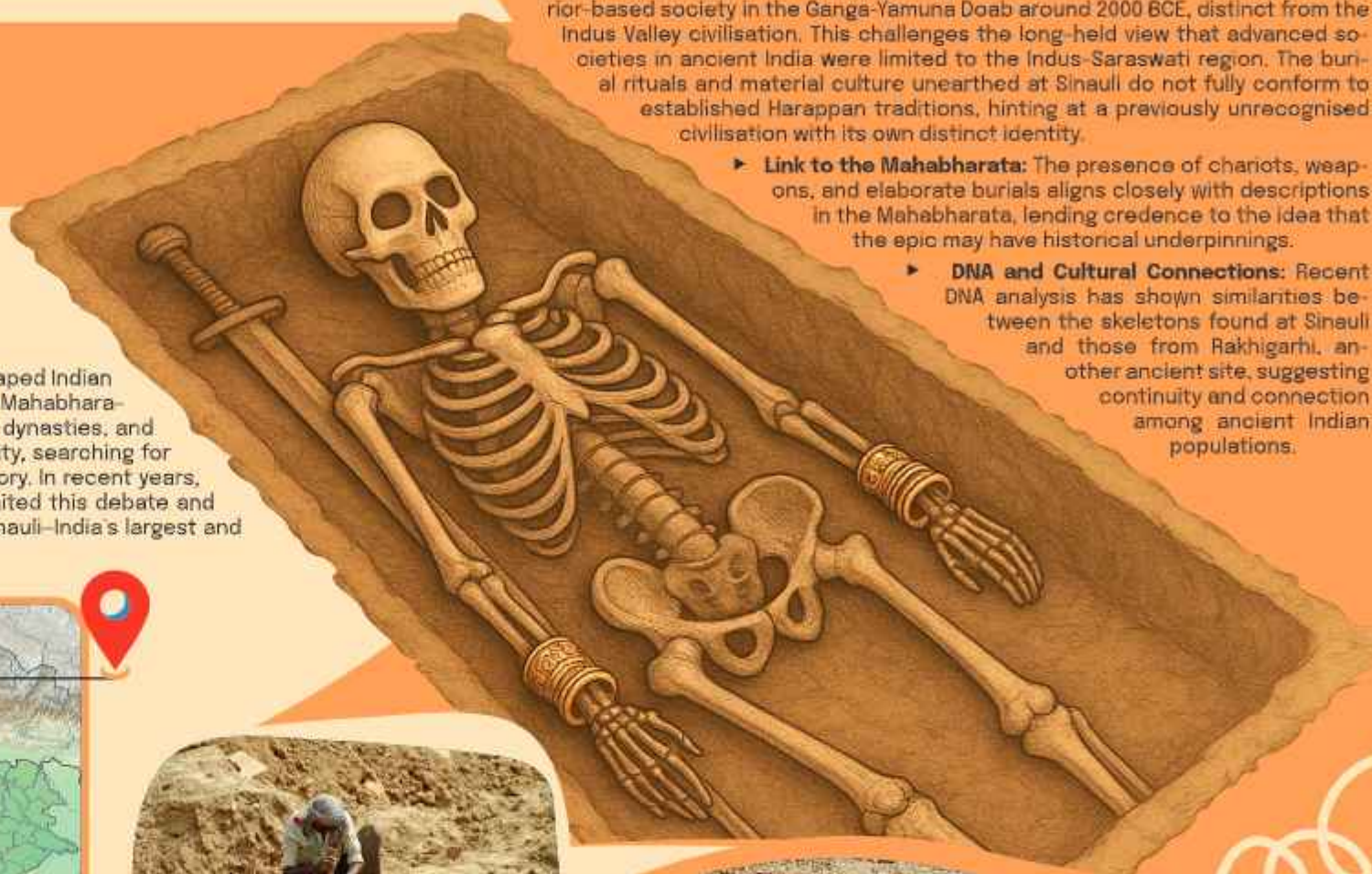
Sinauli is not just another archaeological site; it is a discovery that challenges and reshapes our understanding of ancient Indian history. Here's why it is considered a turning point:

► **First Evidence of Chariots:** The chariots found at Sinauli are the earliest in the Indian subcontinent, pushing back the timeline of advanced technology in India by centuries. This find places ancient Indian civilisation on par with contemporary cultures in Mesopotamia and Greece.

► **Rewriting History:** The discovery suggests the existence of a complex, warrior-based society in the Ganga-Yamuna Doab around 2000 BCE, distinct from the Indus Valley civilisation. This challenges the long-held view that advanced societies in ancient India were limited to the Indus-Saraswati region. The burial rituals and material culture unearthed at Sinauli do not fully conform to established Harappan traditions, hinting at a previously unrecognised civilisation with its own distinct identity.

► **Link to the Mahabharata:** The presence of chariots, weapons, and elaborate burials aligns closely with descriptions in the Mahabharata, lending credence to the idea that the epic may have historical underpinnings.

► **DNA and Cultural Connections:** Recent DNA analysis has shown similarities between the skeletons found at Sinauli and those from Rakhigarhi, another ancient site, suggesting continuity and connection among ancient Indian populations.



Instructions:

Fill in the blanks with the specified types of words. Once complete, plug them into the paragraph below and read your version aloud. You'll be reconstructing a historical narrative that blends archaeological reporting with complex English grammar.

Fill in the blanks:

- Verb (past perfect tense)
- Prepositional phrase
- Adverb
- Verb (past continuous tense)
- Modal verb + base verb
- Present participle phrase
- Adjective
- Verb (future perfect tense)
- Subordinating conjunction + clause
- Noun (historical or archaeological)

Final Paragraph:

The excavation team (1) _____ significant remnants hidden deep (2) _____. They (3) _____ mapped the grid while they (4) _____ the outer burial trenches. Experts believe this discovery (5) _____ the narrative of early Indian civilisation, especially when (6) _____ aligns with other (7) _____ interpretations. By the time the entire site (8) _____, fresh theories will emerge (9) _____. Among the most intriguing was a (10) _____ found beside a chariot wheel—untouched for millennia.

- **Oldest Chariots in India:** The chariots discovered at Sinauli are the oldest known in the Indian subcontinent, dating back to around 2000 BCE.
- **Unique Coffin Decorations:** The wooden coffins found at the site feature copper decorations and motifs not previously observed in the region's archaeological record.
- **Advanced Metallurgy:** The variety and craftsmanship of the copper artefacts indicate a high level of metallurgical knowledge and skill.
- **Chariots:** Full-sized chariots were unearthed, marking the first such discovery in India.

Adopt these small steps, make a difference to mother Earth

What if saving the Earth wasn't about big speeches, but small steps, starting right now? You can do your part to save planet Earth right now! This is how I ensure that I do my small part in taking care of Mother Earth.

Did you know that the average office worker uses about 10,000 sheets of paper annually, most of which could be saved by adopting double-sided printing.

► I ensure that I always use both sides of the paper, which reduces the waste I generate by almost 50%.



ergy and raw materials.

► I always try to borrow clothes, books, or any tools I need for a project instead of buying them. It saves my money and the environment!

Did you know that paper towels account for up to 254 million tons of trash every year worldwide?

► I avoid paper towels and use a reusable cloth instead; it helps cut down my waste and is also more efficient in cleaning up.

A study has shown that reducing your monitor's brightness can reduce its energy consumption by 20%. By adjusting screen brightness, you can reduce your environmental footprint without sacrificing visibility or your eyesight!

► I turn off the lights when not in use, and on my devices, I reduce the screen brightness.

► It might be a better idea to use bells, bubbles, or flowers to decorate instead!

Talk about climate change with a friend, teacher or those around you, or join a cause, because saving the planet starts with small actions.



► I talk about climate change. I share what I learn because I believe change starts small. These might be small changes, but it adds up.

Akshara S Rao,
class X,
Little Flower
Public School

Academic stars shine at felicitation ceremony



A felicitation inspires students to aim for high academic standards. On May 30, 2025, MES Kishore Kendra Public School organised a felicitation ceremony to honour students who excelled in ICSE Board Examination, 2024-25. The toppers and their parents were invited.

The overall percentage toppers, individual subject toppers and students who scored centum were felicitated by the chief guest, member of Mysore Education Society H S Ganesha Bhatta. They received cash awards, mementoes and certificates.

The chief guest, in his address,

commended and congratulated the toppers for their stupendous performance and motivated the current class X students to achieve good results in the upcoming board examination.

It was a moment of pride, honour and inspiration for the students, teachers, and parents.

Students take transformational educational journey to the US

In April, 66 students from Jain Heritage School embarked on a transformative ten-day educational expedition across the United States, bringing classroom learning to life through real-world exploration and cultural immersion. The journey commenced in New York City, where students witnessed the iconic Statue of Liberty and experienced Times Square's vibrant energy. They explored landmarks like Central Park and Empire State Building.

In Washington DC, the group visited the Smithsonian National Air and Space Museum and historic monuments, gaining insights into American governance and history. At Niagara Falls, students experienced nature's grandeur.

A highlight was the visit to NA-



SA's Kennedy Space Center in Orlando. The tour culminated with visits to SeaWorld, Universal Studios, and Magic Kingdom, combining learning with fun.

Students developed crucial life skills while fostering friendships and school spirit. The programme emphasised discipline,

time management, and teamwork in real-world settings.

The international study tour, curated and managed by Sprouts Edu Tours, exemplifies the school's commitment to holistic education through transformative learning experiences beyond traditional classrooms.

Gold medal makes her two-time champ



Saniha Samarth of class IX at The Brigade School, Malleswaram, bagged the first place and a gold medal in the 9th Asian Goju Ryu Karate Championship held in Colombo, Sri Lanka. She won 14-15 years Open Belt Kata category. With this victory she sets a record as a two-time Asian champion.

Balance and steady effort key to success

I attribute most of my achievements to the support my family and teachers have given me. My family was always there, especially during the times I failed.



ing access to facilities like table tennis and badminton helped me unwind during breaks.

At my coaching centre, the teachers were always approachable, provided excellent material, and patiently cleared every doubt.

Instead of letting me dwell on the negatives, my family and teachers encouraged me to reflect, learn, and move forward. I truly believe that the most important lessons come from setbacks.

These little routines kept me mentally focused and physically active, both crucial for long study sessions.

My family also kept reminding me not to neglect my physical health. They would urge me to go out, play, or simply take breaks.

My school created a motivating and balanced environment. Hav-

If I had to sum up everything I learned, it would be this: balance and effort. Balance between study and rest, and steady effort over time. Cramming doesn't work. A little every day is what truly sticks. That's what made the difference for me.

Shreyas Sangarshan S,
Primus Public School
Percentage in class XII: 97.5

*As I lay on the hardened floor,
I closed my eyes and found a 100 doors.
All at once I wasn't in the world's noisy misery,
I was far away in my own tranquil fantasy*

*I could hear the beauty of the silence.
With the wonder of a dream, I formed an alliance
I let go of all my fears,
No longer would I shed any tears.*

*On the edge of a sea,
With a soft wind blowing at me,
I would change the way I saw, like so few.
When I opened my eyes, I found the world anew.*

class X, NPS Jalahalli

Honour roll March 2025

The Times Nie Honour Roll contest recognises regular contributions from students on the website and awards certificates to top contributors every month. You could be the next to feature here! Log on to our website www.toistudent.com, register and start sending your entries.



P Shanmukha, class IX,
The Regency Public School

Gold award winner

Akshadha Valliappan, class X,
Mitra Academy

Silver award winner

Syeda Zara, class VII,
Vatican High School

Silver award winner

Steffan Samuel Varghese, class IV,
Bethany High, Sarjapur

Bronze award winner

Consistency, clarity, and calm: the path to success

When people hear about my results, they often ask what my strategy was. The truth is, there wasn't one in the conventional sense! I had no timetable colour-coded to perfection, no late-night marathons, no expensive coaching notes or crash courses. I just believed in quiet, consistent effort each day, and the simple desire to truly understand what I was learning.

The intent makes all the difference. Study to learn, not to top. When your goal is just a rank, you miss the real purpose of education. However, when you study out of curiosity, because you want to know why something works, that's when



what your study becomes meaningful.

If there's one thing I've learned,

it's this: don't be discouraged by a low score or a tough day. Set your goal, stay consistent, and give it your full heart. Your effort will always find its way.

Organise your time wisely. Set clear goals, focus deeply when you study, but don't forget to take regular breaks. Resting your mind helps you return refreshed and absorb concepts better.

In closing, my heartfelt thanks to all the mentors and faculty. Your guidance has been the quiet strength behind my journey.

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