

# POLICE PUBLIC SCHOOL

(Affiliated to CBSE, New Delhi)

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## PPS VIBES JUNE 2023

*With great pleasure, we wish all our readers a warm welcome to the start of the new academic year 2023-24 at PPS. This edition of newsletter, VIBES will give you a glimpse of June month activities at PPS..*

The academic year 2023-24 kickstarted with a Parents Orientation programme organised for parents of students from all grades, between 23/05/2023 to 30/05/2023. During these sessions, the parents were briefed on all the school processes and general guidelines to be followed.



enriching topics on Skill Development, Experiential Learning & Creative Thinking Skills, Professional Development, Professional Ethics, Classroom Management & Creative Thinking, Behavioural Skill Development. As many as 150 teachers from various Police Public Schools, Bengaluru, Kulbargi, Davangare & Shiggavi attended the programme.

## SCHOOL REOPENING



## FACULTY TRAINING PROGRAMME



A three day workshop was organised for all the teaching fraternity of Police Public Schools from 25/05/2023 to 27/05/2023 at the KSRP 4<sup>th</sup> Bn. Auditorium. The event was inaugurated by Sri Dharmendra Patle, Deputy Commissioner K.V. Sangathan, Bengaluru in the presence of Shri. M. V. Ramakrishna Prasad, DIGP, KSRP, Shri. K. S. Raghunath, Commandant 4th Bn KSRP & Assistant Secretary PPS. The orientation programme led by eminent educationists included sessions on diverse and



The school commenced for the academic year 2023-24 on 01/06/2023 for grade III to XII and on 05/07/2023 for pre primary classes. To mark the beginning of the new session, teachers hosted a special morning assembly activity to extend a hearty welcome to our dear students. The tiny tots of Nursery were welcomed on 07/06/2023.



## WORLD ENVIRONMENT DAY



On account of World Environment Day, an assembly activity was conducted by Class XA students on 05/06/2023 to highlight the significance of the day. Saplings were planted at the school premises, as part of the environmental awareness drive.

## STUDENT COUNCIL ELECTION

Students of Class VIII to X and teaching staff casted their votes on 07/06/2023 to elect their representatives for the post of Head Boy and Head Girl of the Student Council. After a fair and successful secret ballot voting and counting, results were announced by the Principal on the next day. Jameer Ahmed of XA and Anupama N. H. of XC were elected as Head Boy and Head Girl respectively.



## PPS FOUNDERS DAY

To reminisce and to honor the establishment of our School, PPS celebrated its 15<sup>th</sup> Founders Day on 09/06/2023 with a special assembly activity. An article was read that reminded of how the school was formed 15 years ago, reflecting on the very early days of the school and how far we have come as a school community.

## WORLD DAY AGAINST CHILD LABOUR

A special assembly activity was conducted on 13/06/2023 to highlight the perils of child labour and to extend support for the growing worldwide movement against child labour.

## SILVER ZONE OLYMPIAD EXAM



During the month of December 2022 and January-2023, Silver zone Olympiad exam had been conducted for various subjects : GK,

Computer, Science, Mathematics, English in Police Public School. Students of Class V to Class IX took part in the examination under the supervision of faculty coordinators, Madhu P and Asha. Around 30 students who participated received various prizes in the competition.

## URJA-BODY & MIND ENERGY PROGRAM



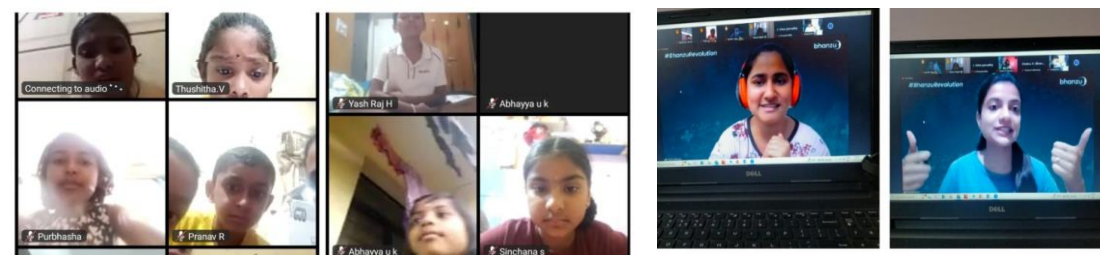
A wellness program 'URJA' by Urban Fitness Academy Foundation was organised on 17/06/2023 for students of VII and VIII. The event was graced by Shri. K. S. Raghunath, Commandant 4th Bn KSRP &



Assistant Secretary PPS and Shri. Ravish Dhamija, Chairman, Urban Fitness Academy Foundation under the guidance of Life Style coaches Mrs. Archana & Mrs. Saranya along with PE faculty of PPS. Students enthusiastically participated in the program that incorporated ancient and modern immersive movements in an exciting and rejuvenating way.

commitment to health and wellness. The students stretched out for warm up exercises, enthusiastically rolled out their mats and performed various sitting and standing postures demonstrated to them. Various breath control techniques and other simple asanas were also taught to them. The event was also witnessed by Shri. K. S. Raghunath, Commandant 4<sup>th</sup> Bn. KSRP & Assistant Secretary PPS, the Principal, Smt. Sheena K. J., teachers and staff.

## MATH WEBINAR BY 'BHANZU'



'Bhanzu', a Math educational tech startup organized an online Math webinar on 10/06/2023 for students of Classes 1-VII. During the webinar, the fastest human calculator, Mr. Neelakantha Bhanu Prakash was introduced to the students through few video clippings. The session comprised of strategies with numbers, simple problems on addition, units of measurement and tips on quick multiplication methods. This was followed by an online quiz, and those with the fastest correct answers were appreciated.

## INTERNATIONAL YOGA DAY CELEBRATION

In line with this years International Yoga Day celebrations, the students from classes V to IX, under the guidance of Mr. Halappa, the Yoga Instructor of PPS, and certified Yoga trainer Ms. Shama, presented a mass demonstration of Yoga to show solidarity and



## RED DAY CELEBRATION

Red Day was celebrated by KG students on 23/06/2023. Children dressed up in red outfits, carried with them few red objects. In the morning assembly teachers sang rhymes related to red colour and conducted activities to reinforce significance of the colour red. Paper Crumbling for Nursery, Thumb printing for LKG and Cotton bud printing for UKG were conducted as part of the celebration.



community. The main speaker for the day was Dr. G. RadhaKrishnan, Additional Professor, NIMHANS who was joined by Nursing Informatic Coordinator Smt. Komala and her team from NIMHANS. The event was also attended by Shri. M.V. Ramakrishna Prasad, DIGP KSPS, KSRP, Secretary, PPS, Shri. K.S. Raghunath, Commandant, 4th Bn., KSRP, Assistant Secretary PPS, Rotarian Tejaswini Jayasimha-President Rotary DownTown, Rtn. Muralidharan, Rtn. Aravinda, Rtn. Raghu, Rtn. Usha, Smt. Sheena K.J, Principal PPS, Vice Principal, Headmistress and teaching faculty of PPS.

## MENTAL WELLNESS PROGRAM BY NIMHANS



Rotary DownTown Bangalore in association with NIMHANS organised a Mental Health Wellness Program for teachers of Police Public School on 24/06/2023. The program which will be held over a series of sessions intend to focus on 'Removing the Stigma around Mental Wellness', and to empower teachers deal with stress, emotional turbulence and lead better personal and professional lives. The Chief Guest Dr. P. Rajani, Deputy Director, Mental Health, Government of Karnataka, in her short address highlighted why mental health is important and how to achieve it through meaningful contributions to ones

## INVESTITURE CEREMONY

The investiture ceremony of Police Public School took place on 28/06/2023. It was held in the school premises with great enthusiasm and dignity. The ceremony was presided over by Shri. K. S. Raghunath, 4<sup>th</sup> Bn Commandant KSRP & Assistant Secretary of the School.



Ms. Tarunya Prasad- a student athlete in the field of high and long jump; a representative of the Southern zone of Karnataka State & National level; was the Chief Guest for the occasion. The function began with a guard of honour, followed by the invocation by the PPS choir. The elected leaders were conferred with badges by the honourable Chief Guest, the 4<sup>th</sup> Bn.Commandant and the Principal Smt. Sheena K.J.



collaborate & awaken social responsibility. The Head girl - Anupama N.H. expressed her gratitude and pledged to work together in unison to make the school a beacon of light & excellence. The event concluded with the National Anthem played by the Band.

The oath was administered by VP of PPS, Smt. Radhika Goswami, soon followed by the march past of the four houses: The Ruby, The Emerald, The Amber & The Topaz.



Here we are signing off. We will bring in more fun element in our next segment. Thank you for reading.



The Chief Guest Ms. Tarunya Prasad in her speech emphasised that leadership is all about ACTION and not a POSITION. Determination, diligence and dedication are the virtues to keep one going as a true leader. The 4<sup>th</sup> Bn. Commandant KSRP & Asst. Secretary of PPS shared his views on the important role students ought to play, taking initiative, learn to

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## PPS VIBES JULY 2023

Welcome to the second edition of our school's newsletter, VIBES for the academic year 2023-24.

*We are glad to take you through the several academic events that passed by in the month of July.*

### TEACHERS WORKSHOP BY CBSE

A two-day workshop was conducted on the 14th & 15th of July 2023 by the CBSE Resource personnel- Shri Renee Joseph Mendonce - Principal PPS, Mysore & Smt. Geethika Kharola - Ex Principal JSS, Bengaluru on the topic, 'Critical and Creative thinking'. Shri M. V. Ramakrishna Prasad DIGP, KSRP & Sec. PPS; Shri. K. S. Raghunath Commandant, 4th Battalion KSRP & Asst. Sec. PPS., the resource personnel and the Principal lit the lamp, followed by an invocation song rendered by the staff teachers. In his speech Shri. M. V. Ramakrishna Prasad DIGP, KSRP & Sec. PPS drew attention to the many challenges faced by the teaching fraternity; thus the need of the hour is to equip themselves with the needed skills in this world of cut-throat competition; and to make the children relevant for the 21st Century. The first day of the workshop dealt with Critical thinking, while on the second day the focus was on Creative thinking.. Both the thinking overlaps and are interdependent. The need is to educate students in both ways. Thinking has to be taught as a skill. We often find children with fixed mind-sets.



### BLUE DAY CELEBRATION

Blue day was celebrated by Kindergarteners on 07/07/2023. On account of this special day children dressed up in blue attire, carried few blue objects with them, that were displayed in the classroom. In the morning assembly teachers sung rhymes related to blue colour and asked children to name a few things related to blue. As a part of the celebration, Nursery had Palm printing activity, while LKG and UKG had bottle cap printing & potato printing respectively.



It's important to develop growth mind-set - believing that intelligence and abilities can grow through personal efforts only. Critical thinking is more relevant today in the context of 'Fake news', that is circulated around us, day-in and day-out. Only critical thinking will allow us to verify the authenticity of such news. Collaborative thinking builds consensus and facilitates rich and effective critical and creative thinking. Reflection is one of the most crucial processes to activate both the thinking. Possibility thinking is through the process of see, think and wonder. The process of design thinking is to have a prototype tested. The process of problem solving is to clearly identify the problem, brainstorming, setting the objectives, studying it privately, sharing and evaluating its outcomes. The teachers were glad to have attended this crucial workshop. It was well appreciated. They felt encouraged to put into practice and execute the insights gained on Critical and Creative thinking. Thinking has to be taught as a skill. The training was a mix of theory and insightful practice.

## INTERACT CLUB

The Installation Ceremony of the Interact Club for the academic year 2023-24 was held on 12/07/2023,



organised by Rotary Downtown. Rtn. Poornima, Rtn. Muraleedharan, Shri. M.V. Ramakrishna Prasad, DIG, KSRP, Shri. K.S. Raghunath, Commandant 4<sup>th</sup> Btn. and Assistant Secretary, PPS, Smt. Sheena K.J., Principal and Smt. Radhika Goswami, VP graced the event.

The new office bearers were introduced and bestowed with badges. The new office bearers were elated and thrilled and a sense of responsibility dawned upon them.



The office bearers are: Ananya A.S. (President), Lakshya A. (Vice President), K. Nithya (Secretary), Amogh Bhat, Vishal, Samyak & Rithvik (Directors). The oath was administered by Smt. Poornima. A note of appreciation was given by Shri. M.V. Ramakrishna Prasad-DIGP, KSRP, Secretary of PPS. Rtn. Smt. Usha Selvaraj in her speech congratulated the team & briefed them about their duties and their role in serving the society.





## PAINTING COMPETITION



Under the aegis of 'Azadi Ka Amrit Mahotsav' Celebration to commemorate 75 years of India's Independence & the glorious history of its people, culture and achievements- a painting competition was conducted on 17/07/2023 under the guidance of our drawing teacher Shri. Tripathi. The student participants were from class I to X. The theme being "Tribal Empowerment", the students enthused with ideas, brought out their best ideas. Some have come out creatively on the significance of the tribal communities presence in every pockets of our country. Their contributions to the rich Indian culture & tradition has an everlasting impact on the young minds.

## PERIODIC TEST-1

The first Periodic Test (PT-1) was held for classes Nursey to Class IX from 17/08/2023 to 22/08/2023.

## KARGIL VIJAY DIWAS

Kargil Vijay Diwas is celebrated on 26 July every year in honour of the Kargil War's fighters.



Children of classes I to IV observed the significance of the day with a special assembly on 26/07/2023. Children presented a patriotic dance as a tribute to the Kargil heroes.

## WORLD NATURE CONSERVATION DAY



On World Nature Conservation Day, a special assembly was conducted on 28/07/2023, to raise awareness about the importance of protecting our natural resources and the environment.

That's all for now. There's lot more to come in the following volumes..



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## PPS VIBES AUGUST –SEPTEMBER 2023

*Here is a sneak peek into the vibrant events at PPS during the month of August & September.*

### YELLOW DAY CELEBRATION



Yellow day was celebrated by Kindergarten students on 04/08/2023. The special day was marked with children and teachers dressed in different hues and tints of yellow. The tiny tots beautifully dressed in their favorite yellow dresses, also brought yellow objects to make it a complete "Yellow Day"! In the morning assembly, teachers sung rhymes on yellow colour and encouraged children to name few things related to yellow. Palm print activity for UKG was conducted as a part of the event.

### TEACHERS WORKSHOP BY CBSE

Police Public School, Bengaluru hosted a one day Capacity Building Programme on Gender Sensitivity on 05/08/2023.



The CBSE Resource Persons for the workshop were Ms. Bharati Tanweer (Principal, Gangotri International Public School, Blr) and Ms. K.S. Jyothi (Principal, The Samhita Academy, Jigani Hobli). The workshop was attended by teachers of PPS along with teachers from other schools. The inaugural event was held in the presence of Shri M. V. Ramakrishna Prasad DIGP, KSRP & Secretary PPS; Shri. K.S.Raghunath, Commandant, 4th Battalion KSRP & Asst. Sec. PPS; the Principal Smt. Sheena K.J. The formal event began with lighting the lamp by dignitaries, followed by an invocation song rendered by the teachers. Shri. M. V. Ramakrishna Prasad DIGP, KSRP & Secretary PPS during his address stressed on cultivating mutual respect for all genders, that is deeply rooted in our cultures since ages and was hopeful teachers translate their workshop learnings to classrooms.



Ms. Bharati started her session with discussion on various types of gender bias that we see around us and

explained the difference between the two commonly misunderstood terms - Gender and Sex. She familiarised the participants with the key terms related with gender, various characteristics of Genders-males, females and transgenders and different forms by which gender discrimination is manifested. During the later session, Ms. K.S. Jyothi, underlined the role of power in gender relationships and also discussed on different forms of gender based violence. Post lunch, teachers indulged in different group activities that helped them reflect upon the need to bring in proactive steps to make schools gender sensitive and break gender stereotypes. Teachers were encouraged to use gender sensitive language in the classroom and promote equal participation among all genders. The session concluded with the resource personnels emphasizing that people should not be discriminated against on the basis of biological differences and urged teachers to play the role of 'change-makers' in the life of students to empower and educate them to address such issues. Overall, it was an enlightening session that shed a light on these sensitive topics.

## HIROSHIMA DAY



Every year August 6 is observed as Hiroshima Day across the world to mark the atomic bombing

of the Japanese cities during World War II. Class III E students conducted activities in the special assembly to mark the significance of the day.

## QUIT INDIA MOVEMENT DAY



Quit India Day, a day which triggered the people of India, who were grappling under the British Raj, commemorates the milestone in the Indian Independence movement. The students of class II B organised a special assembly to commemorate the importance of Quit India Movement Day. Holding patriotic placards, they raised slogans and held a symbolic rally, during the Assembly programme.

## PTM

A Parent Teacher Meeting was held for the parents of Kindergarten to Class IX to discuss on their wards academic progress.



## INDEPENDENCE DAY CELEBRATION



Marking the freedom and glory of the nation, Police Public School proudly celebrated the 77th Independence Day with great grandeur and patriotic fervour. The school campus was beautifully decorated with flowers, festoons and tricolour flags to commemorate the auspicious day. All the teachers and students gathered in the school premises at 06.15 AM in the morning. The special occasion commenced by welcoming the Chief Guests with due respect paid by the NCC Cadets through the 'VIP call'. In the presence of a gleeful gathering, the National Flag was hoisted by the Chief Guest, Shri. M.V. Ramakrishna Prasad, DIGP, KSRP and Secretary, Police Public School, Bengaluru and Shri. K.S. Raghunath, KSPS, Commandant, 4th Battalion KSRP and Assistant Secretary, Police Public School, Bengaluru.



An inspiring speech was given by the Chief Guest which awakened everyone's feelings towards the Mother Land. Following the speech, various cultural programs such as Skit, Dance, Patriotic Song, English Speech, Kannada Song, Hindi Speech, Pyramid Formation, Hula Hoop Display, Kannada Speech, Dumbbell, Lezim were performed by the students to commemorate the auspicious day.



Independence Day celebration

All the students actively participated in all the activities by letting their patriotic spirits soar high and were exhibiting enthusiastic attitude. The program was an amalgam of songs, skit, dance and various events.



On the same day our School Band and March Past team participated in

the District Independence Day celebration held at Manekshaw Ground. Our students have added another feather to the cap with both the school band and march past team securing 2nd prize, bringing laurels to the school. Heartiest congratulations to our students and PE faculty for their brilliant team work and dedication.



## TEACHERS DAY CELEBRATION

Teachers Day Celebration



Then the program was innovatively inaugurated with the lighting of the ceremonial lamp by the Chief Guests., followed by welcome address The Guest Speakers were Smt. Iyer Revathy Rajaram and Smt. Daphne Paulose and the Guest of Honour, Dr. Jangam Sunil Kumar.

The Teacher's Day was celebrated with incredible gusto and zeal on September 5, 2023 in Police Public School, Bengaluru. There was an unusual excitement in the school atmosphere which was quite contagious. Students maintained the bequest of respecting teachers and lauded the entire staff for their exemplary contribution to the school's phenomenal success. There was a ceremonial programme for teachers in the presence of Shri. M.V. Ramakrishna Prasad KSPS, DIGP, KSRP & Secretary, Police Public School and Shri.K.S.Raghunath KSPS, Commandant 4th Bn. Assistant Secretary, PPS.



Addressing the teachers on the occasion, the Guest Speakers extolled the role of teachers in shaping the society. Shri. M.V. Ramakrishna Prasad, KSPS, DIGP, KSRP and Secretary, PPS appreciated the sincerest efforts of the teachers in playing a catalytic role in the holistic development of every student. And then, giving away of tokens of gratitude and reverence to all the teaching and non-teaching faculty members. A sumptuous lunch was a part of the celebration. Thus, the entire celebration paved a new hope for teachers to rejoice the journey as a teacher. The crux of the programme was 'Celebrating Teachers on the Teacher's Day'.

## STORY TELLING COMPETITION

Shivam Raj of LKG C won second prize in the inter school story telling competition held on 19/08/2023 at St. Francis School. All participants received participation certificates.





## KRISHNA JANMASHTAMI



Krishna Janmashtami was celebrated by Kindergarten students on 07/09/2023. On account of this special day, students dressed up in Radha-Krishna attires. The program started with pooja in presence of Shri K. S. Raghunath, Commandant 3rd Bn., KSRP & Asst. Secretary, PPS, Principal, Vice Principal and Headmistress. Later, students of UKG staged a Janmashtami program that comprised of songs, dance performances and Dahi Handi.

## MENTAL HEALTH AWARENESS PROGRAMME



Speaker Meet  
on  
Role of  
teachers in  
Mental Health  
of Children &  
Adolescents  
by  
Dr. Balamurugan  
Assistant Professor,  
NIMHANS

In view with the ongoing series of workshops on Mental Health Awareness Programme, a session on, 'Understanding Mental Health - A Developmental Perspective' was organised for the teachers of PPS on 09/09/2023.

The main speaker for the session was Dr. Balamurugan, Assistant Professor, NIMHANS, and was also graced by Rtn. Usha Selvaraj, President, Rotary Bangalore DownTown, Rtn. Aravinda RD, Secretary RBDT, Rtn. Raghu Allam, Director - Mental Wellness, Shri. K.S, Raghunath, Commandant 3rd Bn, KSRP and Asst. Secretary PPS, Smt. Sheena K.J, Principal PPS. The Guest Speaker, Dr. Balamurugan, Assistant Professor, NIMHANS gave a comprehensive overview of Mental Wellness and the Developmental Tasks Across Life Span. He shared his expertise and insights on Prevention, Promotion and Management of Mental Health and Wellbeing that stimulated minds and enlightened teachers by throwing light on the principles to promote mental wellness among students and their general wellbeing.

## INTERSCHOOL: MINI OLYMPICS

An interschool event, Mini Olympics, was organized by Vishwa Vidhyapeeth School, Yalahanka, B'lore on 01/09/2023 & 02/09/2023.



The following students of our School from Under 10 category, participated in various events and won prizes and participation certificates.

1. Pruthvi Raj 4B - Javelin Throw - 2<sup>nd</sup> Prize
2. Nishka V Nath - 80M Hurdles, Shot Put- 4<sup>th</sup> place.



Avyukth K Jain 4C (Chess), C R Rahul - 80M Dash & 80M Hurdles, Dakshith - 80M Dash & 80M Hurdles and Vinanthi S 5D - 80M Dash & 80M Hurdles received participation certificates in the event.

## GANESHA IDOL MAKING



## HINDI DIWAS CELEBRATION

Hindi Diwas was celebrated with great zeal. A special assembly was held to highlight the importance of the day.

An eco-friendly Ganesha idol making workshop was organised for Class VIII students under the guidance of Smt. Lakshmi Chalapathi, on 16/09/2023. It was a pleasurable activity that created awareness among children to promote sustainable environment and was a delight to see them carry home the carved idols with pride. A special assembly was held to celebrate the occasion of Ganesh Chaturthi.



HINDI DIWAS Celebration



Hindi Diwas

Students of primary and high school took pride in Hindi Language participated in various activities- exhibited Hindi slogans, recited poems, sang songs, expressed the importance of Hindi language through speech and dance - symbolic of the day's celebration.

## ART COMPETITION

An art competition on the topic 'The culture of Ladakh' was organised at St. Joseph School, Bengaluru on 24/09/2023.





Around 20 of our children from classes VIII to X participated in the competition in which children from various schools showcased the rich culture and tradition of the Himalayan highlands.



*Thank you for reading. Signing off for now.*

