

Foot Prints

A Bi-Monthly News Letter



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FUNOLOGY



ART AND CRAFT



The prefectorial body was sworn in on 1st July 2010, for the academic year 2010-11. Both the senior and the junior prefects affirm that duty comes before self and also that the values of the institution have to be imbibed by each and every child. These group of leaders are the upcoming promises and the contribution of DRSIS to the entire global community. These global leaders of tomorrow would bring in a positive and progressive change in the society.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

— John Quincy Adams

Our Policy

The Footprints provides the public forum where DRSIS students can exercise their voice.

1. The Literary Committee reserves the right to decide, what will be published.
2. We reserve the right to edit any material with regard to length or content.
3. We will strive to report news accurately and objectively.
4. We vow to cover stories without discrimination towards any group.

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Director's Message



Dear Friends,

Today's children are tomorrow's citizens of a nation. Today's school prefects are tomorrow's leaders of the nation. Many congratulations to the young leaders of the school, the members of the prefectorial body of the school. Leaders are the change agents of the society and the builders of the nation as are the prefects of the school. You are the role models. To you each person of the school looks up to. In you we place all our trust and from you we expect the fulfillment of all our dreams. Developing your own core values helps to build your personality. I believe that the most important values are honesty, integrity and sincerity in whatever you do. Popular and progressive leaders work with a zeal and passion that knows no limits. All the best in all your endeavours.

Sanjay Agarwal, Director

Principal's Message



Dear Readers,

Greetings from DRSIS

Welcome to another round of FootPrints. We are well on our way into the reforms of CBSE assessment pattern. Several orientations for parents and students of Grade X have been organized to explain Continuous and Comprehensive Evaluation (CCE) and to inform about the optional nature of the board exams for Grade X. Grade IX students would also follow the same routine. The IGCSE stream of Grade IX students too have settled down. The first batch of IB-DP and CBSE are working hard and preparing well. Remedial classes began early to enable children to learn better. PYP is getting ready for the evaluation scheduled for next year. Another feather in the cap is the initiation of e-curriculum in the primary school. Joint efforts from parents, students and teachers would yield better results definitely. The school counsellor is also a ready support to all who need it. School is the temple of learning with all the resources for the betterment of one and all. Using it to your advantage is in your hands. Striving will always lead to success.

SAMV. Prasada Rao, Principal

Editor's Message



Dear Friends,

Here we are with another edition of FootPrints; with us well into the academic year, neck deep in work and rushing to meet deadlines of all sorts. Cycle Test II have just been completed and the I Term examinations are round the corner. The school calendar is being followed in totality with celebrations and competitions being part of the routine. Hence focus is required not only on the academic achievements but also on the personality traits. The earlier we realize our full potential, the higher standards we will set for ourselves and greater will be our achievements and satisfaction. When we see ourselves to be the best among the equals, the taste of success is intoxicating and only when we scale those heights does realization seep in that reality is what we make or do not make of the opportunities that come our way. Adhere to the rules that you would want others to follow too. Be true to your self. Believing in the ethos of the institution and being part of its culture is what makes a society progressive and a nation advanced. Together we can make a difference; together we shall make a difference.

Rachna Bhattacharjee, Senior Secondary Head

Student Editor's Message



With high spirits and aspirations, I have donned the mantle of the Editor promising to give you a reverting edition of Foot Prints each time.

Nihal and I are on our toes to give you a BRAND NEW FOOT PRINTS very soon, which would thoroughly engross you and leave you only wanting for more.

Looking forward to a very fruitful year ahead.

Ritu Rathi, Grade XII

SCIENCE FACTS

- On an average, our body constantly resists an atmospheric pressure of about 1 kilogram per square inch.
- The deepest location on Earth is Mariana Trench, about 11km deep in the North Pacific Ocean.
- The effect of relativity made astronaut Sergei Avdeyev, a fraction of a second younger upon his return to Earth after 747 days in space.
- The Dead Sea is so dense with salt; you can easily float on it without drowning.
- Many physicists believe worm holes (a "shortcut" through space and time) exist all around us but they are smaller than atoms.
- Lake Baikal in Russia contains more water than all the North American Great Lakes combined.
- The diameter of a proton is approximately 0.00000000001 mm (1/25,000,000,000,000 inch).
- A lightning bolt is 3 times hotter than the sun.
- There are 62,000 miles of blood vessels in the human body. Laid end to end they would circle the earth 2.5 times.
- At over 2000 kilometers long, the Great Barrier Reef is the largest living structure on Earth.
- The risk of being struck by a falling meteorite for a human is one occurrence every 9,300 years.
- A thimbleful of a neutron star would weigh over 100 million tons.
- A typical hurricane produces the energy equivalent to 8,000 one megaton bombs.
- Blood sucking hookworms inhabit 700 million people worldwide.
- The highest speed ever achieved on a bicycle is 166.94 mph by Fred Rompelberg of Netherlands.
- We can produce laser light a million times brighter than sunshine.
- 65% of those with autism are left handed.
- The oceans contain enough salt to cover all the continents to a depth of nearly 500 feet.
- Polar Bears can run at 25 miles an hour and jump over 6 feet in the air.
- 60-65 million years ago dolphins and humans shared a common ancestor.
- Polar Bears are nearly undetectable by infrared cameras, due to their transparent fur.
- An average person accidentally eats 430 bugs each year of their life.

Science Department

Campus News



Reopening of the New Session 2010-11,
Speaker Mr. Rama Hanuman, Principal Bharatiya Vidya Bavan, BHEL.



Investiture Ceremony Chief Guest Brig. Mohan Kunnah



Inter Section Bulletin Board Decoration Competition



Inter House Shloka Competition



1st PTM of the New Session 2010-11



Glimpses of our Growth



1. Parent orientation on CCE (Continuous Comprehensive Evaluation) conducted by Mr. Trishul Kumar



1. Orientation programme to create awareness and understanding regarding the examination reforms about CCE introduced by CBSE was taken up for the benefit of both parents and students



2. "Chip" chat by Mr. Ramkishore.



2. Tech - savvy teachers are the need of the century and empowering the teachers with technology based systems and practices was the motive behind the session conducted regarding school software.



3. Curriculum Mapping: 'Atlas Rubicon'



3. To provide the teachers with extensive exposure to the upcoming trends in the education procedure, a session regarding curriculum mapping was conducted by an American based company Atlas Rubicon. The three day session was an excellent insight for the teachers into the merits collaborative curriculum planning and introduction to the use of the software aimed at improving classroom transactions.



4. Young engineers from Silicon World interacted with the students from grade IV to IX regarding the introduction of Robotics Club. Learning by doing was experienced in the true sense when the students were demonstrated the scientific principles behind wind mills, robots and so on.



4. Kids empowered through Robotics

OLYMPICS

ANCIENT OLYMPICS: -

There is no written record about the exact date of the start of ancient Olympics. There were only five events at that time i.e. jumping, disc throw, javelin throw, foot race and wrestling. The Ancient Olympics were conducted in 776 B.C, 724 B.C, 720 B.C, and 708 B.C. But due to social instability these games were not given importance and due to earthquake in 521 and 522 A.D. Olympics were forgotten for centuries.

MODERN OLYMPICS:

Modern Olympics were started in 1896. The Competition was held from Mar 24th to April 3rd. The father of modern Olympics is Baron Pierre de Coubertin, it is with his efforts the Olympics were re-started and this time it has taken the modern version of all games and sports. The aim of Olympics is to bring unity, universal friendship, sportsmanship, to exhibit the good living conditions and promote brotherhood.

Sports Department

Field trips for Term – I: had to be historical / sensitizing and so was it.

Grade VI – Visited the Archeological Museum which had the glimpses of Egyptian and Indian history.

Grade VII – Visited the Chowmahalla palace built between 1857 to 1869 offers a glimpse of the royal lifestyle of Nizams.

Grade VIII – Visited the Nizams Museum housing a collection of memorabilia, mementos and gifts presented to the last Nizam.

Grade IX – X – Visited the Medak Cathedral built from 1914 to 1924 in Gothic style architecture. The Cathedral is considered to be the best in South East Asia.

Grade XI – XII – Visited Gundiapochampally village to understand the economic, social and educational conditions of the residents.

Sports @DRSIS



Inter House 50 m running competition



Inter House Tug of War competition



Inter House Chess competition



Field Trips



Archeological Museum



Nizams Museum



Medak Church



Gundiapochampally village



Art & Entertainment



Poster painting competition during Art & Craft week



Demonstration by Ms Bhagya on letter holder making



Demonstration by Ms Rajani on one stroke painting



Painting competition during Art & Craft week



Demonstration by Ms Asma on Organdi Flower making



Demonstration by Ms Rajani on oil painting techniques



Demonstration by Ms Karuna on paper cutting



Demonstration by Ms Harshitha on paper quilling



Art and Craft Week

Art and craft week was celebrated with great zeal and joy in both primary and secondary wings during the month of July from 12-07-10 to 24/07/10. Art and Craft department had undertaken different activities in the school and also conducted various Art and Craft competitions for students. Demonstrations were also given by facilitators.

The following competitions were conducted:-

- Grade I – Collage Competitions
- Grade II – Photo Frame Decoration
- Grade III – Poster Painting
- Grade IV – Book Mark Making
- Grade V – Painting Competition
- Grade VI – Mask Making
- Grade VII – File Decoration
- Grade VIII – Abstract Painting
- Grade IX – Poster Painting
- Grade X – Painting

To enhance the skills of the students facilitators had given the following demonstrations

- Grade I – Paper folding by Ms. Karuna
- Grade II – One stroke painting by Ms. Rajani
- Grade III – Letter holder decoration by Ms. Bhagya
- Grade IV – Organdi flowers by Ms. Asma
- Grade V – Crackle painting by Ms. Rebecca and paper quelling by Ms. Harshita Agarwal
- Grade VI – Woolen craft by Ms. Asma
- Grade VII – Letter holder by Ms. Bhagya
- Grade VI – VIII – Oil Painting techniques by Ms. Rajani
- Grade IX & X – Woolen craft by Ms. Asma & paper bags by Ms. Rajani
- Grade X – Water color techniques by Mr. Jinson

To encourage students, students were awarded certificates and prizes.

Robotics demonstration was also taken up as part of the week to indicate that aesthetics and art are an integral part of science.

Art and Craft Club

PYP Message

Community Service – Our Responsibility

" Be the change you wish to see in the world "

- M. K. Gandhi



DRS International School aims at bringing positive changes in the society. Of course it is possible only through the students. Our learning doesn't make a meaning unless it is useful for the society. Learning has to be spread to the people around. IB Curriculum focuses a lot on understanding the problems in the society, increasing awareness about them and finding solutions. It gives a lot of importance to the ACTION TAKEN at the end of each unit. Sometimes the action taken is more for self and family and many times it is for the community. They strive to bring positive changes in the society. I am sure all the parents of DRSIS are aware of the action taken by the students. Right from Kindergarten to grade 12 children are doing their best to bring positive changes in the society. They are getting into the community to explain people in the rural areas about what food to be taken and what kind of exercises and hygiene practices are to be maintained to be healthy. They also regularly visit the village school to enhance their knowledge and help them to understand better. They also visited the nearby malls to make the public understand the hazards of the usage of plastic to the environment in future. They distributed the paper bags and jute bags to encourage them. Frequently they visit the orphanage and old age home to make them feel that 'we are there for you' and to spread peace around. Senior students have painted one of the school buildings to encourage children to learn better. Community service not only brings positive changes in children but a great responsibility in them. They turn responsible about themselves and create responsibility in others. Community service is a great experience for every child, which cannot happen within the four walls. Every child enjoys serving the community as long as they are not discouraged. Let's encourage children to serve the community and bring positive changes in the society.

**Subbalakshmi,
PYP Coordinator & Primary Head**

PYP News



IK-I - Celebrating Red Colour Day



IK-III B making use of Library resources



IK-III C students dancing to the tune of Wakka Wakka song in IK assembly



This is how we learn about our senses- IK-III



Hands on activities in IK II



IK-I - Exploring for red colour in nature



Mime show on IK- I reopening day



Interactive magic show during IK-I reopening day



IK-III students visited the cold storage in the school during UOI 'senses'



Sorting Competition in IK-I



PYP News



Language assembly in primary



Students campaigning for the primary elections



Primary students interviewing the Primary Head.



The election for the junior leaders in primary



Grade I students during their end of Unit reflection



Grade III students enjoying as they explore about different parts of the body.



Grade II students inquiring on structure of houses



Grade III end of unit reflection



End of unit reflection in grade IV



Grade V visit to the nearby village school to make them aware about ecological hazards.

UOI Review

Earth(Fact Finding)

No one knows why the Earth's axis is tilted by 23.5 degrees. Some astronomers think that about 5 billion years ago, when the earth was still very young, it was struck by a planet of the size of Mars. That colossal impact could have tipped our planet. Whatever the reason, it's a good thing that the Earth has tilted, countries near the poles would have been cold and dark all the year round. If it had tilted too much, the seasons would be very extreme-like the planet Uranus where the winter lasts for 42 years in total darkness. Hence, the tilt in the earth has been very useful to us.

K. Vaishnavi, Grade V B

TEACHER - A ROLE MODEL

I don't care for praise or blame
 I try my best
 Without caring for gain,
 I take it as a challenge
 To serve my friends
 I want them all to be
 Wonderful gems.
 I prepare my notes
 With lots of pain
 To give something new
 Is always my aim.
 I love my students
 And never use a cane
 No cheap talk
 For personal fame.
 I use my time
 To enlighten them
 I put moral values
 In tender brains.
 I don't know why
 Students respect me well
 I feel proud seeing them
 Hearty and hale.
 Without a role model
 Teaching is in vain
 Only what I practice
 That's all I tell them.
 I am proud to be called
 A 'torch bearer,' 'nation builder'
 On my sincere efforts
 Depends India's future.
 I am grateful to God for
 Making me a teacher
 And compared to Brahma, Vishnu and
 Maheshwar

Ms. Prameela IK Facilitator (inspired by
 "Art of Living" adapted from the poem of
 Swami Srikantananda)



Coordinator's Message

Dear Students and Parents,

A warm welcome to our new IBDP year1 students into the DRSIS family. I hope these two years will be a memorable journey. I also welcome back our



IBDP Year2 students after the vacations. Diploma programme is a holistic approach which sees to the all round development of a student. We hope to achieve this through the two years we have them with us and prepare our students to face the challenges in the fast growing world. Apart from developing their knowledge and understanding of the different subject groups of their choices, we want our students to understand the "art of knowing" through Theory of Knowledge. It helps them to look at knowledge through different perspectives and this will surely enhance the overall personality of the students. It also helps the students to develop an International mindset and look at the world as a one big family. We have designed our CAS programme for this academic year in such a way that it will instill in them a sense of caring and reaching out to people who are less fortunate than them and also build or enhance their own creativity.

I have joined school recently and though I am new to the school, I am not new to the programme. I, along with my DP Staff, am really looking forward to help our students to take their exams and come out with flying colours in the second year of the programme and get excellent placements in India as well as abroad.

There is excitement and enthusiasm in the air and as Bo Bennett put it:

"Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity."

Therefore, equipped with all of the above, we are prepared to forge ahead in this academic year....

Please feel free to connect to me at:
 ibdp.coordinator@drsinternational.com
 ibdp.coordinator@drsinternational.com
 Monica Drego, IBDP Coordinator

Parent and Student Orientation

Yet another day, yet another feather in the hat of DRSIS and yet another significant time for the DRSIS staff.....

It was the 7th of July, 2010, an important day as DRSIS was eagerly waiting to welcome the second batch of its IBDP students. Ms. Naaz Kirmani, IBDP Coordinator ensured that everything was in place at the outset.

As per schedule all parents and their wards arrived. Mr. PrasadRao, Principal, DRSIS addressed the significance of the event and welcomed the effort the parents put in to be there for the occasion and then Ms. Kirmani took over. After speaking about the school and its future, she called upon the students to come up on to the podium to introduce themselves. The brief introduction was followed by the introduction of the teachers and also, the new IBDP Coordinator, Mrs. Monica Drego.

Mrs. Kirmani then began to speak on IB and the IBDP programme and its components. A diligent explanation of the various components of IBDP programme, its requirements, academic honesty and scope of IBDP in India and universities abroad was made clear to the parents and students. She cleared all the concerns that the parents and students had. The IBDP team is committed to shoulder the responsibility of inculcating and nurturing IB values in IBDP students at DRSIS.

Rajarao, Asst. DP Coordinator

CAS- Leaflet



Learning is a process which never ends. In every moment of our life we tend to learn things intentionally or unintentionally. CAS is a vital component of IBDP course, which renders opportunities to students to go beyond classroom, look off blackboards and think beyond books. An element of IBDP which links DP learners with people in their immediate society to the people beyond the boundaries of any races,

castes, religion, colour or creed - is CAS (Creativity, Action and Service).

CAS activities must be done under the able guidance and supervision of an adult. Therefore, it becomes imperative for the teacher supervisors to understand the requirements, philosophy and various criteria of CAS. In view of the above prerequisites DP coordinator felt the need of CAS orientation for the staff before they all step into the shoes of a CAS Activity Supervisor.



On 11th June 2010, the CAS coordinator, DRSIS put up a presentation on CAS to explain its requirements, philosophy, purpose and significance in one's day-to-day life towards acquiring and building skills and character, whereby IB learner profile was correlated with the learning outcome and mission statement of IBO. The orientation laid emphasis on certain points like "What is CAS", "What is not CAS", "What are the three elements namely, Creativity, Action and Service", "What is the significance of these three elements in an individual's life? The teachers were introduced to the various criteria and learning outcomes of CAS and the way reflections are supposed to be recorded by the students.

The positive feedback at the end of the orientation and enthusiasm of DP staff were indicators of a good beginning, towards CAS for this academic year.

Raja Rao, CAS Coordinator



DP NEWS - Happenings

Freshers Party



A 'Rookie' of DRSIS

If Many students join DRSIS every year, and this year too it is the same. I am one of the new students and I just want to write what I felt in this school on behalf of all the new students. After finishing my 10th grade, I joined DRSIS because many people told me about the school's caring attitude toward children. I trusted that, and now I am an IBDP 11th grade student of DRSIS. My classes began just two days back though I don't know much about the school yet I could feel my soul slowly connect with the school. Of course I am the one connecting but the students and teachers who were already there made me feel very welcome.

My seniors gave a welcome party before the semester began and that was my first welcome party in any school. As the truly rich, are not men with a huge amount of money, but rather the one with a lot of happy memories - I thank all the seniors and the teachers for giving us such a wonderful gift. I liked the way the students and teachers actively participated in all the activities.

Also I liked the counselling services of the school. As I said earlier, I am a new student who doesn't know how to differentiate his left from his right and hope that the DRSIS family will help me adapt and continue to help the other 'rookies' who will join next year.

Claud Kim, IBDP Yr- I

Welcome Freshers to DRSIS

When it started it was just idle talk, when it was in process it was anxiety in our minds and when it ended it was a beam on our faces. It wasn't just another event but it was about what we wanted to do for our fellow juniors. One thing which always kept on whirling in our heads while we were doing all the preparations for the party was the great effort that went into planning the event and putting it up before an audience. The anxiety was not just what we had to plan for the show but also about how well the audience would receive it. The Fresher's party started off with a formal introduction of the IB-year II students to the IB - Year I students followed by a formal introduction of the teachers and then lunch. Later we had exciting games, which had running, blindfolding and balloons for both the students and teachers and here it was fun watching the teachers slipping into the shoes of students once again! Then it was prize distribution where the prizes were given away to the winners of the games. The most interesting part of the Party was when all the Freshers were given titles - Best Smile, Best Dressed, Best Performer, Best Stylist and Best Outgoing Student.

Thanks to the Management, our Director, the HODs' and our Facilitators, IBDP Year II had a wonderful time organizing and putting up the event. In the end our anxieties were just misplaced - 'All is well.....'

Nihal Mirza, IBDP Yr II

My Experience

THE NASA EXPERIENCE

The NASA trip was one of the most wonderful experiences of my life - a dream come true to a destination where dreams are realized - it was a peek into the wonder world of the future. A hands on experience at NASA was about a Project we had to work on where I learnt to put forward my views, about how to work collaboratively and how to explore effects in different ways. At first we were all nervous and had no idea about any pre-requisite knowledge that we required, nevertheless my friends and trainers made me comfortable in dealing with such situations. This experience helped me a lot in developing myself as an individual as I gained self confidence and acquired new skills like communication, risk taking and considering other people's opinions. I also started reasoning everything that I saw in my life and moreover learnt that sharing can always lead to a better outcome and better understanding of other people around the world. It was only after this trip that I realized that I was a frog in the well and still had many more oceans to cross before I reach my goal. However now I am very confident that I will make it through by facing all the challenges that come my way.

Uday Bhargav, IB-DP-Yr II

Student's Corner

NASA

If I could reach the stars on Earth
If I could see the moon on Earth
If I could sense Mars around
I would call the place NASA
From ten thousand million stars to a place
where you can stay alive
From a hundred and one odd rockets
To robots which hate to say goodbye
We laughed, we learned and we played
And then we realized that we had left
Left a place full of shining glory
Which will again come back in my dream story

Alekhyia Reddy, IBDP Yr- II

Teachers' Speak

YOU CAN DO MATH!

We've probably all been at a restaurant with a group of people who want to pay individually when one bill arrives. You find yourself in the position of trying to determine how much each person owes. What happens? You look over the bill and you say, "I'm no good at Math" and proceed to pass it to the next person who immediately responds the same way you did. Eventually and usually with some hesitancy, one person takes ownership over the bill and calculates the individual costs or divides the total by the number of people at the table. Did you notice how quickly people say that they were no good at Math? Did anyone say, I'm no good at reading or I can't read? When and why is it acceptable in our society to say we're no good at Math? We would be embarrassed to declare that we're no good at reading yet it's quite acceptable in our society to say that we can't do Math! In today's information age, Mathematics is needed more than it ever was before - we need Math! Problem solving skills are highly prized by employers today, which is an integral part of Math. There is an increasing need for Math and the first step needed is a change in our attitudes and beliefs about Math.

Attitudes and Misconceptions

Do your experiences in Math cause you anxiety? Have you been left with the impression that Math is difficult and only some people are 'good' at Math? Are you one of those people who believe that you 'can't do Math', that you're missing that 'Math gene'? Do you have the dreaded disease called Math Anxiety? Sometimes our school experiences leave us with the wrong impression about Math. There are many misconceptions that lead one to believe that only some individuals can do Math. It's time to dispel those common myths. Everyone can be successful in Math when presented with opportunities to succeed, an open mind and a belief that one can do Math is all that is required.

There is one way to solve a problem (False):

There are a variety of ways to solve math problems and a variety of tools to assist with the process. Think of the process you use when you try to determine how many pieces of pizza will 5 people get with 2 and a half 6 slice pizzas. Some of you will visualize the pizzas, some will add the total number of slices and divide by 5. Does anyone actually write the algorithm? Not likely! There are a variety of ways to arrive at the solution, and everyone uses their own learning style when solving the problem.

Hence, overcome the fear of Math and enjoy learning it just like any other subject.

Md. Afroze, Maths Facilitator

Dental Check Up



Dr. Amritha Gandhi and Dr. Venmathi Adithyan, the dentists who conducted a dental checkup recently gave a feedback that more than 80% of the DRSIS students teeth are perfect and this kind of a result they see very rarely. This shows that DRSIS being a "NO CHOCOLATE ZONE" has been proved right in its policy.

Recipe



Chocolate Sandwich

Ingredients:

- 1 teaspoon granulated sugar
- 1/4 teaspoon ground cinnamon
- 1 1/2 ounces bittersweet chocolate
- 7-8 bread pieces, sliced
- 1 tablespoon unsalted butter, softened
- Ice cream, for serving

INSTRUCTIONS

1. Heat a gas or charcoal grill to medium (about 350°F) or a grill pan over medium-low heat.
2. Combine sugar and cinnamon in a small bowl; set aside.
3. Place chocolate inside bread, close, and evenly spread butter on the outside.
4. Grill 5 minutes, pressing frequently with a metal spatula, until grill marks have formed on the bottom and the crust is browned. Flip and sprinkle 1/2 of the cinnamon sugar on the grilled side. Grill the other side until browned and crusty, about 5 to 8 minutes more.
5. Remove from heat and sprinkle remaining cinnamon sugar on top. Cut into 1-inch pieces and serve with your favorite ice cream.

Meal Planning Club

Parent's Speak

I would like to thank all the faculty members of DRSIS for the lovely thoughts, wishes and the fabulous cake sent for my son's birthday. I am deeply touched by the thoughts to say things in short because 'little things matter the most.' It's not the cake it's the love and affection and the feeling behind it that matters. I am very glad that my son goes to DRSIS and he is being well taken care of.

Parent of Naail Hirani, 1K- II B

Residential News



Personality Development Classes at ISKON



Cross Country to Gundimaisamma

GOD'S PHARMACY

A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex of the brain and is for it.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Onions look like the cells in our body. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, garlic, also helps eliminate waste materials and dangerous free radicals from the body



Sudeepth, K, Grade X

House Master's Message

"Motivation is what gets you started. Habit is what keeps you going"

-Jim Ryum

Dear Parents,

Human heart and mind are like stone slabs which were used in ancient times for writing inscriptions. The inscriptions begin to get carved from the day we open our eyes and since then there are new things written, erased and re-written every day.

Human habits are a part of these inscriptions and they need constant changing and re-writing. The quandary situation here is that the positive habits won't get inscribed on their own unlike the negative ones which come as a compliment of human experiences.

Good habits require writers and the writers are the people themselves. Now it depends on the writers how they go about carving out the good habits on the slab which will become the input for the body to function.

Instilling a good or eradicating a bad habit is a conscious effort that needs to be carried out with great deal of discipline, determination and thoughtfulness. I take the opportunity to thank my entire team of facilitators who work tirelessly to set the desired standards in the students of DRSIS so that they carve out GOOD HABITS.

Hemavathi, Asst House Master
residential@drsinternational.com

Forth coming Attractions

Personality Classes - ISKON

Boarders Dance Party

Field Trip- Cultural Importance