

**Inside this issue:**

|  |              |
|--|--------------|
| Tiny Tots at their Best                        | 2            |
| When they Play & Win                           | 3            |
| Celebration Time                               | 4            |
| Activities Gallore                             | 5, 6         |
| Going that extra mile,<br>to reach new heights | 7            |
| Learning through Fun                           | 8            |
| Enrichment<br>Programmes                       | 9            |
| Annual Sports Day                              | 10           |
| Annual Day                                     | 11           |
| New Year Resolutions &<br>Wishes               | 12           |
| Junior Writers                                 | 13,<br>14    |
| Tips for board<br>Examination                  | 15           |
| Best Wishes from<br>Teachers                   | 16,<br>17,18 |

# TAFS MIRROR



*"To develop our students into responsible, harmonious and integrated individuals through ever evolving curricular and co-curricular activities."*

## From Principal's Desk

*It is with great pleasure and humility that I present the third edition of the school E-Newsletter—TAFS MIRROR. True to its name, the newsletter reflects how passionately the staff and our dear students work and constantly strive for the best.*

*This edition is extremely special as it mirrors the two most awaited events of our school year 2018-19, along with other events. It gives the readers a glimpse of the 63rd Annual Day Celebration and Sports Day-Khel Utsav. We at TAFS have always upheld the belief that sports and physical education are extremely crucial to a student's evolution into a healthy and responsible human being.*

*The final exams are round the corner, and we are sure to have a spectacular result as we are all geared up with the onset of this New Year. When each one of us unites around our school's mission to develop our students into responsible, harmonious and integrated individuals, which binds us together with common goals and a shared vision, we shall definitely shine.*

*I wish everyone a very happy and prosperous New Year! May the sun shine on each one of us and bless us with the warmth of life.*

*Warm Wishes !*

*Amita Gupta*





# Tiny Tots At Their Best...

## Exhibitions : Creative Corner

The students of class III organized an exhibition on the topic 'Our Environment' showcasing their creative talent by building models on various topics from their everyday life like birds and their nests, houses we live in, pottery and means of transport and communication. The section, 'Earthen Magic', with potter's wheel and other items of terracotta was another beautiful corner appreciated by all. The highlight of this exhibition was the exhibits on the Postal Services of India which is the largest Postal network in the world.



'Into the future' - 'The Science of today is the technology of tomorrow-'. Keeping this idea in mind, the children of Class V put up an exhibition on 19-20 Dec 2018 in the Junior School Activity Room. The exhibition showcased working and stationary models of futuristic sources of energy, future spaces, gadgets, communication and modes of transport. The children made innovative models bringing out their creativity and imagination. They also explained the concept of their models to the visitors with utmost zeal and avidness. The aim of the exhibition was to tap the curiosity further and motivate everyone to explore, learn continuously and expand the horizon of knowledge.

## MS Powerpoint Competition

An MS PowerPoint Competition was organized for the students of Class V in two phases, in the month of October 2018. The first round was conducted on 3<sup>rd</sup> Oct 2018 on the topic, 'Input & Output Devices' and the second round was conducted on the topic 'Safety On the Internet' on 5<sup>th</sup> Oct 2018. Children used different features of MS PowerPoint like Transitions, Animations, Shape Effects etc. They also used appropriate images to make their presentations attractive. Their creative ideas, beautiful background and colour combinations were highly appreciated by all.



| Student's Name    | Class | Position          |
|-------------------|-------|-------------------|
| Pavan Singh       | V A   | FIRST             |
| Tanishq Tada      | V C   | FIRST             |
| Shreeti Shandilya | V A   | SECOND            |
| Sharad Gupta      | V C   | SECOND            |
| Aditya Raj        | V A   | THIRD             |
| Anshika Indu      | V D   | THIRD             |
| Srishti Singh     | V B   | Consolation Prize |



## Hindi Poem Recitation Competition

A Hindi Poetry Recitation Competition was organized for class II on 11 Oct 2018. The theme for this event was 'Humour'. The objective was to help enhance the oratory skills and instill confidence in children. Poetry recitation not only helps children to learn new vocabulary and bring phonemic awareness but also helps in self-expression and comprehension. The participants impressed everyone with their intonation, pace, volume and the overall presentation. Some of the bone tickling poems presented by the participants were: Moodi Bukhar, Nathu ke sethji, Bhartiye Rail ki Swari, Khatpat-Jhatpat etc.

|      | First Position     | Second Position                     | Third Position                   | Consolation Prizes                 |
|------|--------------------|-------------------------------------|----------------------------------|------------------------------------|
| II A | Shruti Raj         | Pranjal Singh<br>Kavni Kathuria     | Himanshi                         | Aarnav Singh<br>Kaniska Bajpai     |
| II B | Ivana Ahuja        | Osheen Kaushik<br>Sejal Aggarwal    | Archit Pandey<br>Soumya Khantwal | Abhinav Singh                      |
| II C | Aasa Singh         | Gurlal Singh<br>Arnav Datta         | Japman Kaur<br>Vivaan Upreti     | Harsh Dwivedi                      |
| II D | Advait Singh Kotra | Tanishqa Saikja<br>Arsh Singh Kotra | Ananya Kumari                    | Syona Singh<br>Shreyashi           |
| II E | Vibhor Chaturvedi  | Inaya Khan                          | Anshul Ojha<br>Ayushi Kumar      | Ashish Ranjan<br>Shubhankar Mandal |



# When They Play & Win



## ATHLETIC EVENTS



Excitement and fun prevailed in the junior wing on 08 and 09 Oct 2018 as the students of all classes participated in athletic events setting the tracks on fire! Amidst much cheering and clapping, the students ran with all their strength and won many medals. 80m flat races were held for classes III to V and 50m flat races for the students of classes I & II. Fun races and 30m flat races were organized for UKG. Candies and pencils were given to all UKG students for their whole hearted participation in the fun races.

## BASKET BALL TOURNAMENT

Basketball tournaments for boys and girls of classes IV & V were held on 19- 20 Dec 2018, during school hours. The teams, representing each class, were selected during the regular Basketball coaching at the school. The team members displayed great skills in free throw shooting, jump shooting, dribbling, hand eye coordination and team spirit. Being a fast paced mental game with high energy physical movements, it not only helped the players achieve physical fitness but also helped in enhancing their confidence. They played well with their classmates cheering them on. It was a superb power packed performance by these young TAFSians!

| GIRLS |               | BOYS |                 | GIRLS |                   | BOYS |                   |
|-------|---------------|------|-----------------|-------|-------------------|------|-------------------|
| IV E  |               | IV B |                 | VA    |                   | VB   |                   |
| 1.    | Khushi        | 1.   | Parth Shukla    | 1.    | Mohisha Dhir      | 1.   | Shouryya Pratap   |
| 2.    | Antra Kumari  | 2.   | Arnav Thapliyal | 2.    | Ayushi Singh      | 2.   | Vihang Kumar      |
| 3.    | Vidhi Singh   | 3.   | Akshaj Sharma   | 3.    | Kanak             | 3.   | Prem Yadav        |
| 4.    | Ananya Sahu   | 4.   | Varish Mishra   | 4.    | Shreeti Shandilya | 4.   | Divit Nigam       |
| 5.    | Ananya Mishra | 5.   | Prashant Kumar  | 5.    | Tasha Tiwari      | 5.   | Ayush Kumar Verma |
| 6.    | Harshal Singh | 6.   | Neelesh Rai     | 6.    | Himadri Kaushik   | 6.   | Aryan Gill        |
|       |               |      |                 | 7.    | Akanaksha Dixit   | 7.   | Shantanu Sinha    |



## INTERNATIONAL DAY OF PERSONS WITH DISABILITY

*'We all are differently abled and uniquely talented'*

International Day of Persons with Disability was celebrated in The Air Force School, Junior Wing, on 03 Dec 2018, with great enthusiasm. This was an initiative to sensitize students about a world of people with special needs. Teachers showed various videos on the theme and discussions were also held in the classrooms. Students were not just passive audience of this celebration; instead they appreciated the effort put in by the differently abled people and recognised the virtues & abilities possessed by their class mates who are differently abled.



Our students were so enthusiastic about celebrating this day that they created posters with encouraging quotes on disability and displayed their work in the classrooms. They also took a pledge to treat all persons equally irrespective of their abilities. It was a profound experience for all students who attempted to understand the relevance of individual abilities and appreciate it.

# Celebration Time !!!

## CHRISTMAS CELEBRATIONS



Christmas was celebrated at school with great merriment on 21 Dec 2018. The whole school was decked up for the occasion. Various glittery decorations, stars, Christmas bunting, balloons and a huge, well decorated Christmas tree added to the festive spirit.

The little angels of UKG presented a special assembly in the morning. Dressed in colourful attire and as beautiful little Santas & angels, they brought in Christmas cheer for all. The children recited happy poems and danced to merry tunes,

creating a festive atmosphere and brought smiles to everyone's faces. Father Christmas made a grand entry bringing sweets and candies for the children. The celebration ended with everyone singing 'Jingle Bells', Rudolph, the red nosed reindeer and other carols with great gusto. With good wishes for a 'Merry Christmas' and a 'Happy New Year' the little ones reminded everyone the significance of caring, sharing, love and compassion.



## Visits & Trips

The school organizes a heritage walk for different classes at different places. This year a 'Heritage Walk' to the Crafts Museum, Pragati Maidan, was organized for the students of class III on 10 & 11 Oct 2018 as a part of the EVS curriculum. The accompanied teachers explained the students about various craft items, different types of clothes and their designs displayed at this beautiful museum. In the model village, recreated there, the children were wonderstruck to see various kinds of houses, huts and carts depicting a picture perfect village scene. Children also enjoyed doing an art activity at the museum, amidst the beautiful exhibits and handicrafts. The 'World' art wall was a special attraction for these young heritage enthusiasts. They had a pleasant time observing, enjoying and appreciating the rich heritage of India.

## HERITAGE WALKS



The students of class IV went on a heritage walk to Nehru Memorial Museum & library on 12 & 16 Oct 2018. A rock, inscribed with excerpts from the historic speech, "Tryst with Destiny" by Pt. Jawaharlal Nehru, was the first exhibit. Through visual media the life and work of our first Prime Minister was well portrayed by the museum and greatly admired by the children. Another attraction was the gifts gallery which displayed some beautiful gifts received by Pt Nehru from all over the world. This heritage walk proved to be an enlivening and enriching experience for the students. The students left the museum with Panditji's famous words reverberating in their ears, "There is no end to the adventures that we can have if only we seek them with our eyes open".

The children of Class V were taken on a Heritage Walk to Gandhi Smriti on 30 & 31 October 2018, during school hours. Gandhi Smriti holds significance as the place of martyrdom of the 'Father of our Nation', Mahatma Gandhi. The building which houses a museum dedicated to Gandhiji, is the Birla House. It showcases his contributions and involvement in India's struggle for freedom. The two rooms where Gandhiji spent the last 144 days of his life have been preserved to exhibit the simplicity and greatness of this humble leader. The children were in awe of the great leader and his lifestyle. In the rear lawns is the Martyr's Column marking the exact spot where Gandhiji was assassinated. The children paid solemn tribute to 'Bapu' while reading Gandhiji's last words, 'Hey Ram', inscribed on the pillar. They were pleasantly surprised to see various Science exhibits too and tried their hand on some working models. The Heritage Walks proved to be an enriching experience and a valuable lesson for the children.



# ACTIVITIES GALLORE



## Drama Activity (MIME)



The Dramatics Club of TAFS organised Drama activity(mime) for classes IX-X on OCTOBER 30, 2018. Students were divided into groups to perform a Mime act on an environment related issue. It enhances creative thinking, collaborative, language and acting skills. It was totally new learning experience for all the students.



## POSTER MAKING ACTIVITY

A Poster Making Activity was organized by the Mathematics Club for the students of class IXth and Xth. The topic given to the students was "CAREERS IN MATHEMATICS". The activity on the topic "CAREERS IN MATHEMATICS" was organized with the aim of enhancing students' knowledge regarding the broader perspective of Mathematics in various career fields. The students enjoyed the activity and showcased their creativity and knowledge about the same.



## EXPLORE THE UNEXPLORED



The Photography Club of The Air Force School organized an activity called 'Explore the Unexplored' on 30<sup>th</sup> October 2018 for classes IX & X. The students of photography club participated in this activity. The students enjoyed the activity and took photographs of different venues of annual day practice of various points and different angles.

The activity aimed at creating a love for photography among the students.

## MOCK FIRE DRILL



A mock fire and evacuation drill with students, teachers and other staff members was conducted from Classes VI to XII on 27 Nov 18 to create awareness amongst the students about fire-fighting techniques and the ways to respond swiftly in times of such

emergency situation or to contain any untowards fire incidence. The "evacuation" operation began a few moments after the fire alarm was sounded. The students as well as staff immediately evacuated from the school building as per the evacuation plan already informed to them. They assembled in the assembly ground in the minimum possible time. The above exercise was conducted to check and ascertain the preparedness of men and material to contain any such eventuality arising out of fire-mishap(s). The school Disaster Management Committee successfully conducted the same.

# ACTIVITIES GALLORE



## SELF DEFENCE CLASSES FOR GIRLS



Self-defence not only allows children to tangibly defend themselves against physical attacks, but it also sparks various benefits to them in everyday life. 10 days certificate self-defence training programme for girls was organized in our school by special police unit for women and children of Delhi police from 1<sup>st</sup> to 15<sup>th</sup> October 2018. Around 50 girls from 8<sup>th</sup> classes actively participated in the same. The training was conducted by qualified trainers of Delhi police. Children received certificates after the completion of training of ten days. Overall, this ten days training programme was full of learning, fun and excitement. .

## THE NATIONAL ACTIVE CHAMPIONSHIP

On 25<sup>th</sup> October, The National Active Championship which is an international level fitness programme, organised a Fitness and Health Game event in our school, under TOPYA, a fitness Organisation. The ambassador and Host was Mr. Ankit Yadav, who is an ex Tafsian and national level Football Player. Mr. Sumit the speaker shared a mini workshop on how dribbling, skipping and various leg exercises can also be practised at ease by the students giving them fitness goals. The session was activity based and involved various fitness tasks like Cycling, skipping, hoolah hoop, tennis and Dribbling, which the students happily performed and cheered their peers alongside. The event was enjoyable, to the students and they were glad to be an active member of the Exercise routine. Few Students enrolled themselves as a student ambassador and were happy to know details of healthy living and sports.



## INTERACTIVE SESSION WITH CAS



Ten students with one staff visited Mandi House (for interactive session with CAS), telecasted on Doordarshan Programme "New India Sankalp: Gagan Shakti Bharatiya Vayu Sena" on 04 Oct 18, 6.00pm – 7.00pm & the same is also available on youtube.

## Going the Extra Mile... To reach New Heights!!!

### ASTRONOMY WORKSHOP



*Stomp Rocketry workshop* was conducted for the students of grade VI-VIII on 29th and 30th October 2018. About a hundred and eighty students worked in teams, learning team work and cooperation along with better understanding about the principles of rocketry. They received the launcher and handouts as part of the kit which will enable them to make more rockets at home, teaching their friends and siblings, along with having fun together.

The two day workshop is part of a series of three workshops to be conducted over a period of four months.

### HOW TO CRACK SSB INTERVIEW

A workshop on how to crack SSB interview for selection into defence services was conducted by Vivek of 2017-2018 batch. He explained the minute details of the 5-day interview which he faced before finally selected for NDA. The class XII students from all streams attended the workshop and highly appreciated the way Vivek spoke & the way he connected to the students.

Aman, who is presently studying in IIT Varanasi also explained the tricks to crack IIT advance. Aman is also from 2017-2018 batch. He talked in detail about how much percent syllabus should be prepared & which subjects are scoring. His talk was highly inspiring & motivating.



### PEER EDUCATOR WORKSHOP AT IICC



5 Students of The Air Force School represented the school, as peer leaders for a series of educative workshops on well being and value education, through the year. They are the Baton Holders for Life skills, Gender Sensitisation and Adolescent areas of concern. They actively participated in Role plays on Gender, life skill training and Value education Areas that concern students specially Teenagers. They had training in CPR, anti bullying, Gender, Parenting a teen and substance Abuse. They were given certificates of felicitation for the same. They would further impart these skills to Junior Students via workshops and Classroom Talks to promote the message of life Skills and well being to everyone.

### EYECARE WORKSHOP

Students of Class VII were audience to an interactive Eyecare workshop which was organised with Centre for Sight, at The Air Force School. The workshop involved tips on eye care, the Do's and Don'ts of Vision maintenance, alongwith Signs or Checkup symptoms in Class that the Students can understand for school or outside. The children enjoyed the Simple Tips, for eye care, and answered various questions related to eye health and hygiene.



### Workshop on National Talent Search Examination



A Workshop on NTSE for class X & JSTSE for class IX was conducted on 3<sup>rd</sup> October 2018 in the School premises by resource persons from Resonance Educations Ltd. A detailed analysis of the examination was presented before the students with explanation of the pattern of the exam. Sample questions were discussed to give students an overview of the exam. Valuable techniques & strategies were explained which can be utilized while appearing for the exam.

# LEARNING THROUGH FUN...

## A visit to ICAR-NRCPB



School organized a visit of student of class XII (Medical Stream) at ICAR-National Research Centre on Plant Biotechnology, Pusa Road New Delhi on 01 November 2018. Students also attended a lecture given by Principal Scientist Dr S.R. Bhatt and on plant molecular biology and biotechnology. He shared the various ongoing projects and researches undertaken by NRCPB and their significance. Students observed the various techniques for isolation of desired gene from genome, selection of recombinant from non recombinants, Tissue culture, Confocal microscopy, Gene gun as well as phytotron facility where the plants were grown in a controlled atmospheric conditions.

## Visit to innovative projects organized by IRIS

On 4<sup>th</sup> Dec. 2018, the students of TAFS got the opportunity to visit an exhibition showcasing the topmost innovative projects from all over India. The event was organized by **Initiative for research and Innovation in Science (IRIS)**, which is a public – private partnership program heralded by Department of Science and Technology (DST), Indo US Science and Technology Forum (IUSSTF) and Intel. The students interacted with the IRIS finalists who were showcasing their innovative projects. They showed keen interest in new ideas portrayed through projects.



## Special assembly on Eco-friendly Diwali



To spread the awareness about the hazardous effects of bursting crackers on Diwali, EVS club of TAFS organized a special assembly on 2/11/18. The spirit and significance of the festival of lights was represented through a skit, poems and speeches. All the members of TAFS family also took a pledge to Save Nature and celebrate Eco friendly Diwali. It was followed by an inspiring and thought provoking message by Principal Ma'am.

A Signing Campaign was organized where students signed and took an oath to spread the message of unity, brotherhood, love and positivity instead of spreading fumes.

## Special Assembly on National Mathematics Day

In the words of Locke, "Mathematics is a way to settle in the mind of children a habit of reasoning." In India, the National Mathematics Day is observed on December 22 every year. It is celebrated in order to honor the birth anniversary of the famous mathematician Sir Srinivasa Ramanujan. On the account of this, the Maths Department conducted a special assembly on 20 Dec 18. Various students (from VII to XI) participated in it and presented the value of Maths in our lives. They presented a Nukkad Natak. Children were mesmerizing and the best part of the day was the Mathematical symphony by class XI students. A speech on Sir Ramaunjan's life and achievements encouraged everyone. In the end, Mangahigh wards (medals) were given to the winners by our Vice Principal.

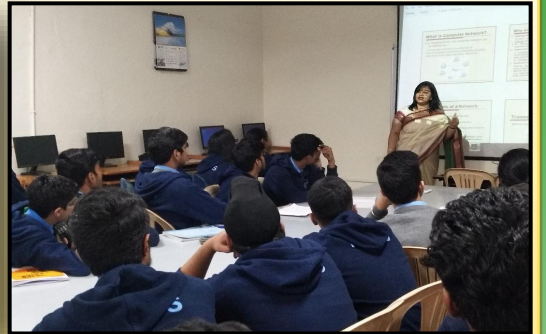




# ENRICHMENT PROGRAMMES

## ENRICHMENT WORKSHOPS

Enrichment workshops for various subjects were conducted for the students of class XII during their mock pre-board examinations. The sessions were quite innovative and informative by resource persons from various reputed schools and colleges. The crux of the workshops was to make the students aware about the basic concepts of each subject, tell them about the memorizing techniques and CBSE paper pattern. Resource persons gave simple techniques to solve numerical problems and conceptual questions. The resource persons emphasized on how to crack the board examination with ease. They also talked about time management and how to reduce stress.



## GLIMPSES...

## ANNUAL PRIZE DISTRIBUTION

The second round of Annual Prize Distribution Ceremony was held on 06 October, 2018 in the Aravali Hall. A total of 66 students were awarded prizes in both scholastic and co-scholastic subjects. The Chief guest for the programme was Air Commodore M Mohanta Principal Director (Schools, Adventure and Sports) and Chairman, Managing Committee Air Force Schools. Mrs Bandita Mohanta graciously gave away the prizes.

Principal Mrs Amita Gupta in her welcome address congratulated the meritorious students and emphasized the need for focused hardwork and a disciplined approach in life.

The programme started with lighting of the lamp and recitation of shlokas. A group song sung by the school choir set the tone of the programme. A classical fusion dance, which followed, made the audience gasp in wonder.

Air Commodore M Mohanta addressed the august gathering. He felicitated the student on their success, encouraging them to give their best. He urged them to get rid of negative influences and focus on achieving excellence. He counselled them never to slow down and always count their blessings. He went on to express his gratitude to the teachers who inspire hope and love for learning.

The programme ended with a vote of thanks given by Vice Principal, Mrs Lomina Rajiv who stressed on inculcating patience, persistence and perseverance, qualities which make an unbeatable combination of success.



## ANNUAL SPORTS DAY KHEL UTSAV



The Air Force School celebrated its 63rd Sports Day "Mama Samsaaram" on 15 December 2018.

The sports ground at TAFS reverberated with the enthusiastic sounds of drills, march past and relays under the warmth of the winter sun. This celebration was the culmination of the year round sporting activities. The Chief Guest for the event was Air Vice Marshal D Choudhury AVSM VM VSM, ACAS (Insp) and Mrs. Vyjayanthi Choudhury.



The event witnessed hundred percent participation from Junior School with the heart-warming drills presented by the little ones from classes I-V. The dances were Welcome Dance - Abhinandanam, Harit Vasundhara-the green world, IDA-the virtual connection, Maanavta-religion of humanity, Samaabhaavam- equality for all, Ullasotsav-a celebration of childhood.

Each drill transported the enraptured viewers to the theme of the day, showcasing the importance of joyful learning. Other highlights of the day were the Sports report – read out proudly by the school's Sports Captains, march past where each house- Subroto, Arjan, Latif, Katre and Pratap vied for the first position as they marched in crisp synchronization to the tune of the school band along with NCC cadets.



The school band consisting of 25 student members was led by Harsh Kumar Jha, playing the drums, cymbals and bagpipes. They enthralled the guests with their synchronized performance, playing the very popular drummers' call, Gujrati garba beats and the very well known patriotic song "Yeh Hai Naya Hindustan".

Athletic events like sub junior girls 200 m race, senior boys 200 m final, junior girls and junior boys 4x200 meters relay- (final) kept the adrenaline running.



Speaking on the occasion, Air Vice Marshal D Choudhury commented on the excellent academic and sporting environment provided to the students. He said that one should enter the sports field with the determination to win and should accept victory or defeat with graciousness. Highlighting the benefits of sports, he said that participation is important, not the thought of winning or losing.



In her welcome address, the Principal, Mrs Amita Gupta said that at TAFS, the effort is to create a world where every child gets a clean and green space and enjoys childhood along with learning the lives' lessons.

Mrs. Vyjayanthi Choudhury gave away the prizes to the winners. As the grounds resounded with the proud cheering of the winners, TAFS geared itself for the next year's sporting activities.



The Vote of Thanks was given by the Headmistress of the Junior Wing, Mrs Deepa Krishnan.

The event came to an end with Chief Guest Air Vice Marshal D Choudhury declaring the 63rd Khel Utsav of the Air Force School close. Everybody rose to the tune of national anthem.



## ANNUAL DAY: "Tat Tvam Asi-It's You."



The Air Force School celebrated its 63<sup>rd</sup> Annual Day on 15 November 2018. It was a memorable moment as the school commemorated its journey of 63 years, marking the stupendous celebration. Speaking on the occasion Air Marshal Anil Khosla PVSM AVSM VM ADC, Vice Chief of Air Staff expressed his appreciation of the cultural gala, themed "Tat Tvam Asi-It's You." In keeping with the theme of the evening, Sir urged the students to dream and follow their dream.



Mrs Deepshikha Khosla, Vice President, AFWWA (Central) gave away the prizes to students of classes X, XI and XII for academic and co-curricular achievements.



The evening started with the guests lighting the ceremonial lamp. The melodious tunes played by the school band to welcome the guests enthralled them. The art and sculpture exhibition, titled Adhyay-An Epoch of Creativity, showcased reliefs, canvas paintings and wood carvings, depicting the concept of "That Thou Art".



Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination and charm and gaiety to life and to everything. This was translated into reality by the instrumentalists of TAFS through their mellifluous composition titled Atirek-The Melodious Greetings, which brought together the Ragas Bhairav, Kirwani, Asavari, Kaafi, Jog and Mishrit to spread the message that the Self is within all things and everything in the cosmos comes from the Self.



The little ones of the junior school left everybody enthralled by their graceful dance movements during the welcome dance. The choral cadences titled ABHIGYAN- THE POETIC RHAPSODY gave the message that children are the epitome of talent and knowledge and their dreams should be respected and supported to turn life around.



In her address, the Principal, Mrs. Amita Gupta, welcoming the Chief Guest and other esteemed guests, laid out the philosophy of the school. She said, "The school aims at developing students through curricular and co-curricular activities bringing to fruition a complete personality." Ma'am further said that this year's celebration has a much broader concept- Tat Tvam Asi - the child has immense potential. The need is for the parents and teachers to accept and support. Every child is unique. This realization builds a unique society.

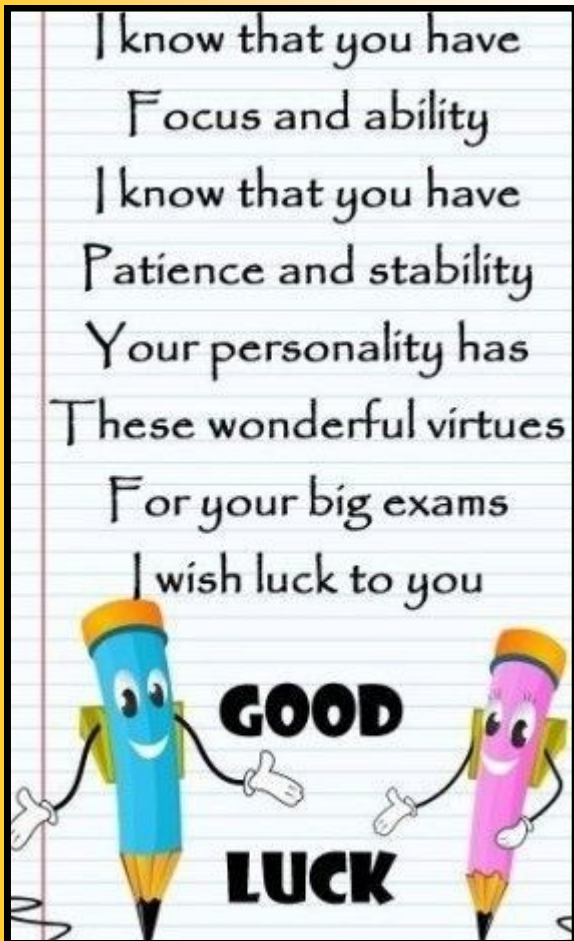


The evening ended with Vote of Thanks presented by the Vice Principal, Mrs. Lomina Rajiv, followed by everyone rising in honor of the National Anthem.





नए वर्ष में नई पहल हो।  
कठिन जिंदगी और सरल हो॥  
अनसुलझी जो रही पहेली।  
अब शायद उसका भी हल हो॥  
जो चलता है वक्त देखकर।  
आगे जाकर वही सफल हो॥  
नए वर्ष का उगता सूरज।  
सबके लिए सुनहरा पल हो॥



यूँ मुश्किलों से तू न डर, प्रयत्न कर प्रयत्न कर..  
तू कदमों को न रुकने दे, स्वयं को तू न थकने दे  
प्रयत्न करके हारा जो, तो शिकस्त भी एक शस्त्र है  
एक पग भी न बढ़ाया जो, तो ये जिंदगी शिकस्त है  
अड़चनों की धूप में, तू कोशिशों की छाव बन  
यूँ मुश्किलों से तू न डर, प्रयत्न कर प्रयत्न कर...

आरंभ गर न बन सके, स्वयं का तू विहान बन  
तू भाग्य को न दोष दे, स्वयं का तू विधान बन  
यूँ दूसरों की जीत से स्वयं को तू न कम समझ  
स्वयं को तू ये सिद्ध कर तू लक्ष्य से क्यूँ दूर है  
यूँ मुश्किलों से तू न डर, प्रयत्न कर प्रयत्न कर...

ना रौशनी की राह तक, स्वयं की तू मशाल बन  
अब ध्येय के इस युद्ध में, स्वयं की ही तू ढाल बन  
तू सूर्य गर ना पा सके, स्वयं का आसमान बन  
तू धैर्य की उड़ान भर, तू सब रख तू सब रख  
यूँ मुश्किलों से तू न डर, प्रयत्न कर प्रयत्न कर...

कोशिशों की राह पे स्वयं को तू भटकने दे  
तू मंजिलों को पाएगा, कदम न डगमगाने दे  
तू हौसलों की सीप में, बुलंदियों की मोती बन

यूँ मुश्किलों से तू न डर, प्रयत्न कर प्रयत्न कर...



# अच्छी बातें



## जल संरक्षण

जीवन को यहाँ संतुलित करने के लिये धरती पर विभिन्न माध्यमों के द्वारा जल संरक्षण ही जल बचाना है। धरती पर सुरक्षित और पीने के पानी के बहुत कम प्रतिशत के आंकलन के द्वारा, जल संरक्षण या जल बचाओ अभियान हम सभी के लिये बहुत जरूरी हो चुका है। औद्योगिक कचरे की वजह से रोजाना पानी के बड़े स्रोत प्रदूषित हो रहे हैं। जल को बचाने में अधिक कार्यक्षमता लाने के लिये सभी औद्योगिक बिल्डिंगें, अपार्टमेंट्स, स्कूल, अस्पतालों आदि में बिल्डरों के द्वारा उचित जल प्रबंधन व्यवस्था को बढ़ावा देना चाहिये। पीने के पानी या साधारण पानी की कमी के द्वारा होने वाली संभावित समस्या के बारे में आम लोगों को जानने के लिये जागरूकता कार्यक्रम चलाया जाना चाहिये। जल की बर्बादी के बारे में लोगों के व्यवहार को मिटाने के लिये इसकी त्वरित जरूरत है।

गाँव के स्तर पर लोगों के द्वारा बरसात के पानी को इकट्ठा करने की शुरुआत करनी चाहिये। उचित रख-रखाव के साथ छोटे या बड़े तालाबों को बनाने के द्वारा बरसात के पानी को बचाया जा सकता है। युवा विद्यार्थियों को अधिक जागरूकता की आवश्यकता है साथ ही इस मुद्दे के समस्या और समाधान पर एकाग्र होना चाहिये। विकासशील विश्व के बहुत से देशों में रहने लोगों को जल की असुरक्षा और कमी प्रभावित कर रही है। आपूर्ति से बढ़कर माँग वाले क्षेत्रों में वैश्विक जनसंख्या के 40% लोग रहते हैं। और आने वाले दशकों में ये परिस्थिति और भी खराब हो सकती है क्योंकि सबकुछ बढ़ेगा जैसे जनसंख्या, कृषि, उद्योग आदि।

## जल को कैसे बचायें

रोजाना पानी को कैसे बचा सकते हैं उसके लिये हमने यहाँ कुछ बिन्दु आपके सामने प्रस्तुत किये हैं:

- लोगों को अपने बागान या उद्यान में तभी पानी देना चाहिये जब उन्हें इसकी जरूरत हो।
  - पाइप से पानी देने के बजाय फुहारे से देना अधिक बेहतर होगा जो प्रति आपके कई गैलन पानी को बचायेगा।
  - पानी को बचाने के लिये सूखा अवरोधी पौधा लगाना अच्छा तरीका है।
  - पानी के रिसाव को बचाने के लिये पाइपलाइन और नलों के जोड़ ठीक से लगा होना चाहिये जो प्रतिदिन आपके लगभग 20 गैलन पानी को बचाता है।
  - कार को धोने के लिये पाइप की जगह बाल्टी और मग का इस्तेमाल करें जो हर आपके 150 गैलन पानी को बचा सकता है।
  - फुहारे के तेज बहाव के लिये अवरोधक लगाएँ जो आपके पानी को बचायेगा।
  - पूरी तरह से भरी हुई कपड़े धोने की मशीन और बर्तन धोने की मशीन का प्रयोग करें जो प्रति महीने लगभग 300 से 800 गैलन पानी बचा सकता है।
  - प्रति दिन अधिक पानी को बचाने के लिये शौच के समय कम पानी का इस्तेमाल करें।
  - हमें फलों और सब्जियों को खुले नल के बजाय भरे हुए पानी के बर्तन में धोना चाहिये।
- बरसात के पानी को जमा करना शौच, उद्यानों को पानी देने आदि के लिये एक अच्छा उपाय है जिससे स्वच्छ जल को पीने और भोजन पकाने के उद्देश्य के लिये बचाया जा सकता है।



# गणतंत्र दिवस

हमारी मातृभूमि भारत लंबे समय तक ब्रिटीश शासन की गुलाम रही जिसके दौरान भारतीय लोग ब्रिटीश शासन द्वारा बनाये गये कानूनों को मानने के लिये मजबूर थे, भारतीय स्वतंत्रता सेनानियों द्वारा लंबे संघर्ष के बाद अंततः 15 अगस्त 1947 को भारत को आजादी मिली। लगभग ढाई साल बाद भारत ने अपना संविधान लागू किया और खुद को लोकतांत्रिक गणराज्य के रूप में घोषित किया। लगभग 2 साल 11 महीने और 18 दिनों के बाद 26 जनवरी 1950 को हमारी संसद द्वारा भारतीय संविधान को पास किया गया। खुद को संप्रभु, लोकतांत्रिक, गणराज्य घोषित करने के साथ ही भारत के लोगों द्वारा 26 जनवरी को गणतंत्र दिवस के रूप में मनाया जाने लगा।

भारत में निवास कर रहे लोगों और विदेश में रह रहे भारतीयों के लिये गणतंत्र दिवस का उत्सव मनाना सम्मान की बात है। इस दिन की खास महत्वता है और इसमें लोगों द्वारा कई सारे क्रिया-कलापों में भाग लेकर और उसे आयोजित करके पूरे उत्साह और खुशी के साथ मनाया जाता है। इसका बार-बार हिस्सा बनने के लिये लोग इस दिन का बहुत उत्सुकता से इंतजार करते हैं। गणतंत्र दिवस समारोह की तैयारी एक महीने पहले से ही शुरू हो जाती है और इस दौरान सुरक्षा कारणों से इंडिया गेट पर लोगों की आवाजाही पर रोक लगा दी जाती है जिससे किसी तरह की अपराधिक घटना को होने से पहले रोका जा सके। इससे उस दिन वहाँ मौजूद लोगों की सुरक्षा भी सुनिश्चित हो जाती है। पूरे भारत में इस दिन सभी राज्यों की राजधानियों और राष्ट्रीय राजधानी नई दिल्ली में भी इस उत्सव पर खास प्रबंध किया जाता है। कार्यक्रम की शुरुआत राष्ट्रपति द्वारा झंडा रोहण और राष्ट्रगान के साथ होता है। इसके बाद तीनों सेनाओं द्वारा परेड, राज्यों की झाकियों की प्रदर्शनी, पुरस्कार वितरण, मार्च पास्ट आदि क्रियाएँ होती हैं। और अंत में पूरा वातावरण “जन गण मन गण से गूँज उठता है।

किसी मजरे की खुशबू को महकता छोड़ आया हूँ,  
मेरी नन्ही सी तिट्ठिया को चहकता छोड़ आया हूँ,  
मुझे छाती से अपनी तू लगा लेना... ऐ भारत माँ,  
मैं अपनी माँ की बाहों को तरसता छोड़ आया हूँ।



मेरा देश  
मेरी जान



जिस मिट्टी ने लहू पिया,  
वह फूल खिलाएगी ही,  
अंबर पर घन बन छाएगा ही उच्छ्वास तुम्हारा।  
और अधिक ले जांच,  
देवता इतना क्रूर नहीं है,  
थककर बैठ गये क्या भाई! मंजिल दूर नहीं है।  
- रामधारी सिंह 'दिनकर'



Wishing  
You  
The Best Of Luck!!

## TIPS FOR UPCOMING BOARD EXAMINATION

- \* *Give yourself enough time to study*
- \* *Manage your time. Follow a proper time schedule.*
- \* *Plan at least two thorough revisions before the exam.*
- \* *Organize your study space*
- \* *Use flow charts and diagrams*
- \* *Practice previous year's question papers*
- \* *Avoid distractions while studying.*
- \* *Take short breaks during long study hours.*
- \* *Be confident in your approach and set realistic goals.*
- \* *Do not let stress kill your study time.*
- \* *Practice as much as you can.*
- \* *Make short notes for important topics.*
- \* *Analyse your biological clock and plan your studies according to it.*
- \* *Eat healthy, and take proper sleep.*





# Best wishes



Dear Students

Although time seems to fly, it never travels faster than one day at a time. Friends each day is a new opportunity to live your life to the fullest. In each waking day, you will find scores of blessings and opportunities for positive change. Do not let your TODAY be stolen by the unchangeable past or the indefinite future.

LOADS OF BLESSINGS

↓  
Lovingly -

(LOMINA RAJIV)

Vice - Principal.

Dear Students,

Just as cherry, plum, peach and damson blossom, all possess their own unique qualities. The important thing is that we live true to ourselves and cause the great flower of our lives to bloom.

May all your hardwork before exam be rewarded with the best!

God Bless!

Dhulthayy





# Best wishes



Dear children,  
Go confidently in the direction of your dreams. Live the life you have imagined. Good luck. (Cecilia)

Dear Children,  
Here's wishing you the very best for your Board examinations! May you succeed with flying colours!  
Good luck!  
Aman.

Dear students  
You all are unique  
I know your strength,  
I can take in u  
Have faith in u  
All the best.  
F.

The Best way to predict your future is to create it.  
Wishing you the best that life has to offer.  
Good luck!  
Rise and shine always  
Love  
swati shingra.

My Dear Students

- Live life Well,
- Savour every Moment,
- Have Faith!
- Work Hard,
- &
- Rejoice!

All the Best

Bundia Ma'am.

Dear Students

All the best for your exams.  
Go ahead and create history  
Remember you are the best

Good Luck  
Ruchi Ma'am

Dear students  
Believe in yourself and success will follow. All the very best for your future endeavours!  
Akankeha Goal

All the Best!  
Keep smiling!

Best wishes for your future endeavours. 😊  
Himani sharma

Dear students,  
May all your dreams come true.  
May you score high in life. Best wishes and Good Blessings.  
The colors

Dear Students!  
Warm up your brain and show the world how exceptionally wonderful you are.

wishing you the best of luck!  
Nishu Ma'am.

Dear students

As you embark on this new journey, wishing you success and happiness. Have faith in your ability to make a change. Tina

Dear Students  
All the Best for exams. May your dreams come true.  
Nishu Ma'am



# Best wishes



Dear Students,  
Believe in yourself & never  
fear any challenge. I wish  
you all the success for  
your exams!

Jyotsana Ma'am

Dear students,  
Believe in the beauty of  
your dreams, love yourself,  
have faith, give your 100%.  
Success will surely knock  
at your door. Best of luck!  
☺ Manisha Goyal.

May God bless you all  
with the best. Good Luck SKJ

Nothing is  
impossible for a  
willing heart  
Best of Luck  
TRITI BHARDWAJ

Dear Students,  
Keep a  
positive  
outlook &  
you will shine  
with glory.

All the Best!!  
Divya Tyagi

Dear all,  
May all your hard work  
be rewarded with the  
best! Best wishes for  
your exams! Good luck!  
☺

Manbeer Kaur

Good Luck Children  
may God be with  
you ALL  
Lysan

Dear students,

Chase your dreams  
and you will surely  
acquire it. Never  
give & get disheartened  
your strength will  
become way to your success  
Best of luck  
Achma.

Dear students

You are the lanterns and  
you are the light ☺  
Self motivation is the best way!  
Shine, and shine bright!!  
Shubhra Bharti

Dear Students

Good luck for your  
exams and keep

प्रिय विद्यार्थियों!  
जीवन में सदा संचर्कशील व प्रबल  
जागवान बनें।  
लक्ष्य प्राप्ति के प्रति सतत प्रयासरत रहें।  
कर्मनिष्ठा सुर्गी सकलताओं और  
स्वप्न पूर्ति का आधार है सदा स्मरण  
रहे। आगामी परीक्षाओं हेतु -  
शुभकागनाएं (सब साठ)