

FOOT PRINTS

A JOURNAL OF SCHOOL NEWS, VIEWS AND IDEAS

Volume-VII

April 14 - August 14

www.saintmarksschool.com

No. 19

L
O
Y
A
L
T
Y

T
R
U
T
H

A
N
D

H
O
N
O
U
R

EDITORIAL BOARD

CHIEF EDITOR

Drishti Jain XIC

REPORTS

Muskan Ahuja XIB

Damini Yadav XB

Diksha Madan XB

Naina Gandhi IXA

Rhythm Bhardwaj IXA

PHOTOGRAPHERS

Niharika Grover XIIC

Divya Verma XIIC

Simranpreet Kaur XIA

TEACHER FACILITATORS

Ms. Vaneet

Ms Isha

Ms Kamana

FROM THE EDITOR'S DESK...

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

There are many ways in which one could interpret and apply these wise words, ranging from working to change the world via political involvement; fighting for human rights; assisting those who are less fortunate; giving of one's time to brighten up the day of an elderly person and many more. What many miss however is that these words can be applied in a very real and constructive manner much closer to home. If you truly wish to make a difference and genuinely seek to attain the goals you have set for the year ahead, it is imperative that you believe in your abilities and are able to visualise the successful outcome of what you have set out to accomplish. Your thoughts drive the outcomes of whatever you wish for. In this world, there are endless numbers of things that one would wish he or she could know. To some, it may be the missing piece to beating cancer, while others may want to know how to simply crack the code for a video game. Ultimately, the one thing one wishes to obtain the knowledge to is change for the better. A change is not

going to happen overnight. After all, Rome was not built in a day. You need to be patient and determined. The two hardest tests on the road of life are the patience to wait for the right moment and the courage not to be disappointed with what we encounter. If you want something, you should be prepared to endure all the struggles and pain that come with it. A change can only happen if you want to see it happen and only if you put your effort into it. The truth is that we are capable of amending our views, our beliefs and the outcome of our actions, provided the desire to do so is sufficiently strong and the spirit is willing.

INVESTITURE CEREMONY



Our office bearers who pledged to shoulder the responsibility of the school with dedication.

'You cannot escape the responsibility of tomorrow by evading it today'. - Abraham Lincoln.

8 July 2014, marked the opening of new vistas for some students of our school when they were invested as the new office bearers for the session 2014-2015. The Investiture Ceremony triggered off with the pinning up of badges followed by the oath taking ceremony. Gandhi House was awarded the Best House trophy for the session 2013-2014. The school Principal, Ms. Sheena Kalenga, inspired the congregation with her wise words and urged the students to understand that the price of greatness is responsibility. The names of the new office bearers for the upcoming session are mentioned on page 18.

To know more about us, you can log on to our Facebook page [SMGS Meera Bagh](#).



EID

Celebrating multifarious cultures and festivals symbolises the unity of an international community, which our school takes pride in. To commemorate the occasion of Eid, the students of classes II and III of our school presented a wonderful qawwali emphasising the spirit behind the festival. Our Educational Supervisor, Ms. Sumbul addressed the students accentuating the fact that all the religions maintain similar beliefs and wished 'Eid Mubarak' to all.

INDEPENDENCE DAY CELEBRATIONS

To celebrate the spirit of independence, our school organised several activities. A G. K Quiz was organised for the parents and students of Sapling class on 13 August 2014. Twenty students along with their zealous parents participated in 'A Very Indian Quiz' in which their knowledge about Indian history, culture and heritage was tested. On the same day, a Collage Making Competition was organised for the parents and students of Seedling to develop the spirit of patriotism in all. The theme was 'Incredible India'. It was colours galore as the talented parents poured all their craft on blank sheets and turned them into masterpieces of paper-craft. Keeping the spirit of Independence Day alive and echoing the national festive spirit on 14 August 2014, our Principal, Ms. Sheena Kalenga and Vice-Principal, Ms. Sabina Shergill hoisted the national flag along with the youngest student of our school Khanak Saluja of Seedling F. The students of classes I and II presented patriotic songs to mark the occasion and there was a foot tapping dance by the students of classes V and VI. The celebrations concluded with our Principal, Ms. Sheena Kalenga giving away a cheque to the coordinator of SOS Children's Village for the underprivileged. That was the right spirit to celebrate the Independence Day because freedom only ensures that a privileged and responsible citizen lends a helping hand to those who are less fortunate and makes his country a better place to live in.

The proud winners of the GK Quiz were:

Parent's Name	Child's Name	Class
Ms. Priya Sra	Harnaz Sra	Sap-A
Mr. Bharat Bhushan	Ridhi Chopra	Sap-B

Parent's Name	Child's Name	Class
Mr. Rajesh Kumar	Anchal Rajesh	Sap-A
Mr. Sunil Ahuja	Manya Ahuja	Sap-D



Our Principal, Ms. Sheena Kalenga giving away a cheque to the Coordinator of SOS Children's Village.



Our young patriots moving to the beats of a patriotic song.



A musical tribute to our incredible India.



SON AND DAUGHTER DAY

Though the origins of Son and Daughter Day are unknown, it is celebrated widely across the world with parents spending time with their children on this day and letting them know how special they are to them. It is the perfect opportunity to set aside time to reflect on the joy that children bring to our life, be it young or old, teenagers or toddlers. The bond between a parent and his child is like no other on earth and this annual celebration ensures that the miracle of bringing a new life into the world is never forgotten. On 11 August 2014, 'Son and Daughter Day' was celebrated in our school by our tiny tots in a very special way. Our little ones engrossed themselves in the 'Tiara Making' activity on this occasion. They coloured some flowers beautifully and pasted these multihued flowers on bands. They decorated their tiaras with different designs and returned home wearing beautiful tiaras on their heads and joyful smiles on their faces.



Our little toddlers celebrating Son and Daughter Day.

RAKSHA BANDHAN

Love has different expressions. The love between a brother and a sister is one of the purest forms of it. This special bond between a brother and a sister was celebrated by the students of Seedling when they made lovely rakhis truly depicting their love and feelings for their near and dear ones. Such activities not only provide an opportunity to the students to show their creativity but also bring them closer to our culture. The day was surely very enjoyable for all the students.



Rakshabandhan - Tying the threads of love.

INTERNATIONAL YOUTH DAY



Enlightening the youth through meditation and introspection.

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the other people you love. When you learn to tap this source, you will truly have defeated age. Our school organized a workshop in association with the 'Art of Living' on the occasion of the International Youth Day. It was conducted by Miss Priti Mendirata, who was accompanied by Miss Mamta and Mr. Manish. She guided the students through the nuances of life. Her thoughts inculcated moral values in students regarding their regular tasks. It was an interactive session with the students that culminated with a meditation session. It was an enchanting experience that certainly left the students introspecting and yearning for more.



WORLD POPULATION DAY

The world today is gripped with the ever widening concern of the sky rocketing population. In its relentless pursuit to sensitise the students about our increasing population and its effects, our school celebrated the World Population Day on 11 July 2014. A plethora of activities were organised on this day which witnessed enthusiastic participation from the students of classes XI and XII. The activities with their respective winners are as follows: -



The students of class XI exhibiting their slogans to spread awareness.

Extempore Competition

- Muskan Ahuja XI B I
- Anjali Lakra XI C II
- Kamal Preet Kaur XI B III

Slogan Writing Competition

- Bhavneet XI B I
- Eshwin XI A I

Group Discussion Competition

- Aarushi Chabba XII C I
- Nandini XII C I
- Arpita XII C I



Our concerned citizens discussing a serious issue - Population.

EACH ONE CAN MAKE A DIFFERENCE -WORLD NATURE CONSERVATION DAY



Our zealous students encouraging locals to use eco-friendly paper bags.

World Nature Conservation Day is observed every year on the 28th of July. Nature provides us with various indispensable services, but excessive and unsustainable use of natural resources is causing degradation of nature. World Nature Conservation Day is observed to encourage people to wisely manage their resources. To sensitize the little ones, the senior school students incharge of 'Kesholoy' organized a marvellous activity for the students of classes III to V. The little ones made paper bags out of waste printed sheets under the guidance of these students incharge. Later, these paper bags were distributed by the students incharge, accompanied by their Eco Club Teachers, to the nearby shopkeepers and vegetable sellers, so that they could discourage them from using plastic bags. The increasing use of plastic is having an adverse effect on nature and this simple deed not only helped in creating awareness among our students but also among the general public.



WORLD NO TOBACCO DAY 2014

It is truly said, "The true face of smoking is disease, death and horror - not the glamour and sophistication the pushers in the tobacco industry try to portray."

The World No Tobacco Day, designated by the World Health Organisation (WHO), is observed every year on 31 May to highlight the risks associated with tobacco use. To create awareness among the students about this deadly habit and to mark the day, our school conducted competitions for various classes. As tobacco is responsible for an impressive one-third of cancers, prevention efforts naturally begin with it. A Cartoon Making Competition was structured for the students of classes VI to VIII wherein they drew cartoons depicting the detrimental effects of tobacco. In this fashion, the students learned about the harmful effects of the venomous substance, tobacco. Furthermore, a Poster Making Competition was designed for classes IX and X. The students read about the harmful effects of tobacco and put down on paper beautiful posters that instilled in them the knowledge of the cons of using tobacco. The activities carried out in the school proved to be very useful for instructing the students and making them walk on the right path in life.

LABOUR DAY

'Without labour nothing prospers.' Indeed, what the two hands of a labourer can achieve, the capitalist can never get with all his silver and gold. One must thus recognize the dignity of labour and the honour that lies in honest toil. Labour Day is a day to celebrate the achievements of workers. In an honest endeavour to appreciate the hard work and dedication put in by all workers and labourers in everything that they do, our school celebrated Labour Day with great gusto. The tiny tots of class II presented a speech for the school workers to thank them all for the flawless jobs that they perform. All the workers were gifted cards and chocolates, which brought smiles to their faces and made their day. This event helped the students to realize that no job is petty and no task small, if done with utmost care and devotion.



Our students showing their love and gratitude towards the helpers by making cards.

VAN MAHOTSAVA

"What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and one another." Keeping this thought in mind, our school organized a few activities on the occasion of Van Mahotsava.

Van Mahotsava, the festival of trees, is an annual festival in India, celebrated in the first week of July. On 7 July 2014 the Eco Club incharges of our school, accompanied by their teacher coordinators, planted a few saplings in the school garden to commemorate Van Mahotsava. The students of classes VII and VIII were encouraged to compose short poems in Hindi, on the theme of nature. Some of the best poems were also recited by the students in their class. The Eco Club incharges tried to spread awareness amongst the students of the school about the importance of planting trees, and the harm caused by cutting them.



GREEN PEACE

OUR BLUE PLANET

"Thank God men cannot fly, and lay waste the sky as well as the earth." -Henry David Thoreau
Man has ruthlessly exploited Earth's resources to meet his own personal needs. The sun, the moon and the stars would have disappeared long ago had they happened to be within the reach of predatory human hands. Keeping the same in mind, our school conducted a month long programme 'Green Peace' as part of the British Council's ISA activity to promote awareness about the serious problems being faced by our mother Earth. The event 'Our Blue Planet' commenced with a spectacular and vivacious dance performance by the students of class V on April 15, 2014. These talented dancers showcased how the five elements of nature express their fury when exploited beyond a certain limit by callous humans. This was followed by an engrossing group discussion on 'Our Blue Planet' conducted by students of class VIII. Dr. Debanik Mukerjee, a prominent scientist at Aravalli Biodiversity Park, Delhi, was the Chief guest of this grand event. He appreciated the students for their concern about the environment and also enlightened them about the various other serious issues related to conservation of biodiversity. This was followed by a field visit to the Sanjay Lake in Mayur Vihar, New Delhi on 26 April 2014 for an interesting and informative Freshwater Monitoring Activity. The activity was organized by the Natural Heritage Division of INTACH in partnership with Earthwatch Institute India. The students were informed about the freshwater scarcity that the world would be facing in the near future and the urgent need to conserve freshwater resources all over the world.



Dancing to the tunes of nature.



Discussion on saving our Mother Earth.

ECO HEROES-OUR INSPIRATION

Our school conducted an activity for the students of class X titled 'Eco Heroes – Our Inspiration'. The aim of this activity was to get the students to appreciate the unflagging effort of the environmentalists. They made attractive and beautiful scrapbooks containing information about these heroes. This was followed by an interactive session wherein the students spoke on some of these famous personalities. The entire activity was quite edifying. The students not only learnt new things but were also motivated to do their bit in conserving the environment.



Learning about our Eco-Heroes.



CONFERENCE IN PHILIPPINES ON ENVIRONMENTAL ISSUES

It was a moment of great pleasure and honour when the students of our school, engaged in the school's Eco Club activities were invited to the 1st International Green Camp by Ms. Maria Linda Roman Ventenilla, the Principal of BonuanBuquig NHS, Dagupan. A delegation of six students of classes X and XI of our school were privileged to attend this grand event along with their teacher coordinator, Ms. Anjali Handa in Dagupan City, Philippines from April 22-28, 2014. The theme of the camp was - "Clean and Green Environment - Our Global Assignment."

The camp intended to bring together educators and students for a simple yet significant purpose of working together for the love of our one and only Mother Earth. The camp served as an avenue to extend and strengthen the spirit of unity and camaraderie among the various Asian schools from Indonesia, Philippines and India. In all, there were 125 delegates participating. The students stayed in camps at the Bureau Of Fisheries and Aquatic Resources (BFAR), BonuanBinloc, Dagupan City. A number of meaningful activities were held at the campsite like river clean up, tree plantation, group painting, fishing and presentation of environmental initiatives undertaken by different countries. The students also got a chance to see the Bungus Festival of the milk fish and Festivals of the North at the City Plaza, where students from different regions of Philippines gave exceptional and energetic dance performances. The delegates were also taken for a 1 day tour to the Baguio City, a hill station famous for its botanical gardens and strawberry farms. The students were also involved in an Inter-Cultural Festival of talents, wherein a bonfire was lit and the students sang songs and danced. The four day camp ended with the students taking a pledge to play their role in keeping the earth green. The students returned home with memories that they would cherish forever.



A glimpse of our delegates at Dagupan, Philippines.

SAVING BUTTERFLIES

Butterflies can be aptly called the epitome of ethereality. These winged creatures have fascinated many for ages. However owing to their vulnerability, they have also grabbed a spot on the IUCN red list. In our devout hope to shield these aerials, an activity on 'Save Butterflies' was conducted as a part of the ISA programme. The students of class VII, with their avid participation, gave an altogether new dimension to the effort. They enthusiastically researched on the various types of butterflies and made presentations highlighting their significance. Students eagerly took part in the quizzes that followed. The idea of 'learning by doing' was well implemented as the children did their bit to support the cause. Information regarding the life cycle of butterflies, their symbiotic relation with host plants and ways to protect them was imparted to the students. The students also planted butterfly host plants and visited a butterfly park to see these winged creatures.



Our nature lovers sensitizing their peers about butterfly conservation.



KNOW YOUR MEDICINAL PLANTS

“Natural abilities are like natural plants that need pruning by study.”

How prophetic is the sound of these words by Francis Bacon! The world of plants is truly amazing, packed with loads and loads of goodness in them. This world was revealed to its best in the ISA activity organized at our school on 15 & 16 April 2014. Under the umbrella of the 'Green Peace Celebration', the 'Know Your Medicinal Plants' activity was conducted for students of V class. Inculcating the knowledge of medicinal herbs and shrubs helped the students understand the essence of plants in the field of medical sciences. This initiative by the school instilled in the students the wisdom that lies in the comprehension of the plant world. The activity was an elaborate process which included selection of medicinal plants, gathering information about their classification, habitat, physical features and therapeutic uses. The students were divided into groups of five. Each group had done research work on their selected medicinal plant and made fact files. The best files were chosen and presented by the students in front of their friends. Saplings of the medicinal plants like amla, aloe vera, tulsi, ajwain, mint, ashoka, lemon, etc. were planted in the school garden. The students gained a lot from this activity by establishing facts and strengthening their insight into the medicinal aspect of plants.



Students making fact files on medicinal plants.

EARTH DAY

They say, "We do not inherit the earth from our ancestors, we borrow it from our children." To sensitize the students about the preservation of our planet Earth, our school organised fun activities on Earth Day 2014. Students of classes I to V participated in the Earth Day Celebration. Each class made a huge banner, where every student imprinted her hand and wrote a message for Mother Earth. The students pledged to preserve their planet. The messages written by them showed their awareness about their planet and were a delight to read. The students were excited to make the banners and had a lot of fun. The banners were later displayed in the school. Moreover, the students of Sapling learnt how to make handmade sheets in the recycling unit on which they wrote different slogans to show their concern towards Mother Earth. They also planted saplings in the school garden which proved to be an enriching experience for them. Last but not the least, they took an oath to commit themselves to the protection of nature and the environment.



Our little buds spreading the message to conserve nature.



VIRAASAT

POWER POINT PRESENTATIONS ON UNESCO HERITAGE SITES

A UNESCO World Heritage Site is a place that is listed by United Nations Educational, Scientific and Cultural Organization (UNESCO) as of special cultural or physical significance. It is important to involve young minds and encourage them to respond to the continuous threats faced by our world heritage. In order to create awareness, the senior students (ClassXII) of our school prepared a Power Point presentation on the said topic. On 22 April 2014, Heritage day was celebrated in our school. Power Point presentations on the UNESCO sites of five countries, i.e. Netherlands, Malaysia, Italy, Greece and India were shown to the students of classes VI and VII. It was followed by a questionnaire which was attempted by the students. The activity was an endeavour to promote concern for preservation of World Heritage sites.

VISIT TO HUMAYUN'S TOMB



Enjoying a date with history.

Delhi is a landmark in the development of Mughal architecture. The students of class VII were taken on an educational trip to one of the Mughal monuments worth visiting "Humayun's Tomb" on 24 April 2014. Ms Gunjan Chawla, the teacher escorting the students, enlightened the students about Humayun, the Mughal Empire's second ruler. After viewing the tomb, the students were made to perform many activities which made them learn about the Mughal empire and the Persian architecture. They made a sketch of the tomb and gave a presentation before others. The students were undoubtedly happy to see the picturesque site, decorated with geometrical patterns and shapes. It was an amazing experience to see the architectural symmetry of the tomb and its gardens.

SKETCH UPS OF UNESCO HERITAGE SITES

Every country values its rich heritage. Our heritage sites are the remnants of the past civilizations and legacies that have been passed on to the future generations. In order to make the students realize the significance of our heritage sites, the school organized a competition for the students of classes X and XII of our school, wherein they made sketch ups of different UNESCO heritage sites. The students participated in the activity with great eagerness and enthusiasm, and skillfully drew the monuments. This activity was done under the aegis of the British Council as part of an ISA activity. The activity not only gave the students an opportunity to exhibit their skill and flair, but also enabled them to know more about our heritage sites and appreciate their exquisiteness and rich history.



Our students flaunting their sketch ups.



VISIT TO NETHERLANDS

The students of our school engaged in the AEC-NET Global Projects were invited to Christelijk College Nassau- Vwe, Harderwijk for a Student Exchange Programme . A delegation of 11 students of classes XI and XII, escorted by their teacher coordinator, Ms. Anjali Handa visited Netherlands from 17 to 24 May 2014. The main purpose of this homestay programme was to promote inter-cultural communication among the students and to create awareness about the similarities and differences between the Asian and the European culture. Our students got an exposure to the teaching and learning methodologies used in Dutch schools by attending their classes during the school hours. They also got acquainted with various aspects of the Dutch culture through group discussions, presentations, sports activities, cooking session, and a guided tour of Amsterdam, Harderwijk and Giethoorn (the Venice of Holland) under the assistance of Ms. Eline Westerhout, Ms. Sara Koopmans and Ms. CorrieTer Wee. The students also visited the Klimbos, a climbing forest at Ermelo, which was full of adventure and Paleis Het Loo, a palace dating back more than three centuries. They even got an opportunity to meet the primary level students in Netherlands during their visit to a Primary School in Harderwijk. This Cultural Exchange programme has not only strengthened the relationship between the two schools and countries, but also added to the bank of wonderful memories of our students.



Our students who crossed the borders to make cultural ties.

FRIENDSHIP DAY



Friends Forever - Celebrating Friendship Day.

Friends are stars of hope in the clouds of adversity. Our shining stars of Sapling made colourful friendship bands for their friends on Friendship Day. They were excited to tie the bands on their friends.

WORKSHOP ON ENERGY EFFICIENCY

Our school took part in a workshop on "ENERGY EFFICIENCY" organised by TERI in association with CBSE. Through this workshop, the teachers learnt different ways to inculcate energy efficiency and alternate uses of energy in their course material while teaching in the class. They also learnt how to help the students to develop the habit of the same in their daily life. The workshop also included different information, giving sessions as to how and where in our country people are using different ways to use energy effectively and also had activities for better understanding of these methods.