

RPM Wisdom

NEWS BULLETIN

Monthly News Bulletin
May 2022

P-1



Chairperson's Message

"Education is the mother of leadership." - Wendell Willkie

Education is the basis of all progress it is for this very reason we have forayed into education about half a century down the entire purpose of education is not to restrict oneself to the bookish knowledge only but to inculcate humanitarian value in the children we at LPS focus on holistic development & education encompassing academics, co-curricular activities, sports and life skill training. Our endeavour is to strike a balance between state of art, infrastructure and internationally acceptable education. At LPS, we impart education that is based on current education system and is globalised. We rear a breed of young minds that are bustling with self-confidence, motivation and ready to take up challenges. Education is not a part of life it is life itself. It is a passion that ignites the minds of young generation to always move forward and create benchmark. LPS endows its students to learn about themselves as well as the changing scenario in their surroundings; while offering them a complete support and guidance to nurture their

inhabitation as prioritising only prudential things is not what matters what matters is how we make things prudential and what priority. breed of young minds that are bustling with self-confidence, motivation and ready to take up challenges. Education is not a part of life it is life itself. It is a passion that ignites the minds of young generation to always move forward and create benchmark. LPS endows its students to learn about themselves as well as the changing scenario in their surroundings; while offering them a complete support and guidance to nurture their inhabitation as prioritising only prudential things is not what matters what matters is how we make things prudential.

IMPORTANCE OF MANTRAS & PRAYER



"MANTRAS ARE MELODIC PHRASES WITH SPIRITUAL MEANINGS THAT SUPPORT THE INDIVIDUAL SEEKING TRUTH, REALITY, LIGHT, IMMORTALITY, HARMONY, LOVE, WISDOM, & ACTION."



Chanting is used as a spiritual tool in virtually every cultural and religious tradition. Mantra has special powers to transform mind, body and spirit. A mantra is a word, or a series of words chanted aloud or silently to invoke spiritual qualities. Mantra is commonly translated to mean "an instrument or tool for the mind" or "that which when reflected upon gives liberation." Endless chanting of Mantras or 'Japa' in a melodious rhythm can elevate both the physical and mental being of the participant through reverberating deep within the recesses of the mind, body, as well as spiritual self.

1. Improve attention & change mood.
2. Increase concentration
3. Decrease stress from mind
4. Relax mind and body



ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धीयो यो नः प्रचोदयात्

Prayer is your conversation with God and how you can develop a personal, meaningful relationship with the God of the universe who loves you. It's how he can do miracles in your heart. Through prayer, he can bring your life into alignment with his vision and plans.

1) **Prayer can set (or change) the tone of your day:** Starting your day in prayer will help to get your mind in the right place for more joy-filled day.

2. **Prayer helps you make better decisions:** Praying about each decision will help you make better choices. Ask God for help and guidance.

3. **Answered prayers are prayers prayed:** He's ready and waiting to bless. Make God a priority in your schedule, opening your heart, and submitting to his lead.



Dr. Inder Malik

From Director's Desk

Dear students

With our excellence in understanding the overall development is aspects of children. We at LPS believe on the ideology that every child is born with unlimited potential and focus on nurturing them immensely by bringing out their apprehensions and inherent talents. In the quest for excellence you should continue to mould, sculpt your mind enrich your soul and Ignite the spark of lifelong learning to be adaptive, fearless, humane good decision maker, honest sedulous ,creative, explorer, self-reliant, confident and happy. The time and effort you spent today at the deciding factors of your later years. "Arise! Awake! and stop not till the Road is Reached."

It's SUMMER TIME! While you and the family are enjoying the much needed quality time, mornings with no alarm clocks, and maybe even some nights with not set bedtime, I want to encourage you to keep some semblance of academics alive in the fun.

- * Please continue to encourage your child/children to read at least 20 minutes a day.
- * On your vacations, make time to read about the history of the places your are visiting.
- * Involve your children in planning and reflection.
- * Create videos that capture the uniqueness of the summer vacation and write a summary.
- * Have your children keep a journal to memorize their summer moments.



**MRS. K. DHAWAN
DIRECTOR (PPS)**

ENJOY YOUR SUMMER HOLIDAYS TO THE FULLEST MY CHILDREN & REVISE YOUR LESSONS!

IMPORTANCE OF EDUCATION

Education is an important tool which is very useful in everybody's life. Education is what differentiates us from other living beings on earth. It makes man the smartest creature on earth. It empowers humans and gets them ready to face challenges of life efficiently. Education is important because it is responsible for the overall development of a person. It helps you acquire skills which are necessary for becoming successful in life.

It is widely accepted that the learning process is important in shaping one's personality and the way he/she deals with situations of life. The shift of thoughts from bookish knowledge to knowledge of life, in schools, has brought for the sea of change. People have warmed upto the idea of education being the key to a well-rounded development instead of just a mean to acquire degrees and other success in life. When one is educated enough, they won't have to depend on any one else for their livelihood.



"HAPPINESS IS A BLESSING"



Life is one of the most beautiful and lovable journey which offer lots of opportunities , responsibilities and some life long experiences with a hidden moral. These all twist and turns makes the life more interesting and develops a sense of will power and optimism. The greatest gift of life to the mankind is "the presence of happiness in every task" which one can achieve from almighty. Being a student I really feel blessed to study under the guidance of such great teachers who always motivate and inspire us by saying -"finding happiness in studies creates more interest towards the subject and that further contributes to future developments. The beautiful aspect of life is that - it favours and disfavours everyone, it is never been partial.we should always thankful to god for giving us such a great life that enriches a person with glorious memories and this all is the blessing to humanity.

By- Arpita (VIII)



SAVE THE GIRL CHILD



Why some people think girls are burden?
 Why they think that girls are curse for them?
 We girls are born in this beautiful world.
 so why, people use to humiliate them?
 Why people use to dominate them?
 We girls are the powerful creation of God'
 So, why people want a boy child,
 They always think in theirmind,
 Their thinking is not true,
 Girls are better from everyone.
 Do not discriminate between boy & a girl.
 We all had equal rights,
 Fight for that right,
 For respect that we girls deserve.

By: Ilma Saifi (VII)

From the Director's Desk...

"Education is a right, not a privilege...
It is an opportunity not an entitlement".....



DR. MAHIMA MATHUR
DIRECTOR

Education is a fundamental asset that triggers young minds to explore infinite possibilities in the world of excellence. It is not mere accumulation of facts but a primary factor that helps an individual fight all challenges of life and this behavioural responses of individuals reflect the overall growth and development of the society. Our intent is to promote a progressive society by imparting education that becomes the first attempt towards empowering students to enable them to contribute productively to every sphere of life. The school's curriculum has been designed keeping the future of these young achievers in mind with an unparalleled infrastructure and an efficient learning environment both in school days and holidays.... Summer vacation is a great chance to cheer up our souls and refresh our minds. Wish you all the best for your vacation. May all the happiness in the world embrace you and let your fun be unlimited with friends and family. Make optimum utilization of the season by learning and enjoying as there is no

"The hard work of today
is the triumph of tomorrow."



MR. SATYAM
ADMINISTRATIVE OFFICER

I welcome the future leaders of the school who gave their best and held a prestigious position in Students' council. I would like to stress on our mission of grooming young minds and hearts in this context, as the pillar of advancement of a nation and hope of the future. As an established and highly esteemed institution we maintain an utmost academic standard incorporated with the conduct of discipline, thereby achieving remarkable and excellent growth of the students. I wish all the achievers of today to lead tomorrow with undaunted confidence. You all have worked hard in the past few months and now it's time to have a refreshing vacation. So have a playful summer holidays and spend quality time with your family. Hope your summer is filled with reading, writing and acquiring

WORLD LAUGHTER DAY

World Laughter Day is celebrated on the first Sunday in May every year to raise awareness of laughter and its many healing benefits. The day also marks an attempt to manifest World Peace and form a global consciousness through laughter. Keeping this thought in mind RPM Lovely Group of Schools celebrated World Laughter Day with great pomp and show. Our happy lovelities made different emojis and laughing faces. In the end everyone tapped their feet on laughter song and laughter exercise was done. The day ended with a big smile on Everyone's faces. It was a joyous experience for the children as well as the teachers.



"If you want to stay healthy and happy, then all you need is a carefree laugh"



INVESTITURE CEREMONY

This momentous day of investiture ceremony dawned to bestow responsibilities on the deserving young talents of the school to lead their school from the front with their commitment, confidence and competence. The school held the ceremony with great enthusiasm. It was the occasion where the young students were all prepared to don the mantle of leadership and discharge the responsibilities entrusted to them by the school. To inculcate the leadership qualities in students and to give them a feel of being an important and integral part of the administrative body, 'Student Council' is formed every year. The elected Head Girl and Head boy introduced themselves and they were conferred with badges and sashes by our management of Lovely Family. The student council took the pledge to hold the school motto in high esteem. It was a proud moment for the school to witness their children being invested as they embarked on a new journey as leaders.



'If your actions inspire others to dream more, learn more, do more and become more, then you are a leader.'



SPECIAL ASSEMBLY

Infused with magnetic energy and surrounded by cheerfulness, a special assembly was presented by Grade-II and V in LPES, Yojna Vihar on 7th May 2022. Special assembly undoubtedly holds a significant position out of all the routine activities in school. The event began with a welcome speech delivered by the Academic Head. The day started with seeking the blessings of almighty by reciting Gayatri Mantra, Shani Mantra blissful prayer followed by inspirational and motivational affirmations. The little cherubs mesmerized everyone with their welcome song and dazzling dance. During the event inspirational and motivational

video of our Chairperson Dr. Mrs. S. D. Malik Ma'am was presented to grace the event. Rocking students of Grade-II presented a skit to highlight the importance of food and a skit performed by Grade -V students illustrated the forest life. Students carried inspiring and attractive placards with slogans urged everyone to "Save Forest Save Life". Towards the end of the event, parents also shared their views and motivated the efforts of students as well as staff members. To close the event a blissful video of Shukrana was shown. With vote of thanks and Shanti Path, the event came to an end. The marvelous performances of the students touched everyone's heart.





LATE DR. R. P. MALIK
FOUNDER OF SCHOOL

WITH THE SHOWERED BLESSINGS OF..

*Learning is the beginning of wealth.
Learning is the beginning of health.
Learning is the beginning of spiritual growth.
Searching and learning is where the miracle process all begins.*



DR. (MRS.) S. D. MALIK
CHAIRPERSON

Summer Holidays Homework - Session 2022-2023

Dear Student

Holidays are the time that we all eagerly wait for!!! We all make plans to enjoy, to relax and to empower ourselves during these gala days. This Summer Vacation, the Holidays Homework are so designed by the mentors of the School as a medium for you all to achieve the motto of "Fun and Learn". The activity based assignments will foster curiosity, creativity, enhance knowledge and instil the joy of learning among you all. They will certainly help you to discover a new you who is more enriched, confident and performs every action to Perfection. As it is well recognized that the school not only focuses on academics but lay equal importance on co-scholastic competencies. The school also desires you to adhere to the following guidelines for a fulfilling summer break.



Remember



Take a printout of the holiday homework and do the work as per the



Work done should be neat and presentation should be creative

Holidays Homework will be assessed on certain parameters and marks/grades will be awarded accordingly.



Read Textbooks chapters thoroughly and make optimum use of the practice manual.

Make sure that subjects syllabus done till May must be revised thoroughly



Complete and submit the Holidays Homework in the first week of July.



Being a Wonderful Human Being!!

Be a good time manager and follow the schedule



Pray to Almighty daily and thank God for the blissful life that you enjoy



Read newspapers daily and stay updated with current affairs



Be a helping hand to your parents, Spend time with Grandparents and learn the skill of shared

Appreciate nature ,go for "Nature walks", plant trees and spread the message of Nature Conservation *



Minimize the use of gadgets to take care of your eyes.



Keep a water filled container outside your house for the birds and animals for their

Pursue hobbies, like cooking, painting, dancing, playing instruments, singing and make a video of it.



Read meaningful books like -

1). You Can Win (Shiv Khera).



3). The Monk Who Sold His Ferrari. (Robin Sharma).



2). Stories of Panchtantra



4). Famous Five By Enid Blyton



REQUEST TO PARENTS

Every action is important and every deed is vital....

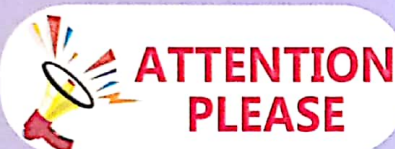
Summer vacation time is an opportunity to spend the quality time with your child and make him/her feel special of his/her unique identity. So just spare sometime and do the following:

Enhance your Learning - Let your child watch some entertaining educational TV shows such as Discovery Kids, Animals Planet and make the learning interesting.

Art of Giving - Visit at least one out of these- "Orphanage, Old age home, Blind home" etc. Such activities will help the child to grow with love and humility.

Connection to God - Talk about omnipresence of God and humility being developed with regular prayers and doing good deeds as to offer best prayer to the God. Take them to some religious places.

Family Bonding Time - Talk about the importance of parents and elders. Daily have at least 1-2 meals together. Follow the habit of taking one fruit daily. Watch some good movies with your ward on love, compassion, humanity, kindness, forgiveness etc.



- * The school will reopen on **1st July 2022**.
- * The school office will remain **OPEN** during the summer vacations on all working days.
- * Holiday Homework will be uploaded on School ERP System.

Vacation Time



Navya Aggarwal
(IX A - BCS)



Vacation is the best part of a student's life. It offers the much-required break from the school routine, early morning alarms and strict rules. Vacation is said to be the best time for everyone; all eagerly wait for this time of the year and have numerous plans set for the same. Vacations is one word that instantly brings a smile on our faces. And why not? It is the time offers a great respite from the dull and boring routine we follow each day. It is time to try new things and bond with our family.

A time of fun and joy, In which I did enjoy.
Learning and games both came, I treated them the same.

A time of rest and enjoyment,
A time needed for students everywhere,
After the heavy wear and tear.
A time to pursue hobbies and interests,
To do things in others' behests.
It is a time to visit family,
Who for long you have not seen,
Time for a lot of happiness and fun.
Indeed student like this time,
In which study is not given a dime.
It certainly is filled with lots of festivity,
In which children can develop their creativity.
Summer Vacations is of course very important,



Importance of Physical Fitness

Our body is one of the most important thing for us. People may come or go but our body is always there for us. Physical fitness is nowadays ignored by many of us.

Our day to day lifestyle & our busy lives do not let us focus at our Physical health as well. Physical fitness gives us confidence & help us to fight with diseases. Now a days, during the pandemic time when we all of us were locked in our houses, we were unable to focus on our physical fitness. In order to get physically fit, one not only needs to do regular exercise but also have to improve their lifestyle. Staying up late & waking up late in the morning has a lot of adverse effect on our bodies. Eating fast food could save our time but will affect our health.



Sonika Chawla
(XII B- BCS).

CREATIVE CORNER

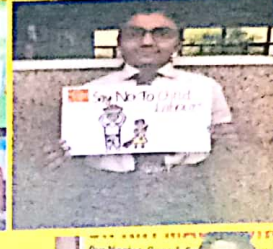
Inspiring Creativity !!!



FANCY DRESS

Developing Interpersonal Skills !





"EVERY WORKER IS VALUABLE AND OUGHT TO BE TREATED FAIRLY ACROSS THE WORLD."

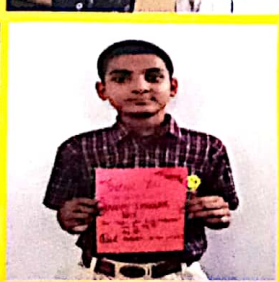
Happy International Labour Day To All

To felicitate the tremendous efforts of the labour force, that work tirelessly, the International Worker's Day also called as Labour Day, is celebrated.

Labour Day is a reminder for us that these are the real architects of our society, and they deserve our due respect. We always believe that it is small act of kindness that counts and we attempt to inculcate that same virtue in our children.

The students celebrated the Day by making 'Thank You' Notes and Posters on the same. The teachers briefed the children about Labour Day and its importance. The children expressed their gratitude by giving self made gratitude note to maids in the school and also to different people. They were overwhelmed by this act of thankfulness and enjoyed the day. The activity was designed to forge a better understanding of the labour community among our students who must learn to respect and appreciate their efforts.

Overall it was a fruitful day which taught our students to be thankful to everyone.





In every smile and laughter; In every silent prayer answered; In every opportunity that knocks your door – May Allah bless you! May you be blessed with immense joy, happiness, peace and prosperity.

Wishing All of you Happy EID

Festivals are an Integral part of Education as they help to create a sense of national or cultural equality among the students. Celebration of festivals bring them closer to traditional belief.

Eid-e-Milad-un Nabi was joyfully celebrated in the School. The aim was to enlighten the students about the spirit of festival, spreading the message of love and brotherhood in the young minds. Teachers discussed about the importance of this festival that Eid is a time to share happiness. Students were involved in different activities based on Eid. Both teachers and children enjoyed the Eid celebration wholeheartedly.



INTER BRANCH BOOGIE WOOGIE COMPETITION

Great artists are people who find the way to be themselves in their art. It is rightly said that Dance is the hidden language of the soul. It brings joy and cheer for almost everyone. And at times it leads to passion and profession for some people. 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 and therefore never fails to provide an opportunity to encourage the talented lovelies in enhancing their passion related to dance. Focussing on this RPM Lovely Public Sr. Sec. School hosted an Inter Branch Dance Competition of Dance i.e. Boogie Woogie dance with great enthusiasm for class Nursery to Ind. Ms. Kanishka Bassi a versatile choreographer was present as a guest of honor. It was amazing to witness all the performances from all the participants. All the participants performed splendidly. The competition was marvellous and participants gave their best performance.



Class	Position	Winners	Branch
NUR	I	Paavni Dharvi	DG
	II	Maisha Reevea	BCS
	III	Keeratpreet Kayra	NLP
	Consolation	Shivangi Virat	MPS
KG	I	Manvi Chawla	NLP
	II	Ananya Pandey	BCS
	III	Myra	DG
	Consolation	Devanshi Malik	K.N
I	I	Kridha Apeksa, Ridhima Omansh	K.N
	II	Piyush, Avnish, Aarav	N.L.P
	III	Yash, Aisha Aarav, Vanika	Plato
	Consolation	Shivanya, Kashvi Dhanya, Shivya	Y.V
II	I	Divya, Nishtha Madhureema, Dishani, Twinkle, Anika	NLP
	II	Aaradhya, Sanvi, Divyanka, Shazia, Usman, Tanya, Priyanshi	Plato
	III	Tanu, Meera, Mirapal, Sanvi, Mishika	Y.V



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

Inter-Branch Computer Techno Fest

As technology helps to assist students in achieving goals.
It is an ample need of today.

Understanding today's necessity for being techno friendly An Inter Branch Computer Techno Fest was organised for Classes (III - V) in Lovely Public International School, Krishna Nagar & Classes (VI- VIII) in RPM Lovely Public Sr. Sec. School, NLP on May 6, 2022.



Event : Written Assessment

S. No.	Class	Position	Branch	Name of the Student
1.	III	I	KN	Kapish Gambhir
		II	PPS	Shruti Singh
		III	NLP	Manav Bothra
2.	IV	I	BCS	Bhavay Ahuja
		II	KN	Naksh Lakhotia
		III	DG	Ishant Gupta
3.	V	I	KN	Pranjal Jain
		II	BCS	Krishna Raghav Negi
		III	YV	Atharv Awasthi
1.	VI	I	NLP	Harveen Kaur
		II	KN	Vivaan Bansal
		III	DG	Agrim Singh
		Cons.	BCS	Vaishnavi Rana
2.	VII	I	PPS	Ilma Saifi
		II	NLP	Komal Singh
		III	MPS	Diksha Kamal
		Cons.	DG	Harsh
3.	VIII	I	MPS	Archita
		II	NLP	Mayank Aneja
		III	BCS	Ronak Aggarwal
		Cons.	YV	Samyak Jain

Event : Creative (Practical) Round

S. No.	Class	Position	Branch	Name of the Student
1.	III	I	BCS	Kashvi Pawar
		II	KN	Tisya Jain
		III	DG	Samridh
2.	IV	I	BCS	Inderjeet Singh
		II	KN	Lavanya Gupta
		III	NLP	Advit Goel
3.	V	I	KN	Anshu Raj
		II	NLP	Vinayak Babbar
		III	YV	Diya Malhotra
1.	VI	I	KN	Jai Trehan
		II	NLP	Shubhanand
		III	BCS	Ashutosh Jha
		Cons.	MPS	Nikhil
2.	VII	I	NLP	Vansh Arora
		II	DG	Kashvi
		III	BCS	Dhanraj S. Rajput
		Cons.	YV	Avni Bhardwaj
3.	VIII	I	NLP	Janvi
		II	DG	Ananya Jain
		III	PPS	Prakhar Kotnala
		Cons.	MPS	Kushagra



Rabindranath Tagore

Born to Debendranath Tagore and Sarada Devi, he was also referred to as 'Gurudev', 'Kabiguru', and 'Biswakabi'.

He received many titles such as Poet, writer, playwright, composer, philosopher, social reformer and painter.

Rabindranath Tagore Jayanti or Rabindra Jayanti is a cultural celebration to mark the one of the most celebrated litterateur in the world. Tagore jayanti in remembrance and reverence for the polymath Rabindranath Tagore and also to mark his birth anniversary is widely celebrated by the Indians.

Lovely group of schools celebrated the tagore Jayanti by participating in public speaking, comprehensive reading of books by Tagore and poem recitation.

Buddha Purnima

We are formed and moulded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them." Gautama Buddha. The sacred occasion known as Buddha Purnima marks the birth, enlightenment and the demise of the great Lord Buddha and holds great significance not only for the Buddhists but also every lover of peace around the world.

Buddha Purnima, in the month of Vaishakha, is an extremely auspicious day. It is believed that Gautama Buddha obtained enlightenment on this day. Buddha Purnima is also known as Buddha Jayanti, Vesak and Vaishaka.

On this occasion, Lovely group of schools celebrated the day with great fervor. Students participated in activities such as quiz competition,

Smiley Printing Activity

World Book Day

"A room without books is like a body without a soul."

Keeping this in mind RPM LOVELY GROUP OF SCHOOLS celebrated World Book Day with great zeal and passion. Various activities were conducted for the children. Children made bookmarks and posters showcasing the importance of books in our lives. On this beautiful day, children took initiative to create class library. They also read different books issued to them by school library and enjoyed some peaceful and magical time with their best friends- BOOKS.

A book is a gift that you can open again and again.



Mother - A true blessing of God.

A Mother is one who can take the place of all others, but no one can take her place.

Mother's day is a special day, for all children and mothers as, it celebrates the bond of love and affection that is everlasting. Mothers are the emotional backbone of the family, who have the magic touch to heal all wounds and make all things beautiful. The

children of RPM Lovely Group of Schools expressed their love for their mothers by making beautiful cards, craft work, writing poems and much more. The mothers were overwhelmed with the gesture of love shown by their children. Pictures depicting mother- child bond added more glitz to the day.



★ STAR HAND BREATHING

As per the studies, mindfulness is an essential life skill. Mindfulness practices help focus attention and have the potential to enhance both teacher and student well being. Mindfulness techniques focus on the development of the whole person – awareness of the mind, body and emotions. Mindfulness is practised widely around the world and contributes in enhancing Academic performance. Due to positive research results mindfulness programs have been implemented in schools around the world over the last decade. Seeing the benefits, mindfulness activities are an integral part of **RPM Lovely Group of Schools'** curriculum. Children enjoyed doing star hand breathing activity, which focussed on understanding breathing.



MOCK DRILL

"Preparedness is the calm before, during and after the storm." Mock drills and evacuation drills were executed for the entire school to create awareness and preparedness during calamities. The students were trained to be alert, quick and responsible, follow instructions, maintain calm and avoid panic to avert stampede and casualties. The main aim of the drill was to build courage and confidence amongst students and develop leadership skills. The staff members positioned themselves on the important exit points to guide and assist the students as soon as the alarm went off. The students quickly moved out in proper lines. Students are trained to reach the safe designated areas allocated for them in case of any emergency. Regular evacuation drills are conducted at **RPM Lovely Group of Schools** every month to focus on activation of the full response system, incorporated decision making and life safety aspects.



Importance of clubs in schools

School clubs create small communities. They attract people who share the same interests such as in music, arts, or sports. Club activities help students develop sense of unity and teamwork, learning how to work with others in reaching the same goals. Students learn from each other. Whether they are working on one project or separately, everyone is able to learn from each other during club activities. They are not only receiving insights from their teachers or club advisers but also from their classmates and peers. They gain new perspectives and also learn the importance of respecting another person's viewpoint. Clubs enable students to meet, mix, and collaborate with other students from different backgrounds in a different environment. They are pushed outside of their comfort zone and encouraged to socialise with people they are not very familiar with.

An English Club is a place for language learners to use English in a casual setting. This club offers students a chance to practice English by actually speaking it. There are other advantages, too. English club is less formal than a classroom setting. Practising the skills in the classroom is important, but it is not like real life which gives this club its uniqueness.



ENGLISH CLUB

Music education is the way ahead. Countless benefits are interconnected with music education. It's a well proven fact that learning music facilitates and enhances the learning ability in children which is inevitably used in other aspects of life as well. The importance of Music club is to develop learning through music which further helps to develop the motor, social and emotional skills in children along with improving the overall literacy rates as well.

MUSIC CLUB

The IT Club focuses on means to expand and enrich the knowledge of students who are interested in the innovations in information technology. IT clubs benefit children in a number of ways. In computer-related clubs, they establish job skills that they will need in their future careers, according to Education World. Children also remain up-to-speed in the ever-progressing world of technology. This gives benefits to student who wants to do more activity with their talent in the field of computer technology & networking.



IT CLUB

Yoga brings together mind, body and breath to produce perfect balance within us. In today's rushed lifestyle, Yoga can be the perfect addition to school curriculum as it can help children keep their minds calm and grow holistically. Yoga's innate ability to cease the mental chatter and live in the moment reduces stress and anxiety, showing profound benefits in every sphere of life. Students are very stressed individuals, keen to outperform themselves and prove their worth every chance they get. Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance.



SPORTS / YOGA

सकारात्मक मूल्य और दृष्टिकोण

जीवन तथा व्यक्तित्व के विकास में सकारात्मक दृष्टिकोण उपयोगी होता है। मनुष्य के विचारों तथा दृष्टिकोण का उसके व्यक्तित्व पर गहरा प्रभाव पड़ता है। कहा गया है कि जैसी सोच वैसा कर्म। सकारात्मक दृष्टिकोण से आपकी इच्छा शक्ति, आप का संकल्प, आपका आत्मविश्वास, आपकी महत्वाकांक्षा, आपका उत्साह बढ़ता है तथा आप सफलता के निकट पहुंच जाते हैं। अच्छी सोच से आप अपना, दूसरों का तथा समाज का भी कल्याण करते हैं। अपने मस्तिष्क से नकारात्मक विचार तथा उनसे जनित

अवगुण जैसे ईर्ष्या, जलन, घृणा, संदेह, द्वेष आदि को निकालकर दूर फेंक दें। अपने मस्तिष्क में सकारात्मक

विचारों को ही आमंत्रित कीजिए। आप जैसा आदेश अपने मस्तिष्क को देंगे वह वैसा ही विचारों की संरचना करने में व्यस्त हो जाता है। हमारी आशावादी सोच, हमारी गतिविधि व कार्यों को प्रभावित करती है जिससे उसके परिणाम भी अच्छे आते हैं।



The Eco club in the school empowers students to participate and take up meaningful environmental activities and projects. It is a forum through which students reach out to influence, engage their parents and neighbourhood communities to promote sound environmental behaviour. This is also a brain teaser for the students where they pick up the recent burning issues like How to protect our Earth, Climate Change, Health & Wellbeing etc.

Creative Art club helps the students in developing their creative skills. Creative art club allows for free expression from students they can feel open to experimenting and creating from their imaginations. Students have unique ideas and powerful imaginations and need the space to work through their artistic expression on their own terms, without any objectives and boundaries. Art and creativity teach problem-solving, which is a critical skill for success in life. By engaging in artistic activities and study, children develop confidence in their abilities, and they learn how to innovate. The arts encourage risk-free exploration, and it is this freedom that builds confidence.



CREATIVE ART



FEEL YOURSELF

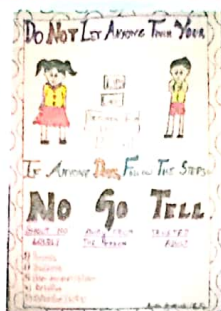
Good touches are always good. But Bad touches are unsafe, not okay. Here are some examples of good touch and bad touch.

GOOD TOUCH

Aparent hug & kisses.
Grandparents Love.
Teacher pat you on the head "Good Job"
Brief friendly hugs by family members.
Brief kiss on the cheek or forehead.
Shaking hands or giving High5.
Doesn't scare or make you feel bad.

BAD TOUCH

Makes you feel scared/nervous/ashamed.
Forced or Hurts.
Told to keep it a SECRET.
Touching or patting areas covered by a SWIM SUIT.
Kissing on mouth.
Touching the buttocks.

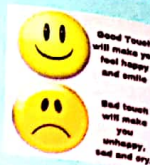


Devyanshi, III A

GOOD TOUCH & BAD TOUCH

A mother hugging a child or a doctor examining a child or a grandparent kissing their child are all examples of a good touch. Any touch that makes the child happy or secure is good.

A touch that makes a child afraid, uncomfortable or nervous is a bad touch. For example, if anyone touches your child and tells him or her not to tell anyone, it is a bad touch. Make sure you develop a safe space with your child so that he/she can get the courage to talk about it.



Amayra Aggarwal IA

BE SMART ; BE SAFE

I learnt these things from the webinar of Good Touch and Bad Touch.

1. We should learn to say no to others whenever we are not feeling good.
2. We should only allow our parents to touch us.
3. If we are not comfortable with someone we should immediately inform our parents.
4. Our parents are our best friends and we should share everything with them.
5. Shout when someone touch intentionally.

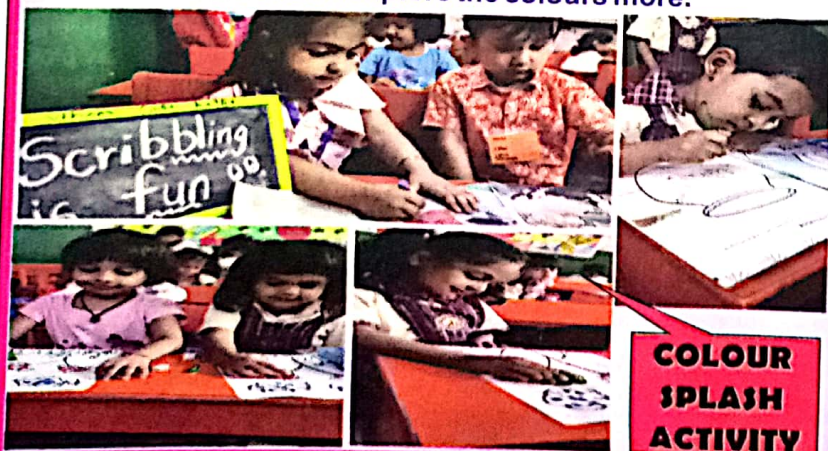
Type#1 Good touch-safe touch



Shivanya Kg B

COLOURS ARE THE SMILE OF NATURE

Each and every colour depicts the beauty of our nature and to enhance that beauty among our young artists, we always put our step forward to bring more and more activities related to Art and crafts. This time we let our Lawreans to splash the colours on the canvas. They all did blow painting and splashed colours. A great way to let the young minds think out of the box and explore the colours more.



BEAT THE HEAT

