



MVN SCHOOL SEC-88
NEWSLETTER
APRIL – MARCH
2020-21
(I – V)

MVN

Satyameva Jayate

PRINCIPAL'S DESK...

Healthy greetings!!

After acquiring new zeal and enthusiasm in the new year 2021, I take the opportunity to wish my MVN family, the heartiest and warmest wishes and prayers that we all be safe and healthy in the New Year. Let this new beginning usher in a period of optimism and well being. 'Keep your face towards the sun and you will never see the shadows'. These uplifting words by Helen Keller infuse positivity and motivate us to look at the silver lining of the clouds.

It is also the time to acknowledge and thank the frontline workers, without whose help and motivation things would have taken an ugly turn. At this juncture, I would like to appreciate and express my heartfelt gratitude to my dedicated team of educators who left no stone unturned in embracing the new normal. They have been successfully engaging our young enthusiastic learners and imparting knowledge. The young learners too need to be applauded for the sincere effort they have been putting up since the beginning of the academic session.

Now as we step ahead in life let us not forget the lessons learnt during this tough period. We are now full of hope that we will soon be experiencing a new dawn. Very proudly would like to appreciate the young learners who made us proud even during these testing times by getting laurels for the school.

Now is the time to look ahead with new hopes. Lets us all bear in the mind that there is always light after darkness. Our undaunted spirit, our attitude of gratitude , our focus on the goal, our sense of responsibility will surely lead us all to new dawn.

Wishing you all happy, healthy and fulfilling times ahead.

COUNSELLOR'S DESK...

Due to the COVID-19 the world had face a lot of uncertainty. It was a global menace which affected us and our children all over the world. It became an obligation for parents and teachers all over the world to keep the children motivated and engaged at the same time, inculcating hope and helping them endure the timelessness before a good change arrives. Instead of focusing on how uncertainty can create sadness or anxiety, we must try to shift the focus to how uncertainty could create wonder or curiosity. It triggers creative thinking and critical thinking in children. For many of us strategies come easily, while others have to learn how to use them. Essentially, coping is an active process where you stop for a moment, appraise the situation you're faced with, target the problem, and then choose a set of interventions to manage the uncertain event. Our children learn not only how to cope, but how to cope well. Many children not only have changed their study pattern but also have developed lot of positive attributes such as showing gratitude, using mindful techniques and helping their parents during daily tasks or when their families got quarantined and they provided support. Lets celebrate and appreciate their positive outcomes and motivate them to continue their positive developments .

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SENSORY STATION

Observe, record, tabulate, communicate.

Learn to see, hear, feel and know that by practice alone, you become an expert.

Setting up sensory station is a way to allow children to easily meet their sensory needs. Our students of Grade I made their own sensory station using their imagination. It offered them chances to explore their sense organs involved in learning. They drew things they saw, smelt pleasant and unpleasant smells, heard different sounds, tasted different flavours and touched various objects to feel their textures. This helped them to add a new dimension to their learning.



MOTHER'S DAY

Mother's love is the supreme form of love.

There is nothing more special than having your mother with you forever. It is the time to appreciate mothers who provide unconditional love, care and encouragement to everyone at home during this tough time by staying active to her best.

Students of Grade I expressed their love and gratitude for their mothers by making cards and singing songs for them.



FAMILY TREE

**You Don't Choose
Your Family
They are God's gift
To You
As You Are To Them**

Family is one of nature's masterpieces. Grade I students created a family tree using their creativity and imagination. The main purpose of this activity was to help the children understand the bond they all share with their family members. They also understood how each family member has a distinct and an important place in the family.



ELOCUTION ACTIVITY

“Let thy speech be better than silence.”

Students of Grade II participated in "Elocution Activity". All the students prepared well and spoke fluently and confidently on the topic- "Endangered Animals." They spoke of the importance to protect the endangered animals to maintain the health of an ecosystem. Some of them used beautifully made props also.

This activity helped them to boost their confidence and also helped them to overcome stage fright.



FOREST DAY

**Save the trees,
Save the earth,
We are the guardians of Nature's birth**

Bearing the responsibility of being nature's guardians, the children of Grade I performed the compost making activity. As a part of Van Mahotsav celebrations, they pledged to contribute towards the environment in a positive way. They pledged to be the torch bearers to initiate positive changes in their life styles to change the face of earth.



VAN MAHOTSAV

A poster making activity for the students of Grade IV and V was conducted to mark 'Van Mahotsav' celebration.

All the students were quite enthusiastic about preparing posters with vivid ideas and vibrant colours. It was a splendid show of masterstrokes by our young and the talented artists.



POSITIVITY WEEK

“Happiness is a mood, positivity is a mindset.”

Children of Grade I participated in number of activities organised during the Positivity Week like ‘Glass- Half Full Half Empty, Role Play and Ways to keep safe’. The activities helped the students to cope with the sudden, rapid changes that came with the Covid-19 Pandemic. They drew a picture of Happy Earth demonstrating the positive side of present situation.

This helped students to become aware about the ways to keep others and ourselves safe and protected. Children spread the message through enactments showcasing various measures to be safe and happy.



INTERNATIONAL YOGA DAY

Yoga has not one but many benefits. It helps in maintaining our mental and physical health. Our body becomes more flexible after consistent yoga practice and we also develop a great sense of self-discipline and self-awareness.

The MVNites believe in the fitness of the body and mind. Though the Covid-19 pandemic has pushed the celebrations of the sixth “International Yoga Day” indoors but it couldn’t dampen the spirit of our young fitness enthusiasts. They performed yoga with their family which not only helped them to increase their stamina, flexibility, strength, calmness but also was beneficial for them to spend quality time through the divine art of yoga.



PARENT'S DAY

Parents are those special people who possess immense patience to bring up their children in the best possible ways.

Parent's Day celebration is a day dedicated to all the parents. All the children of Grade I created beautiful cards for their parents using the age old art of origami.



WEAVING A STORY

'STORYTELLING HAS ALWAYS BEEN THE MOST POWERFUL WAY TO PUT IDEAS INTO THE WORLD.'

Weaving a story demonstrates the art of creating a story, layering new ideas to build a vibrant story which inspire others.

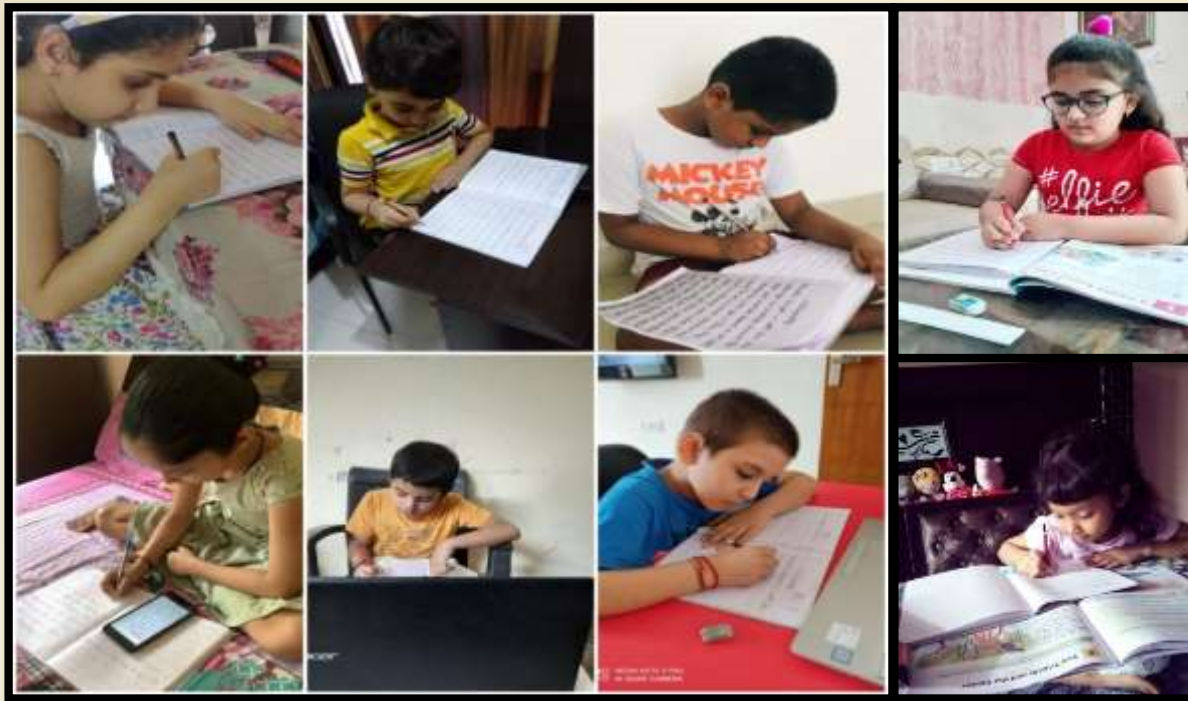
Students of Grade III actively and enthusiastically took part in “Weaving a Story” activity. By using their imagination, they infused life in their fictitious characters. This effort of our young writers mesmerised everyone by transforming them to a magical world.



ENGLISH CALLIGRAPHY

'CALLIGRAPHY IS THE ART OF EXCELLENCE THAT PAINTS WORDS.'

Good handwriting makes an impression on the reader. In the era of technology, handwriting skills have been forgotten. To overcome this problem and to inspire the students to improve their handwriting and presentation skills, an English Calligraphy Competition was conducted for the students of Grade II. All the children participated with great zeal and exuberance and showed excellent creativity through their writing skills.



POEM RECITATION – RAKSHA BANDHAN

The students of Grade I celebrated the sacred bond between brothers and sisters reciting wonderful poems. They highlighted the various emotions they share with each other. Their performances were greatly admired.



RAKHI MAKING

**'PRICELESS THREAD, RAKHI IS THE
EPITOME OF LOVE BETWEEN
BROTHERS AND SISTERS.'**

Raksha Bandhan is one of the most endearing ways to celebrate the bond between brothers and sisters. To strengthen this bond, a 'Rakhi Making' activity was conducted for the students of Grade II and IV. The students participated enthusiastically and used their creativity and ingenuity to make beautiful and colourful rakhis.



LITTLE CHEFS

The students of Grade I prepared 'Rainbow Fruit Glass' by spreading the chopped fruit layer in a transparent tall glass. They served the fruits in an artistic and aesthetic way.

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 create awareness about the nutritional value of fruits.



BEAT THE HEAT



Summer is the time when one can crave the cool and quench their thirst.

'BEAT THE HEAT' activity was conducted by the students of Grade IV to deal with the blistering heat. The children prepared refreshing summer beverages like ginger mint lemonade, Mango shake and many more to stay hydrated this summer.



HEALTH IS WEALTH

“IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES OF GOLD AND SILVER.”

To inculcate healthy eating habits and also to make this habit fun filled, an enjoyable ‘Salad Making Activity’ was organized for the students of Grade V. The little chefs took part enthusiastically in this activity and came out with creative ideas. They also learnt about the significance of eating healthy food especially during the pandemic.



COOKING WITHOUT FIRE

An activity 'Cooking without fire' was conducted for students of Grade IV with a view to create awareness about the nutritional value of food cooked without flame and to motivate the kids to stay away from junk food. The children prepared healthy dishes using easy and quick recipes. The display was a visual treat tickling to the taste buds.



JANMASHTAMI

Janmashtmi is celebrated on the occasion of Lord Krishna's birthday. To seek the blessings of Lord Krishna, Janmashtmi was celebrated virtually by the students of Grade I with mirth and joy. Children made Krishna Ji's crown (Mukut), carried a prop related to the festival and dressed up as a Little Krishna and Little Radha.



PUPPET MAKING

“We are puppets of our sub-conscious desires.”

A puppet is an animated object resembling a human or a mythical figure that is controlled or manipulated by someone else. Realising its importance in their life, the students of Grade II donned their creative hats and tried to communicate their own messages through stick puppets using paper folding. The students unleashed this crafty dose through smart, artistic ideas and their application.



FRIENDSHIP BAND MAKING

**“Only true friends leave footprints
in your heart.”**

To honour the ‘diamonds’ in their lives—the Grade III students kick-started the friendship band making activity for their bright, beautiful and valuable friends using glitter sheets and decorative material. The students used this opportunity to thank their friends by gifting them a symbol of true friendship.



FACE PAINTING

SAVE TIGER...SAVE NATURE...

**“TIGER IS A SYMBOL OF BEAUTY,
BRAVERY, STRENGTH AND NATIONALITY. SO,
SAVE THE TIGER... SAVE THE NATION’S PRIDE.”**



Due to rampant poaching, hunting and deforestation, the tiger population has been dwindling year after year. So the students of Grade IV aimed to highlight this issue through a ‘Face Painting’ activity. They painted their face as a tiger to raise awareness and to support the ‘Save Our Tigers’ campaign. This activity also helped to instill in them a strong message that we all must try to save this animal from extinction and save our ecosystem.

UNITY IN DIVERSITY



To celebrate the spirit of unity, a fancy dress competition with the theme 'Unity in Diversity' was conducted virtually for the students of Grade I.

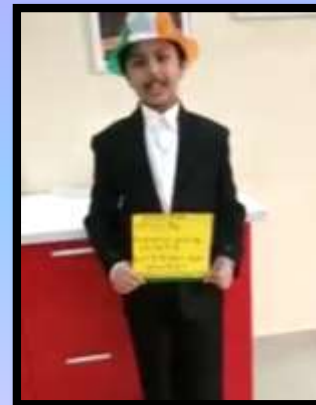
The students showcased the rich culture and heritage of India through their vibrant costumes and speeches.



FANCY DRESS COMPETITION



Clothes make a statement when draped fancifully. Grade II students told many untold stories of unsung heroes- our very own freedom fighters- through their fancy dress by saying aloud their slogans. Their performances were reminiscent of the pain and suffering that Indians had to go through to attain independence while earning respect in the eyes of the world.



PATRIOTIC SONG

“MUSIC EXPRESSES THAT WHICH CANNOT BE PUT INTO WORDS AND THAT WHICH CANNOT REMAIN SILENT.”

Students of Grade V participated in a ‘Patriotic Song Activity’ with zest and enthusiasm. They put forth their enthralling performances and sang with a lot of passion, confidence and patriotic feeling. They presented a variety of patriotic songs and showed mastery over voice modulation, pitch, rhythm and tone.



GANESH CHATURTHI

Festivals build group cohesiveness, break the monotony of routine and give us a chance to reenergize our body, mind and spirit. To reinforce the learnings of Shree Ganesha the students of Grade I painted an image of Lord Ganesha with vegetables like onion, lady's finger, and bitter gourd. They showcased their creativity and enthusiasm through this activity.

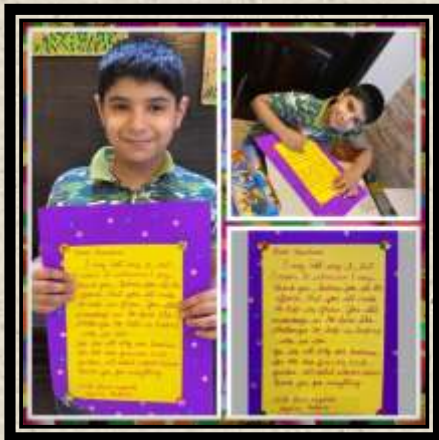


LET'S THANK OUR TEACHERS



“It takes a big heart to form great minds.”

Honouring the mentors, students of Grade III presented thank you cards to the inspiring teachers who have awakened their creative expression and knowledge early. Using thoughtful words, the students expressed their appreciation for the teachers who have been patience and caring.



STORY TELLING

“A means for sharing and interpreting experiences.”

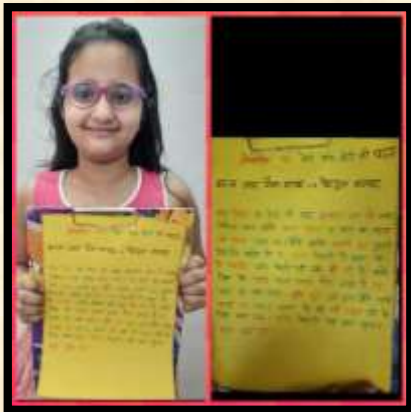
A live narration is where written stories are given life on stage. Students of Grade II and III engaged in telling story snippets from Ramayana and Mahabharata in Hindi and English. Learning morals from these epics, the students opened up their hearts as they swore by them. They also donned attires based on their favourite characters from these epics.



हिंदी हमारी बड़ी ही प्यारी

कहावत भाषा का श्रृंगार
कहावत सीख दे जाए,
आनंद मिले ज्ञान बढ़े
ऐसी कहानी बताए।

हिंदी सप्ताह की गतिविधियों के अंतर्गत कक्षा चार के बच्चों ने ऐसी ही मजेदार कहावतों और उनसे जुड़े अपने अनुभवों को साझा किया। अपनी समृद्ध भाषा का भंडार अपनी अगली पीढ़ी पहुँचाने का हमारा एक और प्रयास सफल रहा।

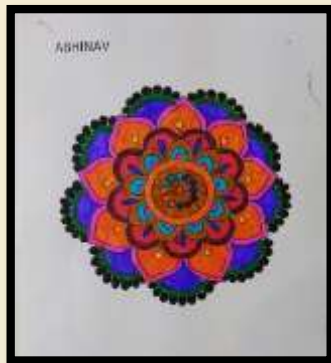


COLOURING RANGOLI DESIGNS



“The auspicious designs herald the coming of a festival.”

Art does not need a language to communicate messages. Drawing inspiration from the nature. Simple rangoli designs were beautifully and artistically coloured by the children. It aided in polishing the creative aspect of the children.



DIYA AND CANDLE DECORATION



“IT’S TIME TO REMOVE THE DARKNESS OF IGNORANCE WITHIN US AND REPLACE IT WITH THE LIGHT OF HOPE AND KNOWLEDGE .”

Diwali is not only the time for having fun but also to learn many things and to unleash creativity. With the excitement of the festive season in the air, the students of Grade IV & V participated enthusiastically in a ‘Candle & Diya Decoration Activity.’

They used their imagination, displayed their creativity by decorating the earthen lamps and candles beautifully. They also learnt about the significance of lighting diyas and candles on Diwali.



CLAY MODELLING



“The tactile nature of clay helps develop the motor skills of a child.”

Clay modelling is an outstanding sensory development activity for little hands. The activity in itself is therapeutic and channelizes the energy of children in a constructive fashion. It was a pleasure to watch the petite fingers at work, making colourful and artistic models of under water scene, photo frame, garden scene, rainy season and animal kingdom. It will surely develop their dexterity and sharpen their problem solving and decision making skills as they learnt to make beautiful things using planning, constructing and deconstructing techniques



AWARENESS CAMPAIGN AGAINST AIR POLLUTION



STOP POLLUTION...SAVE EARTH.

To spread awareness among THE students, a 'Poster Making' activity was conducted for the students of Grade IV. The students painted their perception on paper about saving the planet earth from air pollution and other damages. They wonderfully depicted the dangers which pose a major threat to the planet. The uniqueness of the planet was also showcased through use of vibrant colours by the young artists.

3RS – A SUSTAINABLE WAY OF LIFE

“Never doubt that a small group of thoughtful committed citizens can change the world, indeed, it’s the only thing that ever has.”

Taking this thought forward, students of Grade V participated in a ‘Carry Bag Making’ activity. They made eco-friendly carry bags using recycled papers and old newspapers. This activity helped them to indulge in the habit of recycling and also made them aware about the threat of plastic bags to the environment.



ROLE MODEL

“Be the flame of fate, that torch of truth to guide our young people toward a better future for themselves and for this country....”

‘My role model’ activity by Grade II saw the students enacting the ‘heroes’ of their life whom they consider as their best friend, guide and a teacher. The students opened up on how the behaviour of their idols is exemplary and a constant source of inspiration and motivation for them.



SPEAK ON “MY HERO”



“A hero is an ordinary individual who finds the strength to preserve and endure inspite of overwhelming obstacles.”

A hero can be anyone who inspires you in some or the other way. The students of Grade V participated enthusiastically in an elocution activity and spoke confidently on the topic “MY HERO.” They described their heroes as they identify in their mother, father, brothers and teachers and even gardeners and drivers. They were very clear and specific about the qualities in their heroes which influenced them to a great deal.

CHRISTMAS CELEBRATIONS



Christmas time is magical. With the Christmas bells resonating, there's happiness, joy and positivity everywhere. Soaking in the spirit of Christmas the students of Grade I-V were engaged in various Christmas activities which added to the beauty of the season and created extra excitement. The children enthusiastically took part in 'Christmas Tree' decoration activity. Caught in the whirl of fun, the students of Grade VI played carol tunes and Grade VII students prepared lip-smacking Christmas recipes. Grade VIII showed their creativity in the greeting card making activity. The festive spirit was kept alive and celebrated in all its joy and happiness.



CHRISTMAS DELICACIES



NEW YEAR CRAFT ACTIVITY

To mark the beginning of New Year 2021, students of Grade I conducted a Paper Folding activity where they made and decorated a boat. They put two flags on it, welcoming the year 2021 and bidding goodbye to 2020.



LOHRI CELEBRATION

A virtual Lohri party was organized by Grade I. The students were dressed in beautiful ethnic attire and enjoyed dancing to the beats of the dhol. They also relished a bowl full of popcorns, groundnuts and rewari.



MAKAR SANKRANTI

'FLY HIGH - GOD IS HOLDING YOUR STRING!'

On the auspicious occasion of Makar Sankranti, students of KG and Grade I made colourful kites, denoting joy, happiness and hope. They all promised to “fly high” in all the aspects of their life. Their innocent smiles added charm to the festivity.



TRICOLOUR FIESTA

The students of Grade II showcased their love for the country through tricolour recipes. They exhibited their culinary skills by making lip smacking tricolour recipes. The students enjoyed this yummy combination of food and patriotism.



POSTER MAKING



‘The pearl of the Indian Ocean.’ – Sri Lanka

The land of myth, legend and history- Sri Lanka bedazzles everyone with its offerings. The students of Grade II and III savoured the tropical climate, beautiful beaches and incredible food of Sri Lanka through a collage-making activity.

They donned their creative hats and created beautiful collages depicting the breathtaking locales and the culture of Sri Lanka.

VIRTUAL QUIZ-INDIAN COAST GUARD

To salute the brave men and women who make the Indian Coast Guard an invincible force, an exciting quiz was organised on 'Indian Coast Guards' for the students of Grade IV and V. This quiz was truly a great learning experience for all the students .



SPEAK ON-NEVER STOP LAUGHING



'A good laugh is sunshine in the house.'

When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in the body. A SPEAK ON activity ' NEVER STOP LAUGHING' was conducted for the students of Grade V wherein the kids shared funny incidents from their life. The purpose was not only to create a happy environment in the classroom but also to relive their good memories

SHOW AND TELL

Virtual trips allow learners to learn about authentic artefacts and to explore places important to their individual learning needs. In view of this, 'SHOW and TELL' activity was held at MVN for Grade V children to explore and know more about India and its heritage. Children marked their favourite tourists places on the political map of India. The activity helped them to enhance their knowledge about tourism in India.



WORLD BRAILLE DAY

'Blindness is an unfortunate handicap but true vision does not require the eyes.'

The WORLD BRAILLE DAY is observed on 4 January every year. To create awareness among the children about the relevance of this day, an interactive session on the importance of WORLD BRAILLE DAY was conducted for the students of Grade IV wherein they spoke about the importance of Braille as a means of communication for the blind and partially sighted people. The session helped them to understand that Braille is essential in the context of education and freedom of expression



CALLIGRAPHY COMPETITION

To mark the birth anniversary of Netaji Subhas Chandra Bose, an English Calligraphy Competition was held for the students of Grade I. They participated enthusiastically and wrote a few lines on Netaji showing their best handwriting skills.



REPUBLIC DAY CELEBRATION

To celebrate 72nd Republic Day, a dance competition was organised for the students of Grade I. The theme of the competition was “Patriotism”. The children participated energetically with great zeal and showcased their talent. Their dance moves added to the spirit of freedom.



BASANT PANCHAMI

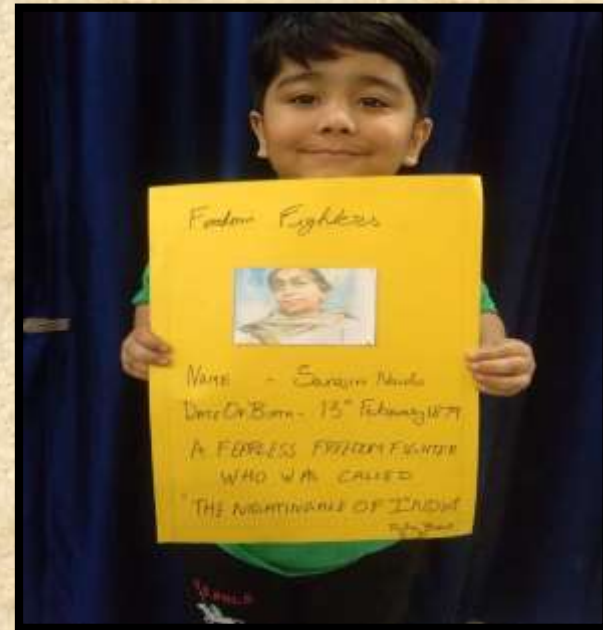
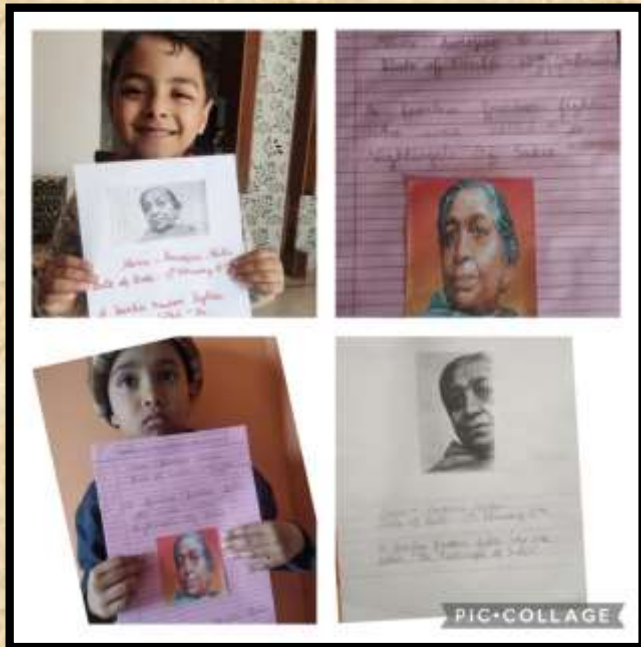
The students of Grade I celebrated Basant Panchami by making an artefact to welcome the season of fragrance, beauty, leaves and flowers – the spring season. All the children were very excited to make artefact using different material like, fork, cotton, ear buds, leaves, twigs, pasta, etc.



REMEMBERING THE NIGHTINGALE OF INDIA

To pay respect to Sarojini Naidu on her birthday, students of Grade I celebrated the day by learning about her. The children learnt about the relentless effort of the NIGHTINGALE OF INDIA towards the freedom struggle and for the upliftment and equality of women .

The children were apprised that this day is also celebrated as National Women's Day .



INTERNATIONAL WOMEN'S DAY

An Elocution Activity was conducted on International Women's Day. The children of Grade I expressed their gratitude towards the women in their lives be it their moms, grannies, sisters or their teachers.





VIRTUAL

SCHOOL ASSEMBLIES

GANESH CHATURTHI

Embracing the new normal, the students of Grade I, III and VI presented a vibrant and informative virtual assembly on Ganesh Chaturthi .

The children paid their obeisance to Lord Ganesha - The Vighnaharta to put an end to this tough time. They invoked the Lord's blessings through a graceful dance and prayer. The students laid stress on life lessons taught by Ganpati ji. The movie created by our young enthusiast was like an icing on the cake.



TEACHER'S DAY

**IF YOUR PLAN IS FOR ONE YEAR
PLANT RICE
IF YOUR PLAN IS FOR TEN YEARS
PLANT TREES
IF YOUR PLAN IS FOR HUNDRED
YEARS
EDUCATE CHILDREN**

Teacher's Day is a very important day for every student as they get to thank their mentors for all the hard work they put in, to shape their personality. A special virtual assembly was conducted by the students of Grade I Aster to make their teachers feel good and special.



74th INDEPENDENCE DAY OF INDIA

“Freedom is the way God intended us; it is something we are born with. Something that no one can take away from us. Let’s celebrate Freedom!”

Since 1947, Independence Day has been a much-loved national festival. Historians believe that this was the first Independence Day since 1947 when children were not a part of the celebrations in schools. But the pandemic couldn’t dampen the enthusiasm and patriotic spirit of the MVNites. The children celebrated the 74th Independence Day of India virtually. They were sensitized about the sacrifices made by our freedom fighters.

The school Principal Ms. Preeti Sahay hoisted the national flag in the school premises. Children participated virtually in the celebration. The children as well as their parents sang the National Anthem and took the pledge. The happiness and the excitement of the children could be seen on their faces. Many of them were holding the tricolor flag in their hand, some of them were wearing tricolour sash, wrist band, head band and caps. It was a different yet memorable Independence Day celebration for everyone.



DUSSEHRA AND DURGA PUJA

" Dussehra is the day which reminds us that in the end, virtue triumphs and evil comes to an end."

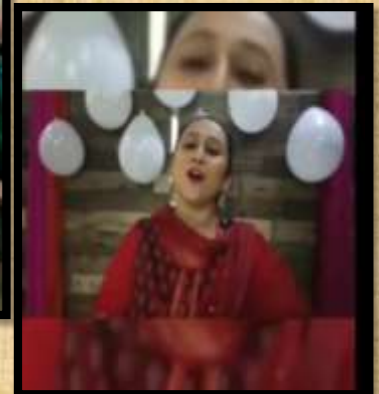
To mark the triumph of good over evil and to celebrate Lord Rama's victory over Ravana, a virtual assembly was conducted by Grade I Camellia. The assembly started with the morning prayer and a talk on the significance of the festival. Everyone was spellbound by the story narration presented by the students on the life of Lord Rama and Mahishashur Mardini. All the characters of the great epic 'Ramayana' came alive through these stories. The celebration ignited the young minds and reiterated the message that Dussehra epitomizes victory of good over evil. Students pledged to shun one bad habit of theirs. The mesmerizing dance performance depicting the power of Goddess Durga, stole the show.



CELEBRATIONS AND FESTIVITIES

“EVERY CHILD IS A MIRACLE IN OUR LIVES. WE CAN EXPERIENCE SPECIAL BRIGHTNESS IN OUR WORLD THROUGH THEIR EYES.”

Since children have been homebound for months now, this Children’s Day is the perfect occasion to show them how special they are. And as Diwali is falling on the same day, it is a double bonanza for them. To make this double celebration a memorable one, the teachers put up a special assembly for them. They sang, danced, recited a poem, presented a magic show, and gave them tips on how to celebrate a safe and eco-friendly Diwali during this pandemic. They were reminded that this Diwali is not just a festival to be celebrated, it is also a time for renewed hope for a brighter future. Children were amazed to see the wonderful performances presented by their teachers and enjoyed the assembly thoroughly.



GURU NANAK JAYANTI

With a pious and pure heart full of devotion, the students of Grade I Erica, performed and celebrated 551st birth anniversary for Shri Guru Nanak Dev Ji. The assembly commenced with a hymn and emphasised on the teachings of Baba Nanak. The students learned and imbibed the feeling of oneness. The concept that “God is One” was described well.



PRERNA

Undeterred by the constraints of Covid-19 'Prerna Diwas' commemorating the cherished ideals and ethos of our beloved founder Principal late Shree Gopal Sharma was organised on 19th December 2020. Both students and teachers participated in this event zestfully and enthusiastically. A plethora of events for students were organised on this day to further the dream of quality education for students. However, with limitation and extended lockdown, our students organised a special assembly paying rich tribute to our beloved sir and mentor. The children took a solemn vow to march ahead setting new milestones and achieving them for the glory of the school.



FITNESS SESSION

In the wake of the unprecedented lockdown , fitness sessions are conducted for students. MVN has walked an extra mile organising and implementing various physical activities. In the prospect of home schooling during the unending lockdown, fitness classes for children gave superlative comfort by fruitfully channelizing the energy level of students.

This year we have focused on the basic and core definition of fitness that is body strength and mind and soul training. Apart from the regular classes we have successfully managed to organize MASTI KI PATHSHALA where students join in to be fit and experience their strength.



WORKSHOPS



EXERCISES FOR EYES

Children are attending online classes, reading, learning and connecting with family and friends ,all through technology .Due to COVID-19 pandemic, screen time has become an unavoidable necessity. At the same time, screen use has been associated with developmental issues, obesity, and poor sleep and eye development. So, apart from daily fitness regime ,a webinar on' Exercises For Healthy Eyes ' was conducted for the students of Grade II - X. The exercises will benefit the students to strengthen their eye muscles, help them focus better, ease eye movements, and stimulate their brain's vision center.



MENTAL HEALTH DAY

'Your mind is a powerful thing and when you fill it with positive thoughts your life will start to change.'

Mental Health refers to cognitive, behavioral and emotional well being. It is all about how people think, feel and behave. Mental health can affect our daily living, relationship and physical health. With the overall objective of raising awareness of mental health issues and mobilizing efforts in support of mental health, a special workshop was organised for the primary and the senior students. The students were also introduced to Neurobics which is a set of unique activities or mental tasks designed to stimulate the brain and help prevent memory loss. The students actively took part in these mind stimulating activities and greatly benefitted from them .



MINDFULNESS

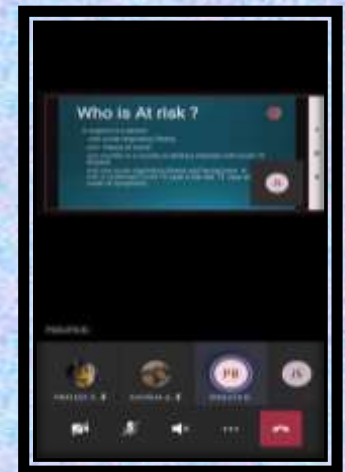
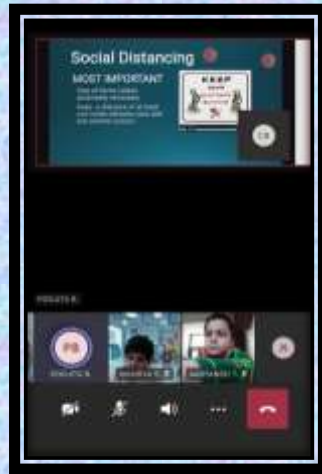
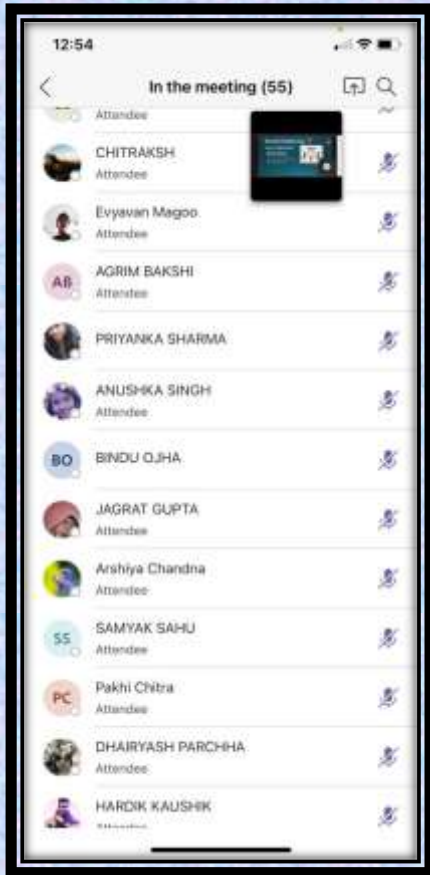
‘Mindfulness is a way of befriending ourselves and our experiences.’

The morning offers a great opportunity to practice mindfulness. So the little ones of Grade II – V were taught few mindfulness exercises for a healthy morning. The students also learnt to be grateful for every single day of their lives.



WEBINAR FOR PARENTS

The Parents of MVN were given an insight on of COVID 19 and its preventive measures. The workshop conducted by Ms. Poojita provided measures to prevent the transmission of the virus by adopting preventive practices. The workshop provided awareness and preparedness to fight this global pandemic.



CYBER SAFETY AWARENESS

In a bid to create tech aware kids, a work shop on cyber safety awareness was conducted for the students of primary wing Grade II to V. The resource person, Ms. Shweta Jhamb explained to the students how to use technology in a safe and secure manner. We at MVN Senior Secondary School believe in training our kids at an early age to combat the cyber-crime issues. The children found the workshop very informative and educative.



ACHIEVEMENTS



“Self- belief and hard work will always earn you success.”

Heartiest Congratulations to Suyasha Jain (Grade V) and Sonakshi Popli (Grade X) on their stellar performance in the Inter School (State Level) Virtual Speech Competition 2020 organized by Rawal Public School.

They have added another feather to our cap by being among the top 4 positions out of the 34 participating schools in this State Level Virtual Speech Competition.

Rawal Public School			
Inter School (State Level) Virtual Speech Competition			
CATEGORY	NAME	CLASS	POSITION
PRIMARY CATEGORY	SUYASHA JAIN	V	FIRST CONSOLATION
SENIOR CATEGORY	SONAKSHI POPLI	X	FIRST CONSOLATION



BAL BHAVAN STATE LEVEL COMPETITION



Atharav Tyagi of KG Aster won the First Position In Diya Decoration



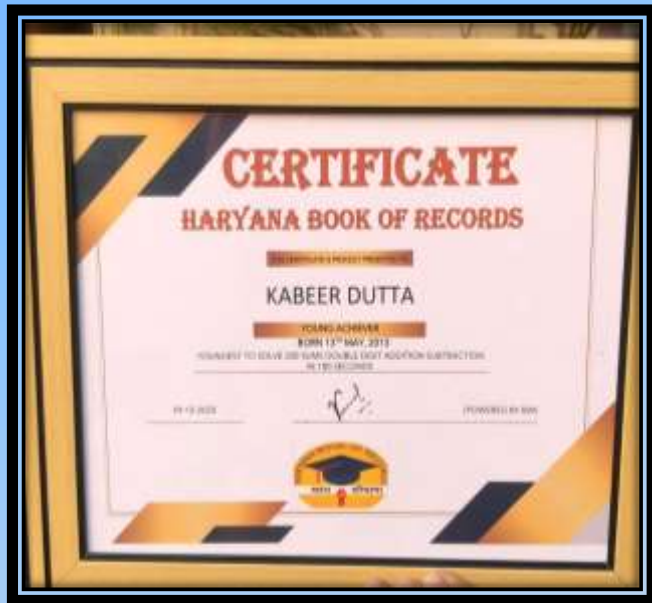
Himank Gupta of I-Camellia won the First Position In Best Dramebaaz



Arush Srivastava of I-Erica won the Third Position In Poster Making

OUR LUMINESCENT STAR

Congratulations to our maths wizard Kabeer Dutta of Grade II C has made it to the Haryana Book of Records. He has been awarded a trophy and a certificate for being the youngest to solve 200 double digit addition, subtraction sums in a record time of 180 seconds.



- Ekakshara Pandey of MVN Grade II, has brought laurels to school. She participated in an online Drawing Competition 'ABHIVYAKTI' organized by DAV Public School, NTPC , Faridabad. She bagged the second prize.



DAV PUBLIC SCHOOL, NTPC FARIDABAD ABHIVYAKTI - 2020			
CATEGORY	NAME	CLASS	POSITION
FUNTASTIC	EKAKSHRA PANDEY	II A	SECOND

- Students of made us proud by excelling in the inter school competition 'Rangmanch' organised by The Modern School, Faridabad. Ashna Singh of class VI won the second position in the 'Nishabd Solo Mime Act'. Pratistha Bhardwaj of class IX secured the third position in the 'Navras – Solo Act' competition and brought laurels to the school.

S.NO.	EVENT	STUDENT NAME	CLASS	POSITIONS
1	NISHABD SOLO MIME ACT	AASHNA SINGH	VI	II
2	NAVRAS (SOLO ACT)	PRATISTHA	IX	III



WINNERS AT AAN BAAN SHAAN MERA BHARAT MAHAN HELD BY RAWAL PUBLIC SCHOOL



Rudransh Mitra of I D won the First Position In
Fancy Dress Competition

Pramveer S. Bhamra of I D won the First Position In
Fancy Dress Competition



Oditi Singh of VI A won the Third Position In
Rock The Floor(Solo dance)Competition



Pradanya M. Chandorkar of VI A won the Third Position In
Mile sur Mera Tumhara Competition



OLYMPIAD'S ACHIEVEMENTS

**SOF INTERNATIONAL GENERAL KNOWLEDGE OLYMPIAD 2020-21
ACHIEVEMENTS**

MEDAL OF DISTINCTION

 VARDAAN BHARDWAJ GRADE II	 DHRITI GUPTA GRADE II	 DHAANYA GARG GRADE VI	 KAVYA RAJPUT GRADE VII
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GOLD MEDAL OF EXCELLENCE

 YASHAS GUPTA GRADE I	 SAMRAT DUTTA GRADE I	 SATVIK GARG GRADE I	 AADYA SOOD GRADE I
 VEDANT SINGH GRADE II	 MEHAR MEHTA GRADE II	 AGRIM BAKSHI GRADE III	

**SOF INTERNATIONAL ENGLISH OLYMPIAD 2020-21
CONGRATULATIONS**

ZONAL EXCELLENCE


**RIDDHIMA JAIN
GRADE - III
ZONAL GOLD MEDALIST, GIFT WORTH RS. 1000**

MEDAL OF DISTINCTION


**DHRITI GUPTA
GRADE - II**

GOLD MEDAL OF EXCELLENCE

 ADITRI SETH GRADE - I	 ARITRA SAHA GRADE - I	 ATHARV SENGAL GRADE - I	 AALYA SETH GRADE - II	 VARDAAN BHARDWAJ GRADE - II
 KRISHA CHATURVEDI GRADE - II	 AEINDRI RAKSHIT GRADE - III	 KIMAYA ANAND GRADE - IV	 ANANYA JHUNJHUNWALA GRADE - VI	

**ALWAYS END THE DAY WITH
A POSITIVE THOUGHT.
NO MATTER HOW HARD THINGS
WERE, TOMORROW IS
A FRESH OPPORTUNITY TO
MAKE IT BETTER.**

- ANONYMOUS