



VIDYARTHI

DECEMBER 2018

THE NEWSLETTER OF VIDYA NIKETAN SENIOR SECONDARY SCHOOL

The School Winter Carnival – The Joy of Colours was the highlight of the year. It was held in a historical park which goes back to the Lodi period. The students danced, sang, acted, ramp walked, displayed their talents to the fullest. The atmosphere of a bygone era created by the lighting of the ancient tomb was almost magical. The food, games, goodies all added tremendously to the success of the occasion. Events of this nature are great confidence builders. They encourage creativity and the spirit of team work.



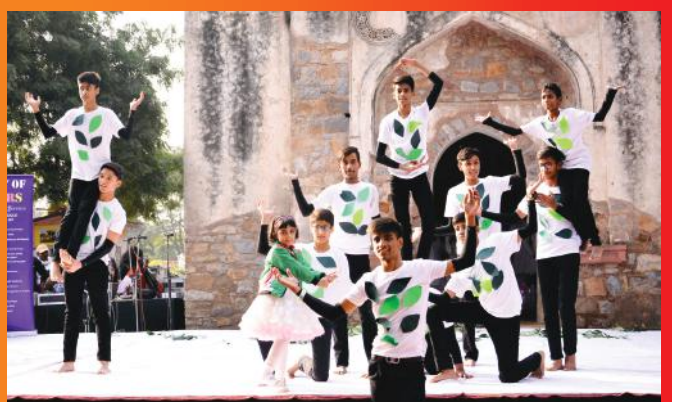
Waving flags – sung with gusto and joy



Proud parents



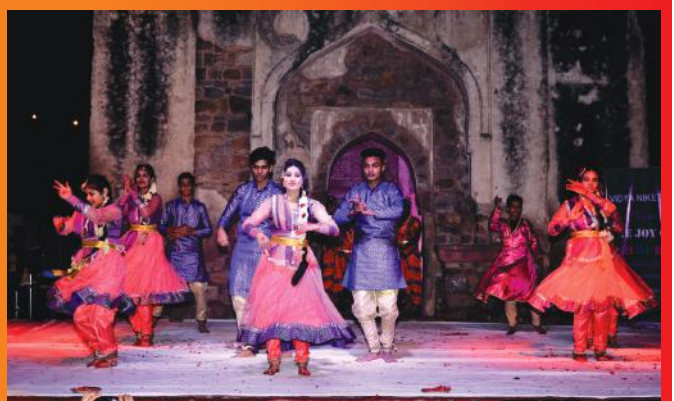
Our charming little girls



Powerfully rendered message – "Save Trees"



"Living without fear" – sung by senior girls



Fusion – A magnificent dance number

Activities

1st – 5th October 2018

150th Birth Anniversary of Mahatma Gandhi was celebrated for the entire week. The following activities were organized –

Poster Making

Special Assembly in which student's choir performed – Vaishnavi Jan and “Abide with me”.

Pledge was taken by students to follow cleanliness / swacchata in and around them.

8th October 2018

A talk / interactive session was conducted by Ms Saba Naqvi along with Ms. F. Shimrah and Ms P. Pradhan on the topic “Mahatma Gandhi and his principles of Non-violence, cleanliness and Sewa.”

9th October 2018

Students of class XII-B visited the Coca-Cola Factory to understand the concepts of production, packaging and distribution.

15th October 2018

The students of class-XII A visited the Red Fort and participated in a Heritage walk.

16th – 22nd October 2018

The Girls and the Boys Team participated in the Zonal Athletic Meet for various track and field events.

Rohit Kenwal won a Silver Medal in the shot-put competition under Sub Junior category.

22nd October 2018

The students of the Environment club and class X-A visited the Asola Bird Sanctuary to see the flora and fauna.

29th October 2018

The students (Girls) from classes VI-XII participated in a two-days Self-Defence Camp and training organized by the Delhi Police (women cell).

“Gail”organised an Elocution competition in our school on 30th October 2018 as part of Vigilance Awareness Week (VAW). Students recited lively, thoughtprovoking speeches on “Corruption”.

3rd November 2018

Scholastic BK Fair was held in the School premises from 12th – 17th November.

Students enjoyed it thoroughly. These occasions encourage the reading habit.

Student's Column

SMOG

As winter is making its grip strong, the smog is making our lungs weak. Why do we let this happen? This is a question I have to ask every Indian. Smog is a mixture of fog and air pollutants which is increasing day by day in our country. As the seasons are revolving like ever, the quality of each evolves like never. Various ailments appear which create disorders. No immunity yet to these maladies. I want to ask why we have allowed this disaster to happen.

Smog has various effects which need to be prevented by reducing pollution. It occurs a lot during winters in the morning and evening. Smog causes a lot of destruction to our environment and to our body. Some effects are listed below:-

- Migraines have become common due to smog.
- More than 40 percent of people in India who suffer these crushing and severe headaches seek preventive treatment.
- A lot of accidents are taking place due to smog.
- Trains and flights are delayed, due to which passengers can't reach their destination on time.
- It also irritates our eyes.

Scientists have predicted that by the year 2020, cause of death among many people will be due to heart attack, severe migraines etc.

Smog also damages our respiratory tract and causes asthma, bronchitis etc. Nowadays people are taking a lot of medicines as treatment. They do not realise that prevention works better than cure.

It is important to spread awareness among the people regarding the need to reduce pollution.

As the saying goes '**PREVENTION IS BETTER THAN CURE**'.

RIYA MAHTO
IX-A

Today's children are the future of the world. Many will become decision makers, and play an important role in shaping things to come.

Children need to be nurtured in a stimulating and interesting environment, which we attempt to provide in school.

Academics are naturally given importance as well as character development, and the growth of the finer qualities of heart and mind.

By stressing the dignity and rights of children and educating them to meet contemporary needs in a non-coercive atmosphere, we strive to produce young people of grace, balance and joy.

At Vidya Niketan we encourage activity based learning. The key feature of the Activity Based Learning (ABL) method is that it uses child-friendly educational aids to foster self-learning and allows a child to study according to his or her aptitude and skill.



Workshop by Dr. Pinki Goswami held on 3rd November 2018.

With advanced technology there is growing use of mobile phones. This is harmful for the younger generation. Students are developing a strong connection with their mobile phones, which is leading to loss in concentration and time spent in studies. Parents and teachers face many problems in combating this distraction.

"Anything which is available, accessible, new, fast and related to information and technology tends to attract a lot of people. When children see their parents, family members and everybody in their surroundings using cell phones, they adapt this as a natural phenomenon. Basically, it is the sheer presence which leads to immediate inclination towards technology," said *Dr. Pinky Goswami, a Child Psychologist.*

Here's a list of negative effects caused by excessive use of mobile phones:

1. Lack of concentration

2. Stress

3. Low grades.

She also spoke about

Why mobile phones are affecting negatively.

Despite knowing about education-related apps, kids spend most of their time doing the following:

- **Listening music frequently**
- **Playing mobile games**
- **Chatting and calling friends**
- **Following social media**

In short, mobile phone use is becoming an addiction. Parents responded positively to the suggestions given by Dr. Goswami.

The presentation was done articulately by Rashi Bindal, Karan Kumar and Shubham Jain.

Fun time at the Carnival

