



DELHI PUBLIC SCHOOL – MRPL MANGALORE

SYNERGY

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Together Everyone Achieves More



September 5, 2025



DPS MRPL celebrated “Teachers’ Day” commemorating Dr Sarvapalli Radha Krishnan’s Birth anniversary. Class X students were deputed as student teachers. Head Boy Master Gaurav Sanil and head Girl Miss Yana Bangera were the acting Principal and Vice Principal of the day. Students of classes KG to class IX enjoyed the classes taken up by their class X school mates.

The program continued with a special assembly in the MERC where the Principal and council of class X paid floral tributes to Dr Sarvapalli Radha Krishnan to mark the Teachers’day celebrations. There was a felicitation ceremony of the sports champions. Students then enjoyed a power packed performance by class X students by their cultural extravaganza. The Principal felicitated the class 10 student teachers with a certificate for being Amazing Teachers on this momentous celebration.

The Management organized a staff lunch, and arranged for an enriching session on “Financial Freedom” by Mr. Naveen Rego, Financial consultant and planner, and presented gift vouchers to all staff.









Gratitude Cards

Gratitude Card making activity was conducted for classes III-V on the occasion of Teacher's Day. Students enthusiastically participated in making vibrant cards bringing out their creativity not only in card making but also in penning their thoughts on the cards.



DPS MRPL, Mangalore organized "Mental Health Matters" sessions for Classes VIII – X, conducted by Ms. Namratha Suvarna, School Counsellor. The sessions promoted emotional well-being, coping skills, and awareness about mental health. Interactive discussions encouraged students to care for their mental wellness and support peers, fostering a positive and empathetic school environment.



A TO Z OF COPING SKILLS				
A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water	
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member	
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music	
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PRAISE your feelings	
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive	
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings	
Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself			

ELSR



AICS Interschool Table Tennis Tournament 2025

Our school teams participated in the AICS Interschool Table Tennis Tournament held at Kanachur Public School, Deralakatte on 1st September 2025. The teams were accompanied by Mr. Lokesh Devadiga and Mrs. Meenakshi.



Category	Position	Participants	
U-17 Boys	Runners-up	Gaurav Sanil (X A), Voleti Sayi Akash (X C), Gathik R. Poojari (X C)	
U-14 Girls	Second Runners-up	Gahana (VII B), Aakriti Mishra (V B), Ramonna D'Souza (IV B)	





On 20th September 2025, Hindi Diwas was celebrated with great enthusiasm at our school. The program was conducted by the Foundation Stage students. The children presented a prayer song, thought for the day,



couplets, and spoke about the significance of Hindi Diwas, followed by a song dedicated to the occasion. The celebration concluded successfully with a vote of thanks and the National Anthem.

As part of the Hindi Diwas celebration, students of Classes VI and VII enthusiastically participated in a Hindi Slogan Writing Activity, creating thoughtful and creative slogans highlighting the importance and beauty of the Hindi language. The activity encouraged linguistic pride and creativity among students.



Results of Hindi Calligraphy Writing Competitions conducted by MRPL for Students during Hindi Fortnight Celebrations-2025

Mazreen Naqash – X A	Manya Ulhas – X A	Sana Nafeesa – X C
I	II	III
CONSOLATION		
Swara – IX A	Abigail Jyotsna Rodrigues – X A	Sanushka S – IX C
Avani S. Shetty IX B	Laasya K VII B	R. Dhanushree X B
Dhanvi VII A		



Kindergarten

The kindergarten section of our school celebrated Green Day with great enthusiasm and excitement. The colour green, which represents life, growth, and nature, was the theme of the day. Our tiny tots came beautifully dressed in different shades of green.

The day began with fun-filled activities such as leaf printing, paper tearing and pasting, and colouring green objects.





Raising the National Cadet Corps - Naval Unit



Delhi Public School MRPL had another feather in its cap by the NCC Raising of the Naval wing on Saturday ,20 Sept 2025 in the (MERC) MRPL employees recreation Centre.

The Chief guest of the day Commanding officer

Mr. Libin A Johnson 5 Navy Naval Unit NCC in his chief guest address highlighted the motto of NCC Discipline and Unity. He congratulated the school on this achievement.

The Chief guest handed the prestigious NCC flag to the school Principal Smt Sheela Balamurali.

The Pro Vice Chairman Dr Prasanth Sankar Poduval congratulated the school on this remarkable achievement NCC Naval wing Raising. He expressed gratitude to Ex MD Shri M Venkatesh who wished the school to have NCC. The proud father of Captain M V Pranjal who sacrificed his life for the motherland. The audience gave a standing ovation thus expressing their gratitude.

Ms Vimal Juliet, compered and proposed the vote of thanks. The principal presented a memento to Mr Libin A Johnson and vice principal to Mr. Ranjith as a token of gratitude and appreciation.

After the formal program the commanding officer had an interactive session with the first batch of students of NCC Naval wing of DPS MRPL.



National Cadet Corps Naval Wing Raising Ceremony

NCC SELECTION

The NCC selection was conducted on 19 September 2025. The principal welcomed Mr. Brijendra Kumar Yadav and Mr. Manish Karvyra, training officers from NCC Naval wing. They conducted the briefing session for interested students of class VIII, followed by various physical activities for the selection of the cadets. Mr Roshan, PE department, the in-charge teacher for NCC was briefed about the requirements for the raising and the classes.

The training officers congratulated the students on their selection as the first batch of NCC Naval wing DPS MRPL. Vice Principal proposed the vote of thanks.










The Scouts and Guides

The Scouts and Guides of Class VIII Guides students from DPS MRPL, led by Guide Captain Hamsini R, Scout Masters P.G. Venkat Rao , Hemantha and Lady Scout Master Vidya Sudheer, participated in a community service programme at Kudroli Bhagavathi Temple. The activity fostered teamwork, social responsibility, and spiritual awareness. The students showed great enthusiasm and dedication, making the experience both meaningful and enriching.



Sports Achievers Felicitated on Teacher's Day

<p>S.R.N. Mehta School, Gulbarga organized the CBSE Cluster 8 Table Tennis Tournament</p>	<p>Under-14 Girls Individual Event, Gahana secured the 2nd Runner-Up position.</p>	
<p>AICS Inter-School Cross Country Race – “Stride with Pride” at Dr. M. Ramanna Shetty Memorial English Medium High School</p> 	<p>Senior Boys – 6 km Mayan Pravin Shetty – IX B Third Place</p>	
	<p>Senior Girls – 4 km Riya Shah – IX C First Place</p>	
<p>AICS D.K Inter-School Chess Tournament "AGNOX – The Ultimate Chess Arena" was organized by St. Agnes School CBSE, Bendore, Mangaluru on 23rd August 2025.</p> 	<p>The Senior Mixed Team secured 2nd Runner-Up position.</p> <p>Swaroop – IX A Shridhara Hegde – X B Pashupathi V Kotian – X B Mahin Muthanna – X B Chirag Adiga – X C</p>	
<p>AICS Interschool Table Tennis Tournament held at Kanachur Public School, Deralakatte on 1st September 2025</p>	<p>Under-17 Boys Category Secured Second Position (Runners-up) Gaurav Sanil, Aakash and Gathik</p>	
	<p>Under-14 Girls Category: Secured Third Position (First Runners-up) Gahana, Akrithi Mishra, and Ramona</p>	



A Capacity Building Programme on “Educating Parents about Education” was conducted at the MERC. The programme aimed to sensitize teachers to the evolving education system and emphasize the proactive role of parents in the holistic development of children.



The day commenced with a prayer, followed by the formal welcome of the distinguished resource persons, Ms. Praveena C. Shetty, Principal, Raj Academy English Medium Primary and High School, Ganjimutt, and Ms. Anuradha Shivaram, Academic Administrator, Vivekananda



Central School, Puttur. Both resource persons shared their expertise and experiences, offering valuable insights and the importance of collaboration between parents and educators in the learning process.

The event was graced by the presence of the Principal, Smt. Sheela Balamurali, and Vice Principal, Smt. Kripa Sanjeev, whose encouragement and support contributed significantly to the success of the programme. Teachers actively participated, making the session interactive and meaningful.

The programme concluded with a vote of thanks and the presentation of tokens of appreciation to the resource persons. Overall, it was a highly informative and enriching session that highlighted the shared responsibility of educators in fostering student growth and achievement.





Capacity Building Programme on “Promoting Health and Wellness among Students” was organized on 12 September 2025 at Delhi Public School, Mangalore. The

objective of the programme was to create awareness among teachers about their role in promoting the physical, emotional, and mental well-being of students. The resource persons, Mr. Suresh Mahalingapur, Principal, SSRSVM, Mangalore and Mrs. Akshatha Shenoy, emphasized the importance of balanced nutrition, regular exercise, mindfulness practices, and digital discipline in the lives of students. Teachers were guided on identifying early signs of stress, anxiety, and unhealthy habits in learners. Strategies such as encouraging open communication, integrating short physical activities in classrooms, and motivating students to follow healthy routines were discussed.

The workshop was highly interactive, giving teachers an opportunity to present their hands-on activities. The session concluded with the understanding that healthy student is an active learner.



