



## Principal's Message



**Dr. (Mrs.) Urmila Sharma**

Today, the role of a School is not only to pursue academic excellence but also to motivate & empower its students to be lifelong learners, critical thinkers & productive members of an ever changing global society. Keeping this thought, when I look back at our previous school year we have much to celebrate & be thankful for! We have earned a well deserved reputation for high expectations, academic excellence & a positive safe learning environment in which every child is able to learn & grow through various co-curricular activities. Dear students, I want you all to remember that the trails of yesterday are behind you. A new school day dawns & with it comes possibilities, chances for success, empathy & discovery are abundant. The opportunity to be better than you were yesterday is 'right here right now'. And as it is rightly said - **"When you want to succeed as badly as you want to breathe, then you'll be successful"**. I want you all to make sure to have something to live for & bring out the best in you. May your & the dreams of your parents come true & I wish all the very best to you and may all my dear students keep adding more to our innumerable success stories.

## Editor's Take on "SWACHHATA"

Environmental cleanliness i.e Swachhata & personal health & hygiene are the two elements of primary importance in the contemporary era. As Lailah Gifty Akita emphasizes there is an intrinsic relation between the two, one cannot exist without the other.



**Ms. Saumya Anurup Sharma (Headmistress)**

With the advent of Swachhta Abhiyan, public health, individual health and environment have become the hot topics. Despite our awareness of the necessity of the myriad dimensions of health, our attempt to improve them have been pitifully low. But, what is the reason behind this awareness which exist in tandem with inaction? The answer, surprisingly lies in the lack of discipline. As individuals, students, citizens we fail to incorporate the practices that might help us in improving the various aspects of health in our daily routine. In the midst of the commercial consumerism fueled by social media, issues like swachhta, discipline, health & hygiene have faded into non-existence. Let's not wait for a Monday to hit the gym, not wait for a Van Mahotsav to plant a tree, not wait for making a change. What we need to remember is - the moment to make a change is NOW!

## STRIDE TO INTER-CULTURAL AND GLOBAL LEARNING

**"Education is the key to unlocking the world, a passport to freedom". - Oprah Winfrey**



Keeping this in mind Principal of the school Dr. (Mrs.) Urmila Sharma, Director Mr. Anurup Sharma & Head Mistress Ms. Saumya Anurup Sharma visited Tokyo Gakugei University International Secondary School during the summer break. This was an endeavour to diversify, give our school an international dimension & to instill in our students the knowledge that will

make them global learners. Keen objective of the trip was to deepen the understanding and to take an inspiration from the Japanese Education system which is one of the best in the world. The program included demonstration lessons during school visits & exchange of views with Japanese teachers & Principals which ultimately turned extremely fruitful.





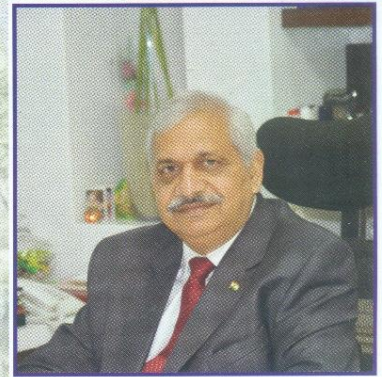
## Director's Message

I feel privileged to lead such an exciting and vibrant school. I believe in the acceptance and appreciation of every child's uniqueness. My goal is to make every student successful with humility, kindness and instilling love of learning that can be nurtured and empowered to grow into something beautiful so that any dream can be accomplished.

Mig-21 that coronates the annexe of high school is a great example of my accomplished dream. It had been a long cherished dream that has turned into reality, the fighter plane is a symbol of spirit and enthusiasm I am quite determined that everyone can rise above one's circumstances and can achieve success if one is dedicated and passionate about what one does.

My school offers our students the best possible opportunities to become thoughtful and confident preparing for future challenges in an exciting and increasingly global world. I price learning as an indispensable feature to development. The students of Arwachin School demonstrates resilience and determination to succeed.

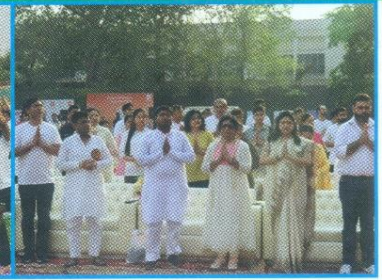
At Arwachin, I feel very proud of our caring, inclusive ethos where we set high standards and expectations for our students to achieve and behave their very best. Our superb facilities and dedicated staff has enabled me to deliver a program in an environment that is intimate, friendly and attuned to every specific educational needs.



**Mr. Anurup Sharma**  
Director



## INTERNATIONAL YOGA DAY CELEBRATION



*"Yoga is a light which once lit will never dim, the better your practice the brighter your flame"*

21st June, 2019 was celebrated as International Yoga Day in Arwachin premises in which approx 800 people participated, out of which 100 were the NCC Cadets. Parents & local residents also participated in the event initiated by 'Anubhuti Yoga Centre'. It was due to the initiative of Dr.(Mrs.) Urmila Sharma & Mr. Anurup Sharma that the community could practice Yoga in the school premises with high spirit. They emphasized that Yoga is a scientific way of living healthy & increase life expectancy.

## "GURU BRAHMA, GURU VISHNU, GURU DEVO MAHESHWARA" (16th July)

Our Principal, Teachers & Students celebrated the auspicious day of Guru Purnima with great reverence and devotion. This day is celebrated on the full moon day (Purnima) of Asadha month of the Hindu Calendar in all parts of the world. Principal Dr. Urmila Sharma made the students aware of the fact that everyday could be Guru Purnima in their lives when they honour what life has taught them. Wisdom is there in each and every one of us, but we must throw light on our life, because when we throw light on our life, wisdom dawns.



## ORIENTATION MEET (29th March)

School hosted an 'Orientation Meet' to have an interaction with the parents of the new entrants of the Pre-School, Pre-Primary and Class-I.



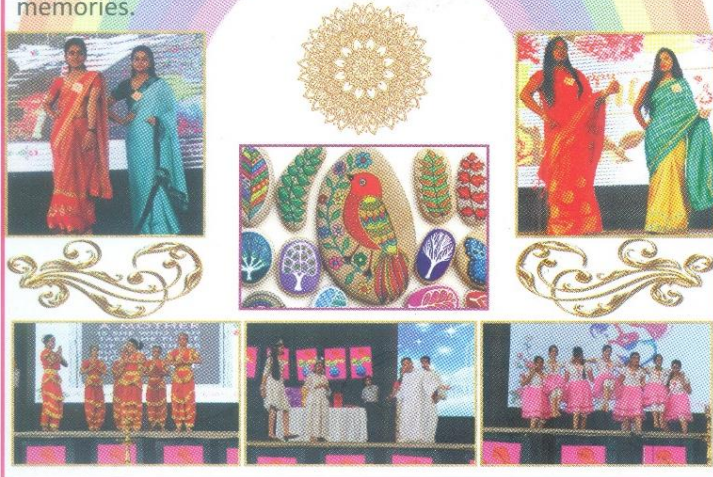
As customary, the event was to welcome and familiarize parents with the ethos of our school & the spirit behind our methodology. The interaction proved to be a very fruitful platform for sharing and discussing issues related to the growing children.



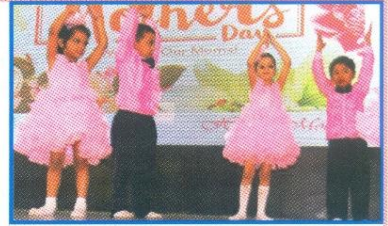


## VIBGYOR CELEBRATION

To tap the talents and capabilities, school organized its 8<sup>th</sup> Vibgyor MAKE-A-THON on 27<sup>th</sup> April, 2019. This day witnessed the participation of about 20 schools with 500 students. An array of activities comprising of praising Mom like poem Recitation, Stone Art, Pretty pots, Ornamentation, Awesome Blossom made the students busy in the competitive mode. Group Dance on "Meri Maa" put the judges in dilemma whom to declare winner. Footprints (Ramp Walk) on "Meri Maa" was the main event of the day and it ended with life long memories.



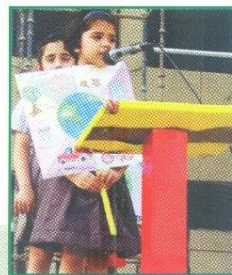
## MOTHER'S DAY CELEBRATION



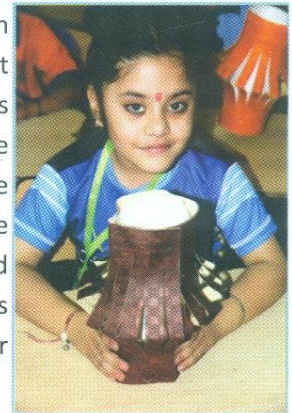
On April 29<sup>th</sup>, 2019, our school hosted Mother's Day. The venue was aptly decorated in keeping with the theme. Rhyme Recitation, songs, story enactments left the audience Spell bound as the children put their best foot forward. They were very happy, eager and bubbling with energy. All in all, it was an enjoyable and memorable day for each and every child.



On 22nd April 2019, tiny tots of Arwachin Bharti Bhawan performed some activities to spread the message that we should protect our species. As a future generation, we should give our valuable contribution to make the Earth a suitable place to live for all the species.



A summer camp is not about sitting in an area bounded by four walls and staring at a teacher continuously speaking his mind instead it involves extensive learning and self development of the child. This Summer Camp was all the more fun and fruitful for the kids. Loaded with drills, activities and learning, it was one stepping stone in the process of their development.





## SOUVENIR OF INDIAN AIR FORCE: MIG-21 ADDED TO ARWACHIN'S LEGACY



Most cherished dream of Arwachin family came to reality when the most widely produced supersonic jet fighter of all time: the MIG-21 (western reporting name Fishbed) adjoined Arwachin's legacy. An incredibly prolific aircraft. Dated but nimble, it has allowed skilled pilots in past decades to defeat more advanced aircrafts. However, its days are numbered as the majority of air forces switch to newer fighters. The MIG-21 holds the record for the most produced jet aircraft.

In its many years of service, the MIG-21 has generated an excellent combat record, for the most part. Against Pakistani F-86s, F-104s and Mig-19s. It performed respectably, taking down several while suffering a few losses itself. Overall, the MIG-21 has proved a highly successful fighter with a low price but much agility.



### ZONAL BADMINTON



**School hosted Zonal Badminton competition for the session 2019-20.**

Our Senior Boys Team of Prateek Sharma (XII), Saksham Thukral (IX), Devansh Luthra (XI), Vijayant (X) & Kanishk Teotia (XI) bagged 2nd position in Zone 1.

Girls Team of Saumya Aggarwal (IX), Divya (VIII), Pari Jain (VIII), Luckey (IX) & Prachi (VIII) too proved their mettle by bagging 1st position in Zone 1 in Sub-Junior Girls category.

Taking the victory flag a notch higher our Junior Girls Team of Aditi Atrey (XI), Shagun Chauhan (IX), Ishita Kashyap (IX) & Bhumi Sharma (VIII) bagged 3rd position in Zone 1.





**"Achievers are not born talented but they possess the, 'I can do it' attitude."**



**KASHISH GUPTA**  
97.2%



**JANVI SHARMA**  
96.6%



**PRIYANSHI CHOUDHARY**  
96.4%



**ANKITA DUTTA**  
98%



**KARTIK TIWARI**  
SCIENCE 97%



**JIYA YADAV**  
HINDI 99%



**KHYATI BINDAL**  
HINDI 99%



**ADITI BAJPAI**  
HINDI 99%



### **Class XII (Achievers)**



**VANDIT JAIN**  
SCIENCE 93.2%



**SWAPNIL SHUKLA**  
COMMERCE 93.2%



**SHATTIKA HALDAR**  
HUMANITIES 93.2%



**OM GUPTA**  
SCIENCE 92.2%



**TANU AGGARWAL**  
SCIENCE 90.4%



**AYUSH KR. SINGH**  
SCIENCE 92.2%



**GEETANJALI**  
COMMERCE 92.2%



**SHIVANI DHAR**  
HUMANITIES 92%



**MANAS AHUJA**  
COMMERCE 91.8%



**SONAL**  
SCIENCE 90.2%



**JIVIKA SHARMA**  
HUMANITIES  
91.4%



**SHIVENDRA  
PANDEY**  
SCIENCE 91.2%



**LALIT KUMAR  
JENA**  
SCIENCE 91%



**MONIKA DEVI  
YADAV**  
COMMERCE 90.8%



**UTSAV JAIN**  
HUMANITIES  
90.6%



**AYUSH SHIVAM**  
SCIENCE  
90%



## ARWACHIN AT LEARNING SPREE

"The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives". - Robert John Meehan



On 22.5.2019, a workshop was organised for Maths teachers on Maths Lab training. It was conducted by Next Education. The resource person was Mr. Gaurav Gulati. Various Maths kits were established in the school for the activities of the students on which the teachers got first hand experience so that they can use it to make the subject interesting.



On 21.5.19 School organised a workshop for teachers on the topic "Effective Teaching". Concerned Resource Person was Mrs. Madhulika Singh from Srijan Publishers P. Ltd. She said that a good portion of an academicians life and work is teaching. Indeed, teaching is one of the main goals of a School. This workshop was about becoming a more effective teacher.



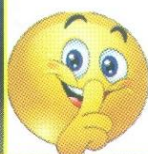
On 16.5.19, School organized a workshop on the topic "Leadership". The workshop fostered creative thinking in the participants, implementing the right strategies, enhancing the knowledge of varied leadership approaches and many other areas concerning the development of Leadership skills.



## SCIENCE FIESTA-2019



All great things begin with a small step and one such endeavour of our School is the Science Fest, 'Scisapiens'. This year the Science Fest was held from 18<sup>th</sup>-20<sup>th</sup> July, with each day celebrating the imagination and efforts of the budding scientists of classes II-XII respectively. The fest included Inter-House Science Debate, Inter-House Sciencetoon, Best Use of Resources & Science Magic.



## EMOJI DAY

On 17th July 2019 our Teachers & Students celebrated WORLD EMOJI DAY. World Emoji Day is deemed a "global celebration of 'emoji' and is celebrated with emoji events and product releases.





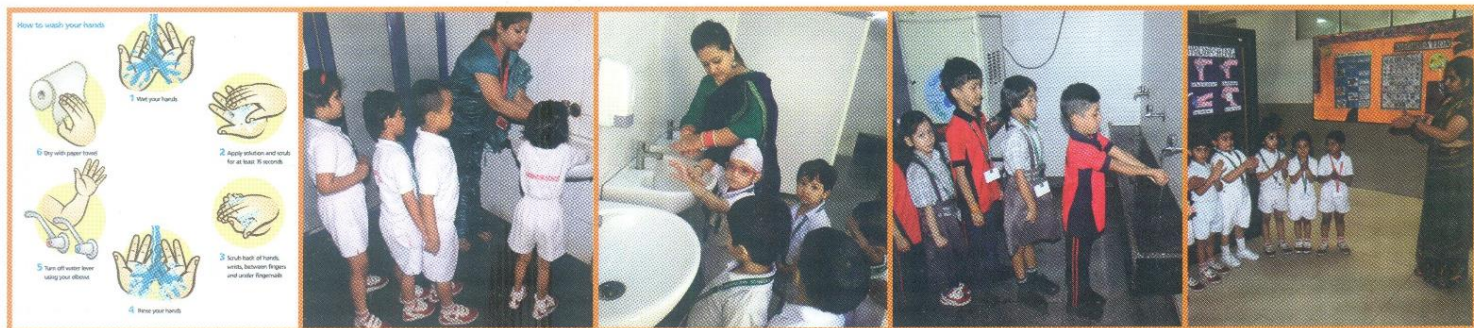
## "If you see a mess... Pitch in & clean it"



On 9th July, 2019 school organised Cleanliness Drive. The main purpose of this programme was to create awareness among the students regarding Cleanliness and its benefits. Under this programme, all the students from IX-XII participated. Even teachers were the essential part of this drive. It was a unique experience for all.

## HAND WASH ACTIVITY

"Don't be dirty, be neat, wash your hands before you eat."



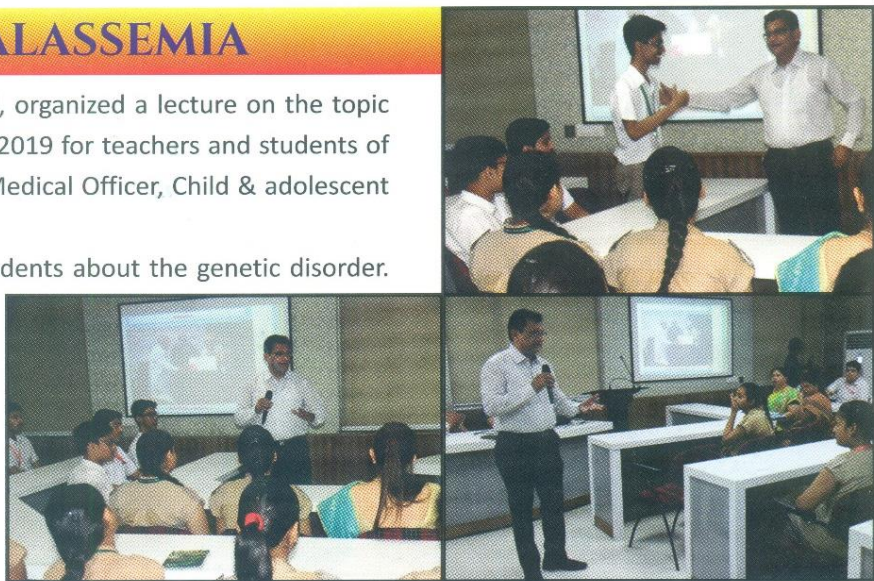
## AWARENESS ON THALASSEMIA

Keeping in mind the health of children, our school, organized a lecture on the topic "Thalassemia Awareness Programme" on 15<sup>th</sup> May, 2019 for teachers and students of Class XII. Guest speaker was Dr. J.P. Kapoor, Chief Medical Officer, Child & adolescent Health Expert.

The goal of the interaction was to educate the students about the genetic disorder.

Thalassemia and its severe effects on health. He encouraged students to give priority to hygiene and asked the students to take deworming tablets in every six months (Albendazole).

He informed the students about the difference between thalassemia major and thalassemia minor.







**Mrs. Prabha Garg**  
Academic Proctor

## ALL WORK AND NO PLAY MAKES JACK A DULL BOY

Industrious work is necessary to achieve our goals in life. But concentration on work alone with no recreation tends to make a person dull & unscalable. The mind's constitution is such that it can

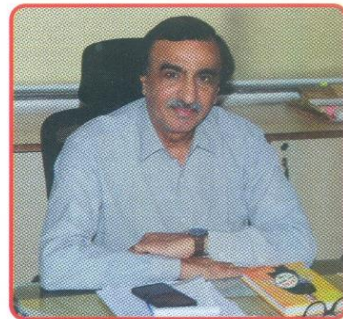
work for a long time. But at the same time, proper relaxation is absolutely necessary to keep it from getting overtaxed. An overtaxed mind loses all social spirit making the personality dull. Often children are made to study their lessons continuously so as to get good results in examinations. But this rather tends to make a child just a bookworm with no special abilities. Furthermore, a relaxed mind is a rejuvenated one. It retrieves all its capacities to absorb knowledge after proper recreation. Recreation revitalizes the mind's inborn abilities. A balanced scheme of work & recreation is the proper way to keep the mind in trim shape. This is especially very important in the case of children because it is the age when the personality of the child is being moulded. In short, work with no recreation will make jack a dull boy. On the other hand, a combination of work with recreation will make him a properly balanced person.

## EDUCATION FOR PEACE A PANACEA

Peace education is an inevitable need of the time. When each one of us is to compete at every level, competition in school and parents' expectations are reasons to create excess of

burden on the immature & vulnerable shoulders of kids. Such a burden breeds frustration, disappointment, irritation, violence & suicide on petty issues among children.

In fact peace education is not a subject to be taught formally. It is rather a way of life. It helps to resolve problems and conflicts. Peace education is to teach students solving their problems and conflicts within and with others. In other words education touches two aspects broadly first, PEACE FOR ALL second, EDUCATION FOR PEACE. Peace for all refers to a stress free environment which would help learning social & moral values like respecting parents & elders both. It would change the mindset of students at the very initial learning stage. So far as education for peace is concerned it must focus on the way to learn how to keep society at peace.



**Mr. Satya Prakash Sharma**  
Academic Advisor

**"In the end, what makes a book valuable is not the paper it's printed on, but the thousands of hours of work by dozens of people who are dedicated to creating the best possible reading experience for you."**



**DR. (Mrs.) URMILA SHARMA**



**MS. SAUMYA ANURUP SHARMA**



**MRS. PRABHA GARG**



**MS. RITIKA  
TYAGI**



**MS. SEEMA  
SHARMA**



**MS. TRIPTI  
MEHRA**



**MR. SHIVAM**



**MS. KOMAL  
SADANA**



**MS. ANUPRERNA**



**MS. ANJALI**



**MR.  
DHARMENDRA**



**MS. PRATIGYA**

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| CHIEF EDITOR      | : | MS. SAUMYA ANURUP SHARMA                                |
| CHIEF ADVISOR     | : | MRS. PRABHA GARG  |
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| TECHNICAL SUPPORT | : | MR. SHIVAM, MS. KOMAL SADANA, MS. ANUPRERNA, MS. ANJALI |
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