

# RPM Wisdom News Bulletin

PG-1



**DR. (Mrs.) S.D. Malik**  
Sr. Education and Principal Director

## FROM THE DIRECTOR'S PEN

A dream of many ideas coming together with great passion & opportunity released, is how our institution was born. Our aim is to build and create independent

entity of students and staff in all aspects of Teaching and learning.

My competencies of leadership has always been intellectual stimulation and constant source of motivation. Experimenting with Education i.e. innovation in Education has always triggered my staff and students to explore, brain storm and use all the tools to overcome their challenges. My race is to provide incentives to those who thrive to be ambitious in scaling standards of Excellence in Education, and our School has always been a pivot to the chariot for same.

The School inculcates holistic development in all facts of life. We blend culture and academics so that students could bind themselves to the roots and enhance their excellence.

## Principal's Message

**"Education is the tool of self realisation and attain expertise."**



**Dr. Inder Malik**  
(Principal)

Education is not to be confined within walls of classroom. Education is to provide means to establish and enable a person to transcend the limitations of human perception and to understand the organic growth of world. Education is the process to cause transformation to the finest of our thought feeling and deed. It is to free ourselves from being ignorant, harmful and parasitic. It is to create cultured, developed and compassionate human minds with efficient working skills.

As we bask in the grandeur of all years of LPS, I can only count my blessings to create the well being who are further the Young trained minds to master the world.



## Ethos

साङ्ख्ययोगो पृथग्बालाः प्रवदन्ति पण्डिताः ।  
एकमप्यास्थितिः सम्यग्भूयोऽवन्दिते फलम् ॥

Only the ignorant speak of sankhya (renunciation of actions, or karm sanyas) & Karm yog (work in devotion) as different. Those who are truly learned say that by applying ourselves to any one of these paths, we can achieve result. It is important to understand that renunciation is of two types : 'Phalgn Vairagya and Yukta Vairagya'.

First "Phalgn Vairagya" is where people look upon the world as cumbersome, & renounce it with desire of getting rid of responsibilities and hardships. In other words, it is escapism and is unstable.

"Yukta Vairagya" is where people see the whole world as energy of God. They do not see what they possess as belonging to them and do not wish to enjoy for themselves.

The internal state of a being becomes same as that of Karm sanyasis who completely absorbs in divinity Externally, they may appear worldly but internally they are no less than sanyasis.



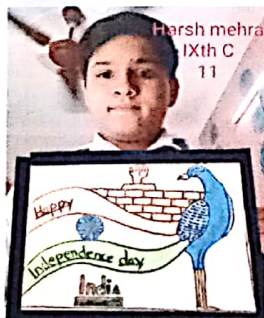
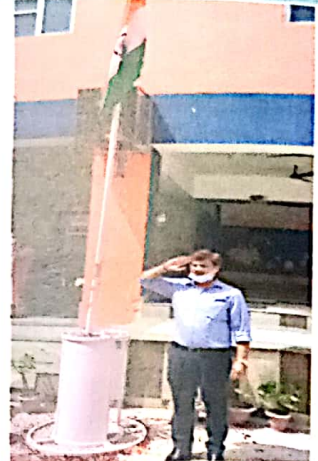
# Mindset Curricula

Mindset plays a critical role in how one cope with life's challenges. When a child has a growth mindset, they tend to have a hunger for learning, a desire to work hard and discover new things. Mindset curricula includes Happiness, Deshbhakti and entrepreneurship. It aims towards enabling students to learn to be happy by strengthening emotional resilience. Happiness and Deshbhakti curricula are proposed for nursery to elementary school students whereas Entrepreneurship curricula is meant for 9 to 12 Grade students

The happiness class encompasses a wide range of ideas, values, stories and activities that encourages students to discuss their views, share experiences and reflect on their actions.

The content of Deshbhakti curriculum moves from themes of love and respect for the country, to identify the strength and challenges of the country, to reflect the sense of duty towards the nation.

Entrepreneurship Mindset curriculum is woven into learning via experience, Inspiration and Reflection. It inculcates a problem solving mindset. The pedagogy for developing the Entrepreneurship Mindset in students is primarily experiential, with some degree of inspiration and a lot of reflection. The Lovely group of teachers from all respective branches have attended a workshop organized by CBSE to get acquainted with newly launched program by Education Minister Mr. Manish Sisodia. This will develop mindset of students by following the same in all classes.





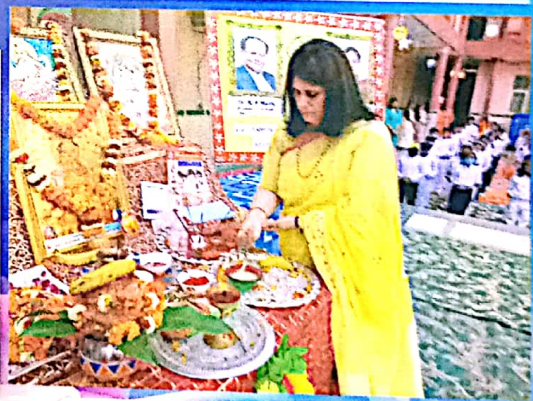


ॐ सरस्वत्यै नमः



## Seeking Blessings Of Goddess Of Knowledge

The Chairperson respected Dr S.D. Malik maam always guides us to stay connected to our Cultural roots. Following her footsteps, under the guidance of the school mentors, Sarawati Puja was held in the school premises to seek the blessings of the deity of knowledge Goddess Saraswati. All the students enchanted Saraswati mantra and understood the significance of it. The Academic Heads, wished good luck to all the students and put tikka on every child's forehead. Swastik was imprinted on the first page of notebooks and prasad was duly distributed at the end.





## Learning is the Key to Success

Now a days, Education is very important for everyone. People who are very poor can't afford education for their children. Due to which their children are not able to study in good schools. So Government has initiated many campaigns related to education. Some of them are - Right to Study, Free Education for poor people etc. Recently Govt. has opened Schools of Excellence to bring World Class education to all the students and make them ready for the next generation challenges. Education is the real treasure for everyone. After getting the right to education, we become eligible for good jobs. Without Education, we are not valued in the society. A person makes his/her position in the society by getting the right education.



Sejal Jha  
(VIII - C - BCS)

*"Nature is painting for us, day after day,  
pictures of infinite beauty."*



Kritika Bisht  
(VII - C - BCS)

World Earth Day is celebrated on 22nd April every year. On this day, we must pledge to conserve and plant more trees. This is very essential for our ecosystem. Trees provide food to animals and habitation to birds. We celebrate the Earth Day to protect the planet from things like pollution and deforestation. The theme of Earth Day 2022 is to invest in our planet. The World Earth Day is also known as the 'International Mother Earth Day'. Countries across the globe come together to create more awareness about the dire need to protect our environment. This day also focuses on globe climate crises that is worsening with each passing day. To save the nature resources on the Earth, there is last option that is, we must take care of the Mother Earth and should not pollute the environment.

## A PRECIOUS MOTHER

M - Motivator  
O - Originator  
T - Trainer  
H - Hard Working  
E - Energetic  
R - Right

And Just Bearing pain SHE gave me birth,  
To bring my life on this EARTH.  
You did so much as a MOTHER,  
Which is rarely done by any OTHER.  
Your BLESSINGS fall as rain,  
None can match it in terms of GAIN.



Bhumi Saini  
IXA (BCS)

## Mock Drill....Preparation towards Safety!!

Mock drills gives participants relevant knowledge on fire safety equipment, ways to handle them on emergency crisis. Being the citizen of a country it is our responsibility to take care of our self, our neighbours and valuable assets. Mock drill consists of how to rescue themselves and others around them, ways to control emergency situation, do's, don'ts, providing first aid to victims, reaching hospital etc. After the completion of mock drill one will get clear cut idea and solution on ways to react during emergency situation.

### Necessity of mock drill:



Jyotsana Surana  
XII B (BCS)

- \* To make people aware of hazards around them.
- \* Ways to handle hazardous substances.
- \* Inculcate preparedness among common public.
- \* Know the value of resources belongs to various departments.
- \* Examine SOPs.
- \* Enhance resource capabilities.

*The struggle you are in **TODAY**  
is developing the **STRENGTH**  
you need for **TOMORROW***

Student Councils are a great way for students to take on leadership roles, promote the voice of the student body, solve problems and impact his or her community. The selection round helps student in a critical assessment about his or her own abilities and skills and decide whether he or she would like to serve on the student council. It provides a platform where the students can showcase their talent without hesitation. The Student Council is responsible for the fluid and graceful functioning of Student and school organized events. This is an excellent critical self-reflection that can really help students measure the roles that best fit them or even identify personal weaknesses they would like to shore up. Once elected, these individuals must also be comfortable speaking openly with other student officers — including problem solving and accepting feedback. Student Councils promote a sense of personal responsibility among students. When campaigning and trying to reach the student body for votes, students learn the value of networking and the skills necessary for successful networking. Student council programs also help to boost the resumes of elected students.



Subroto Ghosh  
XII A (BCS)





## Orientation Day - The Bonding Session

*'Every day is a fresh start, every day is a new beginning,  
every morning we wake up is the first day of our new life.!!*



The RPM group of schools commenced the new academic session 2022-23 for the cute toddlers by organizing Parent Orientation day- 'The Bonding Session', to create the foundation for positive relationships between parents and the school. The program took place in the auspicious presence of Dr.(Mrs) S.D Malik ma'am (Chairperson Lovely group of schools), Dr. Inder Malik (Director), Dr. Mahima (Principal) and Mr. Satyam (Administrative officer) as the Chief Guests of the event. The propitious day began with 'Gayatri Mantra' and welcome dance wherein our talented students added vibrancy to the event. The Principal Dr Mahima enlightened the gathering by walking through the Vision and Philosophy of the school. She introduced the entire Academic, Administrative and Support Staff to the parents. Our Honourable Director Sir Dr. Inder Malik addressed the parents and laid stress on effective communication between the facilitators and all stakeholders. In his visionary outlook, he emphasized on the importance of spending quality time with the children.. The information on '**Thematic Approach to Learning**' was well dramatized by teachers thereby making the parents aware about the working of the school. The school alumni also shared their wonderful experience of being a part of the institution and how school has played a major role in what they have achieved today. The session ended on a positive note with parents leaving contented and informed!!...





# FOUNDER'S DAY CELEBRATION



A day when a thought, a philosophy and a vision are transformed into invincible reality then an achievement is accomplished which is worthy enough to celebrate. To mark this honour, this year our school had celebrated its Founder's Day with great zeal and fervour. The day was celebrated by the whole school through vivid coloured programs like Tattoo Corner, The Clown and the Ball game, Mickey Mouse Bouncy and Selfie Point. A function had also been organised where we remembered the pillar of the success of RPM Lovely Group of School Dr. R. P. Malik Sir who

taught us how we all must embrace the current situation as reality and convert adversity into opportunity. It also included a soul stirring dance drama on the life of our Chairperson Dr. (Mrs.) S.D Malik Ma'am whose dedication and undaunted confidence left no stone unturned to establish this institution as what it is today. This day is also celebrated as the birthday of our Chairperson Dr. (Mrs.) S.D. Malik ma'am and on the occasion of it a cake cutting ceremony was held with great honour and enthusiasm.

Huge enthusiasm was showed by the students throughout the day and they were gifted with a mug as a token of love. Chocolates have been distributed among the students to share the flavour of sweetness along with blessings to succeed in their future projects. The function was highly graced by the presence of honorable Chairperson Dr. (Mrs.) S. D Malik Ma'am, Dr. Inder Malik Sir, Dr Mahima Malik Ma'am and our very own Mr. Satyam Malik Sir. The day was a reminder of the school's great legacy which was totally celebrated in every possible ways by all of us.





## World Book Day



Books have always played a very important role in all of our lives as we get knowledge from them.

No matter how many friends and modern technology are available around us, books are still our best friends and play an important role in our lives. In today's era, when all the information is just a click away, books still have their own charm.

To cherish the importance of books in our life we celebrate world book day every year on 23<sup>rd</sup> of April. It has been founded by UNESCO in 1995. It is celebrated in more than 100 countries and serves a tribute to famous books and authors around the globe. The day primarily focuses on importance of books in our lives. Books have primarily been freedom of expression for humans around the world. This day focuses on the pleasure of reading books. Nations around the globe organize various events like lectures, discussions, seminars, exhibitions to celebrate World Book Day. I would sum my words by quoting "books let you travel without feet".

Ekansh 3B

## OUR HERITAGE - OUR RESPONSIBILITY

World Heritage Day is celebrated to maintain the legacy and save the rich legacy given to us by our ancestors. ICOSMOS- International Council of Monuments and Site primarily focuses on world heritage day to ensure the protection of national and cultural heritage.

The heritage of any country or place helps us examine our history and traditions and enable us to develop an awareness about ourselves. Heritage is the key stone of our culture that plays an important role in our politics, society, business and world view.

To cherish the importance of heritage in our lives, we celebrate world heritage day every year on 18<sup>th</sup> april. World heritage day can be celebrated by doing different things, like going to the sites and monuments. Many exhibitions are done with painting and posters. Many foreign experts are invited and pres conferences are held to increase awareness in the world. Few Indian world heritage sites are:-

Arga fort  
Ajanta caves  
Ellora caves  
Sun temple  
Konack kaziranga  
Taj mahal, etc.



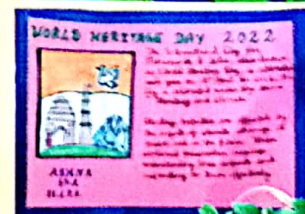
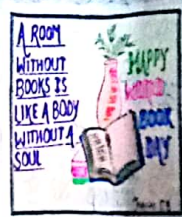
The protection of essential heritage properties is viewed of great importance by people worldwide. Such as significant landmarks and natural sceneries mountains. All these can be considered a significant contribution to human evaluation. It is hard to imagine our countries, cities and surroundings without familiar remnants of our past.

AVNI V

## CULTURAL INHERITANCE OF INDIA

*India has its culture  
Displayed in customs & traditions  
India is known for its unique  
Festivals & celebrations  
India has its specialized Arts  
From Taj Mahal at Agra  
And India Gate at India's Heart  
The beauty of Indian Culture  
Whether Folk or Tribal Art  
Even the wall paintings & sculpture  
Has its own learning Embarked  
An Expression of culture  
In its dignified dance  
And its melodious music  
You should listen, if you get a chance  
The clothing in India  
Different with its geographical base  
Every ornament with its traditional  
wear  
Has its own amazing grace  
India has its unity  
Whenever there's a need  
Sharing at times of crises  
It's a value sown indeed.*

Aanya Sharma  
III-A



## CREATIVE CORNER



## INTER BRANCH ART & CRAFT FEST

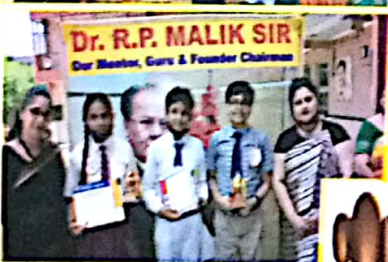
**"Art enables us to find ourself and love ourself at the same time".**

The aforementioned quote rightly says that, art not only highlights our creative aspects but it also express once inner feelings and desires. It is also a great way of discovering one's passion and also gives an opportunity to find a new way to love ourselves. Our school rightly believes in this & therefore never fails to provide an opportunity to encourage the talented lovelities in persuing their passion related to Art & Craft. Keeping this in mind Lovely Public English School - hosted an Inter Branch Art & Craft Fest on 22nd April 2022 for classes III-V and The Baptist Convent Senior Secondary School hosted for classes VI-VIII. The competition was divided into 2 categories i.e. Art & Craft. All the participants performed magnificently in their categories. The competition was very exciting and participants gave their best shot.

### RESULT SHEET

#### CLASS III TO VIII

S.No	ACTIVITY	CLASS	1 <sup>ST</sup> POSITION	2 <sup>ND</sup> POSITION	3 <sup>RD</sup> POSITION	CONSOlation
1	SCENERY MAKING	III	Shrini (DC)	Devansh (DC)	Nikunj (PPS)	Chetuk (TV)
2	BEST OUT OF WASTE ACTIVITY	III	Shivrajni (PPS)	Nitya (DCS)	Shrini (DC)	Amya (MPS)
3	POSTER MAKING	IV	Rhant (TV)	Suryansh (DC)	Himangi (MPS)	Tanishka (PPS)
4	FOLDER MAKING	IV	Naman (DCS)	Amya (PPS)	Advik (NLP)	Tanish (TV)
5	MANDALA ART	V	Parthivi (PPS)	Aadya (DC)	Madhav (DC)	Kashish (TV)
6	BOUQUET MAKING	V	Shalini (DCS)	Pragya (PPS)	Siddhant (NLP)	Laranya (TV)
7	POSTER MAKING	VI	Natish (DCS)	Pritya (PPS) Vivran (DC)	Anindita (NLP)	-
8	WALL HANGING	VI	Siddhi (TV)	Rimsha (DC)	Ramveer (NLP)	-
9	RANGOLI MAKING	VII	Somya (MPS)	Drishvi (PPS)	Kushi (DCS)	-
10	PHOTO FRAME	VII	Jest (PPS)	Aditya Pratap (DCS)	Aashu (MPS) Radhika (DC)	-
11	MANDALA ART	VIII	Spursh (TV)	Rhyth (DCS)	Aryata (PPS)	-
12	RESINER DESIGN	VIII	Jaani (NLP)	Kanika (DCS)	Baby (PPS)	-

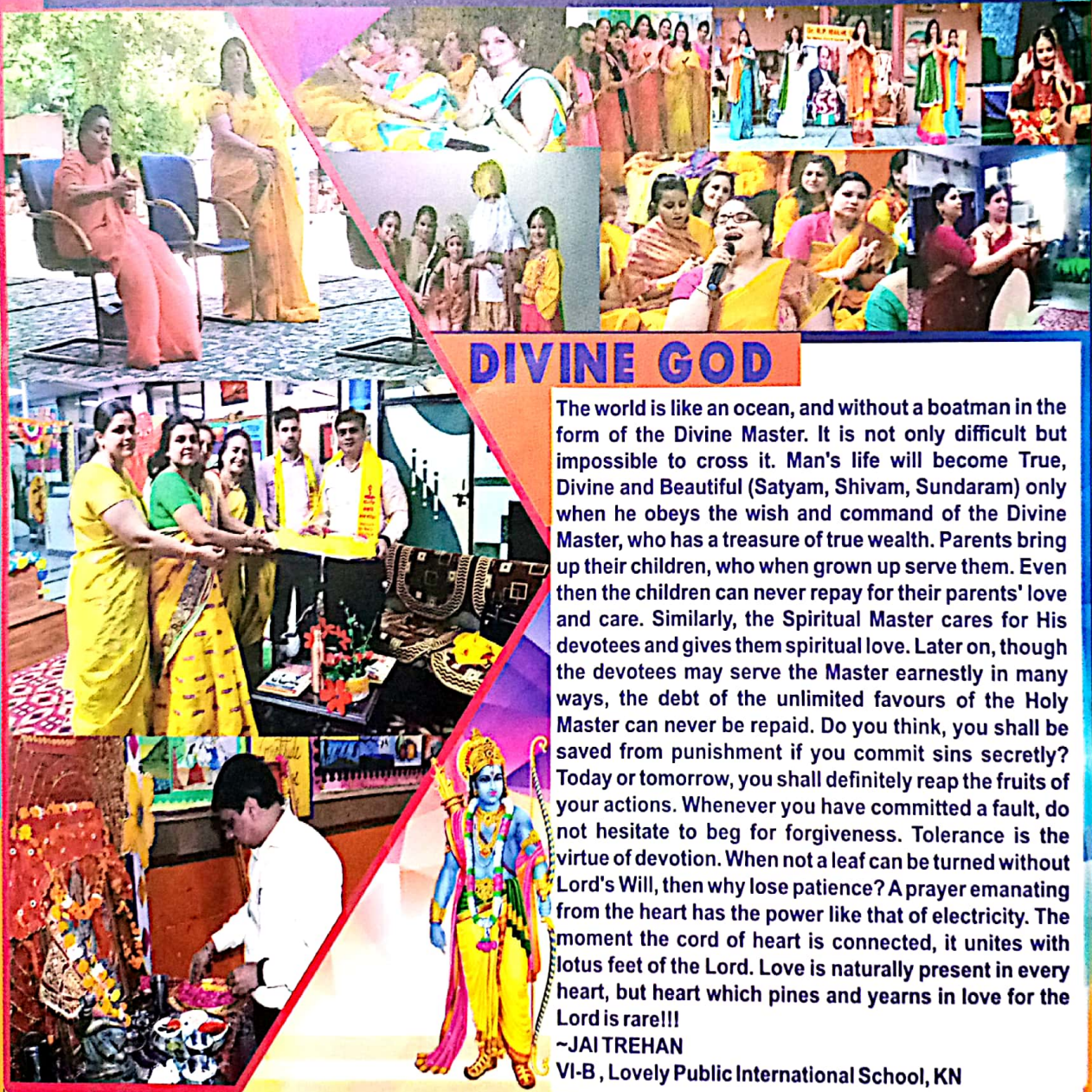


\*\*\*"Competition makes us faster; Collaboration makes us better."\*\*\*



## THE AUSPICIOUS NAVRATRAS

Navratri is the festival, which is devoted to the worship of Goddess Shakti. Navratri has special significance. It brings excitement and joy of celebration. On the auspicious nine days of Navratras, people engross in the devotion of faith. The same was witnessed in the school premises, as the teachers and students rejoiced in the festivity. Puja was performed by the esteemed management members- Chairperson Dr.S.D.Malik mam, Dr. Inder Malik- Principal LPSS, NLP, Dr.Mahima- Principal BCS and Mr. Satyam- Administrative Officer, LPIS KN, at the various branches of the school. Mata ki Chowki was organised and cultural performances like dandiya, bhajan singing and recitation of durga stuti etc. were presented by the teachers. The event concluded with the distribution of prasad to everyone.



## DIVINE GOD

The world is like an ocean, and without a boatman in the form of the Divine Master. It is not only difficult but impossible to cross it. Man's life will become True, Divine and Beautiful (Satyam, Shivam, Sundaram) only when he obeys the wish and command of the Divine Master, who has a treasure of true wealth. Parents bring up their children, who when grown up serve them. Even then the children can never repay for their parents' love and care. Similarly, the Spiritual Master cares for His devotees and gives them spiritual love. Later on, though the devotees may serve the Master earnestly in many ways, the debt of the unlimited favours of the Holy Master can never be repaid. Do you think, you shall be saved from punishment if you commit sins secretly? Today or tomorrow, you shall definitely reap the fruits of your actions. Whenever you have committed a fault, do not hesitate to beg for forgiveness. Tolerance is the virtue of devotion. When not a leaf can be turned without Lord's Will, then why lose patience? A prayer emanating from the heart has the power like that of electricity. The moment the cord of heart is connected, it unites with lotus feet of the Lord. Love is naturally present in every heart, but heart which pines and years in love for the Lord is rare!!!

~JAI TREHAN

VI-B, Lovely Public International School, KN





## ORIENTATION 2022-23



**THE FOUNDATION OF GOOD PARENT TEACHER RELATIONSHIP IS FREQUENT AND OPEN COMMUNICATION, MUTUAL RESPECT AND A CLEAR UNDERSTANDING OF WHAT IS BEST FOR A CHILD.**

In pursuit of same PLATO PUBLIC SR. SEC. SCHOOL, organized an Orientation program for the parents of NUR & KG class to familiarize to the latest curriculum session which was conducted by our Chairperson Ma'am Dr. (Mrs.) S. D. Malik, Dr. Inder Malik Sir and Director Mrs. K. Dhawan Ma'am.

Session was started by reciting Ganesh mantra where we bow down to the Almighty Lord Ganesh pray to him to bless us. Our Chairperson Ma'am Dr. (Mrs.) S. D. Malik told the benefits of "OM" chanting and how one should perform it. Then, the program was followed by a performance of our Lovely Platonians who were so nicely dressed up and was full with enthusiasm and touched one's soul.

Then the program was continued by prayer- OH GOD PLEASE by one students of primary wing through a beautiful mesmerizing way. Mantra of the day "OM" which was recited 3 times, basically to meditate, to cleanse one soul connect with God. Seminar on HEALTHY LIFE was conducted by Ms. Nikita. PPT's was shown as we all know good nutrition, daily exercise and educate sleep are the foundation of healthy living which keeps us fit, energetic and it reduced risk for disease. Afterward all the activity teachers introduced themselves. Reciting Hanuman Chalisa can ward off evil spirits, reduce the effects of Saturn and help those troubled by nightmare. Tapping exercise was also done by everyone while reciting hanuman chalisa. Then students welcomed our Chairperson Ma'am and Inder Malik Sir by alluring performance. After ward welcoming the dignitaries, Nursery and KG teachers, gave their introduction. In Teaching Techniques - Teachers shown the teaching methods in a musical way story. Parenting Tips & Rhythmic Time Saga (Nursery Rhymes) were also performed by MPS Teachers. Then our Chairperson ma'am give words of wisdom to parents. She gave so many good tips to parents that how to tackle the students & then she appreciated the parents with token of love. The programme was ended up with the Shukarana (thanks giving note to God) and National Anthem was sung.



## "MAKE EVERY DAY EARTH DAY"

To remind the students of their duties towards 'Mother Nature.' As a part of environmental education, "Go- Green" initiative was taken to engage the whole school community in making a difference. Earth Day was celebrated in our school

through Educational and Action-Oriented Activities. Banners and colourful charts were put up, reading "Go Green" and "Plant a tree today. Children learnt the importance of preserving the planet earth. Students expressed their views by making DRAWINGS OF MOTHER EARTH. Colouring Activity was conducted for Pre-primary students. Students of classes I and II made paper cut-outs of hands saving the earth. Students of Classes III and IV made beautiful badges of earth. Most prominent was a big earth made by students and the chart work displaying 'Every Day, Earth Day'.



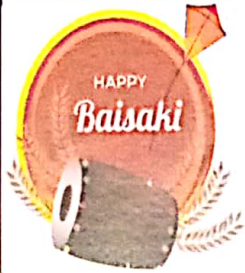
## "MOCK FIRE DRILL"

**MOCK DRILL  
MAKES IT CLEAR  
THAT IT IS JUST PRACTICE &  
THERE IS NO REAL FIRE.**



A fire drill is a method of practicing the evacuation of a building for a fire or other emergency. Mock Fire Drills and evacuation drills were executed for the entire School to create awareness and instructions maintain, calm and avoid panic to avert stampede and casualties. The main aim of the drill was to build courage and confidence among students and develop leadership skills.



**BAISAKHI CELEBRATION**

Vaisakhi, also pronounced Balsakhi, marks the first day of the month of Vaisakh and is traditionally celebrated annually on 13 April as a celebration of spring harvest primarily in Northern India. Further, other Indian cultures and diaspora celebrate this festival too. Baisakhi is the Sikh New Year festival which is one of the most important dates in the Sikh calendar because it is also a day to celebrate 1699 - the year when Sikhism was born as a collective faith.



**"CREATIVE HANDS  
MAKING THE  
WORLD BEAUTIFUL  
AGAIN"**



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## Mahavir Jayanti

On the occasion of Mahavir Jayanti, Lovely group of schools celebrated the day with great fervor. Lord Mahavira attained the nirvana at the age of 72. He was a contemporary of Lord Buddha. According to Mahavira every element was a combination of material and spiritual factors. While the material factor is perishable, the spiritual factor is external and consistently evolving itself. He held that the soul was a state of bondage due to karma.

On this day, an informative message along with videos in class groups were shared with students. Students learnt about the life and noble teachings of lord Mahavira. The young impressionable minds pledged to live a righteous life.



## Good Friday

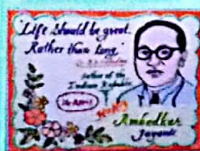
The Seven Last Words on the Cross give us a powerful insight into Jesus Christ's thoughts as he took all the sins of mankind upon himself. With these seven words on the cross, he forgives his enemies, forgives the penitent thief, cries out to God and declares the end of his earthly life.

So, to remember the sacrifices of Jesus Christ, his crucifixion and his death at Calvary, teachers of Lovely Group of Schools engaged students in an activity where they presented lines on "Seven Last words of Jesus during his Crucifixion."



## Ambedkar Jayanti

"I measure the progress of a community by the degree of progress which women have achieved"- Dr. B.R. Ambedkar. Lovely group of schools celebrated the birth anniversary of Dr. Bhimrao Ramji Ambedkar, the architect of the Constitution of India and recalled the contributions of Dr. B.R. Ambedkar by organising an inter class quiz competition wherein the students rejoiced in the glory of the day through this activity.





## Teamwork makes a Dreamwork!!



Cost of excellence is Discipline Every time when it comes to sports, a common question is asked by the people that "what is the importance of sports in students life?" As the world is emphasizing on importance of education in child's journey to become a balanced and mature individual, we have also come to understand the role of mental and physical well being. And that is possible only when sports work as a catalyst with the curriculum. Sports are crucial part of a student growth and development: 1. Improves mental and physical wellbeing 2. Empowering with life skills 3. Leadership and team building qualities. 4. Time management and discipline 5. Boost self confidence Sports has unlimited benefits to the mind and to the body and it also can teach us life lessons. The fact is sports teaches us life lessons in a unique manner worthy of remembrance. It also provides functional and social skills that will be quite beneficial both on and off the field. A. Time management It is very important for the students actively involved in sports and who still want a good academic grade. Juggling daily training schedules with the demands of lectures, conferences and projects (as well as maintaining a social life!) act as an indispensable practice for maintaining a work- life balance in the 'real world'. B. Skill development Skills like teamwork, leadership, patience, discipline, perseverance, learning from failure, Sportsmanship, etc are developed when we play sports regularly and these skills are equally important when it comes to studies and management. So, we can call sports a crucial thing when it comes to skill building. C. sports increases the self-esteem and mental alertness and this is the most effective when we involve in some sports activities at school as in early age we have a good grasping power. D. Mental health Sports teaches a person to deal with all kind of emotional issues and definitely, we all have to deal with some emotional issues in our life either at home or in the workplace. The skill we develop through sports helps us to accept all defeats as well as wins. At last, we have to come to a conclusion and that is studies are important for a better future but you can achieve the same goal with your sporting capacity also. Only one of the two will not lead you to your goal. So, you should get the habit of playing from the early school days and carry on this as much as you can.

Rishi G, XII

## The importance of Yoga in school curriculum

Yoga can be the perfect addition to the school curriculum as it can help children keep their minds calm and grow holistically. Yoga is an amazing science of life and living. School going students may have youth on their side, but that does not mean they are spared from the stresses and pressures of life. To add to these, there are social and family challenges, anxiety, bullying and emotional that also take their toll on children. Yoga enhances Physical Flexibility: Yoga promotes physical strength because children learn to use all of their muscles in new ways. Whether a pose is done standing, sitting, or lying down, each one can challenge various muscle groups, while helping a child become aware of his body and how it efficiently functions. It Refines Balance and Coordination: Balance is a key element of yoga. Balancing poses were created to promote mental and physical poise, as mental clarity and stability emerge from the effort of trying the poses. Develops Focus and Concentration: The act of practicing poses encourages children to clear their mind and focus on the effort. As a result of this single focus to achieve a particular pose or stay balanced, yoga helps children to focus and concentrate in school and get better grades. It Boosts Self-Esteem and Confidence: Yoga helps to instil confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility. It Strengthens the Mind-Body Connection: Yoga helps children achieve a sound mind in a sound body by exercising the physical body and calming the mental spirit. Someone shared- "Practicing yoga and taking these mindful pauses throughout the day is like hitting the reset button, for all of us."



Satakshi, XII



Art introduces students to a whole new set of experiences and ideas that they may have never witnessed before. These experiences allow them to look within because as students, they decide what they're seeing and feeling based on the emotional connection that they have with that work of art. As children, they tend to make emotional choices that are passionate to them which allows them to realize what they care about and what they stand for. When they are aware of this, they tend to be happier and healthier as individuals because they are able to figure out our purpose in life. There's no doubt that the arts are fun for kids. Acting in a play is exhilarating. But the arts also help kids develop on many fundamental levels. Here are the few ways that the arts help kids learn and develop important characteristics they will need as adults: Creativity. This may seem like a no-brainer, but the arts allow kids to express themselves better than Maths or Science. Improved Academic Performance. The arts don't just develop a child's creativity—the skills they learn because of them spill over into academic achievement. Confidence. While mastering a subject certainly builds a student's confidence, there is something special about participating in the arts. Children need to know more about the world than just what they can learn through text and numbers. Art education teaches students how to interpret, criticize, and use visual information, and how to make choices based on it. Learning how to make choices and decisions will certainly carry over into their education and other parts of life—as this is certainly a valuable skill in adulthood. Arts education can connect the children more deeply to the world and open them to new ways of seeing, creating the foundation to form social and community bonds.

Riya A, XII





## CONDUCT OF THE COMMON UNIVERSITIES ENTRANCE TEST CUET (UG)-2022 FOR UNDER GRADUATE PROGRAMMES IN CENTRAL UNIVERSITIES FOR THE ACADEMIC SESSION 2022-23

The CUET (UG) - 2022 will be conducted in **Computer Based Test (CBT) Mode**. The aspirants who desire to appear for the test, may refer to the Information Bulletin for admission to Undergraduate programmes of the desired Central Universities (CUs) for admission into the Undergraduate Programmes. The details of the programmes offered by Central Universities (CUs) is being made available on their respective websites. Online Application Forms for Undergraduate Programmes will open from 02.04.2022, the link for the same will be made available on the official website <https://cuet.samarth.ac.in/>. Candidates who wish to appear for CUET (UG) - 2022 are advised to go through the required eligibility of the desired University/ Universities for selecting the options from UG Programmes being offered. The Application will be open from 02.04.2022 to 30.04.2022.

### Examination Structure for CUET (UG) - 2022:

CUET (UG) - 2022 will consist of the following 4 Sections:

\* Section IA - 13 Languages      \* Section IB - 19 Languages      \* Section II - 27 Domain specific Subjects

\* Section III - General Test

Choosing options from each Section is not mandatory. Choices should match the requirements of the desired University.

Broad features of CUET (UG) - 2022 are as follows:

Section	Subjects/ Tests	Questions to be Attempted	Question Type	Duration
<b>Section IA - Languages</b>	There are 13* different languages. Any of these languages may be chosen.	40 questions to be attempted out of 50 in each language	Language to be tested through Reading Comprehension (based on different types of passages- Factual, Literary and Narrative, [Literary Aptitude and Vocabulary])	45 Minutes for each language
<b>Section IB - Languages</b>	There are 19** Languages. Any other language apart from those offered in Section I A may be chosen.			
<b>Section II - Domain</b>	There are 27*** Domains specific subjects being offered under this Section. A candidate may choose a maximum of Six (06) Domains as desired by the applicable University/ Universities.	40 Questions to be attempted out of 50	* Input text can be used for MCQ Based Questions * MCQs based on NCERT Class XII syllabus only	45 Minutes for each Domain Specific Subjects
<b>Section III- General Test</b>	For any such undergraduate programme/ programmes being offered by Universities where a General Test is being used for admission.	60 Questions to be attempted out of 75	* Input text can be used for MCQ Based Questions * General Knowledge, Current Affairs, General Mental Ability, Numerical Ability, Quantitative Reasoning (Simple application of basic mathematical concepts arithmetic/algebra geometry/mensuration/stat taught till Grade 8), Logical and Analytical Reasoning	60 Minutes

\* **Languages (13):** Tamil, Telugu, Kannada, Malayalam, Marathi, Gujarati, Odiya, Bengali, Assamese, Punjabi, English, Hindi and Urdu

\*\* **Languages (19):** French, Spanish, German, Nepali, Persian, Italian, Arabic, Sindhi, Kashmiri, Konkani, Bodo, Dogri, Maithili, Manipuri, Santhali, Tibetan, Japanese, Russian, Chinese.



**\*\*\* Domain Specific Subjects (27):** 1.Accountancy/ Book Keeping 2.Biology/ Biological Studies/ Biotechnology/Biochemistry 3.Business Studies 4.Chemistry 5.Computer Science/ Informatics Practices 6.Economics/ Business Economics 7.Engineering Graphics 8.Entrepreneurship 9.Geography/Geology 10.History 11.Home Science 12.Knowledge Tradition and Practices of India 13.Legal Studies 14.Environmental Science 15.Mathematics 16.Physical Education/ NCC /Yoga 17.Physics 18.Political Science 19.Psychology 20.Sociology 21.Teaching Aptitude 22.Agriculture 23. Mass Media/ Mass Communication 24.Anthropology 25.Fine Arts/ Visual Arts (Sculpture/ Painting)/Commercial Arts, 26. Performing Arts – (i) Dance (Kathak/ Bharatnatyam/ Oddisi/ Kathakali/Kuchipudi/ Manipuri (ii) Drama- Theatre (iii) Music General (Hindustani/ Carnatic/ Rabindra Sangeet/ Percussion/ Non-Percussion), 27. Sanskrit [For all Shastri (Shastri 3 years/ 4 years Honours) Equivalent to B.A./B.A. Honours courses i.e. Shastri in Veda, Paurohitya (Karmakand), Dharamshastra, Prachin Vyakarana, Navya Vyakarana, Phalit Jyotish, Siddhant Jyotish, Vastushastra, Sahitya, Puranetihas, Prakrit Bhasha, Prachin Nyaya Vaisheshik, Sankhya Yoga, Jain Darshan, Mimansa, Advaita Vedanta, Vishistadvaita Vedanta, Sarva Darshan, a candidate may choose Sanskrit as the Domain].

- ▲ A Candidate can choose a maximum of any 3 languages from Section IA and Section IB taken together. (One of the languages chosen needs to be in lieu of Domain specific subjects)
- ▲ Section II offers 27 Subjects, out of which a candidate may choose a maximum of 6 Subjects.
- ▲ Section III comprises General Test.
- ▲ For choosing Languages (upto 3) from Section IA and IB and a maximum of 6 Subjects from Section II and General Test under Section III, the Candidate must refer to the requirements of his/her intended University.

<b>Mode of the Test</b>	Computer Based Test-CBT
<b>Test Pattern</b>	Objective type with Multiple Choice Questions
<b>Medium</b>	13 languages ( Tamil, Telugu, Kannada, Malayalam, Marathi, Gujarati, Odiya, Bengali, Assamese, Punjabi, English, Hindi and Urdu)
<b>Syllabus</b>	Section IA & IB: Language to be tested through Reading Comprehension (based on different types of passages–Factual, Literary and Narrative [Literary Aptitude & Vocabulary])
	Section II : As per NCERT model syllabus as applicable to Class XII only
	Section III : General Knowledge, Current Affairs, General Mental Ability, Numerical Ability, Quantitative Reasoning (Simple application of basic mathematical concepts arithmetic/algebra geometry/mensuration/stat taught till Grade 8), Logical and Analytical Reasoning
<b>Registration</b>	Registration will be online at <a href="https://cuet.samarth.ac.in/">https://cuet.samarth.ac.in/</a> . (available from 01.04.2022)

**Level of questions for CUET (UG) -2022:** All questions in various testing areas will be benchmarked at the level of Class XII only. Students having studied Class XII Board syllabus would be able to do well in CUET (UG) – 2022.

**Number of attempts:** If any University permits students of previous years of class XII to take admission in the current year also, such students would also be eligible to appear in CUET (UG) – 2022.

**Choice of Languages and Subjects:** Generally the languages/subjects chosen should be the ones that a student has opted in his latest Class XII Board examination. However, if any University permits any flexibility in this regards, the same can be exercised under CUET (UG) -2022 also. Candidates must carefully refer to the eligibility requirements of various Central Universities in this regard. Moreover, if the subject to be studied in the Undergraduate course is not available in the list of 27 Domain Specific Subject being offered, the Candidate may choose the Subject closest to his choice for e.g. For Biochemistry the candidate may choose Biology.

**Candidates are advised to visit the NTA CUET (UG)-2022 official website**

**<https://cuet.samarth.ac.in/> (after 02.04.2022), for latest updates regarding the Examination.**

**For any queries/ clarifications, candidates can also call at the NTA Helpline number 011-40759000 or 011-6922 7700 or write to NTA at [cuet-ug@nta.ac.in](mailto:cuet-ug@nta.ac.in)**





## WORLD HEALTH DAY

**'The World is a much better place to live  
when your health is in place.'**



With the motto of "Building a fairer, healthier world", World Health Day was celebrated with zeal and enthusiasm on 7th April, 2022. Energetic participation of students was witnessed through various activities like salad and fruit chaat making, lemonade making, poster making etc. Children were also made aware about the importance of various physical exercises like yoga, aerobics and meditation thereby fulfilling its objective of developing a deeper understanding of living a healthier and sustainable life.

