

EDITORIAL

"Attention!", "Are you listening?", "Why don't you concentrate?"... Sounds familiar, isn't it? Focusing on a task at hand and completing it, is a basic quality required to do anything. But what if that very ability is stolen from us? This is no fiction as a significant decrease in the attention span of humans has been noticed. Scientists have discovered that our attention span is now lower than a goldfish. This does sound preposterous, but it is true. The average human attention span has shrunk by nearly a quarter between the year 2000 and 2015.. 25%

of teenagers involved in the survey admit to have forgotten important information about people close to them and 7% of them had forgotten their own birthday. What could be the cause for this? A leading cause for this is technology and our ever increasing dependence on it. Teenagers have a hard time trying to stick to their tasks as they have a strong urge to keep up with what's going on social media. The influx of short form content in the recent years, drip feeds dopamine into our brains. Hence, we do not focus on tasks without having an urge to look at another reel, check our messages once more, watch another video and so on. There are many other factors which contribute to this, such as substance abuse, explicit content abuse, binge eating etc. It is important that we realize that the root cause of all this is constant exposure to stimulus. We should limit the use of technology and indulge more in sports, offline games with family and friends. Meditation is paramount to improve focus. The important lesson being, keep the phone down and do your homework before your attention span decreases even further!

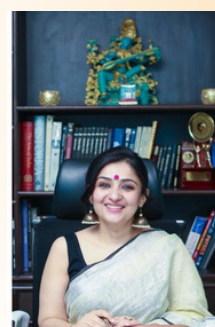
OUTSTANDING PRINCIPAL AWARD

Principal Ms. A. Aggarwal was awarded with the "OUTSTANDING PRINCIPAL AWARD 2022" at the "ADSRS Education and Research Award Summit 2022" held on September 23, 2022, for her valuable contribution to the academics and overall development of the students. The occasion was graced by Dr. Ankush Ghosh, CTO Director - Planning, ADSRS Education and Research. The award was accepted by Ms. P. Sethi on her behalf.



MIE EXPERT

Our Vice Principal, Ms. R. Anand, has been chosen as a Microsoft Innovative Educator Expert for 2022-2023. She has been chosen as an MIE Expert for being passionate about her work, having true collaborative spirit, and for inspiring students with outside-the-box thinking on technology in education.



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SHRI RAM KATHA KI AMRITVARSHA

On 1 October 2022, the students of Classes 4 and 5 presented 'Shri Ramkatha ki Amritvarsha'. The program commenced with lamp lighting by our Chairman Mr. T. P. Aggarwal and our Principal Ms. A. Aggarwal, followed by a mesmerizing dance performance.

The program was a combination of important events from Lord Rama's life along with beautiful dances to introduce Sita, Lord Rama's Swayamwar, Manthra misleading Kaikeyi, and Lord Rama leaving for exile with Sita and Lakshman. The program was staged with precision.

The acting and dancing prowess of the students enthralled the audience and left them spellbound. The Principal, Ms. A. Aggarwal, and Vice Principal, Ms. A. Gupta appreciated the performance of the students. They emphasized instilling in the students the values learned from Lord Ram's life of honesty, respect, humility, obedience, simplicity, and service to mankind.



A spiritual start to the mega event



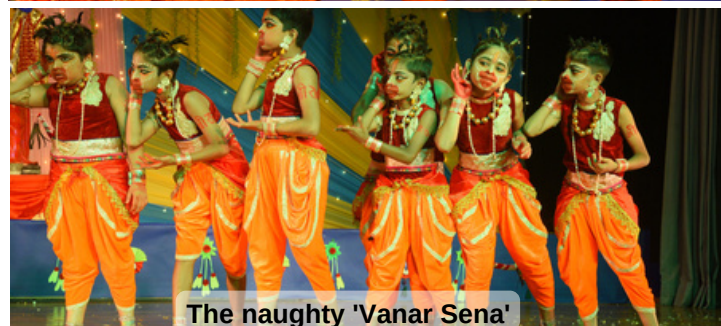
A splendid dance performance depicting Ravana



Enthralling group dances by the students



Sita Haran



The naughty 'Vanar Sena'



Sita Swayamwar- Kings in conquest



Lord Hanuman in Lanka

Diwali Activities



Beautiful diyas decorated by the children



Decoration of Puja Thalīs

The whole school was soaked in the Diwali spirit. Right from the little hands of the little children engaged in decorating

earthen diyas to the expert hands of class VIII creating colourful exquisite rangolis, the entire school was glittering with excitement and activity. For Classes III and IV, the school curated an art-integrated activity that allowed students to create handcrafted Torans using everyday materials. Students of Class IV wrote about Diwali, a festival they all love. The students of Class V created beautiful paper cup pinatas and decorated them. Class VII students used jute thread to decorate puja thalis as part of their celebration of Diwali to be mindful of the environment. They also pledged to celebrate a clean and green Diwali without crackers.

Anti-Cracker Rally



Rallying for a safe and green Diwali

The old tradition with the Earth Saviours Eco Club continued and members of the club had a grand Anti-Cracker rally. Shouting our classic slogan of “Say no to crackers, say yes to life”, children covered the localities of GH-5, GH-6, and GH-7. They urged the residents of the society to celebrate the festival of lights without

harming the environment by bursting crackers. The onlookers appreciated this initiative of the students.

Diwali Mela

The Diwali festivities and celebrations began with a four-day Diwali Mela that was held in our school premises from 18th to 21st October 2022 by the NGO MUSKAAN (providing opportunities for persons with intellectual disabilities) and the NGO HCRA and Nirmaan, our very own business enterprise. They put up stalls for items like diyas, candles, pickles, spices, decorative hangings, etc. that were purchased by students as well as parents.



Nirmaan Stall

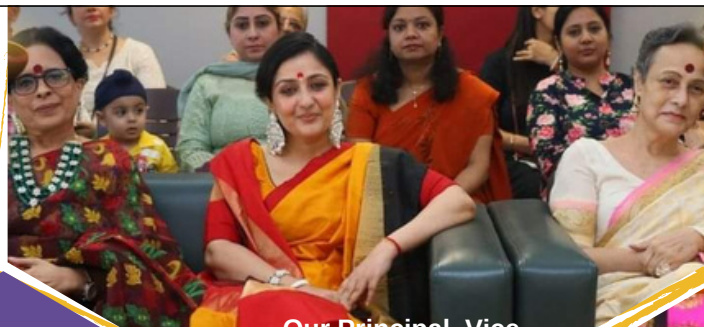


Diwali Mela

FESTIVE FERVOUR



Our young charismatic dancers



Our Principal, Vice Principals and receptive audience

DURGA POOJA

The students of Class 2 organized a special programme on Durga Puja in the school premises. It was a treat to watch beautifully decked-up children in colourful clothes. They danced holding dhunuchis, depicted various avatars of Durga, recited beautiful poems and rejoiced in the glories of Maa Durga and her blessings. Our Principal, Ms A. Aggarwal addressed the gathering. It, indeed, was a treat to the eyes to watch children in gleaming costumes with smiles on their faces celebrating Durga Puja



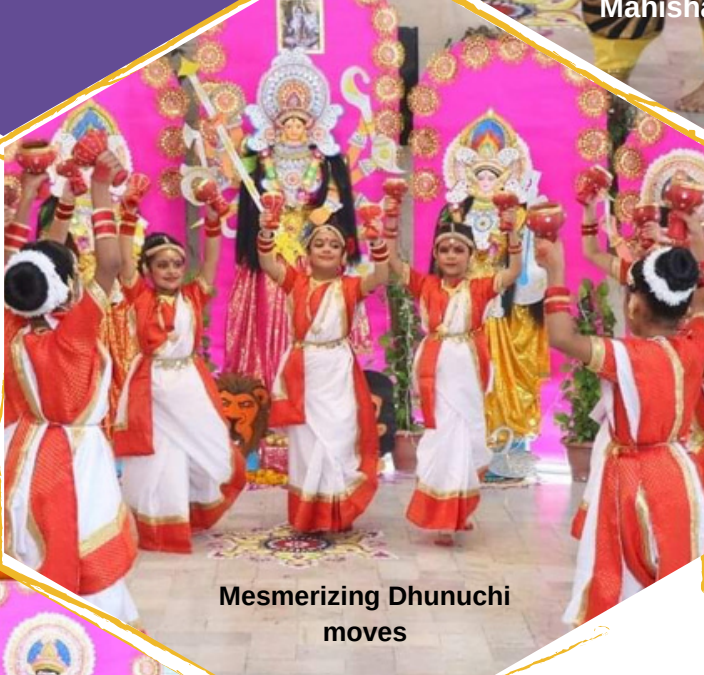
Mighty Mahishasurmardini



The Demon Mahishasura



Fine Bharatnatya m poses



Mesmerizing Dhunuchi moves



Our comperes rejoicing the glory of Maa Durga





Shabad Kirtan



'Panj Piyare' with our Principal Ma'am



Singing the tune of divinity

GURUPURAB

Guru Nanak Jayanti was celebrated with great zeal and enthusiasm by the students of classes Nursery to 5th. The program started with Prabhat Pheri. This was followed by Shabad kirtan and chanting of the Mool Mantra. The children were also dressed up as Panj Pyaaras. Gatka, a traditional Sikh martial art was performed and a Sakhi based on the life of Guru Nanak Devji was also narrated. The audience was mesmerized to see the performance of the children. In the end, everyone joined in the 'Ardas' Our Principal Ms. Anjali Aggarwal conveyed her best wishes on this auspicious day.



Performing Gatka



Our reception lit-up by Guru Nanak's holy presence



'Prabhat Pheri' in progress



INTER CLASS ENGLISH PLAY COMPETITION- CLASS III

On October 12, 2022, Grade 3 had an Inter-Class English Play Competition, 'A Theatrical Awakening'. The occasion was graced by our Principal, Ms. A. Aggarwal, and the parents. All who had gathered in the auditorium to witness the young actors performing various characters from famous plays like Musicians of Bremen, The Little Mermaid, Tom Sawyer, and many more fell in love with their performances and appreciated their efforts. This was followed by the Prize distribution. The results are as follows –

Best Actor: Aaradhya Sharma (III-A), Konaark Batra (III-B), Ira Rathore (III-C), Saanvi Rajora (III-D), Agamyia Sarda (III-E), Nimish Arora (III-F), Samaira (III-G), Ersheen Kaur (III-H), Tanvi Rathee (III-H).

Best Dialogue Delivery: Prisha Kansal (III-B), Samarth Goel (III-B), Shanaya Bedi (III-B), Tejas (III-C), Dhairya Sareen (III-D), Rudransh Naval (III-F), Hiyam Vats (III-G).

Best Stage Presence: Advik Khurana (III-A), Mayank Motwani (III-D), Krishvi Juneja (III-D), Advay Jain (III-E), Aaliya Chawla (III-G), Amaira Dargan (III-H), Jaskaran Singh (III-H)

Special Prizes: Riya Khandelwal (III-A), Yogit Nagi (III-A), Mishika Chauhan (III-B), Aditya (III-C), Jaanya Mehendiratta (III-D), Hrihan Malhotra (III-E), Mayra Mittal (III-E), Jinisha Kaushik (III-F), Anaisha Popli (III-H).



The Selfish Giant



Proud Winners of Best Dialogue Delivery Award



'Charlotte's Web'-A wonderful Team Effort



'The Little Mermaid



'A Play With Words'



'Musicians of Bremen'



'Tom Sawyer- Paints The fence'



'A Note From School'- 'The Play in Progress

INTER CLASS ENGLISH PLAY COMPETITION- CLASS IV

On 9 September 2022, Grade IV had an Inter-Class Play Competition. The judges, Ms T. Kant and Ms R. Chopra were captivated and amused by the little performers. The plays presented were Swami and friends, My Fair Lady, The Miracle Worker, Matilda, The Blue Umbrella, Alice In Wonderland, Beauty and The Beast and Pepper- The Phantom Pet. The winners were:

Best Actor: Anaisha Dalmia (IV-D), Sonaisha Garg (IV- H), Krishnansh Chopra (IV-C), Vernika Sharma (IV-F), Hridyansh Gaurav (IV-A), Kanupriya Sharma (IV-E), Gurasees Kaur (IV-G), Anayra Shankar (IV-B)

Best Dialogue Delivery: Eera Sharma (IV-D), Teghjot Kaur Issar (IV-H), Supriya Jagtap (IV-C), Sukhman Singh (IV-A), Shatakshi (IV-F), Arhan Hussain (IV-E), Somya Bansal (IV-G), Hiral Dawar (IV-B).

Best Stage Presence: Anaisha Kaur (IV-D), Teghbir Singh Issar (IV-H), Laksh Chanian (IV-C), Taarush Aggarwal (IV-A), Harsh Gupta (IV-E), Tuisha (IV-G), Prayaan Wadhwa (IV-B), Kunsh Mehra (IV-D), Aastha Arora (IV-D), Geet Dewan (IV-D), Kaarunya Singh (IV-F).

Special Prizes: Lakshita Tanwar(IV-D), Ayushi Puri (IV- D), Agastya Verma (IV-H), Renit Khurana (IV-H), Bhavik Bhardwaj (IV-C), Mishika Palwar (IV-C), Vaishnavi Baghel (IV-A), Lavish Singh Rana (IV-A), Avika Sharma (IV-F), Deleena Dawar (IV-F), Anmol Kansal (IV-E), Samaira Gugrani (IV-E), R.Shrima (IV-G), Aradhya Malhotra (IV-B), Ahana Malhotra (IV-B)



'Beauty And The Beast'



Winners of Special Prizes



'Matilda'



'My Fair Lady'



'Swami And Friends'



'Alice In Wonderland'



Pepper - The Phantom Pet



'The Miracle Worker'

INTER-CLASS ENGLISH PLAY COMPETITION- CLASS V

The Inter-Class English Play Competition for the students of Class V was held on 16th September 2022. The plays that were presented were Oliver Twist, The Blue Umbrella, The Canterville Ghost, The Ransom of Red Chief, Mary Poppins, The Emperor's New Hair, A Helping Hand and Annie. All the performances were highly appreciated by the judges. Here is the list of the prize winners-

Best Actor: Aavya Pandey (VG), Samaira Sachdeva (VC), Disha (VC), Uddya (VD), Eva Chadha (VD), Daksh Grover (VA), Delisha Popli (VH), Vivaan Gautam (VH), Mishika Sharma (VE), Ashween Kaur (VF), Manik Bhatnagar (VF), Pearl Sarwa (VF)

Best Dialogue Delivery: Ayaan Jindal (VG), Niasha Madaan (VG), Vidhan Bhardwaj (VD), Myrah Sharma (VD), Kavish Karki (VD), Amreet Kaur (VA), Aanya (VB), Aarnav Rao (VH), Mukund Gupta (VH), Rishika Garg (VF), Sharvi Kohli (VF), Pihu Makan (VG)

Best Stage Presence: Rudra Tandon (V-5), Gauri Adwal (V-5), Dhairya Bawa, (VD), Aarav Gupta (VD), Adeem Akhtar - (VB), Lakshita Jha (VG), Vedansh Jain (VE), Aarush Kabdwal (VH), Parth Bhardwaj (V-H), Agamjot Kaur (V-F), Arihaan Miglani (VF)

Special Prizes: Ishaan Malhotra (VG), Pehar Chatwal (VC), Rishi Kumar Patel (VC), Sivika Chyandel (VC), Naviraj (VC), Lakshiv Sahdev (VC), Jasmyrah Kaur (VD), Harshit Singh, Viyaan Suhag (VA), Ahana Nasa (VB), Chitveer Singh (VB), Sarthak Arora (VH), Naksh Jain (VE), Aarnav (VB), Aarav Mehta (VG)



'The Canterville Ghost'



'The Blue Umbrella'



'Mary Poppins'



'Ransom of the Red Chief'



'Annie'

INTER CLASS HINDI PLAY COMPETITION- CLASS VII & IX

The Inter-class Hindi Play Competition was held for classes VII & XI on 3 September 2022. The theme of the plays enacted by the students of class VII were adaptations of popular Hindi sitcoms. The plays presented were: Kiraye Ke Aansu, Pita, Bholenath ka Jeev and Sarabhai vs Sarabhai. The plays enacted by class IX were adaptations from various Bollywood Movies and the Epic Ramayana. **The award for Best Play was bagged by Sarabhai vs Sarabhai (Class VII) and Bahurani (Class IX).**

The prize winners of various prizes were:

Best Actor (Male): Anika Sharma (VII-E), Jai Bansal (VII-G), Yohan Khera, (VII-B), Chaitanya Sareen (VII-D), Aarush Sharma (VII-D), Saksham Gupta (IX-E), Abhavva Sahdev (IX-A), Ekas Arora (IX-A), Samarth Kohli (IX-B), Arnav Pahuja (IX-H)

Best Actor (Female): Shreya Jaiswal (VII-E), Avni Patel (VII-G), Avni Chopra, (VII-A), Hitanshi Anand (VII-C), Peehu Aggarwal (VII-D), Surabhi Kansal (IX-E), Prisha Dogra (IX-B), Ambica Khanna (IX-H), Aastha Dubey (IX-D), Hargun Kaur (IX-H)

Best Stage Presence: Twisha Rawal (VII-E), Aditya Kumar (VII-E), Divansh Khurana (VII-G), Jayant Lakra (VII-A), Divyansh Goyal (VII-D), Mitali Raj (IX-B), Gunsheen Kaur (IX-A), Tushar Yadav (IX-F), Tiya Gupta (IX-G), Hardik Jangra (IX-E)

Best Dialogue Delivery: Tanishka Manoj (VII-B), Sia Sehgal (VII-E), Ayush Punj (VII-E), Chaitanya Sareen (VII-D), Swekriti Singh (VII-D), Riyarth Malik (IX-D), Lakshit Sahu (IX-H), Priyanshu Rawat (IX-F), Jayansh Oberoi (IX-H), Pragya Bhargava (IX-E)



'Bahurani'



Winners of Best Actor Award (Class IX)



Sarabhai Vs Sarabhai- Best Play (Class VII)



'Ramayana'



'Bhool Bhulaiya's'
Monjulika'



'Pita'



'Satte Pe Satta'



'Kiraaye Ke Aansoo'

A PLAY DEDICATED TO TRANSGENDERS

On 24 November, our Sociology Department presented an awe-inspiring play titled 'Main Bhi....Khuda Mera Bhi Hai'. The play set out to highlight the struggle and oppression of the transgender community by raising issues like prostitution, begging, unemployment, and social stigma. It was to impart the message of inclusivity among the students and for them to understand that transgenders are just like other human beings. The school welcomed both, the members of Kinnar Samaj and Minakshi Pariwar, an NGO that works for the betterment of the Transgender community. Our Principal, Ms. A. Aggarwal felicitated the guests with Shawls and Certificates. She spoke to the students about equality and the need to empathize with the community. The transgenders shared their stories, experiences and struggle for acceptance which left the audience and the cast in tears. All the students walked out with a new perspective.



Entire team in the frame



Our guest addressing the audience



A wave of drama

PATHSHALA NUKKAD KI

Our students attended an ADOLESCENCE SUMMIT and participated in PATHSHALA NUKKAD KI, on contemporary themes and presented a street play on Stigma and Stereotypes of Mental Health. These students had undergone training for the street play from experts, practised the skills required and performed brilliantly. They gained knowledge by visiting the exhibition, interacting with students of other schools from all across the country and were highly appreciated for their performance.



Investiture Ceremony

“Good leaders are not the ones who give orders, but the ones who show the path to others!”

The Investiture Ceremony for the students of batch 2022-23 took place on 7 September 2022. The induction of students into the student council is one of the most awaited events where upcoming student leaders are honoured and entrusted with the responsibility of upholding the values of Loyalty, Truth and Honour. The young torchbearers were motivated by the golden words of wisdom of our Principal, Ms A. Aggarwal and Vice Principal, Ms. R. Anand, as they made the new council aware of their upcoming duties and conveyed their expectations from the newly invested office bearers, led by Aseem Talwar (XI-A) and Soumil Kapoor (XI-F) as Vice Head Girl and Vice Head Boy.

While Simran Dimri (XI-C) and Keshav Goel (XI-F) are the Vice School Captains, the sports arena is led by Prakshi Dhall (XI-B) and Daksh Dadhich (XI-C) as Vice Sports Captains. The Vice House Captains are- **Patel**- Navya Sharma(XIF), **Gandhi**- Hitesh Mahajan (XIC), **Nehru**- Jasraj Singh(XIC) and **Shastri**-Uditi Goel(XIC). The new council members, including the discipline incharges, were invested with their responsibilities as they took the pledge, administered to them by the School Head Girl and Head Boy.



A new batch of young torch bearers

Investiture Ceremony - Primary Wing

Our school organised the Investiture Ceremony for the Primary Wing on 20 October 2022. The young leaders were bestowed with the responsibility of leading their school with commitment, confidence and competence. They were conferred with badges. The student council took the pledge to hold the school motto of Loyalty, Truth and Honour in high esteem. Our Principal, Ms. A. Aggarwal, hoped the student leaders would complete the responsibilities entrusted to them for the year ahead. Ms. R. Anand and Ms. A. Gupta, Vice-Principals, appreciated them and advised them to be impartial and honest in discharging their duties. The zeal of the council was reflected in their confidence and dedication to execute their work. The ceremony concluded with the School Song.



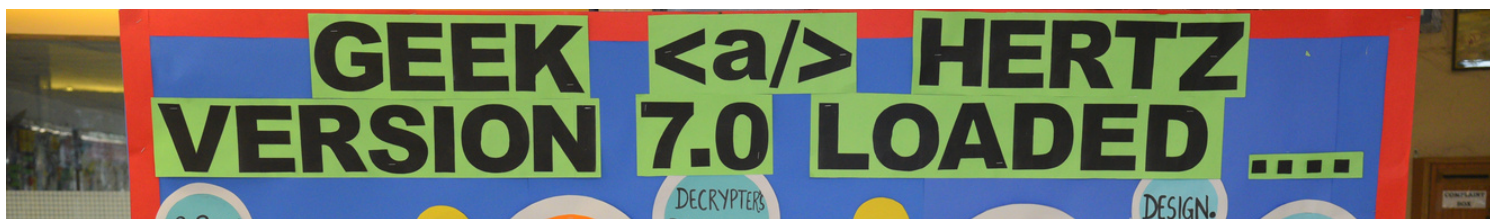
Office Bearers-Primary Wing

The 7th Edition of the International Annual Computer Tech Fest "Geek<a/>Hertz" organized by our school was a highly successful event. A total of 900 students participated in different online events, with almost 500 participating on the day of the finals. The event featured a total of 13 events that covered a wide range of topics in the field of computer science and technology, including game design, web design, movie making, programming, app design, photo editing, and innovation. The events were judged by prominent figures in the field, including representatives from Delhi University, NIIT University, Pearl Academy, Edu Next, and Sincgrid Corp. The judges ensured that the competitions were fair and the winners were truly deserving of their accolades. The event was made possible with the support of Edu Next Technologies, NIIT University, Aakash Byju's, Naples India Publication, YEP Publication, B. M. Munjal University, Alok Bansal.com, JenNext Mentore, Juana Technologies, Mudit Chaudhary Classes, Pikle.ai powered by Transorg Analytics, and Hacker Rank. The prize distribution ceremony was graced by leaders from Microsoft, Edu Next, NIIT University, and Pearl Academy, all of whom were impressed by the high level of talent and innovation on display at the event. In the end, our school emerged as the champion, a testament to the hard work and dedication of the students and staff at the school. However, as per rules the Rolling Trophy was given to the school with second highest scores.

Overall, "Geek<a/>Hertz" was a resounding success **Click here for result:**
<https://bit.ly/GeekaHertz>



The Tech Champs!!



Amey Aggarwal(8A) and Rishit Rahi(8G)
Winners of Imagica



Tanishq Anand(10A) and Himank Berwal(10A)
Winners of Cryptomania

THE BIZ WIZ CONCLAVE - 2022

With great joy and enthusiasm inaugurated the first ever Commerce Fest 'The Biz Wiz Conclave' - An Inter School Commerce and Economics Festival. The fest started off with an auspicious lamp lighting ceremony. All the branches of St Mark's competed in various competitions that aimed at sharpening skills like entrepreneurship, creative thinking and quick decision making in all participants. The events witnessed great entries and enthusiasm from all the participating schools. Students participated in events like Mind Bloggers, E-Analyzer, The Shark Tank Quiz, Ad-Mad, Stock Masters and Memenomics. Amidst these competitions one could find young entrepreneurs, digital artists and stock brokers that would work to contribute for the betterment of our country in the future. The prize winners of our school were:

FIRST POSITION: Harnoor Singh (XIG) – Comic Strip; Divjot Kaur (XID) and Mehak Modi (XIB)- Ad Mad; Yash Khanwani (XID)- Memenomics

SECOND POSITION : Aseem Talwar(XIA) and Khushi Mishra (XIIB)- E-Analyser; Aditya Jhamb(IXH) and Rhea Singh (IXC)- Ad Mad; Piyush Goel (XIIE) and Lakshit Garg (XIIC)- The Shark Tank Quiz

THIRD POSITION: Gurpreet Kaur Arora (XID) and Bhamati Chugh (XID)- The Mind Bloggers; Hitesh Mahajan(XIC) and Niharika Mahajan(XIID) - E-Analyser; Divyam Kansal (XC) and Khushi (XIIE)- The Stock Masters



Ad Mad- I Position



E-Analyser- II Position



Comic Strip- I Position



The Shark Tank Quiz- II Position



Creative Minds at Work



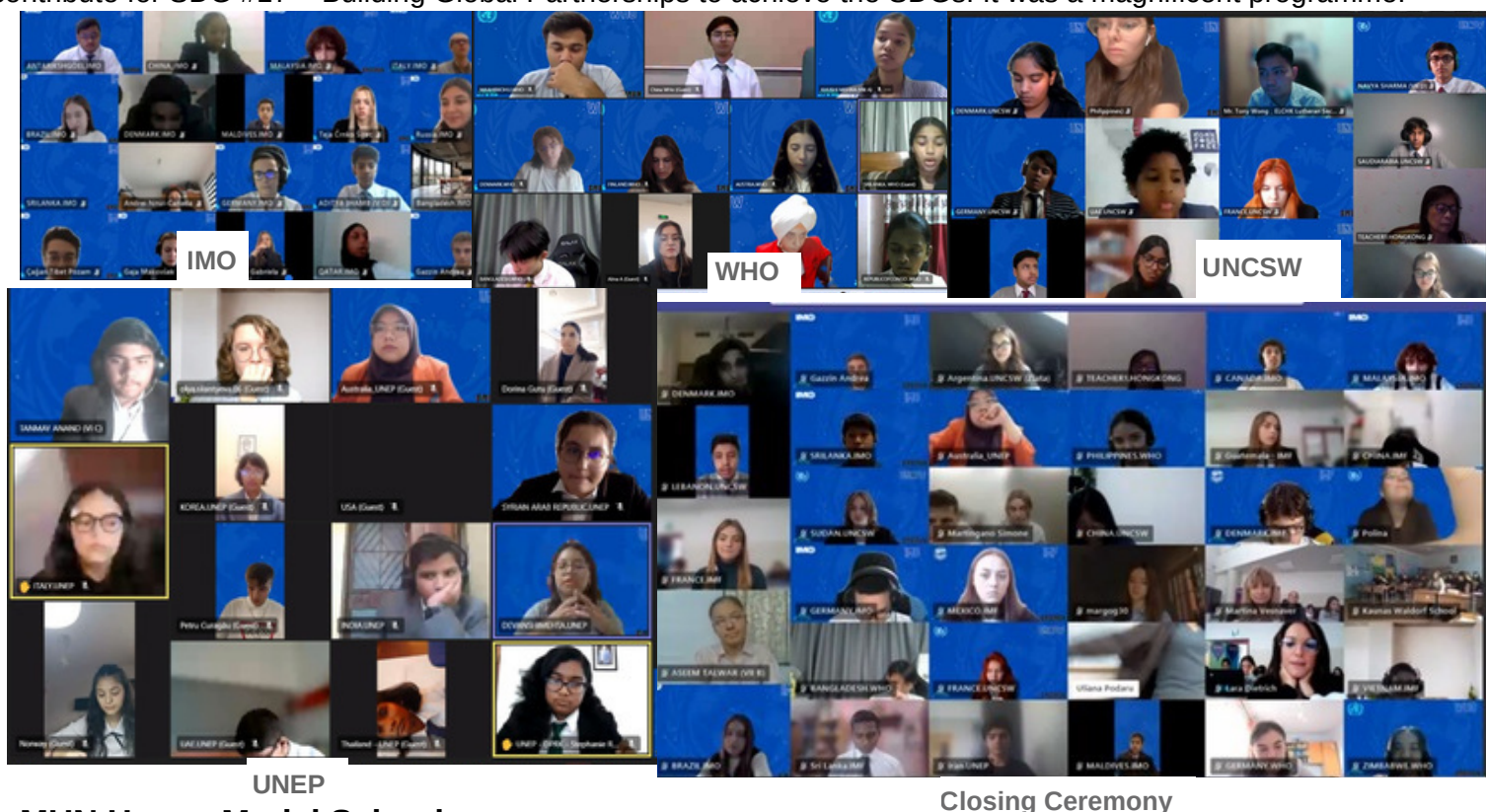
The Stock Masters- III Position



BIZ WIZ Inaugural Ceremony- Bringing Young Entrepreneurs Together

International Summit for the Youth 2022- SMSIMUN

"The International Summit for the Youth – SMSIMUN a global partnership event held on 10th and 11th November 2022 under the guidance of Ms. G. Rajan, Head of Global Affairs. She was ably assisted by Ms. S. Malik and many other teachers. Nearly 225 students from 16 different countries, like Romania, Sri Lanka, Indonesia, UAE etc. participated and were mentored by our former students- Vansham Mudgil, Ishita Arora, Maahir Kohli, Sachkeerat Singh, Devanshi Mehta, Antariksh Goel and Parth Bathla. The event began with an Opening Ceremony, wherein Mr. Tushar Kanti Baidya, a Human Rights Activist from Bangladesh, the guest speaker, spoke about the importance of coming together to work for the SDGs. The students took a pledge to become more responsible citizens to make this world a better place. They discussed ways to achieve Sustainable Development Goals and had discussions on some crucial global issues. The committees included UNCSW, UNEP, WHO, IMF, IMO and International Press. The agendas of all the committees were associated with the SDGs. The students represented different countries and acted as their delegates. They portrayed teamwork and togetherness as they engaged to come up with sensible solutions to eradicate the most atrocious global challenges. The Virtual Art Exhibition during the Closing Ceremony showcased paintings related to the SDGs, followed by the announcement of results. Students from every country participated enthusiastically despite the fact that many of them were first timers. SMSIMUN was an attempt to contribute for SDG #17 – Building Global Partnerships to achieve the SDGs. It was a magnificent programme.



Closing Ceremony

MUN Happy Model School

Six students from our school participated in the 2nd edition of Happy Model School MUN. Mannat Sachdeva (8E), Bhuvi Bathla (9C) and Prisha Anand (8E) participated in the UNHRC committee, representing Japan, France and Germany respectively, while Mannat Gambhir (11A) and Prakshi Dhall (11B) engaged themselves in the UNCSW committee on the promotion of gender equality with a special emphasis on the economic empowerment of women. They represented New Zealand and Sweden respectively. Arshita Dhall (6E) representing Japan demonstrated the proliferation of AI and Cyberware with special emphasis on Big Data. Mannat Gambhir and Arshita Dhall won verbal mentions in their respective committees.

Prayaag International MUN

Kriday Sharma (8A) participated in PRAYAAG INTERNATIONAL MUN, Panipat. He represented the Kingdom of Norway in UNGA-DISEC and deliberated upon disarmament being an effective method to achieve international peace and security. He won the Best Delegate Award and won a cash prize of Rs 5,500.

UN Day Celebrations

The celebration of diversity on United Nations Day has great meaning. It is a recognized holiday to celebrate the diversity of global cultures, faiths, and linguistic groups. Every year, students of our school commemorate UN Week. The topic for the centennial celebration this year was "International Year of Peace: End Racism, Build Peace. A presentation about the UN day and a quiz on the same was held in all the sections of Class 7. Class 6 students participated in the brochure-making activity about different organs of the UN. The students learned about the different organs of the UN in a fun and creative way. An Inter Class Quiz on 'United Nations' was held for the students of Class 5. The quiz imparted knowledge to the learners about the formation of the UN, its agencies, emblems, and headquarters. Class 9 had a Mind Map-Making Activity. The students working with full concentration and dedication.



Making Mind Maps



'History, Mystery, People and Places'

"We at our school believe in keeping both academic and creativity alive in our children. Various Social Science activities were conducted on the

18th and 19th of October 2022 on the theme 'History, Mystery, People, and Places'. To develop a love for the subject and to create awareness, various activities were conducted. Besides quizzes for all the classes there were many other activities like drawing maps and locating places on various maps and imaginary conversation between historical characters. There were group discussions about solving social problems too. Unraveling Marvels (PowerPoint Presentation) was very informative too. A PowerPoint Presentation on the Election Procedure was also shown to make the children understand about the importance of fair Elections and people's participation in a progressive democratic country. To encourage students to give their best, the highest scorers were awarded with books.



History enthusiasts come together to delve deep



Prize Winners-'Finding Solutions'



Winners of Quiz Competition

Homage to Mahatma Gandhi and Lal Bahadur Shastri

The students of classes 6th to 8th engaged in various activities as they paid homage to Mahatma Gandhi and Lal Bahadur Shastri in their special ways. The students of Class 6 sang bhajans of Gandhiji and watched documentaries highlighting the message of these two exemplary leaders. The students of class 7 summed up their understanding of the principles of Gandhi and Shastri in an interactive session wherein the charkha and khadi became the center point of discussion. The students of Class 8 prepared posters - highlighting Mahatma Gandhi's message of Swachhta, Swadeshi, Ahimsa, and Lal Bahadur Shastri's message of- Jai Jawan Jai Kisan and a life guided by the principles of honesty, integrity, and simplicity. To mark the day, the Khadi Gram Udyog put up a stall on our school premises. Parents and students bought Khadi clothes, which embody Gandhi's vision of a self-reliant India!

Shramdaan

We also paid homage to the "Father of our Nation"- Mahatma Gandhi through voluntary service i.e. Shramdaan. As part of the Shramdaan initiative the students of class 11 took the Swachhta pledge and carried out a cleanliness drive in the residential areas adjoining our school with passionate zeal. The students imbibed the values of dignity of labour as well as cleanliness.



Live Life Cleaner, Make Earth Greener



Clean and Green make a perfect pair

National Unity Day

National Unity Day (Rashtriya Ekta Diwas) is observed on the birth anniversary of Sardar Vallabhbhai Patel, on 31st October. It was decided by GOI that a week-long campaign was organized at pan India level from 25th to 31st October 2022 to celebrate the day. A 'Unity Pledge', was taken and our Vice-Principal addressed the students about the role of Sardar Vallabhbhai Patel in national integration.

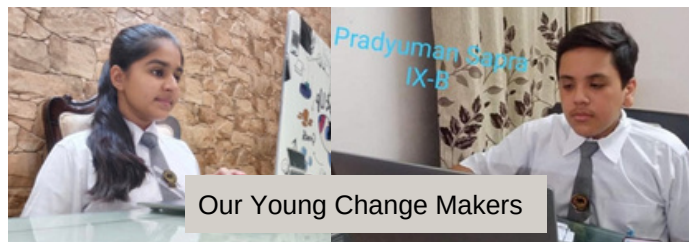


Pledging to uphold the Unity of our Nation

A Poster Making/Essay Writing competition was conducted for the students of classes III to IX and a 'Unity Run', for the students of classes IX to XI was held.

Global Young Changemakers Conference and Competition

23 students attended the Global Young Changemakers Conference and Competition supported by the Ministry of Education, Malaysia. The two day conference on 17th and 18th of September had students attending sessions on content creation, the world of art, alternate career options, relevance of social entrepreneurship and how Gen Z can solve world problems. The sessions were informative, educative and engaging as they were conducted by young students, the youngest being only 14. The participating students also made a one minute video about their ideas to change the world.



Our Young Change Makers

Another Feather In the Cap

Mr. N. Gupta (PGT Comp Sc.) was honoured by Delhi Minorities Commission. The ceremony was held on 29th October, 2022 at Delhi Vidhan Sabha, Civil Lines, Delhi, India. He received this honour from Mr. Ram Niwas Goel Honourable Speaker to Delhi Vidhan Sabha in the presence of Mr. Zakir Khan Chairman Delhi Minorities Commission, Govt. of NCT Delhi. Mr. Gupta was honoured with a Certificate of Honour and Memento.



Receiving the Award

IYMC Mathematica

Our school participated in the 9th IYMC Mathematica 2022 held by City Montessori School, Lucknow from 10 to 15 October. It was a virtual event in which 27 countries and more than 650 delegates across the world participated. Six students from our school participated as two teams. The junior team, consisting of Riddhi Sarda(10B), Dhruv Dubey (10D) and Saral Sharma(10G), bagged the **2nd Consolation Prize** in Numeric Jazz wherein they prepared a Mathematical Jingle.



Our Future Mathematicians

The senior team, comprising of Sampreeti Rastogi (12H), Pratham Gupta(12H) and Vishwesh Kumar Gupta(12H) won the Third Prize for Mathematical R&D, research paper presentation on Cryptography and 1st Runner Up for Mathemania, Team Contest.

Global Sustainability Award

Aseem Talwar (11A) winner of SDG Number 16 (Peace, Justice and Strong Institutions), Rupashi Nagi (8G) winner of SDG Number 3 (Good Health & Well Being) and Charvi Gupta (7B) the Runner Up of SDG Number 7 (Affordable & Clean Energy) were felicitated at the Global Sustainability Awards Ceremony held at India International Centre. Aseem Talwar showcased her project on "Support to the Victims of Sexual Harassment" Charvi on 'Solar Mobile Charger', while Rupashi showcased her project "Air Purifier- lungs saviour". Our school was declared Emerging Superhero in championing the Sustainable Development Goals and the award was presented to our Principal, Ms. A. Aggarwal.



Emerging Superheroes

Solo Singing Competition

To hone the singing talent of our tiny tots, Solo Singing Competition for **Class Nursery** was organized on 20 October. The melodious songs pulled the heartstrings of the audience as the students showed their mastery over voice modulation, pitch, rhythm and tone. The winners:

Ist Prize - Kiara Batra

IInd Prize - Rudrakshi Malik

IIIrd Prize- Parshvi Mendiratta and Kabir Gulati

Special Prize- Abhiram Talwar, Aaradhya Satapathy, Ripudaman Sharma, Yashasvi, Ishpreet Kaur and Samarth Sharma.



'A Solo Singing Competition for the **KG** was also organized. 24 children from different sections participated. The air was filled with enchanting voices of the participants. The principal, Ms. A. Aggarwal, encouraged the little ones. The students who bagged the trophies were-

I Prize - Shivansh Ajesh- KG G; II Prize - Harnaaz Dhingra- KG H
III Prize -Atharv Anand - KG H; Special Prize- Asreet Kaur (KG F), Navya Sharma (KG C), Mishael Dhawan (KG G), Anaya Arora (KG G) and Adhiraj Singh Bhadoria (KG D).



Inter Class Sanskrit Recitation

Sanskrit mantras are mind tools that help calm and purify one's body, mind and soul. Simply reciting the mantras or being in an environment where these mantras are recited creates sound vibrations that connect our mind and soul to the mantra's inner state of being. Inter-Class Sanskrit Recitation Competition for class VI, VII, VIII was conducted on 7th November 2022. The children recited beautiful poems from eminent Sanskrit Scholars such as Shree Adikavi Malviki, Maharishi Veda Vyasa, Kalidasa, and many more. A Vandana and a song in Sanskrit were also chanted by the students. The following children were awarded:

CLASS VI

I Atharv Vohra - VI C

II Darsh Gaur - VI E

III Kavya Raina - VI B

CLASS VII

I Samyak Jain - VII C

II Zeenia Malik - VII E

III Anirudh Tyagi - VII C

CLASS VIII

I Vedant Arora - VIII D

II Manya Arora - VIII B

III Lakshay Nain - VIII A



Special Prize - Heet Ginotra - VI C, Siddhi Gupta - VI C ,Aanika Sharma - VII E, Aditya Kumar - VII E Akshara Goel - VIII B, Gauri Yadav - VIII A

St. Francis Memorial Photography and Short Film Competition

St. Francis De Sales Sr. Sec. School organised the 1st Fr. Rijo Francis MSFS Memorial Photography and Short Film Online Competition. The competition was divided into two categories: Aryan Madan (8G) and Aarav Bansal (8A) won the **Third Prize** in Click 'n' Stitch (Stop Motion Photography). Saral Sharma (10G), Prakriti Jaiswal (10G) and Ritika Gupta (10G) won the **Third Prize** for making a short movie on Cyber Bullying. The students were awarded certificates and a cash prize of Rs.1000 in each category by the host school.



Budding Cinematographers!

Inter School Debate

Debate and Divergence of views can only enrich history and culture. Our young debaters, Khushi Mishra (XII B), Bhumi Sinha (XII H) and Aseem Talwar (XI A), put forward their views on the topic **Cooperation Enriches and Competition Eliminates** and were declared the proud winners of the St. Francis Interschool Debate Competition. Khushi Mishra was adjudged the **Best Speaker** (for the motion) and Aseem Talwar was adjudged the **Best Interjector**. Our school won the overall trophy.



Debating Champs

Inter School Tech Symposium

Students of our school participated in Inter School Tech Symposium "The Digilicious" hosted by Rukmini Devi Public School, Pitam Pura, Delhi. They participated in a plethora of activities. Hridhaan Gugnani (IVF) and Mahira Sharma (IVB) participated in Fancy Dress Competition and won the **First Prize**. Amey Aggarwal (VIIIA) and Aryan Madan (VIIIG) participated in the Inno-Vasion Artificial Intelligence and won the **First Prize**. Pratham Gupta (XII H) also won the **First Prize** for Encipher Programming. All the winners were awarded with Merit Certificates, Trophies, Books and cash prizes of Rs. 2000/- each. Our School was also adjudged as the **Best School** and won the overall **Champions Trophy**.



Tech Experts

Ignited Minds 2022

Indraprastha International School, Dwarka hosted the event 'Ignited Minds - 2022' for young students to showcase their creativity in myriad activities. Our school participated whole heartedly in various events and won prizes in the following categories -

First Prize: Konaark Batra(III B) in **Insect Actiminius**.

Second Prize: Samaira Taneja (NUR A) in **India's Forte**.

Third Prize: Ayushi Puri(IVB) in **मन क बात मुहावर के साथ**, Kenisha Sharma(IA) in **Gourmet's Delight**, Hiral Dawar(IVB) in **Sci Fi Buff** and Mitali Gusain(VH) in **Mathematical Artistry**.



Star Performers

INTER SCHOOL COMPETITION

Sparkle Inter School Dance Competition



It was indeed a moment of pride when the little ones of classes Nursery and KG participated in the Inter School Dance Competition, “Sparkle” held on 3rd and 4th November 2022 at St. Mark's World School and showcased their dancing skills. They added another feather to their caps by bagging the **Second Position in both categories.** All the children danced with great zeal and enthusiasm and charmed the audience with their talent.

School Enterprise Challenge

Teach a Man to Fish held a celebration event in M.L. Khanna D.A.V. School, Dwarka to acquaint schools about School Enterprise Challenge Programme on 9th September, 2022. A group of four students accompanied by their teacher represented Nirmaan Enterprises, a business run by students of our school, went there to participate in the event. A new line of skincare products were added this year and our team made great connections and sold their products. Students were really excited to meet Mr. Christophe Walder, the Digital Products Manager of Teach a Man To Fish, London. He appreciated the team's efforts and bought their products.



Young Entrepreneurs

Competition at Shah International School

In the Inter School Competition organized at Shah International School, our students participated in various competitions and won prizes. The winners of the inter-school competition are:- Loveleen (4E)- 1st Prize in 'Play and clay'; Angel Arora (7G)- 2nd Prize in 'Shakespeare'; Kshirabdhhi Shukla (8G) - 1st Prize in 'Hasgulle'; Khushi Gupta (12H) and Jayanti (12C) - 1st Prize in '3D optical illusion'.



NATIONAL MATHS OLYMPIAD

A National Maths Olympiad was conducted in our school by the All India Schools Mathematics Teachers Association, wherein a total of 425 students from classes 1-10 participated. All the participants performed well and 15 students performed exceptionally well by securing 90%, for which they received Gold Medals. The names of the Gold- Medallists are : Gurmehar Singh Sandhu (IC), Ira Rathore (IIIC), Aditya Raj Verma (VA), Laksh Arora (VIIB), Tathya Bansal (VIIB), Chaitanya Sareen (VIID), Divyansh Goyal (VIID), Angel Arora (VIIG), Devansh Maheshwari (VIIG), Rushil Aggarwal (IXA), Manasvi Kansotiya (IXC), Archit Jaggi (XA), Swaraj Das (XA), Dhruv Dubey (XD) and Jagrav Sharma (XD).



Gold Medallists- Maths Olympiad

EVENT AT BAL BHARATI

Competitions play a role in motivating students to perform and excel In an Inter-School Event held at Bal Bharti Pitampura on 1 October 22, Parshvi Mendiratta (NUR A) participated in a competition named 'Indian Wonders' and secured the Third Position



Catching them young

WONDERFUL WORLD OF LITERATURE

The talented stars of our school participated in 'Wonderful World of Culture & Literature-2022', an Inter School event organized by SMWS. The prize winners were:

1st Position Aastha Dubey (Laugh Out Loud), Aditya Jhamb (Famous Speeches)

2nd Position: Mannat Sachdeva and Rupashi Nagi (Poetry Dramatization), Samidh Chhabra and Laksh Arora (Walkthrough).

3rd Position: Nivedita Sharma (Laugh Out Loud).



The winners from the World of Literature

NATIONAL ANALYTICS BRAIN

National Analytical Brains Competition 2022 was conducted for classes 1 to 9 on 1 and 2 October 2022. It was based on Math, Reasoning and Real-life problem-solving skills. 33 students participated, out of which Angel Arora (7G) bagged the **Champion's Trophy**, 6 students got Runners Up Champion Trophies and 11 students received Consolation medals. Our school bagged the **Outstanding Performance Trophy**. The winners were felicitated by our principal.



Outstanding Performers

VISIT TO BLIND SCHOOL



Drawing inspiration

30 Students from classes VI to IX visited 'Akhil Bhartiya Netrahin Sangh' and met visually impaired children. Our students interacted with the children of different classes and learned the basics of Braille. They got a chance to sit in their music class and sing songs with them and also played board games together. The children from the blind school showed some beautiful candles and diyas which they were preparing for Diwali. Overall, it was an amazing experience for all our students.

VISIT TO NATIONAL SCIENCE CENTRE

On 21st October 2022, a group of 40 students from class 10 visited National Science Museum and attended a 'Fantastic Chemistry' session. Students performed various activities based on different chemical reactions such as making elephant toothpaste, creating a fire snake, making invisible ink, etc. Students also observed various explosive and exothermic reactions.



Science in Focus

VISIT TO YAMUNA BIODIVERSITY PARK

Children of the Earth Saviours Eco Club visited Yamuna Biodiversity park, on 24 November 2022, as a part of exploring and learning about the natural flora and fauna of Delhi. They saw several native trees of Delhi like Acacia, Meswak, Neem and Peepal. There were wetlands where they saw migratory birds like Greater Cormorant, which comes to Delhi from China and Ladakh. There were red crested pochard ducks and water hens, besides several other bird species. YBP is a complete ecosystem with plants and animals coexisting in a man-made forest. The visit rejuvenated their minds and souls.



Learning more about Biodiversity

GRANDPARENTS' DAY

"Grandparents are a perfect blend of parents, teachers, and best friends." Grandparents and children have a special connection that is precious to both and this connection makes grandparents happier and children emotionally resilient. The celebration of Grandparents' Day on 12 September had the tiny tots of class KG making handmade cards for their grandparents and singing songs dedicated to them. There were more activities, a competition and prizes too.



CHILDREN'S DAY CELEBRATIONS

Children's Day was celebrated by educating the children about children's day. This was followed by a variety of fun filled activities and games planned by the teachers for their children. The teachers presented a skit wherein they dressed up as children, sang beautiful songs and presented a dance performance for the children. They also played many games with them. It was a fun filled day for the students and the teachers as well.



KIDZANIA

"Do not keep children to their studies by compulsion but by play". This philosophy found expression in the visit of Class Nursery students to "Kidzania", on 15 September 22. It was a real-time miniature world where students experienced the processes which drive various industries. Firefighters managing an emergency, chefs making wonderful dishes, and doctors handling patients were a few situations the students experienced. The young ones were seen enthusiastically running a pizza store, a beverage factory, and a snack plant.



Picnic is fun

A VISIT TO RELIGIOUS PLACES

Our school believes in maintaining communal harmony, hence children need to understand and respect all religions. The children of Classes Nursery and KG were recently taken to visit a Gurudwara, a Temple, and a Church. The tiny tots were very excited about this new experience. They followed the rituals and accordingly covered their heads, washed their hands and feet before entering the religious places. This trip was a great opportunity to inculcate in children, the idea of communal harmony so that they respect all places of worship.



Learning to respect to all religions

MANODARPAN- A SESSION ON MENTAL HEALTH

As a part of "Manodarpán", an Initiative of the Ministry of Education to celebrate the World Mental Health Week from 11 October 2022 to 13 October 2022, Vice Principal, **Ms. R. Anand was invited as a Speaker** in the proceedings of the multidisciplinary conference - "National Conference on Comprehensive Mental Health Initiatives in Schools - Bridging the Gap, Evolving Best Practices for 21st century schools" for the theme "Adolescent Life Skills Development- Creating Future Ready Landscape". She shared her views and experiential vision centered around the sub-theme "Integration of Arts and Mental Health- Life Skills Approach". She also made a research paper presentation on 'Theatre as a tool to remove physical and attitudinal barriers'.

SWACHHATA PAKHWADA

Swachhata Pakhwada" as a part of "Swachhta Abhiyan" was initiated, to bring a fortnight of intense focus on the issues and practices of Swachhata. To support this great initiative of GOI from 1 to 15 September 2022 our school organized many activities. The senior students worked closely with the Physical Education Department to make sure that the entire fortnight was meaningful with positive outcomes. Activities such as poster-making and slogan-writing were also conducted.

WEBINAR ON SKILFUL TEACHING FOR ENHANCED STUDENT ENGAGEMENT

A webinar on Skillful teaching for enhanced student engagement in study skills, on 7 October 2022, was attended by 7 primary teachers of our school. This was a part of the 'Skillful Teachers' Festival 2022' organized by Macmillan Education India. Dr. Stella Cottrell, Pro- Vice- Chancellor for Learning, Teaching and Student Engagement, University of East London, spoke about the steps teachers can take to make study skills more effective. She spoke about harnessing 'peer effects' to boost motivation and engagement. The webinar equipped them with strategies to create a better learning environment.

CAREER COUNSELLING

A few students of our school attended a career counselling workshop conducted by the University of Melbourne, Australia on September 4 at the Shangri-La Hotel. The faculty of the university briefed them about the advantages of studying at their university and encouraged them to apply for education abroad. Students learned about building strong brands and kickstarting various careers. The experts also apprised them of the admission process, entry requirements, and scholarships. They also had one-on-one sessions. Our school also organized **University Career Fair – Career Stride**, in association with Fold Five Services. The fair provided a platform to students where they could interact with university officials and explore courses available at many universities around the world. On 11 October 2022, Ms. Jyotsna Bhardwaj from Envision India Edu services held an orientation session for class 10 students on Career Guidance and Psychometric Assessment. She apprised students with an understanding of aptitude and interest for career planning and explained the cycle of career planning and factors influencing decisions.

ACTIVITY ON GENDER EQUALITY

The term "equality" refers to the state of being fair to everyone and treating everyone the same way without favour shown. The term, 'SHERO' refers to the female name given to a person or a fictional character and is used to counter the word, hero, which usually is given to male characters. On 28 October 2022, students of class 4 understood the issue of gender-based stereotypes and discrimination. They drew their imaginary female superhero and wrote about wonderful superpowers she has to uplift society. To raise awareness about gender inequality persisting in our society through various mediums like electronic, print, and social media, a PowerPoint presentation was shared with the students of Class 5 to inculcate the idea of gender equality and equity. The presentation started with the display of various advertisements showing how gender stereotypes are promoted through various mediums which impact the mindset of people. The concept of gender equality, gender equity, and gender discrimination was beautifully explained by the senior students. In the end, for better understanding, a group activity was given that required them to make an advertisement of a product of their liking without making it gender stereotypical.

ART FESTIVAL

Art not only highlights our creative side but is also a great way of discovering one's passions. To explore the creative potential in the young minds of our children, an Art Festival was organized on October 29 and 31. Nursery and KG students drew pictures on topics like: My parents and I, My pet and I, My favourite toy, and My favourite cartoon. Primary students showcased their creative skills in drawing and colouring and students of classes 6-12 painted on a variety of themes like India in 2030, Pure Love - Mother and Child, Technology and Mankind, Democracy and Elections, A Village Scene, etc. The students brought their creative side out with beautiful depictions and expressed themselves through art.

PUPPETRY WORKSHOP

Puppets can be used to bring stories to life and to spark the imagination of students through creative drama. A puppetry workshop, taken by Ms. Surinder Kaur, for the teachers of class Nursery to II was held at the school premises which aimed at providing hands-on information about using puppets as a creative teaching tool. The teachers learned about the dynamic nature of the art of puppetry and the extent of its impact. Professional puppetry techniques were also shared which helped in making the puppet characters most effective.

SONY YAY ACTIVITY

Grade 3 students had a gala time with the Sony Yay TV team on 19 September 2022. The objective behind the activity was to invoke the essence of friendship. Students played exciting games that brought forth the values of friendship and some cool and exciting goodies were given to the kids. It was a program filled with laughter, entertainment, and enjoyment for our students.

INTER-HOUSE GK QUIZ

Our school organized an Inter House GK Quiz Competition for the students of class -3. On September 23, 2022, representatives of each house - Nehru, Shastri, Patel, and Gandhi gave tough competition to each other. There were questions on famous monuments, authors of childrens' books, renowned reformers, the plant world, etc. All participants showcased their presence of mind and knowledge by answering questions rapidly. It was a unique way of learning with fun.

SEVA PARAM DHARM

Students of class 11, Arpita Jain, Sakshi Shokeen, and Jasraj Singh, organized a webinar 'Seva Param Dharm – Service is the Supreme Religion' that focused on the importance of community service, the impact it has on one's life and how it shapes one's career. The speaker was Ms. Shomy Hasan Chowdhary, an Activist from Bangladesh. Ms. Shomy is a Forbes 30 under 30, an entrepreneur, a thinker, and a professional who spends her time doing community service for which she received the President's Gold Medal from none other than Barack Obama. Recipient of the Diana Award for Community Service, Ms. Shomy is also the co-founder of Awareness 360 which works on hygiene and sanitation across the world. The webinar also had our own Ms. Divyanshi Arora, from the class of 2020 and the winner of the Diana Award 2022, sharing her experiences in community service and our school's role in grooming her by opening the doors of opportunities.

GLASS PAINTING WORKSHOP

It was a day full of colors and creativity for the students of Class 5. An art activity based on Glass Painting was conducted across all the sections and the children showcased their artistic abilities. The resource person, Ms. Renu Mediratta, explained the process of glass painting in detail. It was quite interesting to observe the students and the concentration with which all of them were working on their projects.

INAUGURAL CEREMONY OF INJECTING A VACCINE

Students of class 11 attended the inaugural ceremony of 'Injecting vaccine-A New hope, at the National Science Centre on 15 November 2022. It was an interesting experience that offered knowledge about different kinds of viruses, their structure, life cycle, and also how vaccines can help us protect against the diseases they can cause. Observing the exhibition allowed a deeper understanding of various concepts required for developing a vaccine.

TOY BASED PEDAGOGY SESSION

Our Vice Principal Mrs. R. Anand was invited to facilitate a one-day session on conceptual understanding of Toy Based pedagogy organized on 3rd October by DIET Rajinder Nagar. Toy-based pedagogy, a teaching-learning approach that is based on learning 'through toys and games, is in alignment with the NEP 2020. This helps in simplifying and clarifying new concepts and bridges the content of different subjects seamlessly in a logical and learner-centric manner.

MANDALA COLOURING COMPETITION

Under the project Happiness, ORION Choco-Pie organized a Mandala colouring competition for the students of Class 5 on 11 October 2022. The students participated and coloured the given pictures of Mandala Art with their creativity. This fun-filled activity witnessed enthusiastic participation by all the students. The result of the competition is as follows-First Prize- Mukund Gupta (5H), First Runner-up - Divyam Bhajanka (5F), Second Runner-up – Shagun (5E).

WORKSHOP -'THE HISTORY OF PERFUMES'

Ten students from Nirmaan enterprises participated in a perfumery workshop on 14 November 2022. The workshop was conducted by Mr. Kristian Nasteski from Croatia. It was a very informative, interactive, and entertaining workshop. The children were taught about 'The History Of Perfumes', and great emphasis was put upon 'The game of Attention'. During the session children gained knowledge about different types of scents, some very common like rose and mogra and others not so popular like mint and oud. Overall, the session was worth it as the children learned how to make perfumes using certain oils.

WORKSHOP -EFFECTIVE TEACHING OF ENGLISH

Ms. R. Sahni and Ms. B. Mittal attended a workshop on Effective Teaching of English conducted by the renowned speaker, Mr. Barry O' Brian at Sumermal Jain Public School, Janakpuri. Mr. Brian talked about how teachers can use theatre to make the teaching-learning experience more effective and fruitful. The teachers learned how they can use facial expressions, voice modulation, and gestures to engage the students in a way that they never forget what was taught in the class and become naturally enthusiastic about learning further. He also gave examples of how music and reading aloud can become the primary tools to enhance the language-learning process.

PREVENTION AND MANAGEMENT OF SUBSTANCE ABUSE SESSION

The sessions and activities for Prevention and Management of Substance abuse were conducted by our Senior Wing Counselor, Ms. M Kapoor in all sections from classes 9-12. Students were given information on various substances and how addiction starts with just experimentation. Students gave perceived advantages and disadvantages of various substances by holding a debate. They were asked to narrow down the psychological, physical, societal, and economic causes of addiction. Then the concept of a "safety net" to identify trusted adults/ confidants whom they can approach in case they get stuck in a situation or want to seek help from others, was discussed.

CBSE HEALTH AND WELL BEING PROGRAMME

Schools are the key forums for acquisition of health-related knowledge. They are envisaged as nodal centres for skills-based health promotion programmes. The CBSE Programme for Health and Well-being of school going children, aims at being an initiative that builds on the experiences of children to enhance their health and support their holistic development.

Our school also organised a variety of activities. A healthy snacking activity-'**Healthify Me**' was organized for the Home Science students of **Class XI**. The students prepared healthy dishes like carrot fritters, nacho chaat, mini uttapam and chutneys, sandwiches, sweet lime juice with fruit salad, chia pudding, and made everyone aware of the nutritious value of the delicacies prepared for them.

They also conducted interactive sessions on **Adolescence-Growing up Healthy** with the Class VI students to spread awareness on menstruation, physical – cognitive and emotional changes during puberty, and social taboos associated with these changes. The students of grade 6 were asked to submit their queries in an anonymous format through a question box and the queries were addressed by grade 11 students.

An **activity on Anaemia** was also organised for them. The students were asked to bring vegetables rich in iron as their lunch on certain days to reinforce the importance of the same. The student volunteers chosen from class 8 visited each section of class 6 as Members of Iron Brigade during the lunch break to make sure that the children participated wholeheartedly in the activity.

An **Oral Hygiene Interactive Session** was conducted for the students of **Class VII** by Dr. Deepika Verma (Certified in Dental Aesthetics and Dental Cosmetology) Dr. Verma stressed that everyone especially young children should brush twice a day to remove bacteria and plaque. The key takeaway from the Session was that - Dental health and Physical health are inextricably linked so taking care of our oral health is part of taking care of our overall health.

The students of grade 7 had a **yoga session**. Warm-up exercises were done and all the students then performed sitting and standing asanas. The benefits of the postures were also told side by side as children performed with the instructions. In addition to that, the senior students helped the students of class 7 in making their **weekly diet plans** for their physical fitness. The students were given information about how they can plan their diet including all the vital nutrients required in a day and were also made aware of its benefits in their life. A PowerPoint presentation was shown in all sections of **Classes 8 and 9** based on **different types of violence** with special focus on domestic violence. Healthy group discussions were held. Students discussed problems sharing how different forms of violence affect mental health which also affects learning ability.

Under the theme '**Values and responsible citizenship**' two skits were enacted by the students to spread awareness about the importance of Helpline Numbers and to teach them about FUNDAMENTAL RIGHTS. The children were also taught to respect each other's religion.

A video raising **awareness against HIV-AIDS** was shown in classes 9 to 12. The presentation focused on learner understanding the vulnerability of adolescents and women to HIV, services for testing, counselling and treatment of HIV-AIDS, ways to protect self and others from HIV and countering myths and misconceptions related to it.



Our Vice Principal initiating a drive for health and well being



Workshop on Dental Hygiene

TRIP TO SARISKA

Adventure adds excitement to life and a new realm of possibility to the outdoor world. Two groups of students, along with their teachers, got a bit more adventurous when they visited the Rocksport Residential Camp near Sariska in Rajasthan from 7 to 9 Oct 2022. Each day at the camp was customized to bring out different aspects of a child's personality and hone them. The children enjoyed various activities that were planned for them like zip line, rock climbing, passing various hurdles, etc. The campsite was nestled in the lap of nature away from the hustle-bustle of city life and had a team of certified instructors from Rocksport. The overall camp experience was designed to enhance self-discipline and promote an active lifestyle among students.



TRIP TO AGRA

Just to travel is platitudinous, but to travel with a purpose is educational and exciting. With this view in mind, an educational trip to Agra was organised for students of Class IV, V and VI. The students took a tour of the Taj Mahal, one of the seven wonders of the world and got to know about the royal Mughal history. The trip, organized by Edterra, catered to all the needs of the children. They got to learn about the history of Agra city through a visit to the Agra fort. The trip was a wonderful learning experience for the students as they returned home more aware and confident.



HANDBALL U-19 ZONAL

Handball U-19 Zonals was held at Jhabban Lal D.A.V Public School, Paschim Vihar from 22nd to 24th November 2022. Our Handball Senior Girls and Senior Boys Teams participated in this tournament and won the Second and Third position respectively.



Senior Girls Handball Team - 2nd position

ZONAL FOOTBALL TOURNAMENT



Sub Jr. Boys Football Team - 3rd position

Our school football team participated in Senior Boys, Junior Boys and Sub Junior boys categories of Zonal Football tournament, held at Ganga International School, Hiran Kudna from 01 September to 09 September 2022. Our team of Sub Junior boys reached the semi final level and won the Third position.

Team members: Renet Goswami (6D), Sparsh Rana(7A), Kartik Chawla(7A), Jayash Goel (7A), Bhavya Singh (8C), Ruhaan Prabhakar (8D), Pranjal Bhardwaj (8E), Manav Yadav (8E), Bhavishya Singh(8F), Daksh Verma (8 F), Gavisht Duggal (8 F), Yash Goel (8F), Guranhad Singh (8G), Smarth Suri (8 G), Anmol Yadav (9C), Pratham (9F).

BADMINTON ZONALS



Sr. Girls category - 2nd position



Sr. Boys category - 1st position

Our Senior Boys- Mannar Sachdeva(12 E), Vedaant Mehta (11E), Nischay Gosain(12 B), Tamandeep (12D) and Harshit (11A) won the First Position and our Senior Girls -Hiya Wadhwa (12F) and Anushka Devnath(12C) won the Second Position in Badminton Zonal Competitions held at Bosco Public School on 6th and 7th September 2022. We feel proud to see our students excelling in sports.

SCOUT CAMP

Hindustan Scouts and Guides association organized a three-day scouts camp in our school from 6 to 8 September 2022. Our Vice Principal, Ms. R. Anand, declared the opening of the camp and gave her best wishes to the children. It was a package full of activities for the students of classes 6 and 7. The activities included valley crossing, holding the rope, and jumping and clearing the hurdles. A few mind games organized during the camp helped in developing the observation power of the children. The camp also included lessons on First aid and the skills to survive in a difficult situation with minimum resources. On the final day of the camp, our Principal, Ms. A. Aggarwal, hoisted the scouts' flag and gave away scarves to the leaders, and felicitated the scouts with medals.

ZONAL ATHLETIC MEET

Our school participated in the zonal athletic meet at Govt. school, B-3 Paschim Vihar, New Delhi on 21 and 22 November 2022. The students of our school won 5 silver medals and 2 bronze medals in the Relay race 4*100 mtr and 100 mtr flat race, 50 mtr flat race and marble race. The winning athletes were : Daksh Grover (VA), Bhavesh Rahul (VH), Purvansh Sharma (VH), Harshit Bhagel (VB) and Kabir Singroha (IIG).

ANNUAL SPORTS MEET

If there is one field of life which teaches us the most valuable lessons about perseverance, patience, in fact what constitutes a perfect character, it is sports. The Annual Sports Meet for classes VI-XII was inaugurated on 25 November 2022 with a march past by NCC girls and Scouts boys. The athletic meet, constituting of 3 categories- Junior (VI,VII) , Sub Junior (VIII-IX) and Senior (X, XI), was an inter house competition displaying a wide array of sports events ranging from track and field events that included races in 100m to 800m categories to games like volleyball, table tennis, badminton, basketball, handball, skating, and lawn tennis for both boys and girls and football and cric ket for boys. The meet culminated with the prize distribution ceremony in which our Principal, Ms. A. Aggarwal along with our Vice Principals, Ms. R. Anand and Ms. A. Gupta gave away the medals to the winners. They also motivated the students to participate in the field of sports and also stressed on the importance of sports in a child's life. Click here for detailed result: <https://bit.ly/SPORTSRESULT>





Editorial Board- 2022-23



Investiture Ceremony (Juniors)



Discipline Incharges



Best Actors- English Play (Class III)



Special Prize Winners- English Play (Class III)



Best Stage Presence- English Play (Class III)



Special Prize Winners- English Play (Class IV)



Best Dialogue Delivery- English Play (Class IV)



Best Stage Presence- English Play (Class IV)



Best Actor- English Play (Class IV)



Best Actor- English Play (Class V)



Best Dialogue Delivery- English Play (Class V)



Best Stage Presence- English Play (Class V)



Special Prize Winners- English Play (Class V)



Best Actor (Male)- Hindi Play (Class VII)



Best Actor (Female)- Hindi Play (Class VII)



Best Dialogue Delivery- Hindi Play (Class VII)



Best Stage Presence- Hindi Play (Class VII)



Best Stage Presence- Hindi Play (Class IX)

