



NEWSLETTER

JULY-SEPT'23
CLASSES VI-VII

FROM THE COUNSELOR DESK.....

Internet Addiction among Children : Understanding the Implications and Seeking Solutions

In today's digital era, the internet has become an integral part of the students' lives, providing an infinite source of information and means of communication. However, excessive and uncontrolled internet usage can lead to internet addiction, a growing concern among young children.

Internet addiction is characterized by a compulsive and excessive use of the internet, which impacts a student's academic performance, mental health, and overall well-being.

Common signs of internet addiction include an overuse of online activities, unsuccessful attempts to control internet usage, neglecting responsibilities, withdrawal symptoms when not accessing the internet, and a decline in offline social interaction.


Implications of Internet Addiction in Students:

1. Academic Performance: Excessive internet use can lead to a decrease in study time, reduced concentration, and affects academic results.
2. Mental Health Issues: Students addicted to the internet may experience anxiety, depression, loneliness, and sleep disturbances.
3. Social Impact: Internet addiction can lead to a decline in face-to-face interactions, weakened interpersonal skills, and feelings of isolation.
4. Physical Health Concerns: Sedentary behavior associated with prolonged internet usage can contribute to physical health problems like obesity and musculoskeletal disorders.

Potential Solutions:

1. Education and Awareness: Teachers and Parents should provide adequate education on responsible internet use and raise awareness about the consequences of internet addiction.
2. Healthy Technology Habits: Encourage children to establish a balance between online and offline activities, set time limits for internet use, and engage in physical exercise and hobbies.
3. Parental Involvement: Parents play a crucial role in monitoring and regulating their children's internet usage, establishing open communication, and being positive role models.
4. Mental Health Support: We, at school provide counselling services to address the emotional and psychological aspects of internet addiction and promote overall mental well-being.
5. Digital Detox: Organizing technology-free activities or designated "offline" hours can help students disconnect from the internet and engage in other meaningful activities.

By understanding the implications and implementing proactive measures, we can foster a healthier relationship with technology and empower our children to use the internet responsibly while prioritizing overall well-being.




It doesn't matter where you go,
Or who you meet along the way,
Carry kindness in your heart,
And practice it each day.

A simple smile can change the course
Of someone else's week,
The smallest gesture represents,
The gift of joy we seek.



A gentle touch reminds us,
That humanity still reigns.
To pet a lonely cat or dog
Shows that love will never wane.



There are a million obstacles
On any given day,
But rise above the hate and fear
And live life the kindness way.



ASSEMBLIES

KEEP——
POSITIVE
THINKING

Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.

Based on this theme, the students of VII-A presented an assembly on '**Power of Positive Thinking**'. The Assembly began with a prayer followed by an enriching and meaningful thought. The students gave speeches, presented thought provoking quotes, recited a poem and sang a melodious song highlighting the importance of positive thinking.



“**Education** is the most powerful weapon which you can use to change the world”

Students of VII-B presented assembly on the topic

Take action, inspire change and make everyday a **Mandela Day**
Nelson Mandela was a South African anti-apartheid revolutionary and politician. He dedicated his life to fighting against racial segregation and injustice. Mandela received the Nobel Peace Prize in 1993 for peacefully destroying the Apartheid regime and laying the foundation for democracy.

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

The Assembly concluded with this affirmation that a collective passionate community action can make a change /difference .



education

Knowledge



success

Time

Learning

research

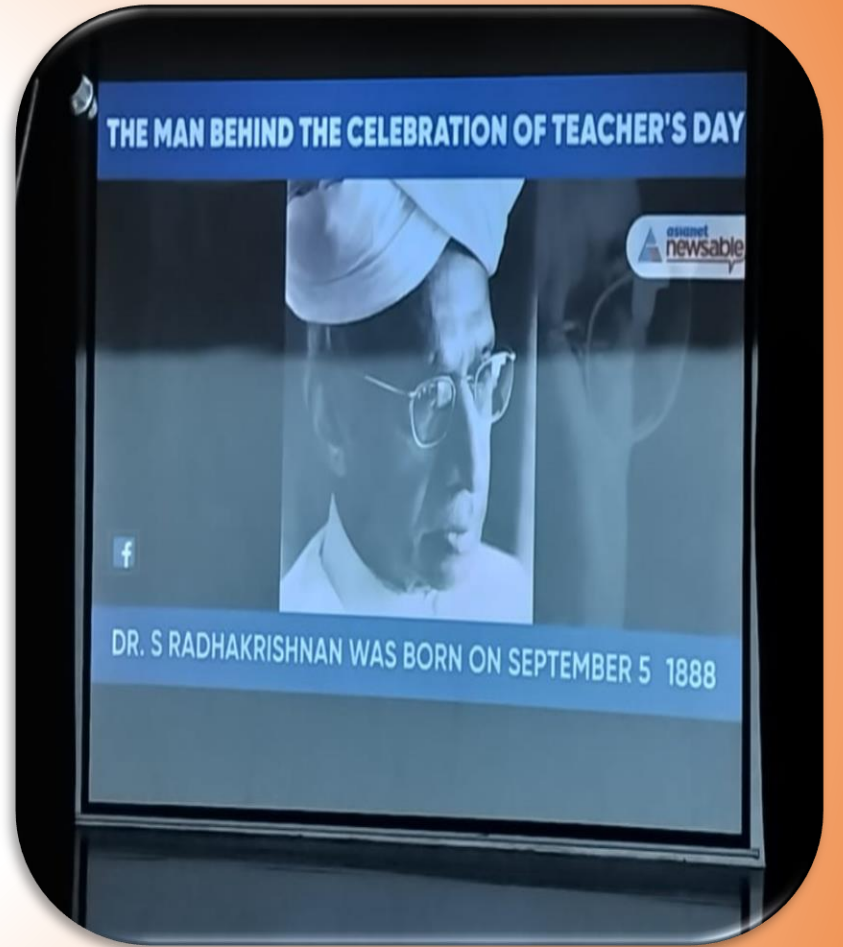
Take action, inspire change and
make everyday a **Mandela Day**



To honour, appreciate and show their gratitude towards the teachers, the students of grades VI-E and VI-G presented a special assembly on Teachers' Day. The students expressed their gratefulness towards the teachers through beautiful thoughts, some interesting facts, and a beautiful poem. A PPT was shown to highlight the life of Dr. Sarvpalli Radhakrishnan, a great scholar and an ideal teacher, whose birthday is celebrated on this day. This was followed by a melodious song. The skit presented by the students gave everyone a thought to ponder. A mesmerizing dance performance charged the environment.

TEACHERS' DAY





TEACHERS' DAY





Class VII-F performed an informative assembly on the topic

'Gratitude is the foundation of Happiness' in which they presented Thought, News, Talk show, Dance, Song and a Musical PPT depicting benefits of gratitude on building emotional resilience. They also showcased some of the ways to inculcate the habit of gratitude in our day-to-day lives. The message was clearly sent across to all present during the assembly.

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

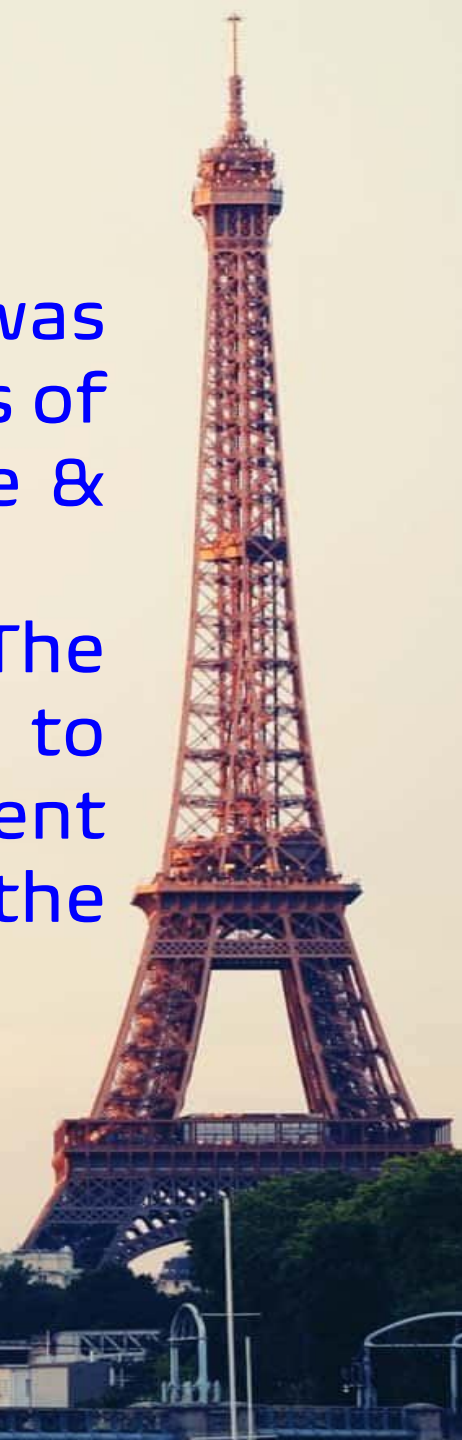
-Melody Beattie



FRENCH ASSEMBLY

A special **French Assembly** on the '**Bastille Day**' was presented in the school on 21st July 2023 by the students of classes **VI - VIII**. It gave them the opportunity to explore & appreciate the culture of the country.

The theme of the day was '**La tour de la France**'. The assembly was a great platform for the French students to showcase their prowess in the French Language. The event was a fun learning opportunity to understand & explore the sophisticated culture of France.



BASTILLE DAY



INDIA CELEBRATED ITS 77TH INDEPENDENCE DAY ON 15TH AUGUST 2023.

To celebrate the spirit of free India and remember those who made it possible, students of grade VI-D presented an assembly on Independence Day. The event commenced with a powerful thought invoking the spirit of patriotism, followed by speakers who enlightened the audience about the importance of the day. A musical performance on Casio and a patriotic song displayed the glorified spirit of united India. This was followed by a skit to evoke the sense of new violence-free, environment-friendly responsible citizens in young Indians. Two PowerPoint presentations made by the students highlighted India's struggle for independence and today's progressive India. A mesmerising Kathak performance by students gave the audience a preview of the independent empowered women of India. In the end, a vibrant dance performance adorned the audience with the colours of freedom and unity. The assembly concluded with an inspiring message by the school Principal, Ms. Neeta Arora, emphasizing students' role in building a strong nation.







KARGIL DIWAS



With heartfelt appreciation for our brave soldiers, a special assembly was presented by the students of VII-C to commemorate and celebrate the sincere and unmatched efforts of our brave soldiers . Each performance of the assembly acknowledged the efforts and gallantry of our Armed Forces. The students also took the National Pledge with pride . Echoes of energetic Jai Hind! that filled the assembly area in the morning, could be felt throughout the day. We honour the numerous fighters who have defended our country's honor.



We Salute our brave soldiers

VAN MAHOTSAV DAY

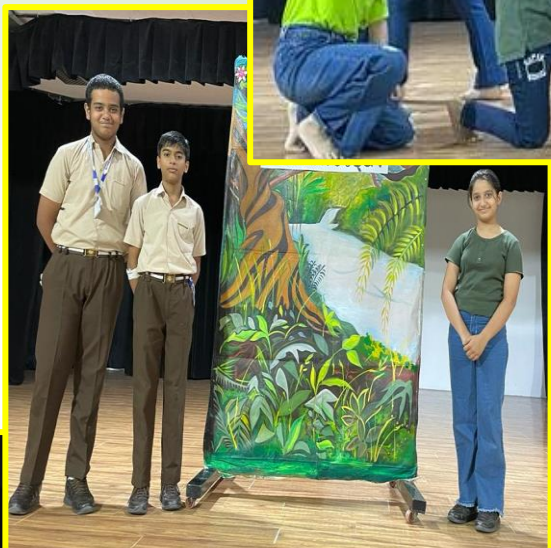
He who plants a tree, plants hope!

“Van Mahotsav” is an annual tree planting festival celebrated throughout India in the month of July to honour and pay respect to the mighty creators and the lungs of Mother Earth. The students of VII-G presented an amazing assembly on this relevant perspective.

The true meaning of life is to plant trees under whose shade you do not expect to sit.”

-Nelson Henderson”

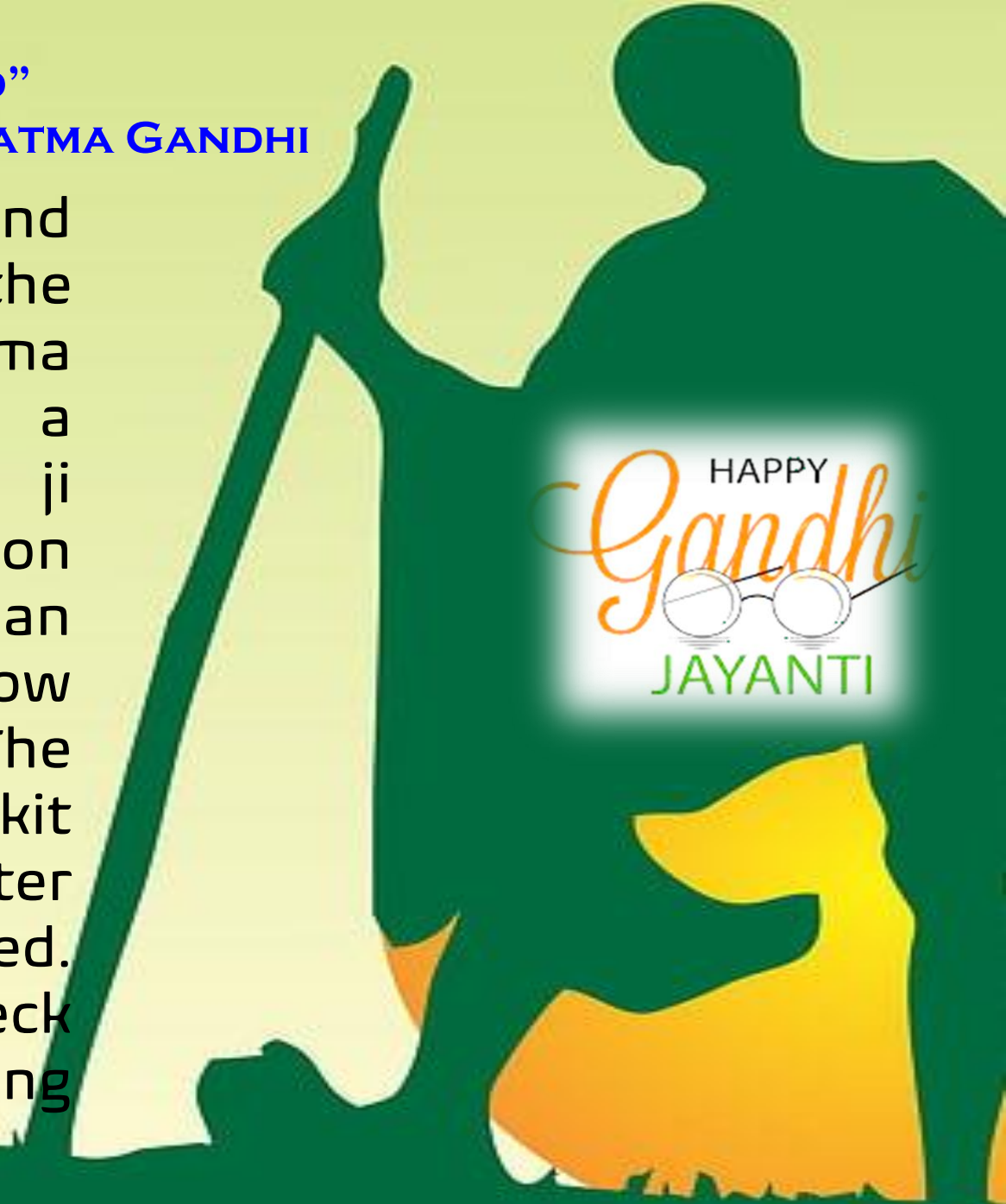




“BE THE CHANGE YOU WISH TO SEE IN THE WORLD”

MAHATMA GANDHI

The assembly presented by classes VII-G and VI-C wonderfully showcased the philosophies and principles of Mahatma Gandhi. The assembly started with a motivational quote given by Gandhi ji followed by a wonderful poem based on peace. After the poem, it was time for an informative article about Gandhi ji and how he helped India achieve independence. The article was followed by an engaging skit showcasing the journey of Gandhi ji. After the skit, a melodious song was presented. The assembly concluded with a quiz to check the awareness of the students regarding Mahatma Gandhi.





GANDHI JAYANTI VII-G & VI-C



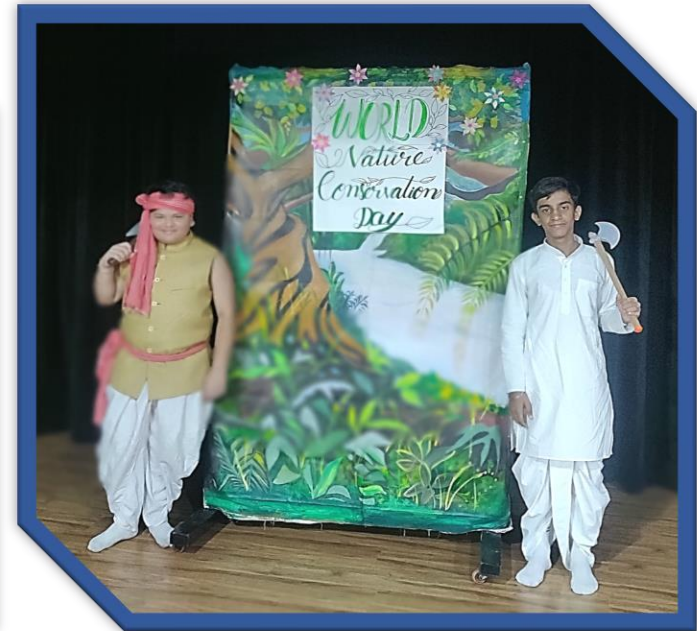


WORLD NATURE CONSERVATION DAY

“The Earth is
what we all
have in
common.”



Educating children about the importance of environmental conservation will help ensure the long-term health of our planet for generations to come. With this thought in mind, an assembly was presented by the students of grade **VI-B**. The students engaged the audience through a skit showing how we have been selfishly plundering the Earth and her natural resources. It was followed by a beautiful song named '**Hum Kaise Jiyenge**'. There was a powerful speech on the topic which gave information about this day. An energetic dance performance on "Buta- Buta" and a mime performance were the highlights of the day and were highly praised by all.



INTEGRITY

“NOTHING, AT LAST IS SACRED BUT THE INTEGRITY OF YOUR MIND.”
- Ralph Waldo Emerson

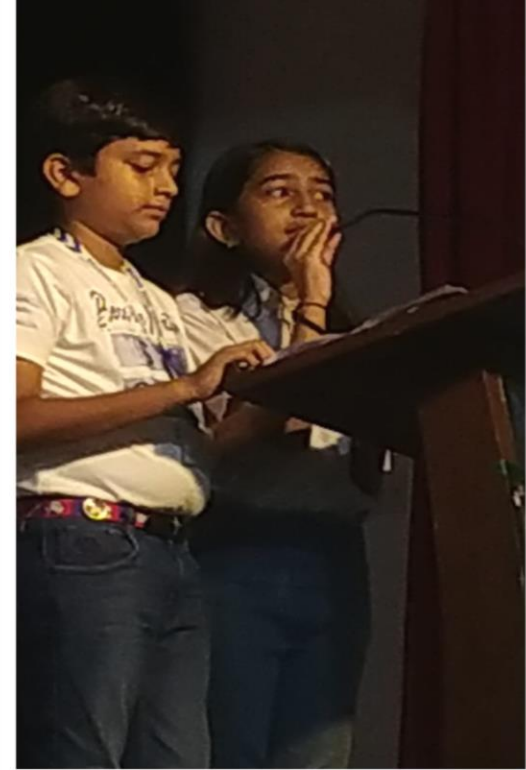
The students of class VII-D presented an assembly to enlighten others about one of the most important aspects of our lives: INTEGRITY. Through a refreshing thought, an eloquent speech, current updates, a melodious 50s retro song, a graceful dance on a motivational song, and a fabulous and amusing skit, the students were able to showcase what they had learned in the preparation for this wonderful assembly. The assembly was appreciated by all.



The background of the slide is a warm, golden-yellow color with abstract, swirling patterns. On the left side, there are white silhouettes of athletes in various sports: a basketball player jumping for a shot, an archer aiming a bow, and a runner in mid-stride. A basketball is shown in the upper left corner. The title 'NATIONAL SPORTS DAY' is prominently displayed in a bright blue rectangular box at the top center.

NATIONAL SPORTS DAY

The assembly aimed to celebrate the spirit of sportsmanship, physical fitness, and the importance of sports in our lives. The assembly commenced with a devotional and energetic Shiv Tandav Stotram that resonated with the theme of unity, teamwork, and perseverance. A thought-provoking quote was shared, encouraging students to embrace challenges and push their limits to achieve greatness. One of the major highlights of the assembly was a captivating skit that depicted the journey of young athletes from humble beginnings to achieving great success on the national stage. Placards with inspiring quotes and messages related to sports adorned the assembly hall. A dynamic PowerPoint presentation was presented which shed light on the history of National Sports Day and its significance in honouring the birth anniversary of the legendary hockey player, Major Dhyan Chand. Adding an interactive element to the assembly, an engaging sports-themed quiz was conducted, testing the knowledge of students on various sports, athletes, and iconic moments in sports history. The assembly concluded with a powerful message from the middle-wing coordinator, Ms. Alka Tuli emphasizing the role of sports in building character, teamwork, and resilience.





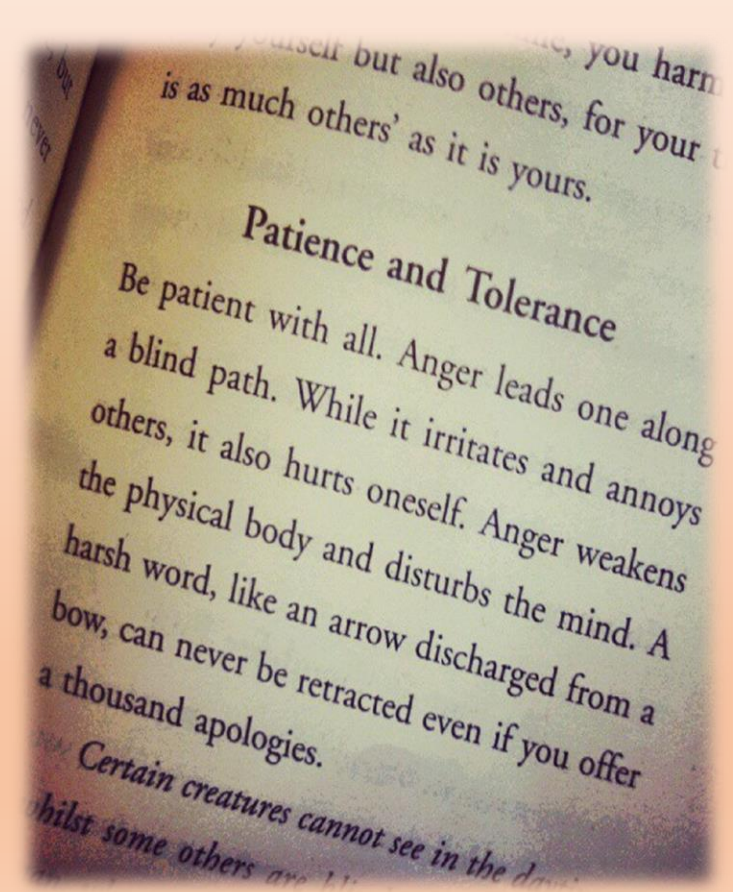
SOVP SESSION

"If you want others to learn some values in life, a good way is to teach them but the best way is to live by those values yourself."

Education, at MVN, is not only about academics but also about imbibing the core human values encompassing honesty, compassion, empathy, courtesy, courage, loyalty, and integrity.

To reinforce this belief, MVN Aravali Hills has introduced SOVP, a Student Oriented Value Based Programme, where along with quality academic education, moral education is also being imparted through various sessions. We aim to empower the future generation with values such as kindness, humanity, and humility to develop them into strong, positive, dynamic, kind-hearted, hard-working, caring, and successful personalities.

The first SOVP session was based on the theme PATIENCE and TOLERANCE where the students of classes VII D, VII A, and VII E presented various items to promote the idea of showing tolerance towards each other and dealing with difficult situations without losing patience. The program commenced with the thought of the day followed by news updates, powerful poems, and articles on patience and tolerance. Two informative skits emphasizing the importance of patience and tolerance and depicting the repercussions of negative attitude towards others were also presented by our accomplished performers.

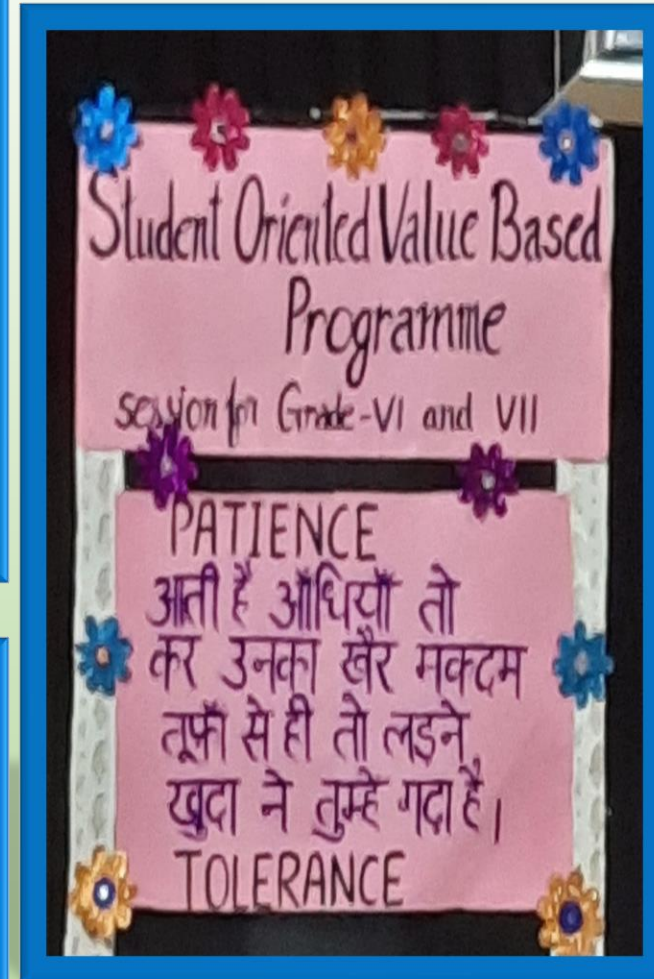
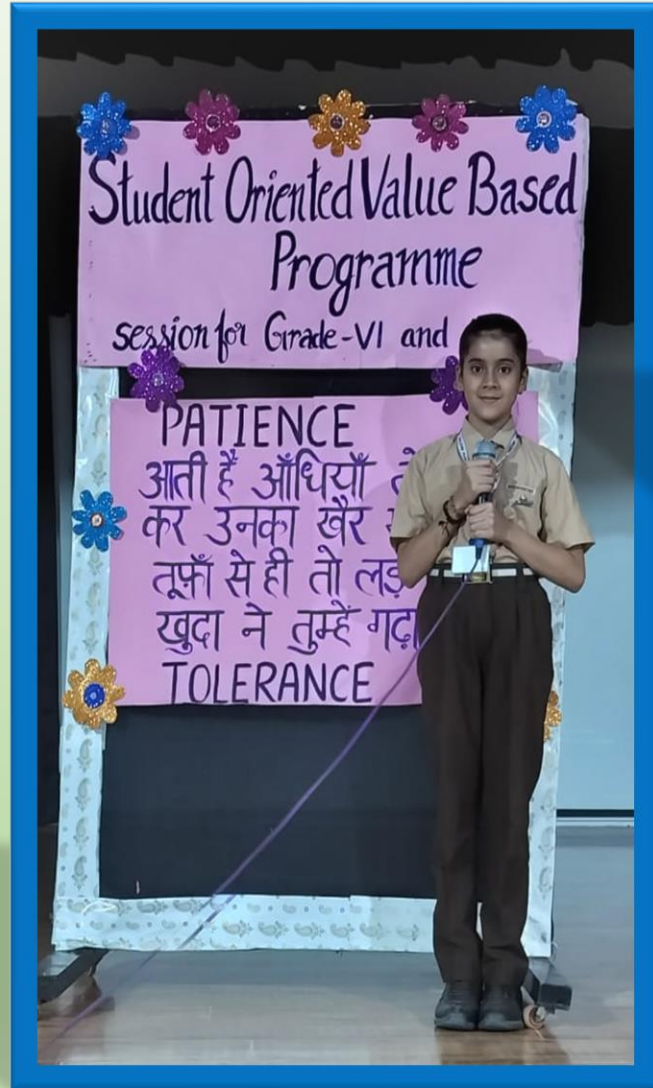
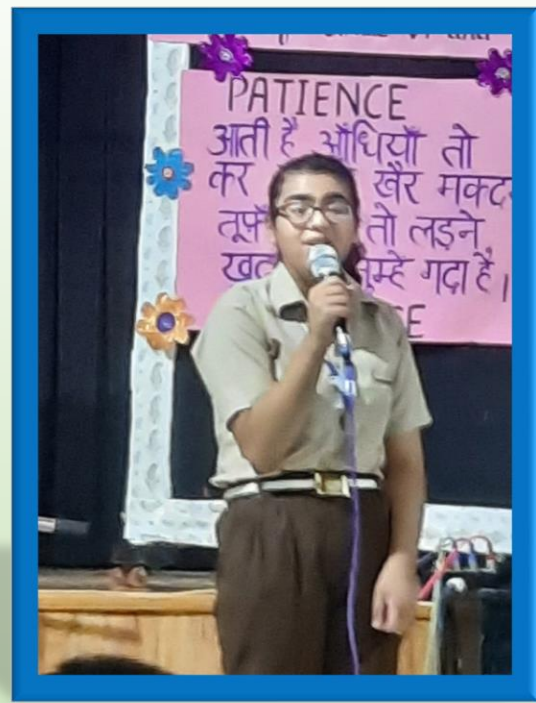


A decorative scroll with a black border and ornate red and white corner designs. The text is centered and reads:

TOLERANCE

THE PERSON WHO HAS
A TREMENDOUS RESERVE OF
PATIENCE AND TOLERANCE
HAS A CERTAIN DEGREE OF
TRANQUILITY AND CALMNESS
IN HIS OR HER LIFE.
SUCH A PERSON IS NOT ONLY
HAPPY AND MORE
EMOTIONALLY GROUNDED,
BUT ALSO SEEMS TO BE
PHYSICALLY HEALTHIER AND
TO EXPERIENCE LESS ILLNESS.
THE PERSON POSSESSES A
STRONG WILL,
HAS A GOOD APPETITE AND
CAN SLEEP WITH A
CLEAR CONSCIENCE.

H.H. THE XIVTH DALAI LAMA



SOVP SESSION

COUNSELING SESSION

A counseling session was organized for the boys of classes VI and VII on the topic 'Growing Up Responsibly' where the school counselor Ms. Rakhi Yadav shared information on changes during puberty-physical, psychological, and social and how these changes can be dealt with well. Ms. Rakhi also invited questions from the boys so they could clear their doubts and gain a better understanding of what they were undergoing. The session proved to be quite interactive and informative.

INVESTITURE CEREMONY

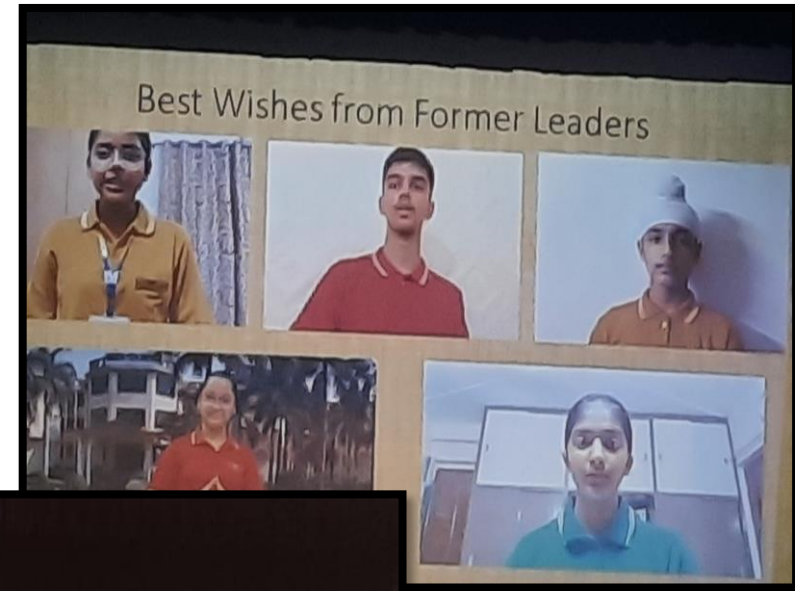
The Investiture Ceremony for the newly inducted student council of the session 2023-24 was held in the school premises with great passion and zeal. The event was presided over by the school Principal, **Ms Neeta Arora**, Vice Principal **Ms Mona Dua**, and the middle wing coordinator **Ms. Alka Tuli** who felicitated the newly appointed members of the council with badges and scrolls of honour. It was a moment of great pride to see our young brigade of the student council marching into the school auditorium escorted by the school head boy, Pranav Thombre.

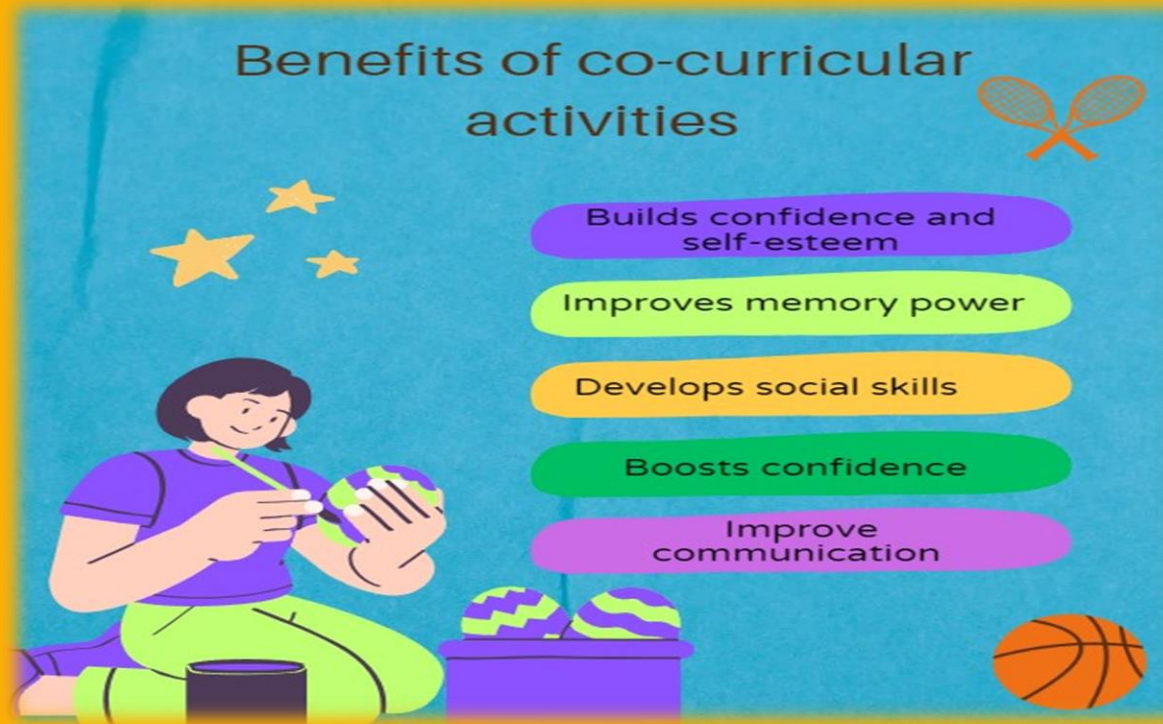
The office bearers took an oath to uphold the dignity of the institution and focus on their goal of blending their physical, mental, and intellectual powers. The momentous occasion symbolized the beginning of a new phase in their lives as student leaders of MVN school.

The ceremony concluded with a video on leadership featuring Dr. APJ Abdul Kalam which was followed by the National Anthem.

Investiture Ceremony



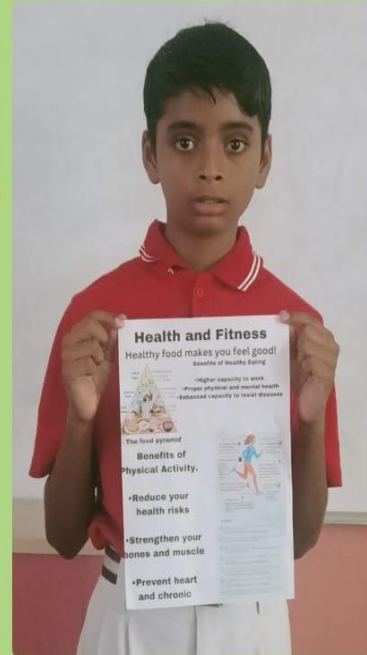
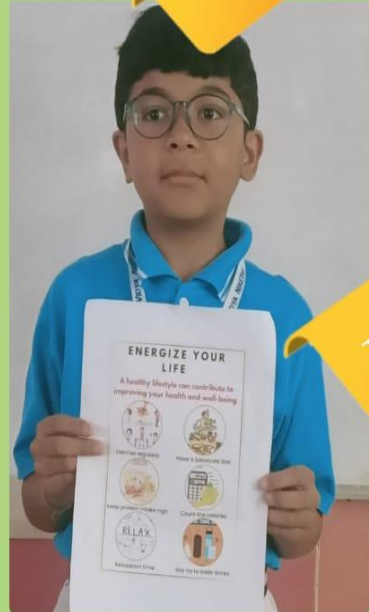
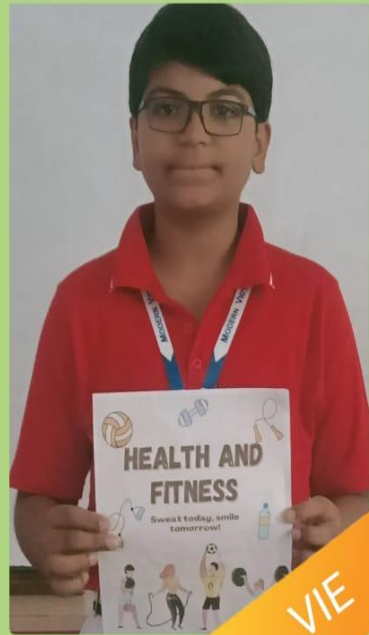




ACTIVITIES

TECH POSTER MAKING COMPETITION

A Tech Poster Making Competition with the theme of 'Health and Fitness' was conducted for the students of Grade VI to showcase their creativity and understanding of health and fitness. It provided an opportunity for the students to combine their artistic skills with their knowledge of technology-related concepts in the context of personal well-being. The students made posters using various tools like Canva etc. and added a powerful slogan to it. They presented and explained their posters which further enhanced their public speaking skills and ability to communicate the information effectively.



VIE

Tech Poster- Health and Fitness

TECH POSTER

VI - BLUEJAY

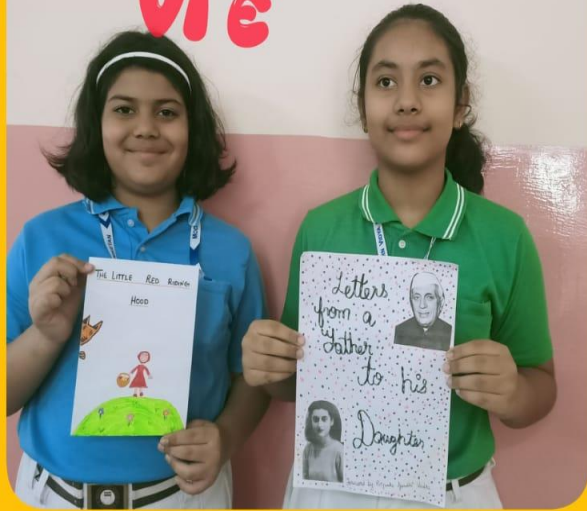
06/07/23



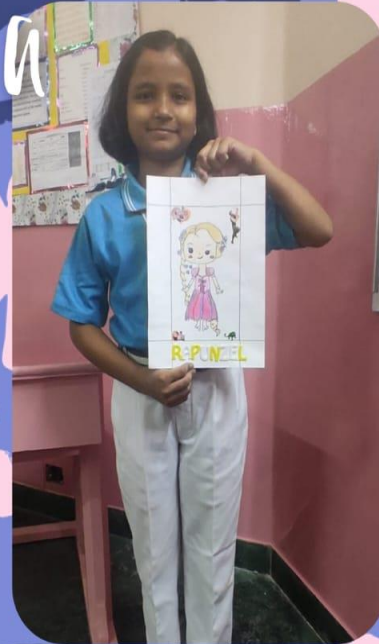
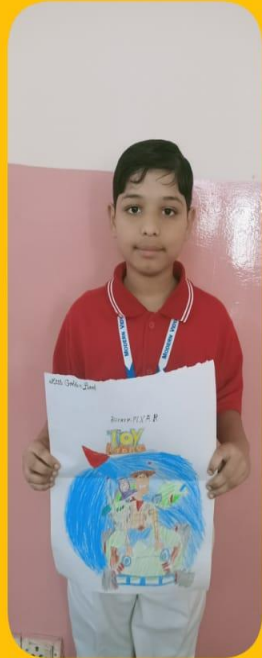
BOOK COVER PAGE DESIGN

To encourage the imaginative skills of the students, a **Cover Page Designing Competition** was held for the students of Grade **VI**. The students were asked to design the cover page of their favourite book. Each participant displayed creativity and skill in their artwork, bringing their own understanding of the story to life with their illustrated covers. The students took active part in this activity. Their designs reflected their passion and talent.

Cover Page Designing VI E



Cover page designing



VI A



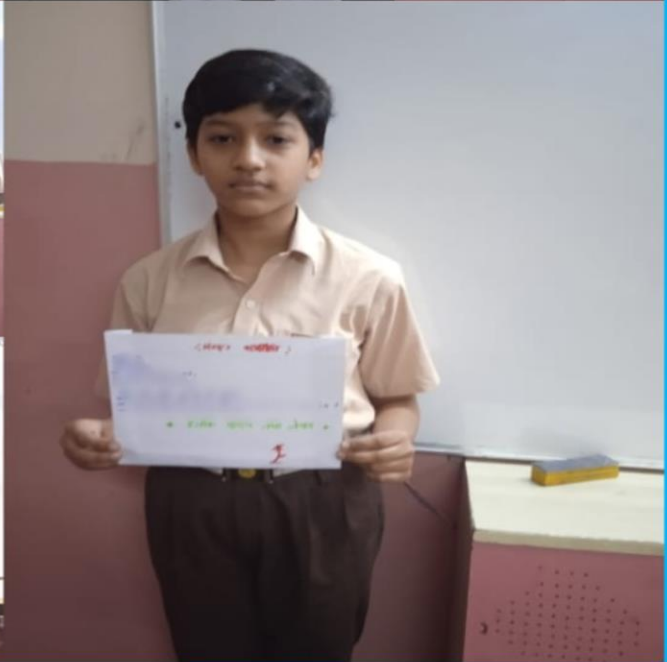
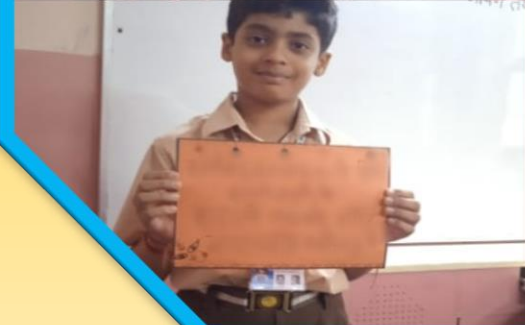
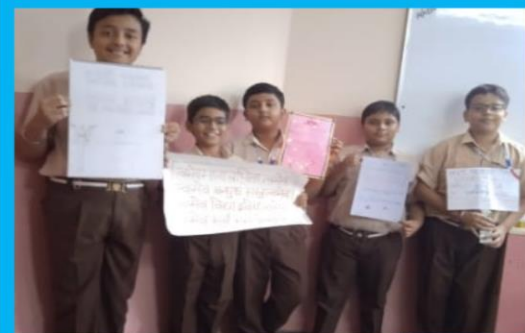
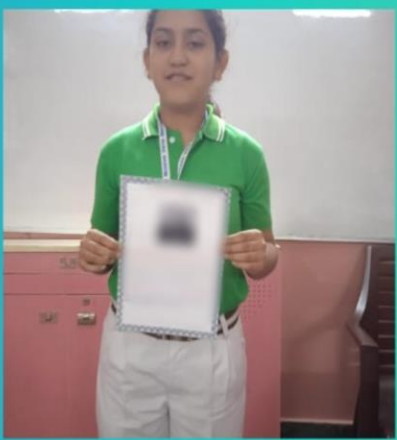
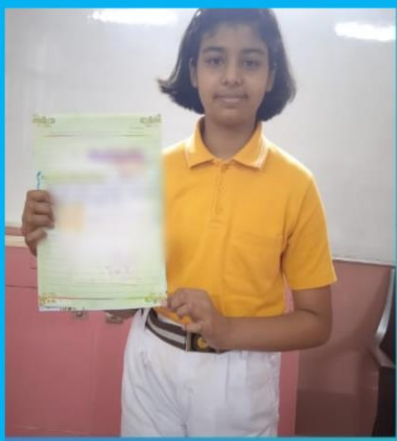
Sanskrit Shloka Activity

Chanting Shlokas helps improve concentration and memory. The shlokas emit vibrations that help the children to stay calm. Keeping this in mind, Sanskrit Shloka Recitation Activity was conducted for Grade VI wherein the participants recited their shlokas with perfect tone and rhythm expressing their linguistic and expressive skills. The enthusiasm and participation of our children was indeed praiseworthy.

दुर्जनःपरिहर्तव्यो विद्यालंकृतो सन ।
मणिना भूषितो सर्पःकिमसौ न भयंकरः॥

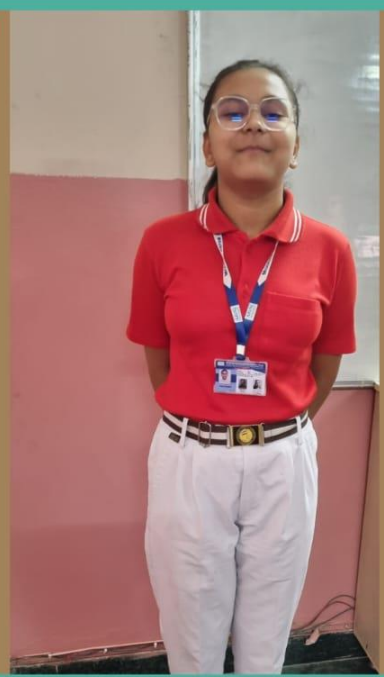
अर्थातः-

दुष्ट व्यक्ति यदि विद्या से सुशोभित भी हो अर्थात वह विद्यावानभी हो तो भी उसका परित्याग कर देना चाहिए। जैसे मणि से सुशोभित सर्प क्या भयंकर नहीं होता।



To help our students develop skills, confidence, and poise in speaking, **TURNCOAT** competition was conducted for the students of Grade **VI** and **VII**. The children were given topics on which they spoke for and against showcasing their impressive knowledge and debating skills. The topic for class VI was 'Are we smarter than our forefathers?' whereas class VII spoke on the topic 'Bullying - Myth or Reality'. The students spoke with passion and conviction, shedding light on real-life experiences and demonstrating their understanding of the subject. Their ability to communicate effectively and articulate their thoughts confidently was appreciated by all.

TURNCOAT COMPETITION



TURNCOAT ACTIVITY
CLASS-7-A



Turncoat Activity

VIG

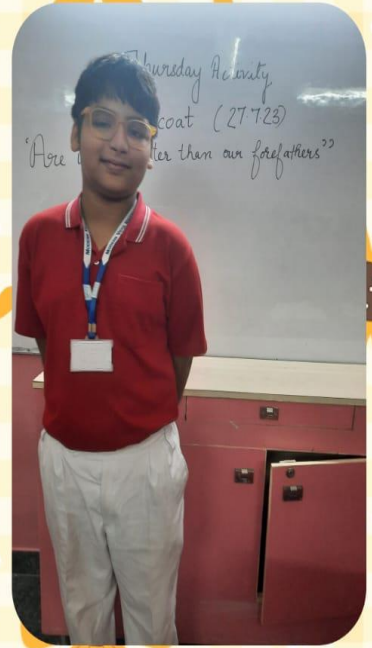
TURNOAT ACTIVITY



CLASS-7-A



Turncoat- Are we smarter than our forefathers





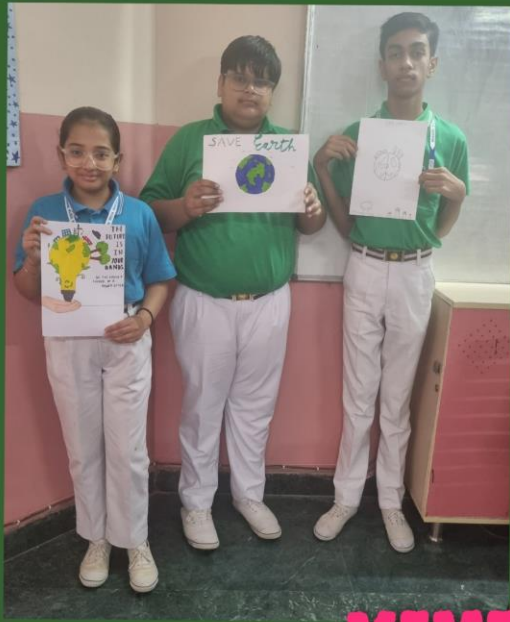
VII F TURNCOAT



6C Turncoat Competition

MEME-O-PHILIA COMPETITION

Meme-O-Philia competition was organised for grade VII on 6th July, 2023. The students were asked to create an interesting meme on one of the given themes. The students made very funny and interesting memes on A4 sized sheets. They added interesting captions to their creativity. The activity not only helped in engaging the students in a fun and novel way but also encouraged them to think imaginatively.



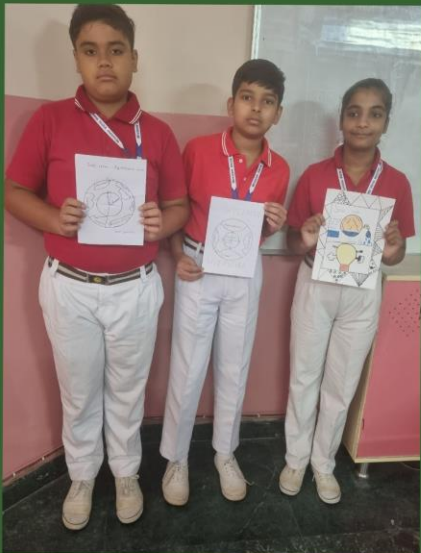
7-A

MEME-O-PHILIA



7-A

MEME-O-PHILIA



MEME O' PHILIA



Meme-o-philia 7D



SOLO SINGING COMPETITION

MUSIC BINDS OUR SOUL, HEARTS AND EMOTIONS. IT CHEERS THE SPIRIT AND LIGHTENS THE HEART.

To bring out the singing talent of our students, Solo Singing Competition was organised for the students of Grade VI and VII. The theme given was classical, folk, devotional or Patriotic songs. In the preliminary round, contestants sang the songs with a lot of passion and confidence. The melodious songs pulled the heartstrings of the audience.

The top performers were selected for the final round. In the final round held on 28th September 2023, each student showed their mastery over voice modulation, pitch, rhythm and tone. The judges were faced with the unenviable task of selecting the top three winners, as each finalist had poured their heart and soul into their performance. The competition was a great success.



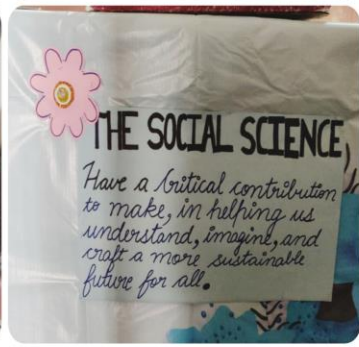
Solo singing (Final round)

Solo singing (final round)

EXHIBITION

An engaging and enlightening exhibition was held during the Parent-Teacher Meeting on **19th August, 2023** which showcased the creativity and talent of our students. The exhibition was a hub of excitement, with students displaying and explaining about their models, experiments and inventions related to Maths, Science and Social Studies. It was a celebration of their hard work and innovative spirit, providing parents and teachers a glimpse into the diverse talents of our students. Everyone was quite impressed with the dedication and grasp of the students, and appreciated their endeavours in making this exhibition a grand success.





ACHIEVEMENTS



Congratulations!



Rajveer Kapoor of class VII represented Haryana in
OPEN NATIONAL FOOTBALL TOURNAMENT
held by ALL INDIA FOOTBALL FEDERATION in
the under-14 category.

Congratulations!



**UNDER 14 LAWN TENNIS TEAM WHICH INCLUDED
SIDDHARTH NEGI OF GRADE VI
CAME FIRST IN
FARIDABAD DISTRICT TOURNAMENT**



Congratulations!

Our budding chess master

Nikunj Khanna of class VII won
the District Level
Under-13 Chess Championship
for boys



MVN Salutes its budding Mathematician



LIVE
MATH
COMPETITIONS
AND
LEAGUE



THIS CERTIFICATE IS PROUDLY PRESENTED TO:

DARSH BEHL

Modern Vidhya Niketan Aravali Hills
India

for competing in the

MENTAL MATH WORLD CUP 2023
GRAND FINALE

19th - 28th August 2023
DATE

CATEGORY

MASTER

TOTAL SCORE

988

WORLD RANK

15

COUNTRY RANK

2

SCHOOL RANK

1

GRADE

A+



N.A. Shetty

N. A. SHETTY
CO - FOUNDER LIVE MCL

Prakhyath B

Mr. PRAKHYATH.B
CO - FOUNDER LIVE MCL

Congratulations!

Congratulations!



Vidushi Bhardwaj got First position in
the Dance Competition at
Peace Fest KR MANGALAM School



MVN SALUTES ITS CHILD PRODIGIES

Aarna Uppal, a class 6 student has penned down 5 beautiful stories and got them published under the title **Coming to The Real World ** thereby showcasing her writing skills and talent.

Shaurya Gupta, a TED-Ed keynote speaker and now an author too, wishes to bring a positive change in the world with freedom of expression. He has authored a book titled *"Finding Amity "* which signifies the importance of finding true friendship that helps to elevate and nurture our true potential.

On July 2, 2023, *'Life Lessons For Success'* was officially launched at the Youth Spoken Fest by Empowered Kids in Gurugram. This book has been written by our student **Madhav Gupta**. It is a collection of short, interesting stories that aim to help children learn basic moral values ,essential for becoming successful individuals.

We congratulate our budding authors and extend our best wishes and hope for their bright future.

OUR BUDDING AUTHORS (VI-VII)

Congratulations!



Shaurya Gupta



Madhav Gupta



Aarna Uppal



RAMAKRISHNA MISSION SESSIONS



To impart value education to its students and make them 'awakened' citizens with values of peace, harmony, humility and cooperation, Value education sessions based on the teachings of Swami Vivekananda were held for the students of Grade VI and VII. These sessions were interactive wherein the students participated in the discussions enthusiastically. They shared their experiences and the importance of practicing values in life.



“Once we believe in
ourselves, we can risk
curiosity, wonder,
spontaneous delight,
or any experience that
reveals the human
spirit”

- E.E. Cummings