

APR-JUN 2020

MVN TIMES



*Never stop learning because
life never stops teaching.*

FROM THE PRINCIPAL'S DESK

The adroit and the tough come together to get going when a veritable melting pot of people finds the going tough. " we are all caught in the worst pandemic, witnessed in a century, hoping to come out of this outbreak with flying colours. For the last 4 months, we've been trying to adjust to covid, seeking to find ways to keep ourselves well fortified, cheerfully occupied ,soothing our frayed nerves with an undeterred spirit to create support system for the elderly, needy, the poor with provision of essentials and health care needs. We at MVN are disseminating education through student friendly virtual classrooms. In such testing times our children's good mental health is of utmost importance. Let us keep them involved through online lessons on painting, music, dance, fitness, yoga and meditation.

In these testing times, we miss smiles behind the masks. As we adjust to this "new normal", Let's adapt and adopt novel methods to wait out this challenging period. Teach the children to stay united, stay home and learn unity in adversity. As our PM urged let's turn the crisis into opportunities. This nationwide lock down has abruptly disrupted campus academic activities. Now can we see the luminous side of this!!! Resultantly, many learning apps, have been launched. Positive traits of compassion, fellow feeling, have come to the fore in the shape of volunteers who pitched in as beacons of light. Advanced technology has reduced the anxiety of physical distancing. In fact, we need not feel isolated at all. Even in social distancing and physical isolation, technology has blessed us with effective connection.

This unprecedented time calls for solitude for, much needed self awareness, self connection and self knowledge. For the country men, it's time to revive our economy. There are no quick fixes. We, are all in the same boat, all worried about safety and future. So let not your focus dissipate from health challenges. Undoubtedly, life's best lessons are learnt during tough times. My heart swells with pride and hope as I read about young children breaking their piggy banks to apply balms to heal the suffering souls. Such philanthropy and sensitivity to others only cements our belief that tomorrow's society is in safe hands.

I urge, pray more often, laugh more often and louder, extend a helping hand to the needy. Make your 20-20 journey eventful, purposeful and lively.

The silent classrooms, the vacant playgrounds and empty corridors are all awaiting to come to life once again.

And yes

All teachers and I miss the school noise. I eagerly await to hear you laugh, argue and indulge in friendly banter.

Till then

Stay safe

Stay healthy

God bless you All

Agalya Venkatesh

Principal

MVN Sec-17

Dear Parents

The coronavirus disease (COVID-19) pandemic has upended family life around the world. Online School, working remote, physical distancing — it's a lot to navigate for anyone, especially for our younger ones who are used to the structured routine and safe haven of their energetic and enthusiastic teachers and school ambience.

Across the world children are affected by the new normal of online school, social distancing and health and hygiene practises. To ensure that the children remain optimistic , teachers have mastered the ways of online teaching and handled students' anxiety and fear by channelising it into creative pursuits .

With the beginning of the session we introduced children to creative content that kept them entertained and provided a much-needed escape into the fun and magical worlds of imagination through several activities on Mother's day, Yoga, Book week, Health week and Competitions.

The children's overwhelming response and creative images warmed up our hearts to see our efforts being reciprocated with matching excitement and enthusiasm. Who knew we would ace online learning like Pros and emerge with new and better learning skills. An expert team of dedicated teachers, technical experts, counsellors resolved the issues of students 24*7 for a secure and seamless experience.

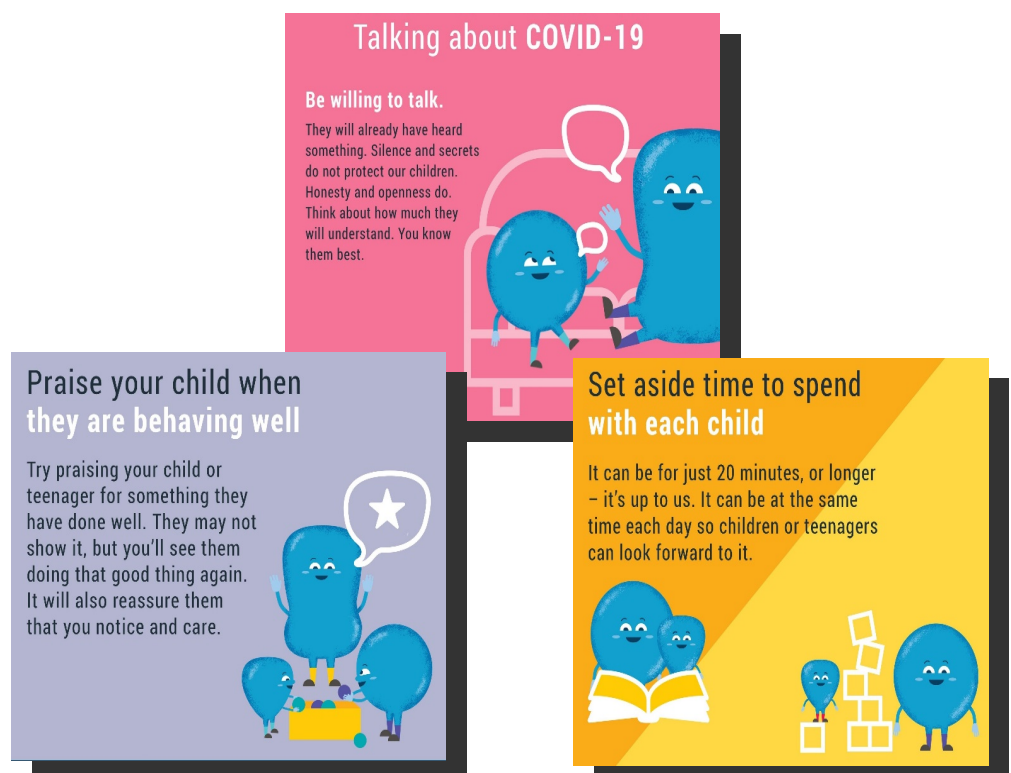
We thank the parents for interacting constructively with the children during this time of confinement. It is imperative that we encourage them to stay positive, create a daily routine, encourage good behaviour, pursue new hobbies like reading, gardening, painting, origami etc and most importantly have a dialogue with our young ones .

“Happiness can be found even in the darkest of times, if only one remembers to turn on the light.”

Regards

Ms. Tanu Khattar

Primary Coordinator



COUNSELLOR'S SECTION



As the new academic session started in April this year under unprecedented circumstances, the school counselor, Ms Archana Bapat visited all primary classes in the first week to help our students get emotionally adjusted to the new way of learning online.

Through a small activity, young learners were made aware about things under our control and things not in our control. Health, safety and becoming flexible to learn new ways were discussed. All their queries and doubts were answered in a friendly way. Some creative activities were suggested to keep them engaged positively at home during this time.

The school counselor visited classes again in the month of May to help students cope with online learning in a healthier way. As with increased screen time during lockdown, strain on eyes could be a possibility and so simple eye exercises were taught to students by the counselor along with some simple diet suggestions. Students participated enthusiastically in all exercises.

Learning to Focus

For classes VI and VII, the school counselor has taken many class sessions. Concentration has always been a major issue in these students, more so in lockdown as gadgets are always available to students and their self control is poor so a session was taken on how to build concentration which included multiple activities and also tips and tricks.

Infuse Fun in Learning

In one more session, to tackle the monotony of continuous online classes, some fun activities were conducted to stimulate their right brain. Students were asked some tricky out-of-the-box questions/puzzles to feel rejuvenated. Students participated enthusiastically and were vocal about their liking for the session.

In all classes, the counselor offered her helping hand to all students and shared her contact details for students to call her if they need help in coping with anxiety, managing their study and entertainment time or simply feeling more positive during these unprecedented times.

Archana Bapat

Counsellor

INCLUSION IN ITS ESSENCE

“Impossible!” Impossible says I am possible. Every challenge enables us to convert it into an opportunity. The same thing our school is doing during the pandemic. Modern Vidya Niketan always strives hard to provide quality education to its all students. Students with special needs are no exception to this. In the digital era we provide equal attention to our students with special needs and provide a digital platform of learning at their fingertips. Along with regular classes they also attend special classes with special educator. These classes are enriched with knowledge and emphasize experiential learning. We develop a tailor made curriculum in order to ensure lasting comprehension with the blending of need based adaptation and modification. In these classes they get an opportunity to revise all the subjects which eventually assist them to retain it for a longer time. Keeping in mind the fact that they get distracted easily we teach them lots of brain gym exercises which lead to sharpening their memory. Our endeavours do not end here as we push them to think independently and try to generalize their knowledge and promote the transfer of learning in day to day life as well. Our motto is to make them a productive member of society.

It shouldn't matter how slowly some children learn as long as we are encouraging them not to stop.

- Robert John Meehan

Madhu Sharma

Special Educator, MVN

TECHNOLOGY

THE REAL TIME IRONMAN

2020 - new year, a new decade marking the beginning of much anticipated new era in technology and digitalization! Little did we know what was about to unfurl not in the distant future but in a brief span what started as flu in China spread faster than any disease. In the modern era WHO declared it a pandemic on 11th of March. Quarantines of suspected cases and social isolation of the general public are topmost on the list of things to do as on date. 50 + countries have implemented a nationwide shutdown. In India itself the central government laid down the guidelines and most states are in a state of partial shutdown or complete shutdown. Educational institutions, malls, movie houses business houses, shops stores; except those selling essential commodities all have been closed. Everyone was advised to stay home the result has been deadly for the global economy as well not because of the virus itself but because of its consequences. Quarantine and isolation means no travel, not stepping out, no eating out and not going outside for entertainment or seeking educational training, henceforth no activity.

But is it really so! No! No! No!

Human intervention through technology came as a saviour for the entire world.

Work from home using internet became new normal.

Plastic money/card money/digital payments evaded the physical contact.

E learning and remote classroom concept is new normal for schools and colleges.

E banking has become more prevalent.

AI enabled smartphone application called Arogya Setu is helping people stay safe.

Staqu, a Gurugram-based start up is using AI in their thermal cameras to detect potential suspects.

Robots are not susceptible to virus, so they are deployed to complete many tasks like cleaning, supplying food and medicines to sick and infected, sterilisation etc.

From keeping life hassle free to sharing data, tracking and identifying Covid 19 outbreaks, technology is enabling it all.

Thanks to the unseen microwaves of technology which are magically making everything possible.

Bhavna Kapoor

TGT English

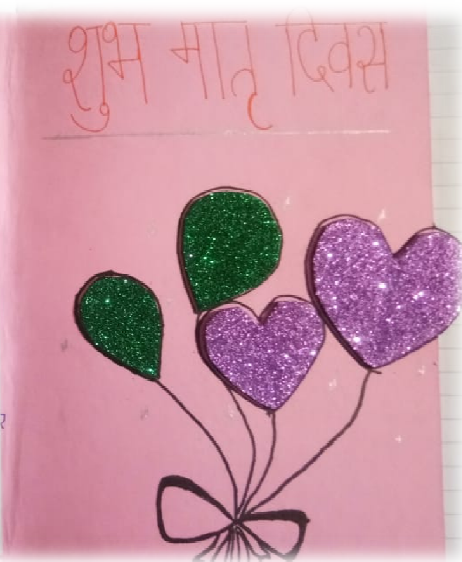
MOTHER'S DAY

Of all the special joys in life,
The big ones and the small,
A mother's love and tenderness
Is the greatest of them all.
Always so good, selfless and kind
None on this earth her equal we'll find...

Students celebrated Mother's Day by participating in several activities



माँ
 माँ शब्द का क्या कल्लं लखान?
 नहीं हुआ इन सा महान,
 माँ की समता सबसे प्यारी,
 जिसके आगे दुनिया धारी।
 माँ के बिन जीवन अधूरा,
 आली-आली, सुना-सुना
 जब कभी मुझे पीट लग जाय,
 माँ की आँखें भी भर आये।
 मेरे दुख में सुख ही जाय,
 सुखियों पर मेरी वारी जाये।
 तुम बिन है सुना सारा जग संसार
 तुम बिन सुख, कलित सब वकार,
 तू ही सृष्टि, तू पालनहार
 तू ही का तू ही एक अवतार
 तेरी वंदना, तेरा सम्मान
 खूब धम सदा तेरा मान
 ईश्वर यह ही वशतान !



मम माता

मम मातुः नाम श्रीमती दिव्या अंबे
 अस्ति ।
 सा स्वका अहमिका अस्ति ।
 सा मम पठने सहायताम् करोति ।
 सा मम सह क्रीडति ।
 सा मम गान्, रचितः कृते पाठयति च, पत्रलिपि अस्ति ।

मम मातुः इण्डिया वैन्दे । सा मेतलिनियमिः
 जूरी म् करोति ।

दुर्पणम्

पुष्पम्

ILEX-1



शुभमाता VII C
 इमानवी
 VII C

मम माता

- मम मातुः नाम श्रीमती दिव्या अस्ति।
- सा स्वका सुरगृहिणी अस्ति।
- मम मातुः रुचिः नृत्ये अस्ति।
- सा मम पठने सहायताम् करोति।
- सा मया सह क्रीडति।
- सा अतीव शीघ्रता अस्ति।
- मम माते पत्रसम् रोचते।
- सा अभ्यासम् सर्वेषु कार्येषु सहायतां करोति।
- अहम् मम मातरम् वन्दे करोमि ॥



हे माँ, तूने मुझे पढ़ाया, गिनाया
 और पढ़ाया
 अच्छे गुण देकर खड़ा बनाया
 मैं शेष तो मुझे चुप कराया
 तू स्वयंसे उरली है।

HAPPY MOTHERS DAY!

DOCTOR'S DAY

The importance of doctors has definitely come to the forefront this year with the outbreak of the COVID-19 pandemic. It's not that they were not there before, but with the virus spreading far and wide, they have been working non-stop for 24 hours with little or no rest. They are risking their own health while they diagnose cases and attend to sick along with the health of their spouses, children and other close family members. Doctors are there to ensure that patients recover fully, and with the number of infected cases rising daily, hospitals are overflowing with patients. So it is only fair that doctors have a day to themselves, like – "National Doctors Day"

In India, National Doctor's Day is celebrated on July 1st every year. The theme of doctors day this year is to "lessen the mortality of COVID-19".

As the COVID-19 pandemic paralyses the world doctors, nurses and other health workers in the country are not breathing easy, even those who are not on the frontline. A lot of doctors are falling ill soon working long shifts and duty hours and without enough time to consume even one meal properly.

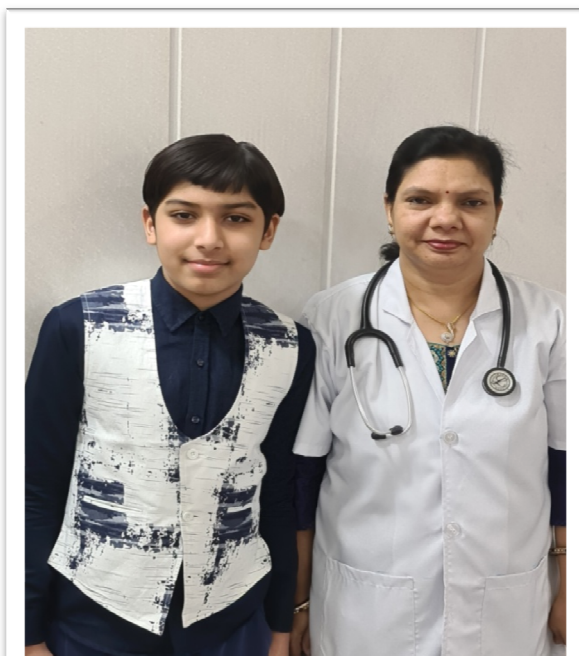
"Doctors who are working in the frontline and are facing the risk of infection remain quarantine for a long time and away from their family". "Psychologically, doctors are aware of hardships patients are going through, shortage of medical supplies, the type of difficult decisions doctors have to take, like giving up on patients because of lack of resources like ventilators". These fears are much more.

Overworked Indian medical professionals are now increasingly fighting on a whole new front in the COVID-19 battle: STIGMA

There can be no better time to remember the doctor who is a story of hard work, grit, talent, determination despite racial discrimination, love for his country and unmatched dedication for his profession.

Ameya Bansal

VII - C



योग का महत्व

योगासन शरीर और मन को स्वस्थ रखने की प्राचीन भारतीय प्रणाली है। शरीर को किसी ऐसे आसन या स्थिति में रखना जिससे स्थिरता और सुख का अनुभव हो योगासन कहलाता है। योगासन शरीर की आन्तरिक प्रणाली को गतिशील करता है। योग, संस्कृत के यज् धातु से बना है जिसका अर्थ है संचालित करना, सम्बद्ध करना, सम्मिलित करना अथवा जोड़ना। अर्थ के अनुसार विवेचन किया जाए तो शरीर एवं आत्मा का मिलन ही योग कहलाता है। शरीर के स्वस्थ रहने पर ही मस्तिष्क स्वस्थ रहता है। मस्तिष्क से ही शरीर की समस्त क्रियाओं का संचालन होता है। इसके स्वस्थ और तनावमुक्त होने पर ही शरीर की सारी क्रियाएँ भली प्रकार से सम्पन्न होती हैं। योग शरीर को शक्तिशाली एवं लचीला बनाए रखता है साथ ही तनाव से भी मुक्ति दिलाता है। यह शरीर के जोड़ों एवं मांसपेशियों में लचीलापन लाता है मांसपेशियों को मजबूत बनाता है शारीरिक विकृतियों को काफी हद तक ठीक करता है शरीर में रक्तप्रवाह को सुचारु करता है तथा - प्रतिरोधक शक्ति-तन्त्र को मजबूत बनाता है। इन सबके अतिरिक्त यह शरीर की रोग-पाचनयाँ बढ़ाता है कई प्रकार की बीमारियों जैसे अनिद्रा, तनाव, थकान, उच्च रक्तचाप, चिन्ता इत्यादि को दूर करता है तथा शरीर को ऊर्जावान बनाता है। योगासन उचित विधि से ही करना चाहिए अन्यथा लाभ के स्थान पर हानि की सम्भावना रहती है। प्रातः काल शौचादि से निवृत्त होकर ही योगासन का अभ्यास करना चाहिए। स्नान के बाद योगासन करना और भी उत्तम रहता है। सायंकाल खाली पेट पर ही योगासन करना चाहिए। छात्रों, शिक्षकों एवं शोधार्थियों के लिए योग विशेष रूप से लाभदायक सिद्ध होता है क्योंकि यह उनके मानसिक स्वास्थ्य को बढ़ाने के साथ-साथ उनकी एकाग्रता भी बढ़ाता है जिससे उनके लिए अध्ययन-अध्यापन की प्रक्रिया सरल हो जाती है। आज की आवश्यकता को देखते हुए योग शिक्षा की बेहद आवश्यकता है क्योंकि सबसे बड़ा सुख शरीर का स्वस्थ होना है। यदि आपका शरीर स्वस्थ है तो आपके पास दुनिया की सबसे बड़ी दौलत है। स्वस्थ व्यक्ति ही देश और समाज का हित कर सकता है। अतः आज की भागदौड़ - की जिन्दगी में खुद को स्वस्थ एवं ऊर्जावान बनाए रखने के लिए योग बेहद आवश्यक है। हमारे विद्यालय - मॉडर्न विद्या निकेतन सेक्टर)17 में प्रत्येक अध्यापिका अपने विद्यार्थियों के साथ नियमित रूप से दिन का आरंभ प्राणायाम के साथ ही करती हैं।

धन्यवाद

प्रियंका चाचरा

हिंदी अध्यापिका (टी जी टी)

INTERNATIONAL YOGA DAY

"Yoga at Home, Yoga with Family"

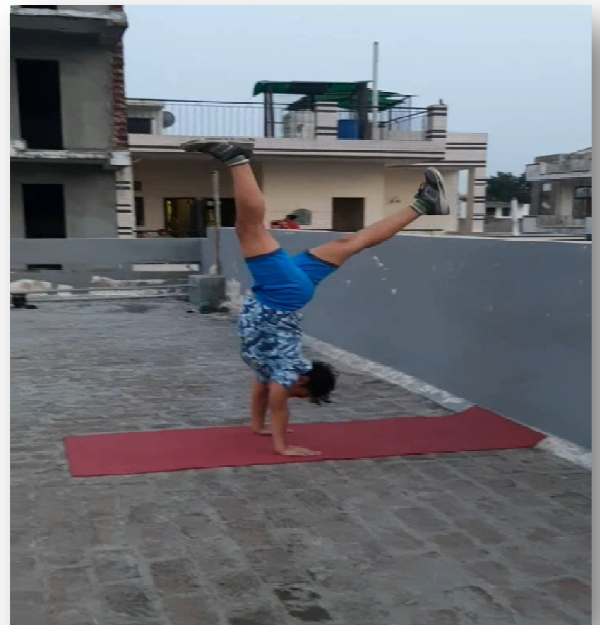
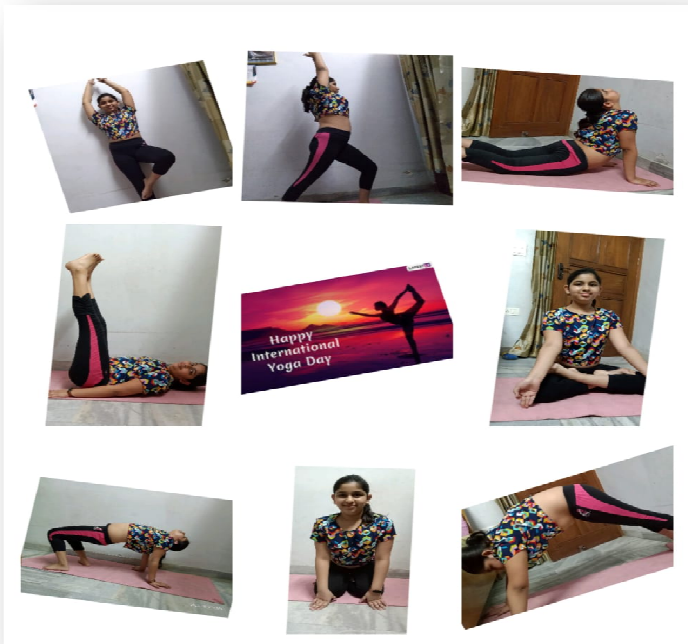
Yoga is a holistic approach that targets all the different systems of the body and mind. The different asanas make the body strong and flexible, boosts immunity and cures respiratory disorders and the mind too is renewed with confidence.

The Ministry of Ayush has started a campaign called 'Yoga at Home, Yoga with Family', to encourage the practice of Yoga with family members to counter the effects of the viral infection, while practising all precautionary measures to slow down the spread of COVID-19. To observe the International Day of Yoga on 21st June 2020, the Ministry organized a trainer led Yoga session which was broadcasted on television at 7 AM on 21st June 2020 for people to follow and practice in solidarity.

Our Enthusiastic Students, their Parents & GrandParents together participated in this event and brought the very essence of the spiritual practice at home.

Thanks for the overwhelming response!!



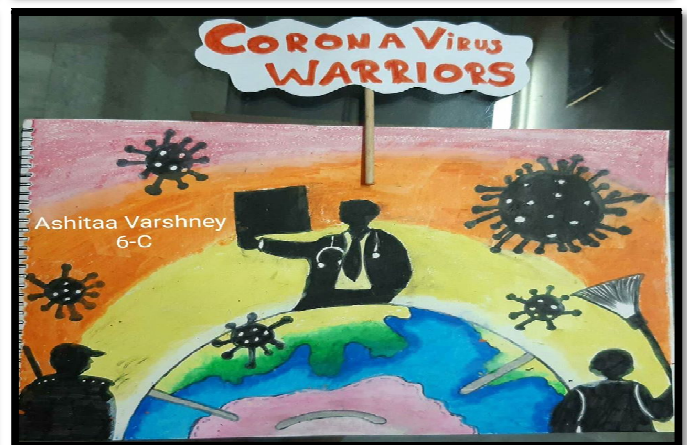
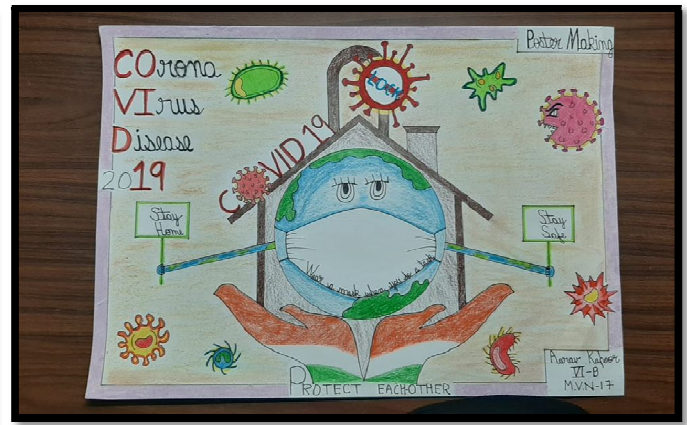
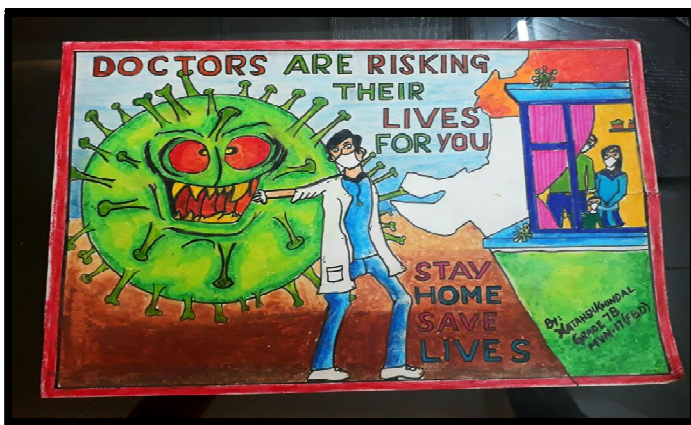


POSTER MAKING

Students of classes 6 and 7 joined the global fight against the deadly pandemic by displaying their creativity and spreading mass awareness about the importance of home stay during lockdown through a poster making Competition.

The aim of the competition was to trigger the thought process of the children and sensitize them towards these serious issues.

Competitions of this sort increase the observational skills ,response to thoughts, awareness and concern of the children towards global issues.



BROCHURE MAKING

Students of classes 6 and 7 prepared brochures illustrated with icons, pictures, charts and graphs to emphasize on immunity boosters and our friends in global pandemic.

IMMUNITY BOOSTERS

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as fiber and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate. Ginger is another ingredient many turn to when getting sick. Ginger may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. Ginger may help with nausea as well.

Spinach is also rich in vitamin C— it's also spinach is healthiest when it's cooked as little as possible so that it retains its nutrients. However, light cooking makes it easier to absorb the vitamin A and allows other nutrients to be released from oxalic acid, an antinutrient packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune system.

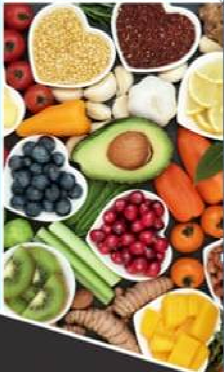

Almonds are fat-soluble vitamin, which means it requires the presence of fat to be absorbed properly. Nuts, such as almonds, are packed with the vitamin and also have healthy fats. However, this powerful antioxidant is key to a healthy immune system.

Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections. Almost all citrus fruits are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.

Red bell peppers contain almost 3 times as much vitamin C (127 mg/Trusted Source) as a Florida orange (49 mg/Trusted Source). They're also a rich source of beta carotene.

Turmeric as a key ingredient in many curries. This bright yellow, bitter spice has also been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis.

High concentrations of curcumin, which gives turmeric its distinctive color, can help decrease exercise-induced muscle damage. Curcumin has promise as an immune booster.

Made By: Tanish Goyal (7-B)

1st Position
Tanish Goyal VII B

Idea to boost your Immunity!

The idea of boosting immunity is exciting, but the ability to do so has proved elusive for several reasons. The immune system is precisely that — a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response. For now, there are no scientifically proven direct links between lifestyle and enhanced immune function.

Healthy ways to super immune system!

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.

Foods that boost up the immune system!

- Citrus fruits
- Red bell peppers
- Broccoli
- Garlic
- Ginger
- Spinach
- Yogurt
- Almonds




BROCHURE: THEME: IMMUNITY BOOSTER- FOOD THAT INCREASE IMMUNITY

KABIR MALIK CLASS-7A

EAT HEALTHY STAY HEALTHY!

2nd Position
Kabir Malik VII A

WHAT IS COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

What is Social Distancing?

Social distancing, also called physical distancing, means keeping space between yourself and other people outside of your home.

“What the world needs now is Solidarity, With Solidarity we can defeat the virus and build a better world”

Stay Home, Save Lives

HOW IS IMMUNITY IMPORTANT ?

The immune system has a vital role: it protects your body from harmful substances, germs and cell changes that could make you ill. It is made up of various organs, cells and proteins. As long as your immune system is running smoothly, you don't notice that it's there. We need to eat food for our immunity and energy. Immunity boosting food gives us more immunity than other foods.

WHAT ARE SOME IMMUNITY BOOSTING FOODS?

- Citrus Fruits
- Almonds
- Red Bell Pepper
- Broccoli
- Garlic
- Ginger
- Yogurt
- Spinach

ARE THERE ANY VACCINES FOR COVID-19?

At this time, there are no specially vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Stay informed:

- Follow your local advice for the public
- Myth Busters
- Questions and answers
- Situation reports
- All information on the COVID-19 outbreak

By: Natansh Koundal
Pradar Section 7th B
School: MVM Sec-17, Faridkot



3rd Position
Natansh Koundal VII B

HEROES OF PANDEMIC

A war, we can't afford to lose, Our Heroes are amidst the blues. Warriors are fighting this crisis, Yet paying too heavy prices !!!

Sleep, Water and Food Is no more a concern, All that matters is to **defeat the deadly form !!!**

Corona Warriors

WE all THANKYOU, and promise to cooperate with you..
-Khushi Mehndiratta, 6B

A BIG SALUTE

Social Distancing, Use of Mask Regular Hand wash

1st Position
Khushi Mendiratta VI B

HEALTHY LIFE

HONEY
Largest source of the benefits of honey is for the immune system. It has anti-inflammatory properties & it helps in maintaining a healthy immune system naturally.

ALMONDS
Rich in vitamin 'E', which is important for immunity.

BROCCOLI
Strengthen the immune system with Vitamin C.

GREEN TEA
Rich in antioxidants, it helps in boosting the immune system.

GINGER
Improves digestion, used in cooking & medicine since ancient times.

SWEET POTATOES
Rich in beta-carotene, which is converted into Vitamin A, which is important for immunity.

WHEAT
Wheat is a source of energy.

CHAI
Chai is a source of energy.

FRUITS
Fruits are a source of energy.

BOOSTER FOODS!!

2nd Position
Sanskriti Garg VI B

Immunity boosters- Food that increase immunity

Foods That Boost Immunity In Children

- Citrus fruit
- Probiotic
- Garlic
- Yogurt
- Leafy vegetables

COVID-19: IMMUNE SYSTEM BOOSTERS

- Zinc**: Lean meats, seafood, milk, whole grains, beans, seeds, and nuts.
- Vitamin C**: Broccoli, cabbage, kale, orange, strawberries, tomatoes, guava, and citrus.
- Iron**: Lentils, spinach, fish, and whole grains.
- Vitamin E**: Nuts, seeds, whole grains, green leafy vegetables, almonds, and olive oil.
- Vitamin A**: Sweet potatoes, carrots, red bell peppers, spinach, butternut squash, and mango.
- Vitamin B6**: Green vegetables, chickpeas, and water for both as tea or coffee.

3rd Position
Shreya Chaudhary VI B

Immunity - A Primary Prevention

"Prevention is better than cure"

To Boost Our Energy especially in these crucial times we should eat the following food items:

- Citrus Fruits (Oranges, Lemons, Sweet Lime)**
- Yoghurt**
- Vegetables**
- Pumpkin Seeds and many more....**

All these immunity boosters are keeping us safe in these pivotal times....And these boosters are our best friends!!!

Made By: Sejal/6B/Brochure Making Competition

3rd Position
Sejal Garg VI B

BAL BHAWAN COMPETITION

*"Success doesn't just find you.
You have to strive and get it."*

Students continue to inspire others by showing the world that nothing can stop them from shining bright, not even COVID-19.

WINNERS ALL THE WAY!!

DISTRICT LEVEL ONLINE COMPETITION
ORGANISED BY DCCW, BAL BHAWAN, FARIDABAD

<u>EVENT</u>	<u>NAME</u>	<u>CLASS</u>	<u>POSITION</u>
STORY TELLING	ANIKA GARG	V	FIRST
DANCE COMPETITION (CLASSICAL)	SEJAL GARG	VI	FIRST
DANCE COMPETITION (FOLK)	SHREYA CHAUHAN	VII	FIRST
ESSAY WRITING	AMEESHA GOEL	VIII	FIRST
PAPER CRAFT BY WASTE NEWSPAPER	ARSHIA WADERA	VII	SECOND
PAPER CRAFT BY WASTE NEWSPAPER	VEDANSHI BANSAL	IV	THIRD
PAPER CRAFT BY WASTE NEWSPAPER	SONAYA VERMA	IV	CONSOLATION

CONGRATULATIONS!!

Sejal Garg of Class VI (Age group 6 -10 years) and Shreya Chauhan of Class VII (Age group 11-14 years) bagged the FIRST POSITION in District Level Online Dance Competition , organized by Bal Bhavan on 9th May 2020.

Congratulations !! to the Students and Parents.



Novelist Stephen King put it beautifully when he said," I write to find out what I think".

Writing is a window to our thought process.To substantiate this, an Online District Level Essay Writing Competition was organised by DCCW, Faridabad on May 10,2020 at Bal Bhawan, Faridabad.

AMEESHA GOEL of Class 8- B , an avid reader and writer bagged the FIRST POSITION in Essay Writing on the topic

"My Aim Of Life".

Heartiest Congratulations!! to the Parents & Student.





**ANIKA GARG (Class – V) bagged
FIRST POSITION in
STORY TELLING COMPETITION
Heartiest Congratulations!! to the
Parents & Student.**

MVNites add another feather to their cap by bagging multiple positions in Paper Craft by Waste Newspaper Category in the Online District Level Competition organised by DCCW, Bal Bhawan , Faridabad.



**ARSHIA WADERA (Class-VII) ,VEDANSHI BANSAL (Class-IV) and SONAYA
VERMA (Class-IV) bagged the SECOND, THIRD and CONSOLATION
POSITION , by showcasing their Creativity .
Congratulations !! to the Parents and Students.**

STUDENT'S CORNER

IMPORTANCE OF HOBBIES WHEN ONE IS HOMEBOUND

It has been more than three and a half months of social distancing. Yes, it feels like we've been holed up in our homes for an eternity. The days are beginning to blend together. We miss going to school as a routine. We haven't figured out how to normalise the situation. Unfortunately, it seems a long period of isolation.

That might feel terrifying, but we now have an opportunity to develop strategies for living in this new reality. We can find ways to break up the day, stay upbeat, and keep our minds active, even though the world outside our doors has ground to a halt. We can spend some time on our favourite hobbies. Or, pick up a new one.

Our pastimes are an important way for us to connect with our passions and identity. Pursuing these sorts of activities is good for both our physical and mental health. Right now, when anxiety is high, throwing ourselves into our favourite activities could be one good way to manage our stress.

In this strange period when we're homebound and have more time on our hands than usual, we can create a list of hobbies. These might be activities we'd been meaning to pick up, but never got around to learning. Or it could be pastimes that you already love but never have time for. This may include: learning how to knit, getting back into poetry writing, painting, baking your favourite cake and finally figuring out how to make your favourite ice cream.

We're living through a very difficult moment in history. Right now, it's vital for us to distance ourselves from one another, to try to stop the disease from spreading. As the days of isolation turn into months, it has become increasingly important for us to think about what we can do to stay positive. Spending time on our favourite activities could be a simple way to keep our spirits high.

Geetanjali Kukreja

TGT English



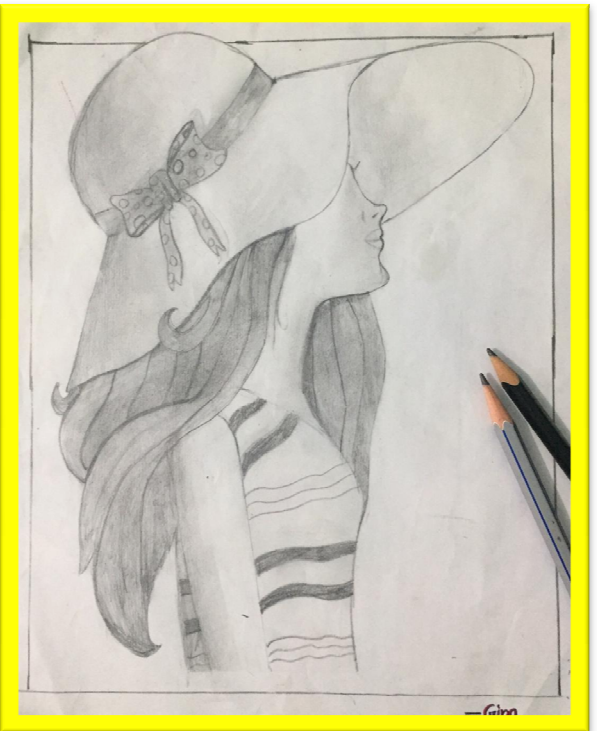
AARAV BHASKAR
VI-A



MANYA PUJARA
VI-A



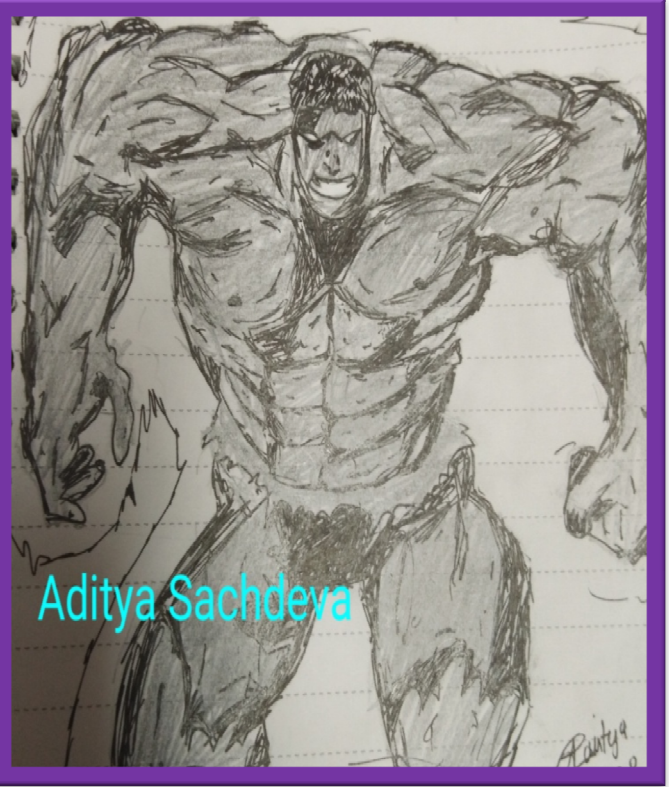
ANOUSHKA SACHDEVA
VI-A



GINA
VI-A



ANAY ACHARYA
VI-B



ADITYA SACHDEVA
VI-B



AGRIMA DHANKAR
VI-B



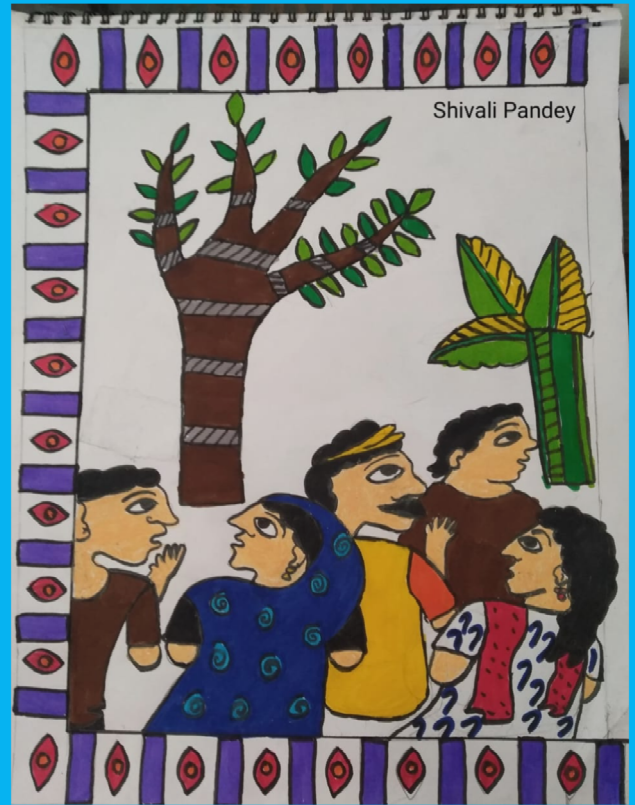
AARAV KAPOOR
VI-B

Laranya Kashyap
6th C , MVN / 17



LARANYA KASHYAP
VI-C

Shivali Pandey



LARANYA KASHYAP
VI-C



CHANCHAL PODDAR
VI-C

Certificate of Completion

This certificate is awarded to
Mayuri Sharma

for successful completion of
The Hour of Code

and demonstrating an understanding of
the basic concepts of Computer Science.



Hadi Pathan

Head Teacher, Computer and IT Education, Oshin Academy

To learn beyond your first hour, visit Code.org
Accenture made the generous gift to sponsor your learning.



MAYURI SHARMA
VI-C

Title Article on Online Education

Date _____ Page _____

Article Logging on to class

Although the middle and rich-class students are benefiting from e-learning, but what about the lower-class ones?

Many private schools have started e-classes. But unfortunately, not many students have benefited as those from poor households which don't have a TV or computer are unable to log in. Even teachers are finding it difficult to adapt to online teaching. Many complain that children are not fully focused or are distracted or what is going on in their houses. There is another problem that parents in many poor households are not familiar with digital technology, which may act as an impediment to helping

their children in the age group of 5-8 years. As most students remain glued to screen for long hours, physical and psychological problems may crop up.

In sum, e-learning is a poor substitute for classroom learning as it leads to social isolation and limits personality development.



- Tanmay Sharma

- VII-A

No. (35)



E-Learning will widen the gap in education. When the schools reopen, the poor children will find it difficult to catch up with students, widening the gap in education.

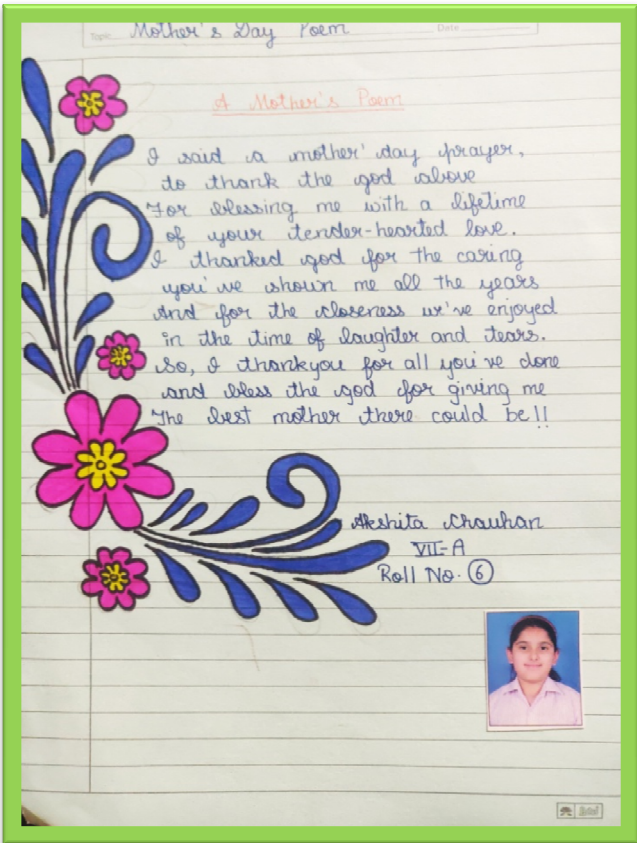
TANMAY SHARMA
VII-A



AARAV GUPTA
VII-A



ANANT PADIA
VII-A



AKSHITA CHAUHAN
VII-A



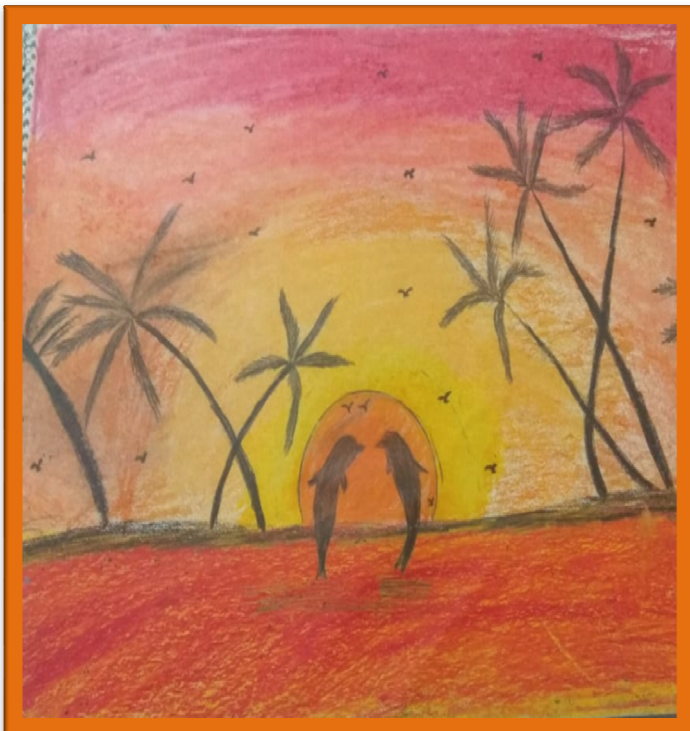
Akshita Chauhan
VII-A
Roll No. 6



PIHU PAWAR
VII-B



NATANSH KOUNDAL
VII-B



V.C. RUTHRESH
VII-B



LAVANYA
VII-B

Stay safe, stay healthy and
above all, stay positive!