



VIJAYA
SCHOOL
SHRADDHAVAN LABHATE JNANAM

VIJAYA CHRONICLE 2025-26

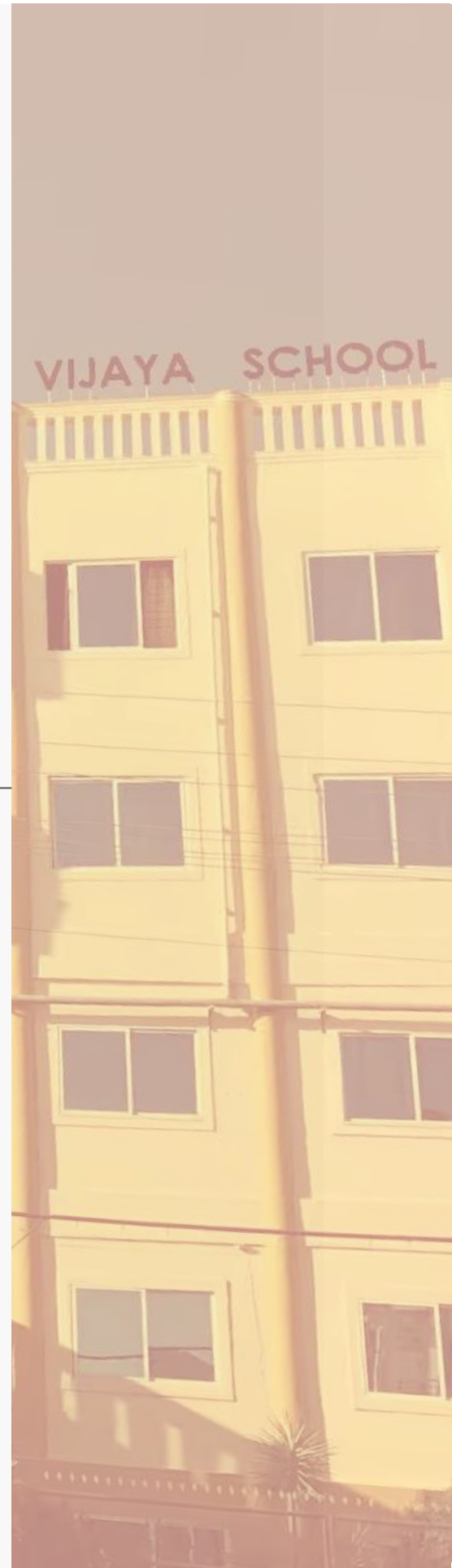


VISION

To become an excellent Learning Centre focusing on Academic Excellence, Values and Life Skills

MISSION

To implement a stimulating and comprehensive educational programme enabling every learner achieve the highest standards of intellectual and personal development



VIJAYA ADVANTAGES



PHYSICAL

We follow healthy life style to keep our body fit and energetic. We are determined to eat healthy food and exercise regularly throughout our life.



SOCIAL

We enjoy collaborating with our classmates as we learn team work, communication and leadership skills. Working together has broadened our perspectives of learning and we are confident in expressing our views.



PSYCHOLOGICAL

We understand the importance of emotional intelligence and conduct ourselves with sensibility, kindness and honesty. We take pride in our work and relationships.



INTELLECTUAL

We develop and use conceptual understanding by exploring knowledge across a range of disciplines. Regardless of who we are and where our strengths lie, we all have the ability to achieve excellence.



SPIRITUAL

We nurture our spirits by engaging in meditation, pranayama and yoga. We respect ourselves and others irrespective of where they come from. We try to spread love and joy wherever we are.

MESSAGE FROM THE ACADEMIC HEAD

A Year of Broadening Horizons

This year has been a meaningful journey of expanding perspectives for our entire school community. Students, teachers, parents, and management have collectively engaged in experiences that encouraged us to look beyond the familiar and deepen our understanding of the world around us.

From thoughtfully designed classroom engagements to immersive field visits, and enriching events such as the Hassan Literature Festival, Innovation Challenge, and Explorium, each experience has offered a unique lens to see, interpret, and appreciate diverse ideas and realities. These opportunities have not only broadened our intellectual horizons but also nurtured curiosity, reflection, and openness to new ways of thinking.

As we moved through this year, it became evident that learning is most powerful when it connects us-to people, to ideas, and to the natural world. Through varied experiences, we have discovered the importance of empathy, understanding, and shared responsibility. Each interaction, each exploration, has contributed to shaping more aware individuals.

In expanding our perspectives, we have also enriched our lives. We have learned that growth lies not only in acquiring knowledge but in building meaningful connections-with one another and with the environment we are a part of.

As we reflect on the year gone by, let us carry forward this spirit of openness and connection. For it is in nurturing human relationships and nature that we truly grow.

Best Wishes
Dr. Shreelakshmi S
Academic Head
Vijaya School



MESSAGE FROM THE PRINCIPAL

“Education is not the filling of a pail, but the lighting of a fire.”

It gives me immense pride and pleasure to present Vijaya Chronicle, a reflection of the vibrant journey of our institution through the academic year. This chronicle captures the spirit, achievements, and collective efforts of our students, educators, and parents who form the strong foundation of Vijaya School.

Our students have once again demonstrated their potential through remarkable achievements in academics, science, sports, and co-curricular activities. Each accomplishment stands as a testament to their dedication, perseverance, and the guidance of our committed teachers.

Beyond academics, the active functioning of the Student Council, Rotary Interact Club, and STEM Club has provided our learners with platforms to develop leadership, social responsibility, and innovative thinking. Events such as SIA Talk, Student Enrichment Programmes, and Student-Centric Celebrations have enriched their learning experiences and nurtured their creativity.

We take great pride in organizing unique initiatives like Vijaya Parents Got Talent, VISPO Meet, and The Hassan Literature Festival, which have strengthened community engagement and showcased diverse talents.

Celebrations such as Vijayothsava – Award Ceremony, Saraswati Pooje, Souharda Koota, and Samoohika Bhojana have instilled cultural values, unity, and a sense of belonging among our students.

Let this Chronicle remind us that we are not just educating minds, but shaping lives and building a legacy of enduring values.

Wishing you an inspiring reading experience.

Warm regards,
Nandeesha K S
Principal
Vijaya School, Hassan





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A BRIGHT BEGINNING TO THE NEW ACADEMIC YEAR



The reopening of the school marked the beginning of a new academic year filled with renewed purpose, vibrant energy, and fresh aspirations. After the summer break, the campus came alive once again as students returned with enthusiasm, teachers with preparedness, and learning spaces with promise. This new beginning set the tone for a year dedicated to meaningful learning, character building, and holistic growth.

Established 29 years ago, Vijaya School has grown into a nurturing learning environment where strong values form the foundation of education and excellence remains a shared pursuit. Guided by a vision that harmoniously blends tradition with progress, the school continues to shape responsible learners prepared to engage with the world as thoughtful global citizens. Rooted in the timeless philosophy of Vasudhaiva Kutumbakam—the world as one family—Vijaya School fosters empathy, inclusivity, and respect, encouraging students to view learning beyond boundaries.

STUDENT ACHIEVEMENTS

SSLC RESULTS 2024–25

Excellence Redefined



**VIJAYA
SCHOOL**
SHRADHDHARAN LABHATE JNANAM

AIMING ◦ ACHIEVING ◦ CELEBRATING
SSLC RESULTS BATCH 2024-25

1 STATE TOPPER (625/625)	140 CENTUMS	46 STUDENTS SCORE 600+	75.67% DISTINCTION	100% RESULT
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Number of students appeared for exam	148	Marks	No of students	Marks	No of students	Subject	125/100	124/99
90% and above	87	625	1	620	1	Kannada	23	8
80% and above	36	624	4	618	3	English	24	26
70% and above	11	623	3	617	2	Hindi	51	26
60% and above	9	622	2	616	2	Mathematics	9	8
40 to 50% and above	5	621	1	614	6	Science	11	12
						Social Science	22	28

Co – curricular achievements

Sports - 56	Visual Arts - 09	Cultural - 15	Science - 09	Literature - 14
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EACH STUDENT IS UNIQUE. OUR AIM IS TO GO BEYOND SCORES AND ENCOURAGE LIFELONG LEARNING.

The school once again reached the pinnacle of academic excellence by securing the State Topper position in the SSLC Examination 2024–25, with ten students featuring among the State Top 10 rank holders.

These achievers exemplify true all-round excellence. Beyond academics, they have distinguished themselves as School Pupil Leaders, Rotary Interact Club office bearers, national and state-level sports champions, Southern India Science Fair winners, and as accomplished orators, quiz masters, and visual artists.

GRADUATION CEREMONY 2024-25

A Celebratory Milestone

The Graduation Ceremony for the academic year 2024-25 was held on Sunday, 5 October, marking a proud and memorable milestone in the lives of the graduating students.



The occasion was graced by the Chief Guest, Deputy Commissioner Ms K. S. Lathakumari, Hassan and Guest of Honour Dr. Girish D. P., Principal, Government Engineering College. This year witnessed outstanding academic success, with the school securing three State Top positions in the SSLC Examination. Cash prizes were presented for the State 1st, 2nd, and 3rd Ranks. In addition, students scoring 600 and above were awarded ₹1,000 each, and ₹1,000 was presented for every centum achieved, with students collectively securing a total of 160 centums.

A total of 148 students were felicitated during the ceremony and an overall cash prize of ₹2.15 lakhs was distributed in recognition of academic excellence.

A PERFECT SCORE, A PROUD MOMENT



We proudly congratulate Uttav Patel on his exceptional achievement in the SSLC Examination, April 2025, where he secured a score of 625 out of 625. He was honoured by the Department of Education and Literacy, Government of Karnataka.

SCIENCE ACHIEVEMENTS

FROM IDEA TO IMPACT

Success at the Namma IDEA Competition

Students of the school achieved success in the Namma IDEA Competition organised by Malnad College of Engineering, Hassan. Guided by Ms Anita J., Head of the Science Department, they presented innovative projects and their Waste Management project was selected for funding and further development into a working prototype.



A DAY AS A SCIENTIST

Learning Beyond the Classroom

Class 10 student Dishan C. Jain was selected for the prestigious “One Day as a Scientist (ODAS)” programme at CSIR–CFTRI, Mysuru, as one among 85 students chosen nationwide. During the programme, he experienced the world of scientific research firsthand by exploring laboratories, participating in experiments and interacting with scientists and researchers.



THE HINDU RISING STARS SCIENCE FEST & MATHS OLYMPIAD



Proud Moments at Vijaya School!
We are proud to celebrate the remarkable achievements of our students at the The Hindu Rising Stars Science Fest & Maths Olympiad, organised by Excellent College, Moodubidire

In Avishkar Inter School Science Fest (Science Expo Competition)
Tanisha H K & Mrudula Mahesh won Trophy + ₹5,000 Cash Prize



In Ramanujan Spark Quest in Class 6 Catagory,

Arjun M - Second Place + ₹3,000

Harshith Raj C K - Third Place + ₹1,000

Rochan Anant - Fourth Place

In Class 7 Catagory,

H S Gokul Gowda - First Place + ₹5,000,

Vivek Gowda - Fifth Place

Class 10 Catagory, Punya R - Fifth Place



SPORTS ACHIEVEMENTS

CISCE ZONAL LEVEL SPORTS MEET - 2025



Students delivered an outstanding performance at the CISCE Zonal Level Sports Meet 2025, winning multiple medals.

Gold Medals: Shubhika (6B) - 600 m; Suraj B. L. (6D) - 80 m Hurdles; M. S. Parineetha (8C) - Long Jump; Monisha G. Hulikkal (8C) - Discus Throw; Harshini R. R. (9B) - 400 m Hurdles and 400 m.

Silver Medals: Sannidhi J. (7D) - 4×100 m Relay; Ruchika R. (8B) - 400 m, 4×100 m Relay; M. S. Parineetha (8C) - High Jump, 4×100 m Relay; Chinmayi Ananth (8C) - 4×100 m Relay; Sameeksha V. (9B) - Discus Throw, Shot Put.

Bronze Medals: Ruchika R. (8B) - 80 m Hurdles; Suhana (8C) - Shot Put; Harshini R. R. (9B) - 100 m Hurdles.

CISCE KARNATAKA REGIONAL LEVEL ATHLETIC MEET - 2025



Venue: Kittur Rani Chennamma Stadium, Jayanagar, Bengaluru

Winners: Monisha G. Hulikal (8C) - Gold in Discus Throw (U-14); Samiksha V. (9B) - Silver in Discus Throw (U-17); Harshini R. R. (9B) - Bronze in 400 m Hurdles (U-17); Monisha and Samiksha were selected for the National Level Athletic Meet.

CISCE ZONAL LEVEL - UNDER-14 VOLLEYBALL CHAMPIONS

Event: CISCE Zonal Volleyball Tournament

Venue: KV English School, Chikkaballapura, Bengaluru



STATE LEVEL - KARATE



Event: Karate Competition held at Nataraj Karate and Fitness Centre, Hassan.

Prathiksha (Grade 10A) and Spandana B. Raj (Grade 10B) secured Gold Medals. Prathiksha selected for the National Level Championship.

CISCE SPORTS MEET- 2025



Our team emerged as Champions and qualified for the Regionals at the event conducted by Pandithya Euro School and Podar International School, Hassan.

Team Members: H.L. Druthi Gowda, Lekhana B.R., Lakshanya A., Hithaishree K.R., Supriya S.S., Sanjana C., Misba Tehereen, Kanchana S.S., Ruchika R., Poorvika Y.P., M.S. Parinitha, Sannidhi J

DISTRICT LEVEL AMATEUR ATHLETIC MEET



BASKETBALL COURT LAUNCH



A new basketball court was inaugurated, marking a significant step in strengthening sports infrastructure and promoting holistic development.



CO-CURRICULAR ACHIEVEMENTS

ART WITH A MESSAGE

On World Environment Day, students participated in a drawing competition organised by the Karnataka State Pollution Control Board.

Tanisha H M - First Place

Chirantana H - Second Place

Dhanvin H S - Second Place

Punarvi S and Dushanth G Akhilesh - Consolation



7TH RANK IN U-14 CHESS TOURNAMENT



Nalanda Chess Academy Silver Jubilee Cup - Below 1800 FIDE Rated Chess Tournament.

EDUQUEST 2026 – DISTRICT RANK



Sujan M (10 B) secured 2nd Rank in Hassan District in the EduQuest 2026 Scholarship Exam conducted by Eduventure P U College, winning a ₹50,000 cash prize.

LITERARY EXCELLENCE AT ZONE 8

The Fr. George Hess Memorial Literary Competitions 2025 (Zone 8), hosted by ASISC and Seshadripuram School, Tumkur, on 28 June 2025



In the Sub-Junior category, M. D. Sushruth Raj (8A) secured First Place in Drawing and Dhanyashree H. G. (8D) emerged as First Runner-Up in Declamation. In the Junior category, Lalithya B. M. (9B) won First Place in Debate, and Akhilesh Gowda C. (9D) secured First Place in Drawing.

FROM DREAMS TO DUNKS!



Our Class 8 students published their original story, “Arjun Rao – The Champion”, authored by Ujwal M and Jashit Janardhan.

NATIONAL SPORTDANCE CHAMPIONSHIP 2025–26

Janya D. Gowda secured 1st Gold and 2nd Silver at the 11th National Sportdance Championship 2025–26, representing Karnataka Sanjit Gowda U for securing 5th place (U-08 Boys) at the 2nd LIKECHESS FIDE Rated Rapid Chess Tournament, Shivamogga.



STUDENT

STUDENT COUNCIL ELECTIONS

Learning Democracy in Action

The spirit of democracy came alive during the Student Council Elections, as students actively participated and demonstrated leadership, responsibility, and sportsmanship. The entire process - from nominations and campaigning to polling - was conducted in a transparent and well-organised manner.



Through this experience, students gained firsthand understanding of teamwork, accountability and the value of every vote. The event truly reflected the school's guiding spirit: “Engage, Empower, Excel: Your Voice, Your Council.”

COUNCIL

STUDENT COUNCIL INVESTITURE CEREMONY



The Student Council Investiture Ceremony 2025-26 marked a significant occasion celebrating leadership, responsibility, and service. The newly elected council, led by School Pupil Leader Dhanvitha, formally took the Oath of Office, pledging commitment to uphold the values of discipline, teamwork, and integrity.

The ceremony featured a disciplined and synchronized parade, earning appreciation from all present. The Conferring of Badges and Oath of Office was solemnly administered by Founder Director Tara S. Swamy, while guidance and best wishes were shared by Dr. Shreelakshmi and Tara S Swamy, emphasising the significance of student voice, teamwork, and a progressive school environment.

STUDENT COUNCIL 2025-26

PORTFOLIOS AND OFFICE BEARERS



Dhanvitha
School Pupil Leader



Davan D
Deputy Pupil Leader



S Aarya Preeth
Discipline Leader



B S Priyanka
Deputy Discipline
Leader



Lalithya B M
Cultural Leader



Nikhil R Gowda
Deputy Cultural
Leader



Harshini R R
Sports Leader



**Chethan
Gowda NJ**
Deputy Sports Leader



Kanmani H H
Literary Leader



Tanisha H T
Deputy Literary
Leader



**Srilakshmi V
Iyengar**
Health Leader



Maanvitha H M
Deputy Health
Leader



Adithi G
Child Right Leader



Daniya Taskeen
Deputy Child Right
Leader



**H K Mohith
Kumar**
Media Leader



**Mohammed
Sulaiman H S**
Deputy Media Leader

EXPLORING THE LEADER WITHIN

An Immersive Art Session

Our Academic Head, Dr. Shreelakshmi S, conducted an immersive session for Student Council Members, titled “Exploring Self and the Leader Within - Through Art.”



Students engaged in pottery and mosaic art, using the creative process to reflect on their inner selves and develop key leadership attributes. The session provided a meaningful space where art met introspection, encouraging students to connect deeply with personal growth and their leadership journey.

ROTARY INTERACT CLUB

INTERACT CLUB INSTALLATION CEREMONY

Student Leadership in Action



The Interact Club Installation Ceremony celebrated the induction of our new student leaders, reflecting the spirit of initiative, service, leadership, community engagement. Entirely student-led, the event featured the installation of the Interact President, Secretary, and Student Leads, empowering young leaders to take charge. Inspiring words from dignitaries and Interactors echoed the theme “Unite for Good,” while the Synergising Impact Poster highlighted the Vijaya Vision, UN Sustainable Development Goals, and Rotary Vision, reinforcing the commitment to positive change.

The Play and Learn at Anganwadi initiative was launched with ₹9,000 raised through the student-led Food Gala, bringing joy and learning to preschool children. The ceremony concluded with a call for students to rise as Global Citizens, reflecting Vijaya School’s dedication to nurturing leadership, service, and social responsibility, supported by the guidance of the Rotarians and Anns.

INTERACT CLUB MEMBERS VISIT GIRLS' BALA MANDIRA



On the occasion of the 79th Independence Day, members of the Vijaya Interact Club visited the Girls' Bala Mandira, Aduvalli, Hassan, where they conducted a quiz and distributed sweets and book kits.

The initiative was supported through the interactors' personal savings, the school management, and a generous donation from Rtn. Shivakumar. Reflecting on the visit, the Interact Secretary shared that witnessing the children's challenges was poignant, yet their smiles brought immense joy, while the Interact President emphasised the importance of service in creating positive change.

LEARNING SUSTAINABLE PRACTICES

Interact Club Visits College of Agriculture



As part of the Earthian Project on Water and Sustainability, Interact Club members visited the College of Agriculture, Hassan, where they explored sustainable farming practices and irrigation systems. The visit provided students with hands-on learning experiences, deepening their understanding of environmental stewardship, sustainable agriculture, and the importance of conserving water resources.

INTERACT CLUB OUTREACH

Education Project



On the occasion of Children's Day, members of the Interact Club visited two Anganwadis in Hassan as part of their education project. A variety of development-oriented toys were gifted to support children's fine and gross motor skills.



The visit also featured an engaging puppet show on child safety, highlighting the importance of being cautious with strangers. The initiative combined learning with care, making the celebration both meaningful and impactful for the young learners.

FROM CURIOSITY TO CARE!



Students of the Interact Club, Vijaya School, visited SSM Skin Care Centre to gain firsthand exposure to the field of dermatology. They learned about skin health, daily care practices, and the science behind healthy skin. The visit was informative and engaging, offering valuable real-world learning beyond the classroom.

SEEING LEARNING FROM A NEW PERSPECTIVE



As part of Interact Club activities, a visit to Amma Eye Hospital offered learners valuable insights into eye care and vision health. The session emphasized eye hygiene, common eye problems, and the importance of regular check-ups, giving students meaningful exposure beyond classroom learning.

STEM CLUB

EXPLORIUM 2025

A Celebration of Scientific Curiosity



Explorium 2025 showcased the creativity and curiosity of 503 students through 421 innovative science exhibits. The exhibition opened with a thrilling Chain Reaction Model, followed by interactive One Minute Physics Games and a Science for Wellness Zone featuring BMI check-ups and yoga tips. Our youngest learners, the Mini Science Explorers, impressed visitors with their STEM projects. The event was graced by Shreedar Kulkarni, Senior Scientist/Engineer, MCF, ISRO, who inspired students with his passion for discovery. True to its theme, Explorium 2025 celebrated the spirit of scientific exploration and innovation.

CODING AND COMPUTING

STUDENT APP DEVELOPMENT PROJECTS CLASSES 6 & 8



As part of the school's coding and computational thinking programme, students of Classes 6 and 8 designed innovative app-based projects in collaborative teams. The projects showcased problem-solving abilities and early exposure to app development, chatbots, and machine learning concepts.

Applications developed by Class 6 students: FIT-VERSE, GREEN BASKET, MEDIMATCH, WEATHER BOT, FOOD ARENA.



Applications developed by Class 8 students: Period PA, Alien Language, School Library, Food Classifier, Language Recogniser.

TINKER HOUR

Where Science Came Alive



Tinker Hour, in association with DreamKit, turned the campus into a lively science playground filled with curiosity and excitement. Parents and students actively participated, making learning a truly collaborative experience.

Through hands-on activities, participants explored basic aerodynamics by designing, building, and launching water rockets.

DK TECH FIESTA



A fun-filled DreamKit session helping teachers grasp the basics of coding with ease.

ROBO WAR & INNOVATION CHALLENGE



Innovative dreamers turned their ideas into reality! From bold student-led projects to adrenaline-filled Battle Bot clashes, these young creators proved that imagination has no limits. They didn't just build robots - they built confidence, teamwork, and the courage to innovate. The future belongs to these fearless dreamers!

AWARDS AND RECOGNITIONS

DISTRICT BEST TEACHER AWARD



Ms. Anitha J., HOD of Science, has been awarded the District Best Teacher Award (2025–26) by District Administration and the Department of School Education and Literacy for her outstanding contribution to education.

NATION BUILDER AWARD



Our dedicated teachers, Ms Pushpa Wilson and Mr Manjegowda, were honoured with the Nation Builder Award by the Rotary Club of Hassan Midtown for their contribution to school education.

SRI Y.N. SUBBASWAMY WITH HON'BLE GOVERNOR OF KARNATAKA, SHRI THAWARCHAND GEHLOT



Our President, Sri Y.N. Subbaswamy, who also serves as Director of the Red Cross – Hassan Chapter, had the distinguished opportunity to meet the Hon'ble Governor of Karnataka, Shri Thawarchand Gehlot.

MS. ANJALI WINS NATIONAL LEVEL RECOGNITION



It is a moment of immense pride for the Vijaya School community as Ms. Anjali achieved national-level recognition at the Ei Pedagogy and Innovation Conference. Representing Vijaya School, she presented a poster on the CPA (Concrete–Pictorial–Abstract) and Centre-Based Approach to enhance Numeracy in the Early Years.

Her action research secured 7th place at the national level, marking a significant achievement and highlighting her innovative teaching practices and commitment to academic excellence. This accomplishment is a great honour for our school and an inspiration to the teaching community.

CONTRIBUTION TO CLINICAL RESEARCH IN YOGA

The screenshot displays the online interface of a journal article. At the top, a navigation bar includes links for Home, All Journals, Behavioral Sciences, Behavioral Medicine, List of Issues, Latest Articles, and the specific article title. Below this, a search bar and a 'Submit an article' button are visible. The article title, 'Impact of Yoga Practice on Inflammatory Markers and Stress Levels', is prominently displayed, along with the authors' names: Dhananjaya Jambur Rajanna, Sudhanva Shrivanna, Bharathi Gunjahalli, Yallappa B. Saumshi, and Madhan Srinivasamurthy. The article's status is marked as 'Clinical Study'. Below the title, there are buttons for 'Full Article', 'Figures & data', 'References', 'Citations', 'Metrics', 'Reprints & Permissions', and 'Read this article'. The abstract section begins with the text: 'Yoga is increasingly incorporated into clinical practice for managing a wide range of mental and physical health conditions, especially those related to stress, and has shown beneficial effects on inflammatory processes and neuroendocrine regulation. Its influence on cytokines such as Interferon-γ and tumor necrosis factor-α as well as its modulatory action on the hypothalamic-pituitary-adrenal axis...'. To the right of the abstract, there is a 'Related Research' section with a 'People also read' button. Below the abstract, the 'Acknowledgments' section thanks MRU, Hassan Institute of Medical Sciences, Hassan for funding and Mr. Girish M V, Yoga teacher, Patanjali yoga center Hassan, Karnataka, for training participants. The 'Public health significance' section states that yoga holds substantial public health value by improving quality of life, reducing chronic disease risk, and supporting overall physical and mental well-being. On the right side of the page, there is a 'Related Research' section with three articles listed: 'Women of Color's Perinatal Experiences: New Insights from a Large Qualitative Study in New Jersey', 'Changes in Health Behaviors During the COVID-19 Social Distancing Period in South Korea: A Nationwide Study', and 'Consensus Building on Strategies That Address Medical Mistrust to Better Engage Priority Populations in HIV Cure Research'. Each article has a 'People also read' button and a 'View more' button at the bottom.

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Clinical Study

Impact of Yoga Practice on Inflammatory Markers and Stress Levels

Dhananjaya Jambur Rajanna, Sudhanva Shrivanna, Bharathi Gunjahalli, Yallappa B. Saumshi & Madhan Srinivasamurthy

Received 21 May 2023, Accepted 05 Jan 2024, Published online: 23 Feb 2024

Cite this article: <https://doi.org/10.1080/08964289.2024.2615239>

Full Article Figures & data References Citations Metrics Reprints & Permissions Read this article

Abstract

Yoga is increasingly incorporated into clinical practice for managing a wide range of mental and physical health conditions, especially those related to stress, and has shown beneficial effects on inflammatory processes and neuroendocrine regulation. Its influence on cytokines such as Interferon- γ and tumor necrosis factor- α as well as its modulatory action on the hypothalamic-pituitary-adrenal axis...

Acknowledgments

The authors sincerely thanks to MRU, Hassan Institute of Medical Sciences, Hassan for funding our study (Grant ID: MRU/YOGA/01) and providing research facility to conduct the study. The authors sincerely would like to thanks Mr Girish M V, Yoga teacher, Patanjali yoga center Hassan, Karnataka, for training our participants in yoga and also for his guidance, support, and encouragement. The authors sincerely acknowledge the Nodal Officer Dr Vittal B G, DHR/ICMR-Multi-Disciplinary Research Unite, HIMS Hassan for his cooperation and proof reading. The authors would also like to thank Dr Subaruban (PG in Physiology) and Ms Meghana HR (MRU technician) for helping us in collecting the samples.

Public health significance

Yoga holds substantial public health value by improving quality of life, reducing chronic disease risk, and supporting overall physical and mental well-being. Regular practice encourages healthy behaviors, enhances cardiovascular and musculoskeletal health, lowers stress, and strengthens immunity, aiding in the management of diabetes, hypertension, heart disease, anxiety, and depression.

Related Research

People also read Recommended articles Cited by

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Leslie M. Kantor et al.
Behavioral Medicine
Published online: 16 Feb 2024

Changes in Health Behaviors During the COVID-19 Social Distancing Period in South Korea: A Nationwide Study >

Seyoung Choi et al.
Behavioral Medicine
Published online: 16 Feb 2024

Consensus Building on Strategies That Address Medical Mistrust to Better Engage Priority Populations in HIV Cure Research >

Anastasia Korolkova et al.
Behavioral Medicine
Published online: 9 Feb 2024

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We proudly congratulate our yoga teacher, Mr. Girish M V, for his valuable contribution to a clinical research study at HIMS, Hassan. He trained 60 participants, supporting research on yoga's impact on brain health, inflammatory markers, and stress levels. His dedication, guidance, and commitment have played a vital role in advancing meaningful scientific understanding through yoga.

Student in Action (SIA) is a public speaking platform where students share their experiences and leadership journeys. The theme this year was “The Journey from Student to Student Leader.” Students spoke about their struggles, achievements, and lessons on leadership, teamwork, and personal growth. The session was inspiring and encouraged students to take initiative and make a positive impact. We thank all the speakers, the enthusiastic audience, and Dr Ashaka H E, Senior Deputy Director, Karnataka State Audit and Accounts Department - for his valuable insights and presence.



TALK



STUDENT ENRICH

HPV VACCINATION DRIVE



Vijaya School, Hassan, took a pioneering step towards promoting the health and well-being of students by organizing a large-scale awareness and vaccination initiative against the Human Papillomavirus (HPV).

This initiative marked the first-ever organized HPV Mass Vaccination Drive for school students in Hassan, reflecting the school's strong commitment to preventive healthcare and student safety.

The drive was conducted in collaboration with ARTIST for Her and Divakars Service Trust, with the dedicated support and guidance of Dr. Premalatha and Dr. Savithri, whose efforts made this important initiative possible.

MENT PROGRAMMES

CAREER GUIDANCE PROGRAMME - CLASS 8



ADOLESCENCE EDUCATION



ಅರಿವಿನ ಪಯಣ



On 21st and 22nd November, a programme titled “ಅರಿವಿನ ಪಯಣ” was organized for students of Classes 7, 8 and 9 through the joint initiative of the ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮಹಿಳಾ ದೌರ್ಜನ್ಯ ವಿರೋಧಿ ಒಕ್ಕೂಟ, Hassan District, and Vijaya School.



CHILD PROTECTION POLICY SESSION



CPP committee was formed and various sessions were conducted for teachers, support staff, school drivers, office staff and students from classes 3-10. During the month of December, a series of continuous Child Protection Policy awareness sessions was conducted. 'A comprehensive Child Safety and Well-Being Awareness Programme' was led by Founder Director, Tara S Swamy.



CHILD PROTECTION POLICY SESSION



SCREENING OF MOVIE



STUDENT-CENTRIC CELEBRATIONS

This year, national festivals, regional festivals, and important commemorative days were celebrated through innovative programme designs. With the aim of giving every student an opportunity, programmes were organized class-wise, ensuring maximum participation.

As a result, a greater number of students confidently shared the stage and contributed to the celebrations.

INDEPENDENCE DAY



We celebrated the 79th Independence Day with patriotic pride and student leadership. A powerful 20-minute cultural presentation, “Unsung Heroes: Echoes of Courage,” was performed by Class 9 students, bringing to life the sacrifices of India’s lesser-known freedom fighters.

The programme was graced by the Chief Guest, Ms Shilpa, Inspector of Police, Karnataka Lokayukta, Hassan, whose inspiring address emphasised integrity, courage, and selfless service to the nation.

REPUBLIC DAY



On 26th January, Republic Day was celebrated with pride and reverence, honouring the spirit of the Indian Constitution. The programme was hosted by the Student Council, reflecting unity, discipline, and national values.

The National Flag was hoisted by the Principal, Mr. Nandeesh K. S. With wholehearted participation, the celebration served as a reminder of our shared responsibility as responsible citizens of the nation.



ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ



ವಿಜಯ ಶಾಲೆಯಲ್ಲಿ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಸಡಗರ, ಸಂಭ್ರಮ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಹೆಮ್ಮೆಯೊಂದಿಗೆ ಆಚರಿಸಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಆಗಮಿಸಿದ ಶ್ರೀಮತಿ ರಾಜೇಶ್ವರಿ ಹುಲ್ಲೇನಹಳ್ಳಿ, ಅಧ್ಯಕ್ಷರು – ಹಾಸನ ಜಿಲ್ಲಾ ಲೇಖಕಿಯರ ಬಳಗ, ತಾಯಿ ಭುವನೇಶ್ವರಿ ದೇವಿಗೆ ಪುಷ್ಪಾರ್ಚನೆ ಸಲ್ಲಿಸುವ ಮೂಲಕ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಅಧಿಕೃತ ಚಾಲನೆ ನೀಡಿದರು. ಈ ಕಾರ್ಯಕ್ರಮದ ಸಂಪೂರ್ಣ ಉಸ್ತುವಾರಿಯನ್ನು ಶಿವನೇ ತರಗತಿಯ ಮಕ್ಕಳು ವಹಿಸಿದ್ದರು. ಸ್ಥಳದಲ್ಲೇ ಪ್ರಬಂಧ ಬರೆಯುವ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ವಿಜೇತರಾದ ೨೮೦ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಬಹುಮಾನ ವಿತರಿಸಲಾಯಿತು. ಶೈಕ್ಷಣಿಕ ಮುಖ್ಯಸ್ಥೆ ಡಾ. ಶ್ರೀಲಕ್ಷ್ಮಿ ಎಸ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ 'ವಿಜಯ ರಂಗಮಂಚ' ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಾಯಿತು. ಶಿವನೇ ತರಗತಿಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಪ್ರದರ್ಶಿಸಿದ “ಬೊಮ್ಮನಹಳ್ಳಿ ಕಿಂದರಿ ಜೋಗಿ” ಕಥಾಭಿನಯವು ಮನಮೋಹಕವಾಗಿದ್ದು, ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರವಾಯಿತು.



WORLD ENVIRONMENT DAY

World Environment Day was observed on 5th June 2025, marking a meaningful initiative led by Class 8 students to promote environmental awareness across the campus.



As part of the celebration, 116 trees across the campus were numbered by students of Grades 1 to 5, fostering a sense of responsibility towards nature.

The programme was graced by Mr. Manjunath H. D., Divisional Officer, Agriculture Technology Department, who addressed the students on environmental conservation and highlighted the vital role of youth in safeguarding the Earth.

The presence of President Y N Subbaswamy, Founder Director Tara S Swamy encouraged students to take responsibility for nature.



INTERNATIONAL DAY OF YOGA



International Day of Yoga was observed on 21st June, with Class 7 students demonstrating various yoga asanas. The programme was graced by the Chief Guest, Mr V. Krishnappa, President of the Hassan District Yoga Organization, who shared his inspiring personal journey with yoga and encouraged students to practise yoga regularly for physical and mental well-being.

INTERNATIONAL MUSIC DAY



International Music Day was celebrated on 21st June, with teachers coming together for lively musical performances in the open space. Using instruments such as the jembe, guitar, keyboard, tabla, and others, they created a joyful atmosphere that filled the campus with rhythm, enthusiasm, and togetherness.

GANESHA CHATURTHI



Ganesha Chaturthi was celebrated on 29th August through “Swaraakshara Ganapa – The Melody of Ganesha,” a programme presented by Class 2 students. The programme was graced by Mr Parameshwar Bhat, In-charge of Samskrit Bhavan. Dressed as little Ganeshas, the children spread joy while highlighting the importance of celebrating the festival in harmony with nature.

NATIONAL SPORTS DAY



National Sports Day was observed with great enthusiasm hosted by Class 4 students. Inter-House Tug of War and Volleyball competitions highlighted teamwork, leadership, and sportsmanship.

The event was graced by the Chief Guest, Ms Chaya H. V., a Vijaya parent and state-level athlete, whose inspiring presence and words motivated students to value fitness and discipline.

TEACHERS' DAY



Teachers' Day was celebrated on 4th September with Class 10 students taking the lead. Stepping into the shoes of their mentors, students taught younger classes, gaining first-hand experience of the teaching profession. On the occasion, Founder-Director Ms Tara S. Swamy gifted every teacher a copy of the Booker Prize-winning Heart Lamp, along with handmade bookmarks prepared by Class 10 students. The programme was graced by the Chief Guest, Mr Sundaram K. S., a dedicated teacher at Government High School and a proud Vijaya parent.

In a thoughtful gesture, the Founder-Director also sent handwritten greeting letters through students to honour 414 Vijaya School parents who are educators, making the celebration both meaningful and memorable.



ಆತ್ಮೀಯ ಕೈಪಿಡಿ,
ಶಿಕ್ಷಕರ ದಿನಾಚರಣೆಯ ಈ ಅತಿಶ್ರದ್ಧಾಪೂರ್ವಕವಾದ ನಿಮ್ಮ ದಿನದ ನಮಗೆ
ಸಾಜಿಸಿ ಕೊಡುವುದು.
ಕೈಪಿಡಿಗಳು, ಶಿಕ್ಷಕರಾಗಿದ್ದು ಎರಡು ಪದವಿಗಳಿಂದ ಪಾತ್ರವನ್ನು
ಯಶಸ್ವಿಯಾಗಿ ನಿರ್ವಹಿಸುತ್ತಾ ಮನೆಯಲ್ಲಿ ನಿಮ್ಮ ಮಕ್ಕಳನ್ನು
ಶಿಕ್ಷಿಸುವುದರ ಜೊತೆಗೆ, ನಿಮ್ಮ ಶಿಕ್ಷಕರ ಹೃದಯವನ್ನು ಮೂಲಕ
ನಮನಿಸುವುದರ ಜೊತೆಗೆ ಎಷ್ಟೋ ಮಕ್ಕಳಿಗೆ ಮಾರ್ಗದರ್ಶನವಾಗಿ ನಿಲ್ಲುತ್ತಾ,
ನಿಮ್ಮ ಜ್ಞಾನ, ಶಿಕ್ಷಣ ಮತ್ತು ಕಾರ್ಯಕ್ಷಮತೆ ನಿಮ್ಮ ಮಕ್ಕಳ ಕಲಿಕೆಗೆ
ಸಹಾಯವಾಗುವಂತೆ ಮಾಡಿ ನಮ್ಮ ಎಲ್ಲರಿಗಿಂತಲೂ ಮುನ್ನವಾಗಿ
ನಿಲ್ಲುತ್ತೀರಿ. ನಿಮ್ಮ ನಮ್ಮ ಎಲ್ಲರಿಗಿಂತಲೂ ಕೈಪಿಡಿಗಳಾದುದನ್ನು ನಮಗೆ
ಹೆಮ್ಮೆಯ ಅಡ್ಡಿಯು.
ಎಷ್ಟೋ ಸಮಯವು ಬೆಳೆದಂತೆ ಕ್ರಮಿಸುತ್ತಿರುವ
ಅವಳಿಗೆ ನಾನು ತುಂಬಾ ಪ್ರಭಾವವನ್ನು ಕೊಡುತ್ತೇನೆ.
ನಿಮ್ಮ ಹೃದಯವನ್ನು ಸುಲಭವಾಗಿ, ಪ್ರೀತಿ ಮತ್ತು ಯಶಸ್ಸನ್ನು ಕೊಡುತ್ತೇನೆ.
ನಿಮ್ಮ ದಿವ್ಯವಾದ ಮತ್ತು ಸಾತ್ವಿಕವಾದ ಸಮಯವಿಲ್ಲದಂತೆ.
ಕೊನೆಗೆ ಸಾತ್ವಿಕವಾಗಿ

Tara Swamy
ಶ್ರೀ. ಎಸ್. ಸ್ವಾಮಿ
ಸಂಸ್ಥಾಪಕ ನಿರ್ದೇಶಕರು
ಎಸಬಿ ಶಾಲೆ, ಹಾವನ
05/09/2025

JNANA DEEPAVALI

For 28 years, Vijaya School has championed an eco-friendly Deepavali, raising awareness about the hazards of firecrackers. This year, students engaged with Hassan's dignitaries and community leaders, including Ms Roopa, Ms Nirupama (Principal, Nethaji Public School), K. N. Balaram (DDPI, Hassan), Natesh N. V. (Assistant Commissioner, Tarikere), Ahammed Hagare (State Committee Member, BGVS), Prasanna D. T. (District Government Pleader, Hassan) and Rajanna (Director and Dean, HIMS, Hassan).



The dignitaries shared their thoughts on celebrating a greener Deepavali, highlighting the importance of sustainability, health, and community awareness. Students gifted clay lamps - symbols of light, wisdom, and eco-conscious living - inspiring everyone to embrace a joyful yet environmentally responsible festival.

CHILDREN'S DAY

Children's Day was celebrated in a joyful and memorable with a creative fashion parade presented by the teachers, where learning came alive through imagination and innovation. The celebration also featured lively songs and energetic dance performances, adding colour, rhythm, and excitement to the occasion.



The fashion parade seamlessly integrated academic subjects, as teachers showcased concepts from Kannada and Hindi Aksharamale, chemical formulas, element symbols in Physics, stages of language development, history, robotics and coding, and the concept of light through innovative costumes.



CONSTITUTION DAY



Constitution Day was observed with dignity and respect under the leadership of the Student Council. Founder Director, Tara S Swamy administered the pledge as students collectively read the Preamble of the Indian Constitution, reaffirming their commitment to the values of justice, liberty, equality, and fraternity.

CHRISTMAS CELEBRATION



The Christmas celebration was joyfully hosted by the students of Class 2. The programme featured a thoughtful skit on protecting nature, along with lively Christmas carols presented through song and dance, spreading universal messages of love and care.

A special highlight of the event was the Promise Tree, where each child wrote a pledge to protect nature and hung it on the Christmas tree, making the celebration both meaningful and memorable. The occasion was graced by Chief Guest Ms Margaret R. E., a proud parent, who appreciated the students' efforts and spirit.

TRADITION TAKES FLIGHT AT VIJAYA SCHOOL'S SANKRANTI CELEBRATIONS



Sankranti was celebrated with traditional fervour and youthful enthusiasm, highlighting India's rich agrarian heritage. The programme was inaugurated through symbolic paddy threshing in the presence of Rajyotsava Awardee Dr M. C. Rangaswamy and Best Woman Horticulturist Awardee Ms Hema Ananth. Cultural performances by Class 3 students added colour to the event, while the chief guests shared inspiring life experiences. Lakshman Phal saplings were distributed to the farmer parents. The celebration concluded with kite flying by Class 4 students, filling the sky with festive cheer.



CTM MEMORIAL QUIZ



To commemorate the birth anniversary of our Founder President Sri C. T. Malaligowda hosted an interschool Quiz Competition celebrating his passion for mathematics. Seven schools participated enthusiastically and two winning teams received cash prizes, trophies and certificates. The event was graced by Chief Guest Dr Jagadeesh, Associate Professor, Government Science College, making it a vibrant and inspiring tribute to his legacy. Special note: a gold medal is instituted at VTU in fond memory of the former president of Vijaya School from 20-21



VIJAYA PARENTS GOT TALENT



VISPO MEET

ANNUAL SPORTS MEET 2025



The Annual Sports Meet Vispo 2025 witnessed vibrant participation, with over 750 students competing in 80 events, showcasing determination, discipline and teamwork. The grand finals held on 25th October 2025 featured exhilarating track events, throwing events, and team games, creating an atmosphere of excitement and healthy competition.

TEACHERS' SPORTS MEET



Teachers came together for a day filled with teamwork, laughter, and active engagement during the Teachers' Sports. Fun and friendly activities strengthened camaraderie, promoted wellness, and reflected the strong sense of unity and school spirit shared by the faculty.

PARENTS & GRANDPARENTS SPORTS MEET

The Parents & Grandparents Sports Meet was organised on 2nd November 2025, offering events such as Discus Throw, Shot Put, Obstacle Race, Tug of War, and Blow and Blast the Balloon.



SUPPORT STAFF SPORTS MEET



Support staff showcased remarkable energy, enthusiasm, and teamwork during Sports Day.

THE HASSAN

Hassan witnessed its first-ever celebration of Books, Stories & Big Ideas - Children's Edition on 28 February and 1 March. The festival was inaugurated by Girish Rao Hatwar, writer and journalist, and H. B. Madan Gowda, Vice President of the Karnataka Union of Working Journalists.



LITERATURE FESTIVAL



THE HASSAN



LITERATURE FESTIVAL



ENRICHING

WORKSHOP BY HEMARAJ



WORKSHOP BY SURESH KUMAR



JOLLY PHONICS - SHEHNAZ JUSSA



EDUCATORS

FINANCIAL LITERACY - SHIVAKUMAR



CISCE - MATHEMATICS WORKSHOP - HYDERABAD



CISCE - CHEMISTRY - WORKSHOP - HYDERABAD



CISCE - ENGLISH WORKSHOP - BENGALURU



CISCE - CHEMISTRY WORKSHOP - BENGALURU



CISCE - HISTORY CIVICS WORKSHOP - BENGALURU



LANGUAGE ORIENTATION WORKSHOP - MS. SARITHA



ASSESSMENT, EXAMINATION, EVALUATION ORIENTATION - DR. RUDRAIAH HIREMUTT



LEVELED READING PROGRAM WORKSHOP BY SCHOLASTIC



MATHEMATICS - CPA APPROACH BY SCHOLASTIC INDIA



ACADEMIC ENRICHMENT WORKSHOPS LED BY THE ACADEMIC HEAD



Scope and Sequence workshop for Science and Social Science, Mathematics
- Math Lab workshop, English - whole language approach - primary
English teachers, Preschool Parent workshop on Literacy development at
home, ICSE board preparation workshop for Teachers

TRAINING ON WASTE MANAGEMENT



Mr. Anil Kumar attended a training program organized by Wipro and ಭಾರತ ಜ್ಞಾನ ವಿಜ್ಞಾನ ಸಮಿತಿ conducted training on waste management and a professional training programme conducted by ICRTC

CHATGPT, DEEPSEEK & OTHER AI TOOLS FOR PRODUCTIVITY



A one-day workshop focused on using AI tools to boost efficiency, creativity, and productivity without requiring any coding skills.

EXCURSION AND FIELD VISIT

CLASS 1 AND 2 - KRISHI VIGNANA KENDRA



CLASS 3 - ART STUDIO



CLASS 4 AND 5 - KMF - HAMUL



CLASS 6 - WATER TREATMENT PLANT



CLASS 7 - MASTER CONTROL FACILITY, HASSAN



CLASS 8 AND 9 - RECREATION TRIP GRS FANTASY PARK



CLASS 10 - BADAMI, AIHOLE, PATTADAKAL



VIJAYOTHSAVA AWARD CEREMONY

The Vijayotsava Award Ceremony 2025-26 celebrated and recognized students from Early Years to Class 10 for their achievements and efforts. Prizes were also awarded to parents, grandparents, teachers, and support staff for their active participation and victories in various competitions.







SARASWATI POOJE

Prayers to anchor our thoughts and express gratitude to our teachers, parents, school, and our country. This Saraswati Pooje, we reflected on our strengths and prayed for confidence and well-being as we approach the SSLC examinations.



SOUHARDA KOOKTA

Souharda Koota – A gathering of Students- Parents - Teachers to bid farewell to the graduating students.

This event was a celebration of their journey, friendships, and memories. We were honoured to have Dr Rajanna B, Director and Dean, HIMS, Hassan, as the Chief Guest, whose inspiring words motivated our students.



SAMOOHIKA BHOJANA

A Feast of Unity



On 15th December 2025, organized Vijaya Samohika Bhojana, a traditional ಬಾಳೆ ಎಲೆ ಊಟ, bringing students and teachers from Early Years to Class 10 together to share a meal as one family. The event reflected the values of unity, equality, gratitude, and respect for food and water. Filled with smiles and warm conversations, the fellowship meal strengthened bonds and reinforced the spirit of togetherness - together we share, together we grow.

VIJAYA FAMILY





Vinushree R Gowda
X C

Join Us in Educating Young Minds for Man-making and Nation Building



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