



VIDYARTHI

OCTOBER 2016

A NEWSLETTER OF VIDYA NIKETAN SENIOR SECONDARY SCHOOL

A lesson from Nature

Look at the birds, O children dear!

And learn to be careful.

Look at the flowers, O little ones!

And laugh and live in joy.

From the deer you can learn to skip

And learn to sing from the birds

Watch the sky and learn to draw

Look at the trees, O children dear !

And learn to serve always.

Look at the mountains and the stream

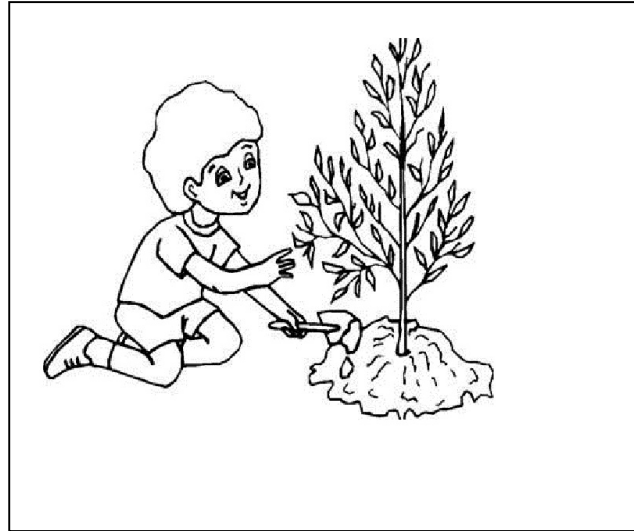
And learn to face the storms.

God has made this lovely world

For you to see and learn

Like the sun you must love and shine

And brighten others' life and be kind.



Vansh Rawat - Class IV B

Soul Curry



Peace of Mind is a state of mental and emotional calmness with no worries, fear or stress. When the mind is quiet, you experience a sense of happiness. This peace of mind can be attained by just deleting some unwanted activities from your everyday schedule.

Stay away from negative conversations and from negative people, don't hold grudges, accept what cannot be changed, don't dwell on the past, be more patient and tolerant. Meditating just a few minutes every day will make you peaceful, relaxed and happy. This inner peace will eventually lead to external peace and we can touch the lives of others by influencing them with our peaceful state.

Kashish Goel – Class X A

Activities

- ❖ The students of class IX and X attended a workshop organized by *The Hindu* on 'Developing study skills' on 4th August 2016. Children learnt revision techniques & effective ways of making a timetable to help them score better.
- ❖ The students of class XII visited the National museum for educational purpose on 5th August 2016.
- ❖ A workshop on 'How to improve conversation skills' was conducted by *The Hindu* for classes VIth , VIIth and VIIIth on 9th August 2016.
- ❖ Students of Class 1 and II were thrilled to participate in an Inter House Rakhi Making Competition on 17th August.
- ❖ Independence Day Celebrations on 12th August 2016 were special. Patriotic songs, poetry recitation on 'The Motherland', 'Our India', 'Aazadi Aur Anushasan' were some of the highlights of the event. A short musical play caught the attention of the entire school, reminding us of our hard earned freedom.
- ❖ Shubham Kundra, Pratham Swaika, Mritunjay Nayak, Tushar Swaika and Tushar Kumbhwal participated and represented the school in III DESYA Chess competition held in Govind Puri. Tushar Kumbhwal claimed the Third prize in the open Blitz category which was a part of the same.
- ❖ In the Avatar of unsung heroes like Matangini Hazra, Rifle Man Jaswant Singh, Begum Hazrat Mahal and Bikaji Cama, students of classes VI, VII & VIII on 12th August 2016 brought to life the stories of these lesser known heroes. The Inter house competition on unsung heroes of India's freedom struggle was inspiring.
- ❖ Eiti Tiwari and Malti Bhandari of Class XII went to Vasant Valley school to participate in a Social Science Quiz on 12th August 2016. Students also participated in an interactive session on Women Empowerment.
- ❖ Social Issues at the heart of India, through Power point presentation, was a new way of addressing the concerns that burden the hearts of many. Students of Classes IX to XII on 20th August 2016 participated in an Inter House PPT Presentation Competition addressing issues like Reservation Policy, Status of women, Terrorism and Juvenile Crimes.
- ❖ Students of Classes III, IV and V participated in an Inter House 'Kite Making Competition' on the occasion of Independence Day.
- ❖ The paintings of Rupa Das, Aditya Srivastava and Pratibha Rout were selected to represent our school at a painting competition organized by CBSE on the topic 'Swatantrata Senani' held on 20th August 2016.
- ❖ To hone the skills of listening and speaking in order to perform better in their ASL(Assessment of Speaking and Listening Skills), *The Hindu*, conducted a workshop for classes IX & X on 24th August 2016.
- ❖ The school has introduced Badminton as part of physical activity for students.
- ❖ A flute recital was organized for the students of classes X, XI and XII by the Krishna Prerna Charitable Trust on 21st September 2016. Mr Michael Smetanka, an artist from Slovak gave an extraordinary performance.
- ❖ Ms Frankincence Shimrah attended a workshop conducted by CBSE in Gurgaon on Capacity Building Programme in social science for Class X on 20th August 2016.
- ❖ On the occasion of Teacher's Day students conducted a special assembly for the teachers. The assembly comprised of a short play, poems and articles on the importance of teachers in the education system.
- ❖ Mr Saeed Naqvi addressed the faculty on Teacher's Day. His talk on education and teaching was a source of encouragement for all.

- ❖ The students of classes IX, X and XII watched the Live Telecast of speech given by the Hon. President of India, Shri Pranab Mukerjee on the occasion of Teacher's Day.
- ❖ The First Terminal Examination started from 14th September 2016 for Classes VI - XII.
- ❖ Mrs Suman Dayal attended a workshop conducted by CBSE in Vikaspuri, on Capacity Building Programme in life skills on 15th September 2016.

Pollution

Half of the world's 20 most polluted cities are in India, WHO reports. -- It indeed is a serious issue.



Pollution, pollution, Oh so much pollution,
 Can someone give this problem a solution?
 The grey smoke in the air,
 Has caught us in its snare
 People do not understand,
 That we have to, together stand.
 Pollution is spreading everywhere,
 Because people do not care.
 Pollution is a big headache,
 Lets fight it for everyone's sake
 We must understand nature's worth.
 And pollution will be erased from the Earth.

Kashish –Class VI B

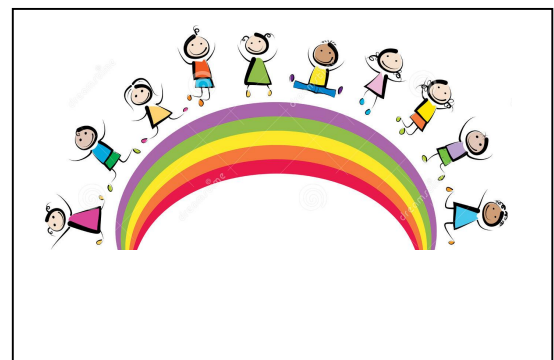
A salute to the Soldiers

कभी ठंड में ठिठुर के देख लेना
 कभी तपती धूप में जल के देख लेना
 कैसे होती है हिफाजत मुल्क की
 कभी सरहद पर चल के देख लेना
 कभी दिल को पत्थर करके देख लेना
 कभी अपने जज्बातों को मार के देख लेना
 कैसे याद करते हैं मुझे मेरे अपने
 कभी अपनों से दूर रहकर देख लेना
 कभी वतन के लिए सोच के देख लेना
 कभी माँ के चरण चूम के देख लेना
 कितना मज़ा आता है मरने में यारो
 कभी मुल्क के लिए मरके देख लेना
 कभी शहीदों को याद करके देख लेना
 कोई महबूब नहीं है वतन जैसा यारो
 मेरी तरह देश से कभी इश्क करके देख लेना
 मेरी तरह देश से कभी इश्क करके देख लेना!!

Yash Bhadouria – VII-B

Turn the pain into power

You may stand alone, you may weep alone....
 You may be ripped at your worst.....
 You may be jeweled with the rust
 My dear, know the truth....
 That you're the strength you need
 Good days come interwoven with the bad days
 Forgive the unkind as a mark of innocence
 Free yourself with the chains that make no sense.....
 Just believe in yourself, I repeat again JUST BELIEVE
 A will to conquer your fears and nourish the soul that feels ill...
 Things change every second, every hour,
 But it depends upon your strength and power....
 All you may do is -Turn the pain into power



Lekha Negi - Class XI B

KINDERGARTEN DEPARTMENT

Too often these days, parents feel that they have no choice but to pack their child's schedule with adult supervised activities. But it is important to remember that free and unstructured play is vital in a child's life. Here are some reasons why:-

- Play is important for healthy development of the brain.
- Undirected play helps children learn how to work in groups, to share, to negotiate, to resolve conflicts and learn self advocacy skills.
- When play is child-driven, children practice decision making skills, discover areas of interest on their own, and ultimately engage fully in the passion they wish to pursue.

Above everything else, free play is indeed great fun.



