



Think positively, you will never lose because positivity always wins!!

### Dear Parent/Student

"The best preparation for tomorrow is doing your best today."

We present the newsletter which captures the essence and spirit of all the special occasions and memorable moments of collaborative learning in the school through various scholastic and co- scholastic activities.

All events and pursuits are directed towards providing an ideal platform to experience, explore, experiment and enhance the latent abilities of students. Activities in the school environment guide and train the children to own up their responsibilities and be decisive. This empowers the students and transforms them into valuable citizens, solution seekers and reservoir of possibilities.

It is always exciting to see what our children are doing with their time, talent and efforts. They volunteer countless hours of their time to learn new things. A few lines of a poem can define the role of a school in a child's life.

"Some people believe and develop a plan Some doubt and never think they can Some people face challenges and give their best Some back down when faced with a test; We all have a choice we all have a say We are actors in life who get in and play Whatever we choose how we handle life's game Our school plays a role to teach us make right choices and remain an ace."

Ms. Bhavna Kapoor TGT English

### Dear Students,

Have you ever thought why Winners win and why losers lose? The difference between winning and losing is not just having an intelligent mind and the right skills. It is the mental game that really separates the winners from everyone else. No one is a born winner or a born loser. We all develop the winning traits as we grow up. So do you want to know how to develop winning traits in your personality? Read on...

The first thing you need to know about winning is simple: If you don't have the right mindset, then your knowledge, practice, and even skills will be rendered ineffective when you need them the most. You don't become a champion boxer without first learning to think like a champion boxer or you don't become a stage performer without thinking like a stage performer. So the bottom line is that if you want to perform like a champion, you must first learn to think like one.

How to think like a winner?

A winner never relies on talent alone. We all are good at something but a winning mindset understands that unless you put disciplined effort on to something, you can't be a winner no matter how talented you are. Prepare yourself for hard work. **There are no shortcuts for winners**.

When we think one way but act another, there is always a conflict in our mind that kills our confidence. No matter how good you plan, convert it into action one step at a time. **First build your wave then ride it**. You can achieve anything if you take a small step towards it every day starting today.

A winning mindset doesn't mean that you always imagine a win-win situation for yourself. Winners don't take success for granted. Failures never deter them. They accept them as a part of the journey. The winning strategy for failures is to accept them, analyze them and move on.

The easiest and most effective way to be a winner is **to push yourself beyond your comfort zone**. The more you do things you are not perfect in, better will be your chances to develop a winning spirit.

Invest your time and energy in developing a winner's mindset and success will be your companion at every endeavor.

Archana Bapat

Counsellor, MVN

### HEALTH AND FITNESS WEEK

Physical and Mental fitness is not only the most important key to a healthy body, they are the basis of dynamic and creative intellectual activity.

– John F. Kennedy

Holistic health is actually an approach to life. In an attempt to ensure holistic development of the students, 'HEALTH AND FITNESS' week was celebrated in school from 4th April - 8th April 2022.

Physical wellness encourages us to take care of our body through physical activity, proper nutrition and a strong mind; it promotes optimal health. Mental health affects how we feel, think and act. Emotional wellness inspires self-care, stress reduction and development of inner strength. A combination of yoga and aerobic exercises does exactly, what is required by our body. All 5 Days of the week were carefully planned to give the benefit of both to the students. Friday was 'Run for Fun'. Children participated in various fun races and joyfully embraced their wins.













### SALAD DRESSING ACTIVITY

The students of class IX and X enthusiastically participated in the Salad Dressing activity encouraging the consumption of healthy food with nutritive values on the 7th and 8th of 2022. The students also April, showcased their talent in making nutritious diet menu cards thereby spreading awareness of the importance of a balanced diet.

The objective of this class activity was met as the students got the opportunity to not only strengthen the spirit of teamwork but also to inculcate healthy food habits among themselves.













### **EARTH DAY CELEBRATION**

### 'Nature is painting for us day after day the pictures of infinite beauty.'

It's no secret that the future of our planet needs to be safeguarded. In order to preserve the earth for future generations, we need to reduce the amount of harm that human activities have on the environment and support the natural world as much as we can.

With all this in mind and a motto of spreading awareness and consciousness among students Earth Day Celebrations were planned. Students of classes VI and VII created beautiful collages and vertical gardens using plastic bottles and left over metal and ceramic pots. Children enjoyed and learnt about nature conservation and biodiversity through these meaningful activities.













### LABOUR DAY CELEBRATION

### "The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

No work is insignificant. All labour that uplifts humanity has dignity and importance and should be undertaken with excellence. The Students of Middle Wing of Lotus House marked the occasion with great zeal and excitement.

Labour Day is a reminder for us that these workers are the real architects of our society, and they deserve their due respect. We have always believed that it is the small acts of kindness that count and we attempt to inculcate that same virtue in our children. The children presented an inspirational assembly. The assembly started with morning prayer followed by motivational song, dance and expressed their gratitude by giving self made badges, cards and flowers to maids, guards, drivers, conductors, peons etc. The staff was overwhelmed with this act of thankfulness and enjoyed the day.

The activity was designed to forge a better understanding of the labour community among our students with an objective to make them learn to respect and appreciate their efforts. Overall it was a fruitful day which taught our little ones to be thankful to everyone.

















### **BOARD DECORATION**

Creativity is a natural extension of enthusiasm.'

To explore the creative potential of the students, Board Decoration activity was organized for the students of Class VIII. The activity was based on the theme, 'Enjoy little things in Life'.

Students showed teamwork and worked in coordination to decorate their class display boards. They took a keen interest and participated with great fervour.

The students of class IX and X also participated enthusiastically to decorate their class boards with beautiful drawings and inspirational quotes. This class activity not only showcased their talent but also inspired the students to appreciate and acknowledge the uniqueness of each other besides fostering the spirit of teamwork among them.



### **POSTER MAKING ACTIVITY**

The students of Class IX and X participated enthusiastically in the poster making activity held on the 28th of April, 2022. The Students displayed their artistic skills on the topic 'Labour Day' through an array of posters to honour the work force who are instrumental in determining the overall ardour of the country's economy. The objective of the activity was not only to ignite the fire of imagination and creativity among the students but also to celebrate the achievements of the workers on the occasion of 'Labour Day'.







### **MOTHER'S DAY**

Her hands held me gently from the day I took my first breath. Her hands helped to guide me as I took my first step. Her hands held me close when the tears would start to fall. Her hands were quick to show me that she would take care of it all.

Mother's Day is a celebration honoring the mother, motherhood, maternal bond and influence of mothers in society. To show the love and respect to their mothers, the young, enthusiastic and adorable middle school MVNITES of classes 6 and 7 presented self composed Hindi poems. The day turned out to be magical when the innocent children expressed their special love and gratitude for their mothers not just in words but also by doing craft activities. Cards, painted mugs, sketches, paintings, photo collages and many more interesting craft items were created by these amateur artists. Friday was a fantastic day and culminated with announcement of winners for the Hindi Poem recitation competition.







### **FAREWELL CEREMONY 2022**

### "Every new beginning comes from some other beginning's end."

MVN School, Sector 17 bade an affectionate adieu to the batch of 2021-22 on April 23,2022. The "Farewell Ceremony" began with the "Hawan Ceremony" where the Principal, Staff members and students sought the blessings of God and Late Founder Principal, Shri Gopal Sharma Sir. The Cultural extravaganza began with auspicious 'Ganesh Vandana'. Lilting melodies and foot-tapping dance numbers followed. It was a sight to behold with students of classes XI and XII taking to stage and pouring out all their excitement and exuberant joy. The highlights of the programme was the conferring of prestigious titles i.e. Ms. and Mr. MVN -17, Ms. and Mr. Talented and Ms. and Mr. Confident. A resplendent Rampwalk, Brain Teaser Round and interaction with esteemed judges clinched the day for the winners. Mr. Prafful, Director- Academics; Ms. Monica Wadhwa, Vice Principal, MVN- Sector 88 ; Ms. Mohini Bhardwaj, Coordinator ,Senior Wing and Ms. Vandana Laul, Coordinator , Primary Wing presented Sashes to the proud winners.

Ms. Agalya Venkatesh, Principal, MVN School, Sector 17 wished the students all the effulgent glory in years to come bringing fame and felicity. The ceremony came to a beautiful close as a sumptuous feast with all the yummy delights and was savoured by all. School life is the journey that prepares us for all the other journeys to come. Hence, it's not an end but merely a transition to a new adventure, bright and beautiful.























# WORKSHOPS "SHIFT A LITTLE, GROW A LOT"

On commencement of the new academic year, a welcome session was organized for all the students of class 8 on 11th April, 2022. Anticipating the challenges our students may face, the session, "Shift a Little, Grow a lot" was focussed on providing real-life strategies to face these challenges.

It is said that beautiful things happen when we distance ourselves from negative thoughts. The session was aimed at creating a positive outlook among students, along with tips for mental and emotional support to help them settle down comfortably and happily in their new routine.

It was a fun-filled activity-based session in which students participated enthusiastically. The session was taken by the School Counsellor, Ms. Archana Bapat.







# "MIND YOUR MIND"

A session was organized for the students of class X on 20th April, 2022, titled as "Mind your mind". It was focused on helping students to take care of their mental health on a daily basis. It was a through and through experiential learning session in which basic tenets of mental health were explained through various activities. Real life strategies for emotional hygiene were provided.

It was a fun-filled session where students participated wholeheartedly. The session was conducted by the school counsellor, Ms. Archana Bapat.







### **SPECIAL ADDRESS BY PRINCIPAL**

" Excellence is the result of high intention, sincere efforts, intelligent direction and skillful execution."

It is vital for any school goer to have a special connect with his/her Principal. Keeping the same thought in view, the Principal of MVN, Sector- 17 had a Special Session with Class VII students. She informed the students that the school world has certainly moved ahead from chalk and talk method to technological advances and experiential learning.

In her address she focused upon an all round and balanced education based on sound intellectual, physical, moral and social formation. Special stress was laid on the character formation, discipline and personality development.







### **CAREER COUNSELLING WORKSHOP**

Successful career starts with the selection of right subject and stream, suggesting the students with the perfect career idea is the need of the hour. Hence, a Career Counselling session was held on May 5, for the students of class VIII in MVN 17, Faridabad.

The resource person Mr. Varun Vohra, a certified career counselor, assisted by Ms. Riya Sachdeva, educated the students on the skills one needs for a successful career. He also expanded the knowledge of students on the various career options available. He stressed on the idea, "Your uniqueness is a gift to you. Your special qualities can help you be the best version of yourself and to reach your potential." and counselled the students on identifying the most appropriate career options in a systemic manner and at the same time not to let any kind of pressure be the guiding force in this important decision of life.

The extremely insightful and enlightening session concluded with a vote of thanks by Ms Manika Girdhar.

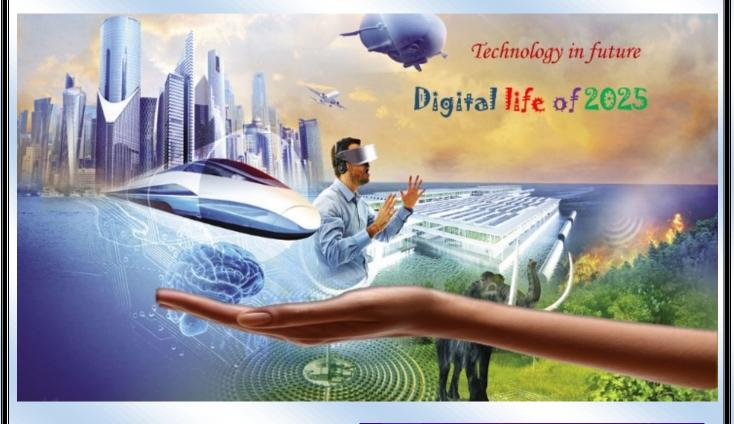


### NATIONAL TECHNOLOGY DAY

"Technology will never replace great teachers, but in the hands of great teachers, it's transformational." – George Couros

The amateur technocrats of Classes VI and VII of Middle Wing exhibited their newly found skills in the form of E- Posters and Digital collages. Friday was a day of discovery and exploration when students amazed everyone with their brilliantly creative and informative posters and collages to blend well with the theme of National Technology Day 2022 which was "Integrated Approach in Science and Technology for a Sustainable Future"

Students displayed a series of advancements and significance of Science and technology in every sphere of life.









### **INTERNATIONAL YOGA DAY CELEBRATION**

"Yoga is the journey of the self, through the self, to the self."

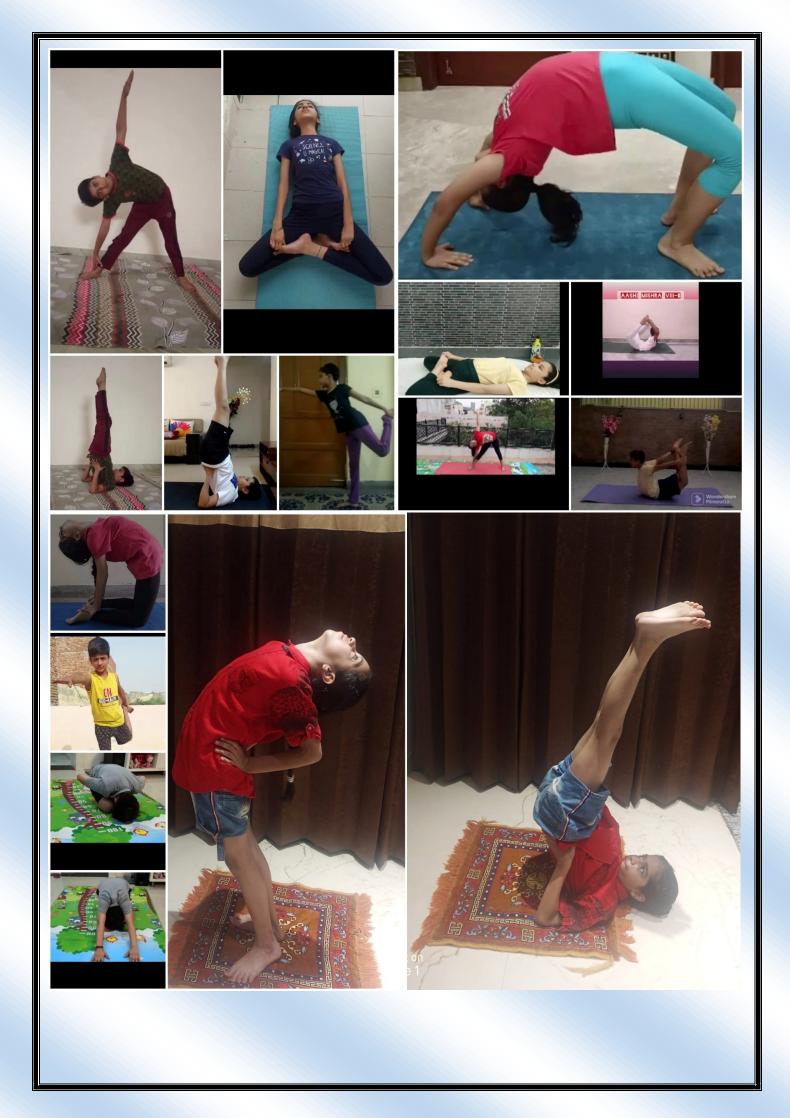
"Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,"

There is no second opinion about the uncountable benefits of yoga practice. MVNITES from middle wing are inspired and motivated to practice yoga every day. On the occasion of International Yoga Day, the students of grade VI, VII and VIII demonstrated various asanas. They shot short videos and clicked their pictures in various yoga poses.

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being."

The students and teachers pledged and resolved to incorporate yoga in their everyday life.





### WORLD ENVIRONMENT DAY CELEBRATION

The climate crisis has exacerbated extreme weather events that kill or displace thousands living creatures.

World Environment Day is observed on 5 June every year to remind everyone about the issues related to the environment that our planet Earth is facing and to stress upon the fact that just how close the Earth is to tipping over the point of no return.

Environment is like our neighbourhood, its surrounding conditions affect us. MVNITES celebrated Environment Day by spreading mass message to Nurture the Nature to preserve the future. The students made posters and planted saplings.

The theme of World Environment Day 2022 is Only One Earth, focusing on "Living Sustainably in Harmony with Nature". The activities conducted were carefully chosen to keep students in sync with the theme.





# **FATHERS'S DAY CELEBRATION**

The "He never looks for praises He's never one to boast He just goes on work quietly For those he loves the most."

The students of Middle Wing made their daddies feel proud and paid filial respect and heartfelt gratitude on the occasion of Father's Day. The day was celebrated in a spectacular way. Making cards, dancing to tunes, singing melodies, reciting rhymes, preparing daddy's favourite dish and presenting surprise gifts and much more to express their love and admiration for their adorable fathers. The occasion turned out to be grand as fathers and kids were together at home during summer break. The entire occasion was blissful, rejuvenating and moved many daddy dears to tears of joy.





### **INTERNATIONAL OLYMPIAD IN INFORMATICS-2022**

### DREAM AND ACHIEVE !! OUR ALPHA GEEK

YASH VATSALYA JAISWAL, Class XI, MVN SCHOOL, SECTOR 17 has made his alma mater proud by winning silver medal in INOI -2022.He has also qualified for the IOITC-2022 that will select the Indian team for the International Olympiad in Informatics,2022. He is among 33 students who were selected from all across the country.

**OUR ALPHA GEEK** 

INOI-2022

**Indian National Olympiad in Informatics** 

**One Among 33 National Selections** 

International Olympiad in

Informatics Training Camp

(Conducted by IARCS, Mumbai)

**Qualified for IOITC-2022** 

YASH VATSALYA JAISWAL Class - XI

# 19TH DISTRICT LEVEL TAEKWONDO CHAMPIONSHIP-2021

"All our dreams come out if we have the courage to pursue them."

Outstanding accomplishment by MVNites in the 19th District Level Taekwondo Championship organized by Faridabad District Taekwondo Association on 14th May,2022.

Our students proved that they can conquer anything with their dedication and perseverance. They won laurels and medals in different categories.







### **TECHNOFEST- AN INTERSCHOOL COMPETITION-2022**

Technofest- An Interschool Competition Organised by DPSG International "The secret to winning is a constant and consistent improvement" and at MVN Sector 17 we make it a habit to win. The students of MVN Sector 17 yet again set forth their mettle in Technofest, an Interschool competition organized by DPSG International on 11th May, 2022.

Ashlyn Bhatia of Grade II and Harshil Arora of Grade V bagged 2nd positions in Digiposter and CodingKid competitions respectively.

We congratulate both the winners on their stunning accomplishments.

# TECHNOFEST-2022

# **An Interschool Competition Organized by: DPSG International**



# PARA TABLE TENNIS NATIONAL CHAMPIONSHIPS - 2022

### HERCULEAN ACHIEVEMENT BY LAKKSHHYA GUPTA

Lakkshhya Gupta a student of Class X ,MVN School, Sector-17 won a Gold Medal at the Para Table Tennis Championships -2022 held at Indore, Madhya Pradesh from 27th to 30th April. Lakkshhya brought laurels to himself and the school by bagging First Position in Under 15 years boys singles category and attained Sixth Position in Asia in the same category .

Congratulations and Blessings to Lakkshhya. May God give you wings to scale greater heights.

### PARA TABLE TENNIS NATIONAL CHAMPIONSHIPS 2022 Organized by: Para Table Tennis Promotion Association

Herculean Achievement By Lakkshhya Gupta



Heartiest Congratulations!!

# INTERNATIONAL SOCIAL STUDIES OLYMPIAD 2021-22

### **Our Heartiest Congratulations to the Achievers !!**



Shiva Shaurya	Pratishtha Bansal	Kaustav Chhabra	Jashith Ahuja	Pratyaksha	Chinmay Garg
Class - III	Class - V	Class - IV	Class - IV	Class - IV	Class - IV
Rank-4	Rank-4	Rank-7 Rank-7 Mahir Dhasmana Class - VII Rank-18	Rank-10 Divyam Sharma Class - VIII Rank-19	Rank-11 Tiana Sethi Class - IV Rank-27	Rank-14 Alyona Archisa Class - IV Rank-31
Swastik Sharma	Peehu Mangla	Daksh Singhal	Naisha Mohan	Kiyara Sharma	Rishaan Jain
Class - VII	Class - V	Class - IV	Class - V	Class - V	Class - IV
Rank-33	Rank-38	Rank-45	Rank-50	Rank-56	Rank-58
Chayanika Sing Class - X RANK-6	h Gagande Class -	eep VI	i Mittal ss - V	ina Kapoor Class - V	Sohan Pal Class - IX Rank-94

# NATIONAL COMMERCE OLYMPIAD 2021-22

**Our Heartiest Congratulations to NCO Achievers !!** 

# SOF National Commerce Olympiad (2021-22)

# **International Achievers (TOP 100)**



# NATIONAL CYBER OLYMPIAD 2021-22

### **Heartiest Congratulations to our NCO SCHOLARS !!**



### INDIAN OLYMPIAD QUALIFIER MATHEMATICS (IOQM), PHYSICS (IOQP), ASTRONOMY (IOQA) 2022 (STAGE-1)

Our Prodigy made us proud yet again with his splendid performance. Heartiest Congratulations!

# INDIAN OLYMPIAD QUALIFIER (100) 2022 Another Prond Moment Phenomenal Performance by Naman Goyal



**Qualified STAGE 1** 

**MATHEMATICS** (IOQM)

PHYSICS (IOQP)

**ASTRONOMY** (IOQA)

### INDIAN OLYMPIAD QUALIFIER PHYSICS (IOQP) 2022 (STAGE-1)

Heartiest Congratulations to Tatsam Ranjan Sharma for his Phenomenal Performance .

### INDIAN OLYMPIAD QUALIFIER PHYSICS (IOQP) 2022

IAPT & HOMI BHABHA CENTRE FOR SCIENCE EDUCATION

# **STAR PERFORMER**

Qualified STAGE 1 Physics (IOQP)



# **INDIAN MATHEMATICS OLYMPIAD 2021-22**

### COMMENDABLE ACHIEVEMENT IN IMO! The diligent IMO entrants of MVN Sec-17 have excelled and scored merit positions at different levels.

# SOF INTERNATIONAL MATHEMATICS OLYMPIAD (2021-22)



# **INTERNATIONAL SCIENCE OLYMPIAD 2021-22**

SPLENDID RESULTS IN NSO! Our heartiest congratulations to the MVN Sec -17 NSO achievers on achieving the pinnacle of success.



### INDIAN OLYMPIAD QUALIFIER MATHEMATICS (IOQM), ASTRONOMY (IOQA) 2022 (STAGE- 2)

# **STAR ACHIEVER**

Yet another Testimony of Excellence by Naman Goyal. He gave

splendid performance in Prestigious Indian Olympiad Qualifier

(IOQ) and qualified Stage 2 in Mathematics (IOQM) and

Astronomy(IOQA).

Heartiest Congratulations !!

(INDIAN OLYMPIAD QUALIFIER (IOQ) 2021-22)

**Yet Another Testimony of Excellence** Illustrious Achievement by

**CLASS-XI** 

# Naman Goyal

Qualified STAGE 2 MATHEMATICS (IOQM)

**ASTRONOMY** (IOQA)

# KISHORE VAIGYANIK PROTSAHAN YOJANA (KVPY) 2021-22

We are proud of our achievers in the Kishore Vaigyanik Protsahan Yojana (KVPY) Fellowship Program.

We endeavour to provide our students with the guidance, platform and opportunity they need to realise their true potential and excel at every step in their career.

# **KVPY FELLOWSHIP 2021-22 1** *O Selections - the winning streak continues....*



# Once you replace negative thoughts with positive ones, you'll start having positive results.