

NEWSLETTER

CLASS VI-VII
OCT - FEB'23



POSITIVE PARENTING IN THE DIGITAL ERA.....

Parenting now-a-days is a very challenging task and the widespread adoption of smartphones and rise of social media has introduced a new wrinkle to it. Parents of younger teens tend to keep a more watchful eye on the types of websites their teen visits and are also more likely to use parental tools to monitor or block online content. They play an important role in the de-addiction regime of social media in their kids. Though it's a tough job, if done in a friendly way, it can strengthen a parent and child bond.

A few tips that can be advised are :

- Parents need to build a positive family environment at their home so that the child doesn't get the urge of the virtual world. Parents should also take part in their social media usage by learning about the programs/apps, their child is using.
- Ensure that the tablets and computers are placed in common areas where you can watch while your child uses them.
- Keep a tab on your child's online accounts. It might irk them initially but make them understand that monitoring their online activity would help them stay protected from cyber bullying.
- You can ask them in a friendly gesture about the people they are friends with online. Showing genuine interest will help them feel comfortable talking about it. Explain that it's easy for someone on the Internet to pretend to be someone they're not.
- Explain how information and photos found on the internet can resurface years later. Explain how auto-correct can sometimes result in misunderstandings and hurt feelings.
- Discuss the importance of having healthy and safe relationships with them.

From the Editorial Board...

Exams are a crucial part of education and the source of stress for many students. In many cases, exam stress is all in the mind, and mental discipline is a large part of what is needed to succeed.

Exam stress can be overwhelming. It can confuse and exhaust you. Having to revise a lot of information in a short space of time can be stressful. Not understanding course material may also add to your stress.

There are things you can do to keep calm.

- It's important to have regular study breaks and make time for relaxation and exercise.
- Taking fresh fruits and vegetables and keeping yourself hydrated helps you stay healthy and improves concentration
- It's easy to let exams get on top of you and forget to look after yourself. If possible, try to get good night's sleep every night. It's a good time to make an effort to eat healthily, making sure you eat plenty of fruit and vegetables.
- If you're feeling overwhelmed, you might find it helpful to talk to a teacher or counsellor. It's also important to ask for or accept support from your family.
- There's always a light at the end of the tunnel. Exams have a beginning and an end. The stress that goes along with them should end with the exam.

GIVE YOUR BEST AND FORGET THE REST



ACTIVITIES

LANTERN MAKING COMPETITION

As everyone eagerly awaits the Festival of lights, 'Deepawali', a **Lantern Making Competition** was organised for grade 6. All the students participated in the competition zealously.

The students crafted beautiful lanterns using various techniques of folding and cutting paper. They also enlivened the lanterns with colourful embellishments. It was a visual treat to see the children giving wings to their imagination.

The efforts put in by the children were indeed praiseworthy. Our Art teacher commented, "Children have been very creative and have put in a lot of hard work. They have maintained the spirit of Diwali and have showcased their talents."





BANDHANWAR - ACTIVITY

RAMAYANA QUIZ

A quiz competition on the characters and incidents of the Ramayana was conducted for the students of classes VI & VII (Middle Wing) on 13th October 2022. All the students participated in the quiz with enthusiasm and were eager to learn something new. The quiz was basically to test their knowledge of Ramayana and to be aware of the Epic on the whole.

Happy Deepavali



TALENT HUNT

“We are born unique. We all have different talents and abilities. We don't have to always follow the footsteps of others. We have a responsibility to develop the talents we have been blessed with.”

We at M.V.N. always strive to nurture the inherent potential that each and every student has. With the same spirit, a platform was given to students to showcase their music and dance skills through a Talent Fiesta which was organised on 20th October 2022. All the participants took the audience into their spell through their truly amazing and enchanting acts. Events like these not only help the participating students to show their abilities but also motivate other students to come upfront and show their hidden potential.



Talent Hunt 7B



Rangoli

Rangoli is an ancient art and timeless tradition that is followed all over India. The word 'Rangoli' is said to have been derived from the words 'rang' and 'aavalli' which refers to a row of colours. In order to develop skills of aesthetics, creativity and innovation among the students, a competition was organised for classes VI & VII. The students put up their artistic acumen on display. It was an assortment of colourful array at its best. The students were seen working keenly at their designs. Children put in lots of efforts and came up with amazing ideas. They used mirrors, diyas, laces, glitters and other decorative material to beautify their rangolis.





WEAVE A STORY - UNLEASH YOUR IMAGINATION

Being able to write meaningful and influential story is an essential human pursuit. An activity of Story Weaving was organized to enhance the creative and imaginative skills of the students of classes VI and VII by encouraging them to write creative content in the form of a story. All the students participated enthusiastically in this activity to showcase their literary skills.



CHRISTMAS DELICACIES



“No one is born a great cook; one learns by doing.”

Julia Child

Cooking with love provides food for the soul. To develop the skill of non-flame dishes, an activity of ‘**Non-Fire Christmas Cooking**’ was organised on 22nd December 2022 for the students of class VI. The aim of the activity was to provide a platform for students to showcase their talent and explore new areas of interest. It was conducted with a view to creating awareness about the nutritional value of food and the yummy recipes for the festive season of Christmas.

Children participated with full zeal and enthusiasm and made peanut butter balls, fruit salads, gingerbread houses, biscuit cakes, smoothies, sandwiches, Oreo shakes, puddings, chocolate laddus etc. They served the dishes in an artistic and aesthetic way. The students proved their versatility in cooking even without fire. Our kids really amazed us!



6D Christmas Delicacies



Christmas Delicacies 6A



CHRISTMAS DELICACIES 6B



Christmas Delicacies 6A

CAROL SINGING

The month of December brings abundant warmth and hope. It is, after all, a time of celebration, with Christmas to colour the cold and grey winter. To recognize and celebrate the spirit of Christmas, a Carol singing Activity was conducted with vigor and zeal by students of Grade VII, indeed a wonderful way to spread the festive cheer and sense of togetherness.



SCIENCE-O-METER

Science is a systematic enterprise that builds and organizes knowledge in the form of testable explanations and predictions about the universe. To explore the scientific attitude and test the scientific aptitude, science-o-meter selection round was conducted for the students of VI & VII. In this round the students were given an opportunity to think logically and understand better in the form of a science quiz.



“ MATHEMATICS is not about numbers , equations , computations and algorithms : it is about UNDERSTANDING”

William Paul Thurston

A little competition can inspire students to greater achievement. It challenges students to use their math skills in new and creative ways. It also provides a challenging and engaging mathematical experience that is both competitive and educational.

As a part of extended learning, Math Quiz final round was conducted for grade VII students. Children had a good team spirit wherein all of them were busy giving tough fight to make their team win.





MATHS QUIZ

CLASS 7

MATHS QUIZ





ASSEMBLIES



Women Empowerment



No country can ever truly flourish if it stifles the potential of women and deprives itself of the half of its citizens. Michelle Obama

An assembly put up by the students of classes 6A and 6B was deeply motivated by these impactful lines. The children presented thought-provoking speeches and a melodious song. A skit showcasing the importance of women in our lives stole the show and won everyone's hearts. There is no limit to what girls can accomplish. They can reach as high as humanly possible. Revolving around this theme, a talk show was presented which proved to be cherry on the cake.



Women Empowerment

HAPPY Dussehra



As the country celebrated the festival of Dussehra with all the fun, frolic and fervor, the students of classes VII A and VIIB put up a special assembly to keep the traditions and the spirit of the great festival alive. Versatile and immensely talented children portrayed the triumph of Lord Rama over the ten-headed demon King Ravana through recitation, narration and enactment. A power point presentation depicted the story from Ramayan- The Great Epic. Significance of Dussehra celebration was told through a variety of performances. All the mythological characters came alive on the stage and enchanted the audience



“Every Indian should now forget that he is a Rajput, a Sikh, or a Jat. He must remember that he is an Indian and he has every right in his country but with certain duties.”

Sardar Vallabhbhai Patel

When there is teamwork and collaboration, wonderful things can be achieved. With this thought, the talented students of class 6C and 6D presented an assembly on the theme ‘National Unity Day’. Inspiring thought and speech were presented by the confident students. The most appreciated item was a Power point presentation on the life of **Sardar Vallabh Bhai Patel** whose birth anniversary is celebrated as Unity day in India .



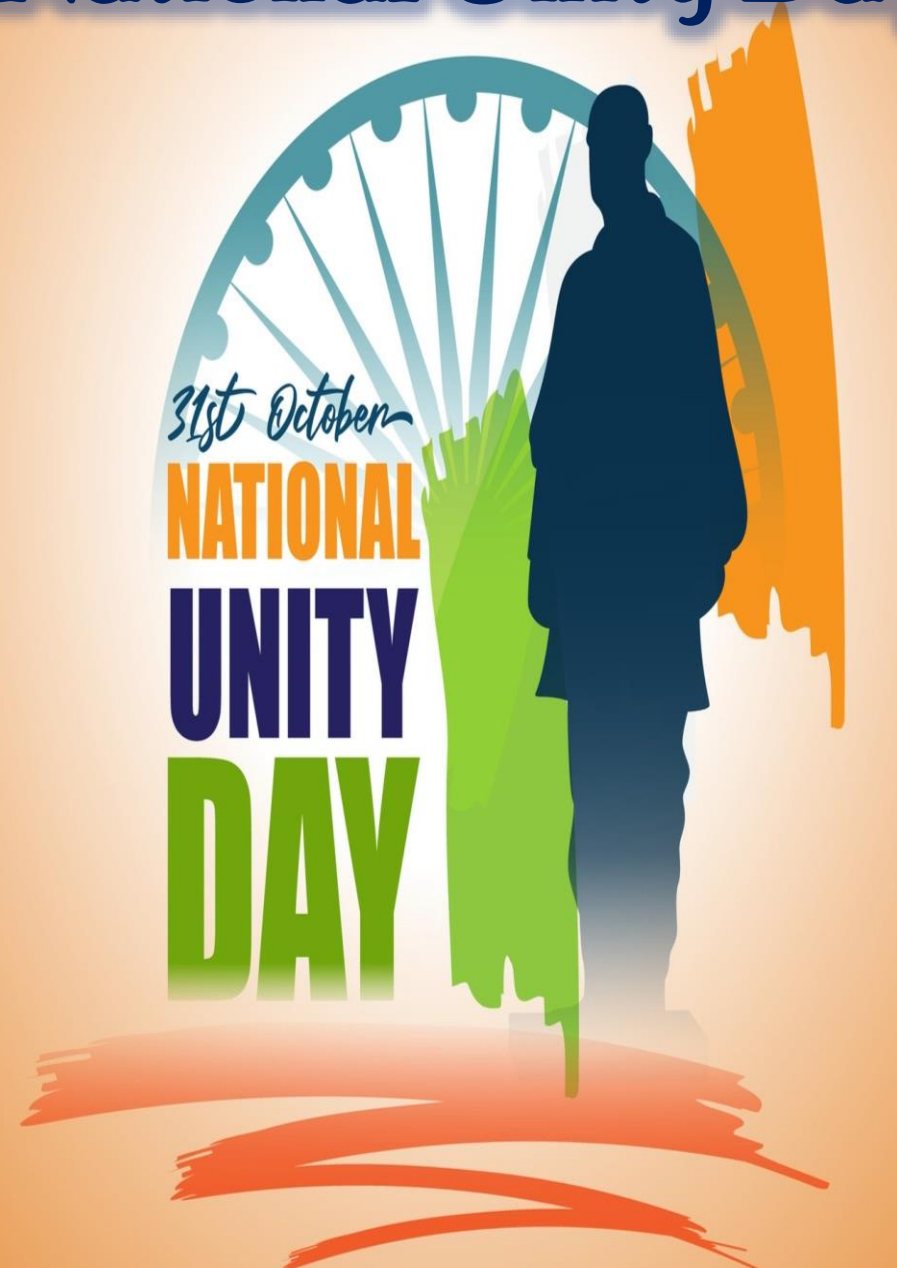
National Unity Day

31st October

NATIONAL

UNITY

DAY



A scintillating assembly was put up by the students of classes VII C and VII D which comprised of an inspirational thought, informative speeches on the importance of celebrating Diwali, meaningful poems and a melodious song. A street play sensitizing the children about the environmental concerns and advocating the need to celebrate a green Diwali, turned out to be the highlight of the assembly. The students won the cheers of the audience by their seamless and power packed performances. The immortal stories from the great epic Ramayana were portrayed through an amazing video.



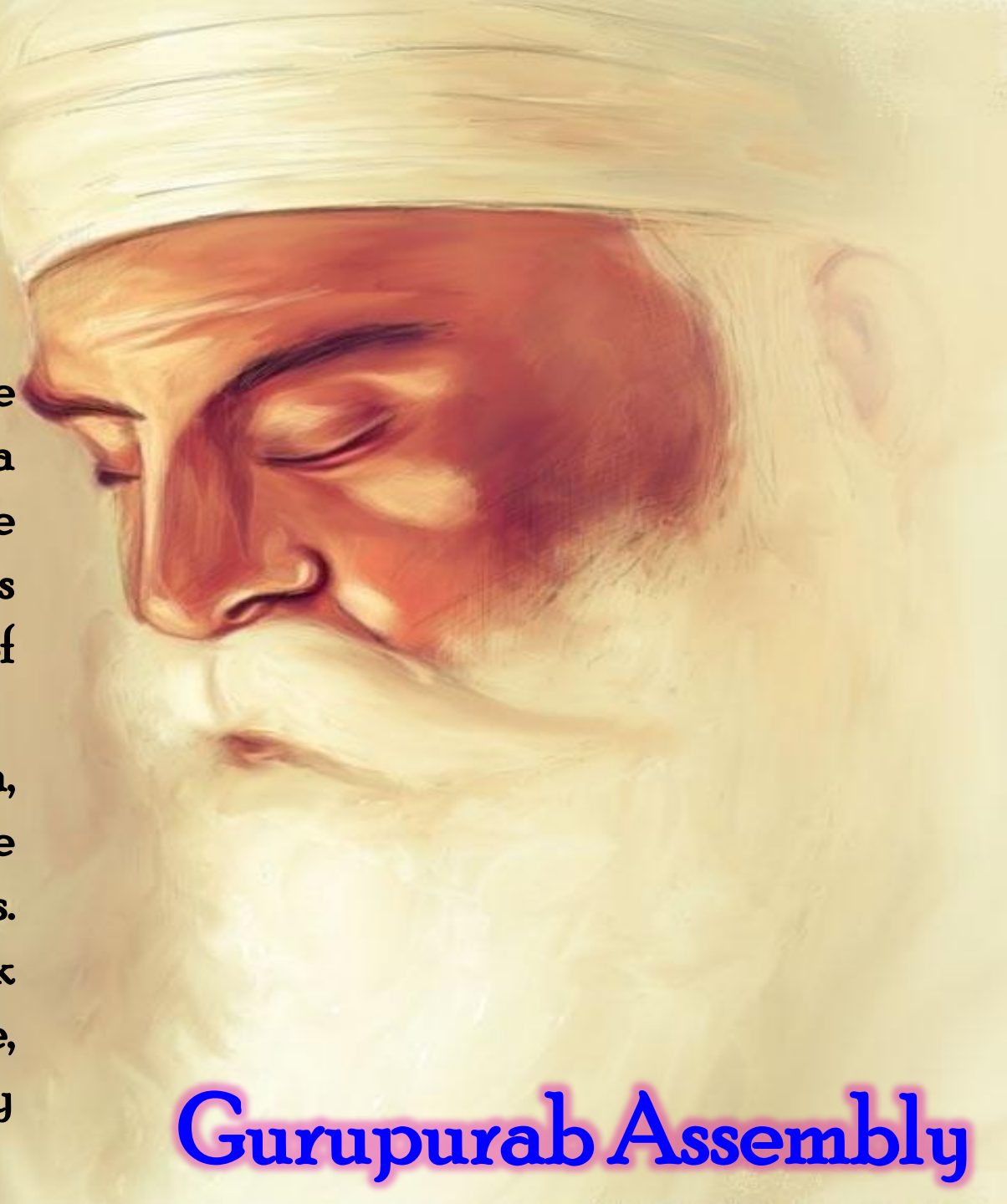


Sing the song of joy to the Lord,
Serve the name of the Lord, and
Become the servant of his servant

-Guru Nanak Dev Ji

To mark the birth anniversary of Guru Nanak Dev Ji, the first Guru who laid the foundation of Sikhism, a splendidly colourful assembly was put up by the students of class 7E and 7F. Glistening and blissful faces of the children lit up the festive aura with the spirit of love, devotion and faith.

Soulful recitation of Ik Onkar....., the sacred mantra, given by Sri Guru Nanak Devji, mesmerised the audience and filled the air with serenity and calmness. The students presented the preachings of Guru Nanak Devji and emphasised the need to practise love, brotherhood and harmony. The stage was set on fire by an electrifying dance performance.



Gurupurab Assembly



Guru Purab Assembly 7E





Happy Children's Day

Children are like buds in a garden and should be carefully and lovingly nurtured as they are the future of the nation and the citizens of tomorrow.

-Jawahar Lal Nehru

As the nation celebrated the birth anniversary of our first Prime Minister, Pandit Jawaharlal Nehru and his love for children in the form of Children's Day, a special assembly was put up by the students of classes 6E and 6F to mark the occasion. A talk show on the child prodigies of the nation captivated everyone's attention. An informative video on children as the future nation-builders was the highlight of the show.





6-E AND 6-F ASSEMBLY ON CHILDREN'S

6-E AND 6-F ASSEMBLY ON CHILDREN'S



DAY

DAY

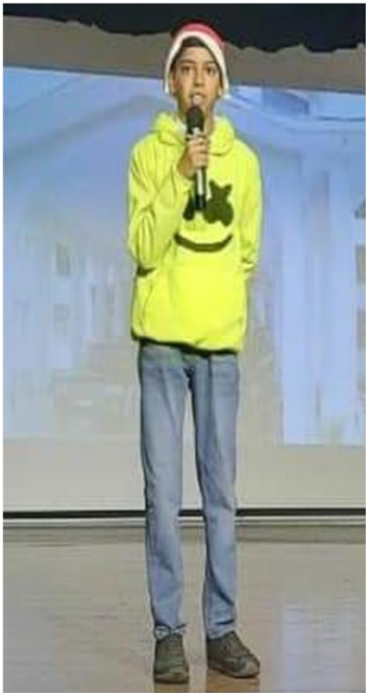


*Merry
Christmas*

It's Christmas Time!
It's the Most Wonderful
Time of the Year!
It's a Season of Love,
Joy, Peace and Cheer!

The assembly put up by the students of class 7G reflected the true spirit of these lines. The children sang carols, kindling the flame of charity in everyone's heart and spreading the message of peace and goodwill. They presented a skit that conveyed the message to be plenteous in mercy and benevolence. A scintillating dance performance, choreographed by the students themselves energized the air. Surprise entry of Santa Claus on skates was a treat to watch as Santa danced to Jingle Bells in Bhangra style.





*Happy
New Year*

*Hope smiles from the threshold of the year to come,
whispering. It will be happier.*

Alexander Tennyson

Going by the same essence, 6G put up an amazingly exhilarating assembly which encompassed an inspirational thought, informative articles and meaningful quotes. A thought provoking skit stole the show when the children won everyone's heart by their charming and seamless performances. The stage was set on fire by a vibrant dance number choreographed by the students only.



**“Freedom in the mind, strength in the words.
Pride in our souls, zeal in our hearts.
Let’s salute our great country on Republic Day”**

As the nation celebrated its 74th Republic Day on 26th Jan, the students of classes 6B, 6E, 6F put up a flamboyant assembly with the same patriotic fervor and zest speeches and articles were presented reaffirming our loyalty to our country and acknowledging the sacrifices of our heroes. The students took a pledge to rededicate themselves to building a better and stronger India. The students danced to the rhythmic beats of patriotic songs and sang in the glory of our motherland. A street play ‘Future Bright, Do Your Duties and Know Your Rights’ mesmerized the audience.

**HAPPY
REPUBLIC
DAY**









Visit to Shri Swaminarayan Akshardham Temple

Delhi is home to many a historical heritage, Akshardham Temple is one. A day trip for the students of classes VI and VII was organised to the Akshardham Temple on 3rd December 2022. The visit included a boat ride depicting the rich hierarchy of Indian heritage followed by a robotic show depicting the life of Shri Swaminarayan and visit to the temple. The boat ride down the ages was the highlight of the visit. The students were in awe of the architecture of the complex and the depiction of the values to be ingrained to become a fine human being, using surreal figurines, animals and plants. The trip was fun and enlightening too.



ANNUAL FUNCTION

2023



SAMRAT VIKRAMADITYA

The folklores embedded in our culture have been a constant source of values and morals for centuries. We have all grown up reading the timeless tales of righteousness and courage which we now pass on to our next generation. It has been our earnest endeavour to revive the glory of the great “Samrat Vikramaditya”. The Annual Day 2022, Samrat Vikramaditya - “The invincible son of valor” was a spectacular display of talent, histrionics, mystery and harmony. The stupendous performance by the children - be it as the grotesque yet rapturous character of Betaal, the legendary invincible king Vikramaditya who exuded righteousness, gallantry and dauntlessness, and the splendid portrayals of the other characters in this ensemble was formidable and breathtaking and had everyone glued to their seats in complete awe. The melodious singing by our music troupe, the stunning dance performances, the fabulous props added to the allure and the mystical aura of the show. Here are a few glimpses...













IN MEMORIAM

A Titan Amongst Mortals

A Bestower of Wisdom

A Guardian of Truth

A Sculptor of Destiny

Our Visionary with the Midas Touch !!



Shri Gopal Sharma - Ever True To Education

Founder - Modern Vidya Niketan

(23/02/1952 – 19/12/2004)

OUR GUIDE, OUR PRIDE.

The Splendour of Thy Virtues,

The Radiance of Thy Dream,

The Very Effulgence of Thy Being,

Our Beacon of Knowledge and Strength !

Sir ! We started our voyage from unknown to known

For the mission, you laid the foundation stone

With every passing moment, we feel your presence

Showering blessings unto us, in abundance.

IN PIOUS REVERENCE

MVN MANAGEMENT & STAFF

FAMILY & FRIENDS



Those who touch our lives stay in our hearts forever.

On Prerna Divas, a special assembly was held to pay an earnest tribute to our beloved founder Principal Late Shri Gopal Sharma Sir. The entire school assembled to remember him and pay a heartfelt homage. The students sang soulful songs and sombre prayers to convey that he may have gone from our sight but he will always remain in our hearts. An Inter School Competition with a myriad of highly creative activities with an impressing and thought provoking theme **PUNAH SRIJAN**.....Revival with Resilience was organised by the school in which many prestigious schools of Faridabad participated enthusiastically.

PRERNA







ACHIEVEMENTS

Prerna Puppet Dance



Ayaan Gaba and **Ansh Makhija** students of class VII are public speakers and authors.

Ayaan Gaba has written his first book **'Follow Your Bliss'** which is a reflection journal with inspiring quotes to build habits and mindset that can elevate lives at a young age.

Ansh Makhija's **'Daily Good Quotes'** contains 366 quotes on good habits that will help the younger generation imbibe good characteristics in their behaviour and habits.

A proud moment for the school indeed.

"YOU DON'T HAVE TO BE GREAT TO START, BUT YOU HAVE TO START TO BE GREAT."
ZIG SIGLAR

Congratulations!



Ayaan Gaba



Ansh Makhija

WE SALUTE OUR BUDDING AUTHORS



SAEVUS ECO ACHIEVERS QUIZ

SAEVUS is India's premier nature and wildlife magazine that covers stories on conservation, natural history, wildlife and photography , not just from Indian subcontinent but also from across the globe. SAEVUS ECO ACHIEVERS QUIZ is an initiative undertaken to inculcate environmental consciousness among the school children.

Our Eco-Saviours Krisha Madan, Vaibhav Mittal and Kasvi Sachdev not only participated in the Quiz but also won the coveted trophy in the Faridabad edition. The team also did the honour of representing Faridabad in the finals held in Mumbai.



ECO SAEVUS QUIZ

ELIXIR 2.0, Shiv Nadar School , Faridabad
4th November 2022



**OVIYA SINGH,
ALIZA IQBAL(VII)
DISPUTANDUM**



CONGRATULATIONS!



**SANCHI VASHISHT, MYHRA LAL, SAYSHA ARORA,
PRISHA SINGH, LIVYA CHAUHAN (VI-VIII)
MELODY IN MUSIC**



**MANNAT JUDGE (XI)
TURNCOAT**



ROLLING TROPHY

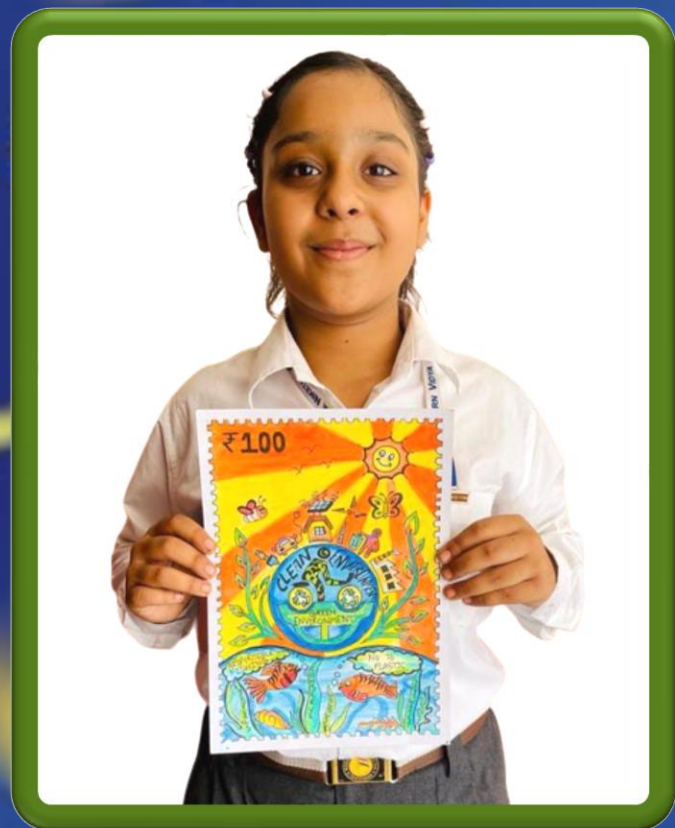


**SANCHI
VASHISHT**



**In
HUNAR : Melisma
Organised by
The Modern School, Faridabad**





ALISHA MITTAL

STAMP DESIGNING

TALENTINE GALA

ORGANISED BY VIDYA NIKETAN PUBLIC SCHOOL, NIT, FARIDABAD



Finalist
in

**INTERNATIONAL
FRENCH SPELL
BEE - 2022**

Organised by
Le Frehindi – Paris
(Under the Patronage of Embassy of India , Paris)



**VACHI
AGGARWAL**



SHAURYA BANSAL

KAVYA PATH

ORGANISED BY MANAV RACHNA SCHOOL



ASMI SINGH

SGFI State Level Tournament





Soumyo Roy Choudhury

EVOLVE'22

Event: VidPos(CANVA)

Organised by D.A.V. SECTOR 37





**We are proud of you
and your
accomplishments.**

**We're confident
that you will continue
with even
more successes.**

**Good luck in your
next adventures.**

With their perseverance and grit , budding MVNITES have proved themselves time and again at various platforms. Under the tutelage of their worthy teachers, they have shown astonishing feats and made their parents and the school proud.

Congratulations! 🎉