

SFS &C&DEMYTECHTIMES

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CARPE DIEM '25

Ignite the Passion, Celebrate the Spirit...

Talents are not truly talents unless displayed with full fervour and energy — and CARPE DIEM '25 was the perfect stage for brilliance to shine.

Held on August 6th and 7th, CARPE DIEM '25 was a spectacular celebration of culture, creativity, and competitive spirit. The fest opened with a grand procession led by the band maestros, ushering in the dignitaries in regal style. The inauguration was graced by Roopa Gurumurthy, a Vidushi distinguished Carnatic Vocalist and Educator, whose soulful performance added a serene charm to the day. Dr. Philip Thomas, the Rector and President of Suvidya College, served as the Guest of Honour and delivered an inspiring address that set the tone for the event.

The fest began with a graceful prayer dance, followed by a vibrant choir performance and an energetic western dance — all of which set the stage for two days of unforgettable performances and spirited competitions. A range of individual events — including solo dance, instrumental music, solo song, creative attire, elocution, and poem recitation,

allowed participants to showcase their unique talents. Meanwhile, group events like rangoli, skit, debate, group song, group dance, group instrumental. mime, and the muchanticipated fashion show added to the collective excitement and competitive energy of the fest.

Teachers from various institutions of the campus were invited to serve as judges, ensuring a fair and enriching evaluation process.

The two-day fest concluded with a grand closing ceremony on the second day. Rev. Fr. S. Satish Kumar msfs, the Registrar and Controller of Examinations, presided as the Chief Guest and presented trophies, certificates, and medals to the winners. The Ambitious Avengers emerged as the overall champions, while the Nifty Knights claimed the runners-up title.

The campus resounded with applause and jubilation as students celebrated their achievements and camaraderie. The event drew to a close with a solemn salute to the motherland through the national anthem.



· · · Editorial · · ·



- Bring Your Own Shopping Bag Carry a reusable fabric or woven shopping bag.
- Carry a Reusable Bottle
 Buy single-use plastic ones.
- Say No to Straws and Cutlery
 Carry metal or bamboo ones when eating out.
- Reuse Containers and Jars Don't throw them away.
- Buy in Bulk
 Reduce plastic packaging.
- Avoid Plastic-wrapped Produce
 Choose loose fruits and vegetables.
- Segregate Waste Properly
 Separate plastics for recycling.
- Switch to Bar Soaps and Shampoos Don't use bottled ones.
- Spread Awareness
 Encourage friends and family to make small eco-friendly changes.

A special assembly was held by the students of grade IX to celebrate World Environment Day. A skit on the theme: Ending Global Plastic Pollution, encouraged the gathering to reduce plastic waste and protect the earth's fragile ecosystems from its harmful effects.

The Plastic Reality

- Only 9% of plastic waste ever produced has been recycled.
- Every year, about 11 million tonnes of plastic enter our oceans.
- By 2050, there could be more plastic than fish in the ocean (by weight).
- Humans ingest about 5 grams of microplastics per week roughly the size of a credit card.
- Plastic pollution contributes to climate change, as most plastics are made from fossil fuels.

Change begins with one less plastic!

HOD's Message

Within every student lies a spark — a flicker of creativity, a rhythm waiting to be danced, a voice longing to be heard. CARPE DIEM '25, the cultural and literary fest of SFS Academy, was a vibrant celebration of that spark — a dazzling showcase of talent, imagination, and team spirit.

This year's theme, "Ignite the Passion, Celebrate the Spirit," captured the very heartbeat of the event. It was more than a slogan; it was a call to awaken the artist within, to step into the spotlight, and to revel in the joy of shared experiences.

From soulful melodies to electrifying dance routines, our Desalites lit up the stage with performances that captivated hearts and minds. Music, dance, drama, visual arts, and literary events came alive, reflecting the rich cultural diversity and creative excellence of SFS Academy.

For our Desalites, participating in the cultural and literary competitions was not merely about winning prizes or earning recognition; it was about giving their best, supporting their peers, and embracing the joy of participation. The literary events — ranging from debates and elocutions to creative writing and quiz competitions — provided a platform for students to express their thoughts, imagination, and linguistic flair with confidence.

Through CARPE DIEM, students discovered new passions, built confidence and stage presence, and created unforgettable memories with friends and classmates. It was about stepping beyond comfort zones, exploring new horizons, and celebrating the beauty of growth through art and expression.

By taking part in this fest, students honed their creativity and critical thinking, strengthened teamwork, communication, and time management skills, and deepened their cultural and literary awareness. The fest brought together students from diverse backgrounds, cultures, and interests, creating a vibrant space to share talents, appreciate perspectives, and foster a true sense of community and belonging.

More than a fest, CARPE DIEM is a movement — one that inspires every student to dream boldly, dare greatly, and act passionately. It is about igniting their passion, celebrating the spirit, and creating memories that will last a lifetime.



Anila John, Dept. of Science



Better Yourself...

SFS Academy, Hebbagodi, warmly ushered in a new academic year with its inaugural programme – BIENVENIDO '25, marking the beginning of another year of discovery, growth, and excellence for both young minds and dedicated educators.

The programme commenced with a spirited welcome by the school's marching band, setting an energetic tone for the day. The school was honoured by the presence of esteemed dignitaries: Rev. Fr. Riju Vazhaparambil, msfs (Parish Priest, Our Lady of Sorrows Church) as the Chief Guest, Rev. Fr. Joshy Philip, msfs (Manager, SFS Group of Institutions) as the Guest of Honour, along with Rev. Fr. Majish, msfs (Principal, SFS High School), Rev. Fr. Binoy, msfs (Principal, SFS Public School ICSE & ISC), and our Principal, Fr. Johnson.

The programme began with invoking divine blessings through the ceremonial lighting of the lamp and readings from the holy scriptures, symbolising enlightenment and unity. The dignitaries then led the blessing of the school premises, invoking protection and prosperity for the year ahead.

The atmosphere was further enlivened by a vibrant and rhythmic dance performance, captivating the audience and adding colour to the occasion. The programme also included a formal introduction of the new teaching staff, warmly welcoming them into the SFS family. BIENVENIDO '25 was not just a celebration but a reaffirmation of SFS Academy's commitment to nurturing excellence, compassion, and holistic development in every learner.

Empowering Student Voices, Building a Better Tomorrow...



The student council elections were held with great excitement, marking an important exercise in student democracy. Candidates contesting for various leadership positions presented their manifestos during the school assembly, confidently sharing their visions, goals, and plans for the academic year. On election day, multiple polling booths were set up across the campus, each supervised by two teacher-polling officers. Students from grades IV to X cast their votes through electronic voting machines, thereby experiencing the essence of a democratic process firsthand.

Taking Oath, Taking Charge...

The Investiture Ceremony, AZIONARE '25, was held with great zeal and dignity at the school premises. The programme began with a solemn procession, led by the school band, as they escorted the newly elected council members, cabinet leaders, esteemed guests, and school leadership to the stage. The ceremony commenced with a prayer dance, setting a reverent and graceful tone. A warm welcome was extended to the distinguished Chief Guest, Deputy Commandant C. M. Bodhi Dharman, CISF, Unit Electronics City, Bengaluru, and Guests of Honour – Asst. Commandant Lakvinder Singh Virk, Inspector Deepak Kumar Tyagi, and Principal, Fr. Johnson msfs.

To symbolize the enlightenment through knowledge, all dignitaries and council members participated in the lighting of the traditional lamp. The entire gathering then joined in singing the school anthem, a tribute to the institution and its values.

The Chief Guest delivered a powerful and inspirational address, encouraging students to embrace leadership with integrity and purpose. This was followed by the felicitation of the school toppers of 2024–25. In a special moment, H. Haasini, the school topper, shared a motivational speech to inspire her peers.

As a gesture of appreciation, the student council members of the previous academic year were awarded mementos for their dedication and exemplary service. Adding vibrancy to



the occasion, the grade VII students presented a lively dance performance, delighting the audience.

The highlight of the event was the conferring of badges and sashes to the newly elected leaders by the Principal and dignitaries. Active student representatives from the four houses – Legendary Spartans, Invincible Samurais, Nifty Knights, and Ambitious Avengers – also took part with pride. The oath-taking ceremony, administered by the Principal, Fr. Johnson, marked a solemn promise by the student leaders to uphold the school's values and motto with honour. The event concluded on a patriotic note with the national anthem.



Yoga for One Earth, One Health...

SFS Academy joyfully celebrated International Yoga Day with a rejuvenating session led by our dedicated teacher, Dr. Manisha Pandey. The session began with an insightful explanation of the difference between exercise and yoga, emphasising the holistic benefits of incorporating yoga into daily life.

Students actively participated in performing a series of asanas including Tadasana, Chakrasana, Katti Chakrasana, Chandrasana, Sukhasana, Ardha Padmasana, Vrishabhasana, Vajrasana, Kodasana, Utkatasana, and Surya Namaskar. The yoga practice concluded with a calming Pranayama (breathing exercise).

The session successfully promoted awareness, flexibility, and inner calm, leaving everyone feeling refreshed—both in body and mind.



Honouring Sacrifice...

The Independence Day celebration was organised with great enthusiasm by the students and teachers of grade III. The programme began with a warm welcome and the escort of our esteemed Chief Guest, Rev. Fr. Staney Rodrigues, msfs, and Guest of Honour, Rev. Fr. Anil Kiran, msfs, to the stage. The programme commenced with an introduction by Anika, followed by a melodious prayer song rendered by the school choir, setting a solemn and patriotic tone for the celebration. The flag hoisting ceremony, performed by our honoured guests, and the rendition of the national anthem by the choir marked the highlight of the event.

The Guest of Honour then addressed the gathering, inspiring everyone with his words on patriotism and our responsibility towards the nation. This was followed by the prize distribution ceremony, felicitating the winners of the Young Indian Parliament competition organised by the Government of Karnataka.

Adding to the patriotic fervour, two of our talented students, Vivaan and Samyukth, delivered stirring speeches that reflected their love for the nation. The school choir then presented a soul-stirring patriotic song, and a group of students enthralled the audience with a vibrant patriotic dance, brimming with energy and national pride.

The celebration concluded with a heartfelt vote of thanks proposed by Divum, who expressed gratitude to all who contributed to making the event a grand success.

The event truly reminded us of our duty towards our beloved nation and our gratitude to all those who sacrificed for India's independence.

Guiding Hearts, Shaping Minds...

The Teachers' Day celebration for the academic year 2025 was held with great enthusiasm and reverence in our school premises. The programme was thoughtfully designed to honour and appreciate the invaluable contribution of teachers in shaping the lives of students.

The programme commenced with a warm introduction, followed by a soulful prayer song that set a spiritual and serene tone for the gathering. A heartfelt welcome address extended greetings to our Principal, teachers, and fellow students.

The auspicious lighting of the lamp ceremony was then performed, symbolizing the dispelling of darkness and the spreading of knowledge. This was followed by the melodious rendition of the school anthem, reflecting the unity, values, and pride of the institution.



Adding creativity and charm, students presented a lively ramp walk, exuding elegance and confidence. The celebration gained further momentum with a spirited music band performance, filling the atmosphere with vibrancy and rhythm. A humorous yet thought-provoking skit highlighted the deep bond between teachers and students, leaving the audience entertained and reflective.

The highlight of the day was the cake-cutting ceremony, which brought smiles, cheer, and togetherness to the occasion. A colourful and energetic dance performance followed, infusing the hall with excitement and joy.

The inspiring principal's address reminded everyone of the noble role teachers play in nation-building and character formation. The programme concluded with a gracious vote of thanks, expressing heartfelt gratitude to all who contributed to the success of the event.

Finally, the gathering rose for the national anthem, marking the close of the celebration on a patriotic and respectful note. The celebration was indeed a memorable occasion—filled with reverence, joy, and gratitude—etched in the hearts of both teachers and students alike.

Kinder Joys



A year full of giggles and growth...

NESTURA '25 marked the beginning of their academic journey with smiles and thoughtful gestures.

The inaugural programme commenced with a prayer dance by UKG students, invoking the divine presence of the Almighty. Viraj Goel and Ruhi extended warm greetings to welcome the gathering. The Chief Guest, Mrs. Deepa George, in her speech, emphasized the responsibility of nurturing young minds in a safe, caring, and stimulating environment. This was followed by an insightful address by our Manager, Rev. Fr. Joshy Philip, msfs. A spectacular dance performance was presented by LKG students, and a heart-touching dance drama, "Cradle," by the students of grade 1, delighted the audience with its vibrant presentation. Later, the students introduced the kindergarten teachers. The inaugural programme concluded with a heartfelt vote of thanks.

An interactive orientation session was conducted for the parents of PRE-KG and LKG students, marking the beginning of the academic year 2025–26. The primary objective of the session was to provide essential information about the school, curriculum, daily routines, and age-appropriate teaching methodologies. The importance of parental involvement in a child's learning and development during the foundational years was also emphasized. Parents enthusiastically engaged in the discussion, raising queries related to snacks, uniforms, and transport procedures, which were addressed clearly and reassuringly by the dignitaries.

The gleam in the eyes of many parents reflected their joy and excitement as they embarked on this new chapter in their child's academic life.



Empowering tiny hearts to lead...

The morning unfolded with a vibrant and heartfelt procession, where the little ones confidently took center stage. They pledged their promises during a solemn oath-taking ceremony and proudly received their leadership badges amid resounding applause. The event was further enlivened by a series of colorful and delightful cultural performances by the kindergarten students, showcasing their talents and joy for learning.

The ceremony was graced by the Chief Guest, Col. Smitha Thadathil, the Principal and Professor at the College of Nursing, CHAF, Bangalore. She captivated the audience with her inspiring message on the importance of leadership, responsibility, and the spirit of service.

Fr. Johnson, the Principal of SFS Academy, along with other esteemed dignitaries, presented badges to the newly elected student leaders. The event celebrated not just leadership and academic excellence, but also the school's core values of integrity, responsibility, and service.

It was a memorable occasion that instilled a sense of pride and purpose in the youngest members of the SFS Academy community.



Peace in every pose...

The tiny tots of kindergarten came together to celebrate International Yoga Day with joy, energy, and mindfulness. A special morning assembly was conducted in the school portico, where the students of PRE-KG, LKG, and UKG participated wholeheartedly in the event.

The programme began with cheerful participation from all the young learners, reflecting their excitement and eagerness. The highlight of the assembly was a delightful demonstration of yoga asanas by the UKG students, who confidently performed poses such as Marjariasana (Cat Pose), Adhomukha Svanasana (Downward-Facing Dog), Ustrasana (Camel Pose), Gomukhasana (Cow Face Pose), Trikonasana (Triangle Pose), Vrikshasana (Tree Pose), and Shavasana (Corpse Pose).

The celebration concluded with a calming session of meditation and the recitation of yoga mantras, helping the children experience inner peace and focus.

This meaningful initiative aimed to instill in the young minds an early awareness of the importance of fitness, mindfulness, and overall well-being. Through the celebration, students were introduced to the harmony yoga brings between the body, mind, and spirit, setting the foundation for a healthy lifestyle from an early age.



Our planet, our responsibility...

Themed "Save the Earth", the special assembly featured a lively and energetic dance performance by our talented LKG students. One of the day's key highlights was the "Each One, Plant One" initiative, where each class planted a sapling within the school premises. This meaningful activity nurtured a sense of environmental responsibility among our young learners and encouraged them to care for our planet.

Kinder Joys



My safe circle...

Parents of LKG and UKG students were invited to support their children in creating a safe circle chart. Children either pasted or drew pictures of people they trust within the designated safe circle on chart paper. These completed charts, reflected a delightful variety of creativity — different shapes, colors, and designs — and were proudly displayed in the school's quadrangle on the activity day. Teachers also emphasized the importance of knowing one's safe circle, enabling children to act quickly if they ever feel unsafe.

Meanwhile, PRE-KG students participated in an engaging yes or no activity in their classrooms. Through pictures related to general safety rules at home, on the road, and in school, teachers explained the difference between safe and unsafe actions, as well as appropriate and inappropriate touch. Two boxes labeled "Yes" and "No" were arranged, along with placards displaying the images. Each child came forward, picked a placard, analysed the action, and placed it in the correct flower vase. The activity was met with great excitement, and it was heartening to see how well the children understood the concept.



Gratitude beyond words...

On the occasion of Teachers' Day, students enthusiastically took part in the wall of gratitude activity. Each child brought a flower along with a heartfelt thank-you note to express their love, respect, and appreciation for their teachers. The flowers were artistically arranged into a beautiful bouquet, while the notes were creatively compiled into a vibrant collage, reflecting the warmth and gratitude of the children. This simple yet meaningful activity highlighted the strong bond between students and teachers, making the celebration truly special and memorable.

Tapestry of traditions...

Kindergarten celebrated Tapestry of Traditions with great enthusiasm and joy. On this special occasion, the little ones came dressed in their vibrant traditional attire and brought along delicious traditional dishes to share with their friends.

A talk time activity was also conducted, where the young learners spoke confidently and proudly about their culture and traditions. The celebration turned into a funfilled and enriching experience, fostering in children a sense of appreciation for the rich diversity of cultures and traditions represented in their classroom.



Screen free stories...

The kindergarten teachers performed a skit called "Too Much Screen, No More Green."

The skit depicted a child who spends too much time on phones, neglecting friends, the outdoors, playing, and even sleeping. Finally, the child gets sick and sees a doctor, who describes the ill effects of too much screen time. With care and encouragement from parents and friends, the child understands how essential it is to balance technology with outdoor play, exercise, and face-to-face human interaction.



Stepping into a world of wonder...

Our kindergarten children went on a guided campus tour as part of an experiential learning activity. The aim was to help them explore school facilities and feel a sense of belonging. The little ones were excited to visit the library, computer lab, and science lab, where colourful books, technology, and simple experiments sparked their curiosity. They also enjoyed the music and art rooms, and got a glimpse of the nurse's room, robotics lab, audio-visual room, dance room, and senior classrooms.

A special moment was meeting the Principal in his cabin, which made them feel proud. The tour was both fun and informative, leaving the children motivated and eager for their journey ahead in school life.



Give a 'Hear – Hear' Athletics



The following young athletes made a remarkable mark IPS Interschool Athletics Championship 2025–26, held at St. John's Medical College Ground:

- Hrushikesh (X): (U-16) clinched Gold in the 400 m and Bronze in the 200 m.
- Srineja (IX): (U-14) secured Gold in the 400 m and Bronze in the 200 m.
- Ryan Jo Varghese (V): (U-10) dominated the sprints, winning Gold in both the 100 m and 200 m events.
- Shravani Saran (V): (U-10) emerged victorious in the 100 m, winning Gold.
- Chaturya V. (V): (U-10) showcased great skill, earning Bronze in the 200 m.



By demonstrating determination, discipline, and sportsmanship, our young athletes secured an impressive total of 25 medals across various track events at the Inter-school Athletic Meet held at Shri Ram Global School.

In the U-10 category, Tanush Rohit Jagga (V), Ryan Jo Varghese, and Chaturya V showcased excellent sprinting skills, earning multiple podium finishes in the 100 m, 200 m, and relay events. In the U-12 category, Raafi Sheno (VI), John Kavin (VI), Nihal Nidhi Shivam (VII), and Elvia Aby (VII) performed remarkably, contributing to the school's strong medal tally through their individual and team efforts.

The U-16 category witnessed stellar performances from Hrushikesh, Aakash (X), Jonathan (X), Senthil (X), Moumitha (IX), Esther (X), and Anna (X), who dominated the relay and sprint events, securing multiple gold and silver medals.

Music and Arts

Our students' remarkable musical talent were recognised with top honours at Express 2025 hosted by Euro School, Whitefield:

 Elaina Albert (VIII), Sara Sooraj (VIII), Jeremy Anup Alias (VIII), Saachi Nilesh Terdalkar (VIII), Juvel Tom Binoy (VIII),



- Avyukth S (VI), Aarunya (VI) and Irene Tony (VI): 1st Place Western Vocal Group Singing
- Sharvani S Rao (X) and Sriram S Rao (VI B): 2nd Place Duet Musical Instrument
- Ishaan Krishnan (IV): 2nd Place Craftigami
- Rick Lukram (IX): 1st Place Solo Guitar

Badminton



Our students excelled at the Inter-School Badminton Tournament held at BGS National Public School, Hulimavu, showcasing remarkable talent determination. In the Under-17 Girls' category, Hema Tapasvi (IX) emerged champion in singles, while Hema Tapasvi and Nandana Sreejit (VII) clinched the first place in doubles.

Football



Parliamentary Activities



The Government of Karnataka organised the Young Indian Parliament Competition at Vidhan Soudha on July 8–9, 2025, where 10 of our students participated, showcasing their debating and leadership skills. Among them, three of our students received special recognition:

- · Adhitya Narayan R (IX) Best Parliamentarian
- Aarna Bhati (X) Best Leader of Opposition
- Daggupati Sai Neeraja (X) Most Valuable Participant

Following this, our students excelled at the Young Indian Parliament –

Hyderabad Chapter, Regional Round, held on September 1–2, 2025, at NIMSME, Hyderabad, showcasing exceptional skill, confidence, and teamwork. Aarna Bhati (X) was presented with the Best Administrator Award for her outstanding administrative and organisational skills, and Aditya Singh (X) received the Best Parliamentarian Award for his remarkable debating performance and overall contribution.



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Civic Participation



Our talented band performed at the Independence Day celebrations hosted by the Infosys Foundation, in association with the CISF Unit, E-City. With every rhythm and beat, our students paid a heartfelt tribute to the spirit of freedom and unity! Their performance was met with loud applause and appreciation from the audience.

Management and Science



Our students showcased exceptional talent and innovation at the Amateur Manager and Scientist Competition, held at PES University, Banashankari. Their creativity, teamwork, and dedication brought laurels to SFS Academy. Event Winners:

- Frame by Frame 1st Place [Kashwith (IX), Neol (X), Jonathan (X), Tejas (X), Anaghaa (X), Asmi (VIII), Harikrishnan (IX)]
- Future Prime Minister 2nd Place [Aadhitya (IX), Aarna (X), Albina (X)]
- Lights, Camera, Click 2nd Place [Reet (X), Hansika (X)]
- Meme War 3rd Place [Shradda (X), Somila (X), Swarnika (X), Pooja Shree (IX)]
- Hackspire 3rd Place [Akshay (IX), Ruban (IX), Joshua (IX), Kushal (IX)]

Chess

The Under-17 Boys chess team secured the 7th position at the CBSE South Zone II Chess Championship, held at PSSEMR School, Davangere. Shivansh Pulimatti was awarded the bronze medal on board 2 for his exemplary performance.



DESALITE Inter-school Debate and Quiz Competition



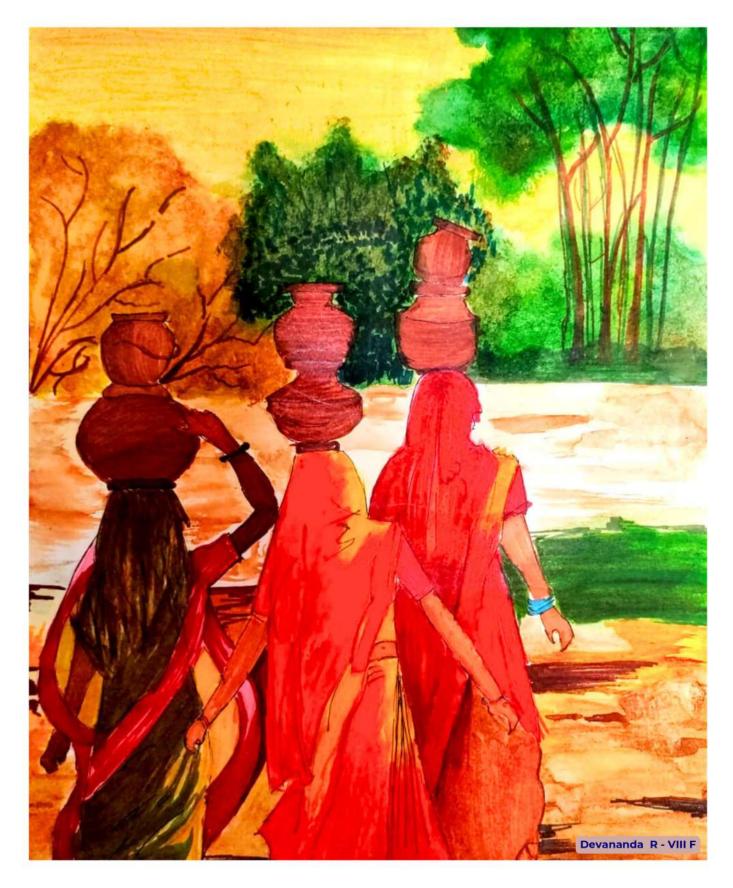
The DESALITE Inter-school Quiz & Debate Competition, organised by the South West India Province, witnessed an outstanding performance by our students. In the quiz segment, our school team comprising Pramit Sahu and R. Sukhin secured the first runners-up position and was awarded a cash prize of ₹30,000. In the debate competition, the team consisting of Karthik Ishwarappa Ganamukhi,

Spoorthi Dhanyamrutha M., and Aadhitya Narayan R. achieved the second runners-up position. Adding to this success, Spoorthi was declared the winner Against the Motion, earning the top cash prize of ₹20,000.

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Creative Canvas





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