

SANT NIRANKARI PUBLIC SCHOOL
AVTAR ENCLAVE PASCHIM VIHAR NEW DELHI



Inspira

Month: April to June 2024



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Introduction

*We are here to heal, not harm.
We are here to love, not hate.
We are here to create, not destroy.*

We, at SNPS Avtar Enclave have faith in our Nirankari Mission and its principles. We don't treat our kids like pitchers to be filled with the knowledge given in books, rather we prefer them to become true human beings who believe in loving their neighbours, healing everyone around them instead of spreading hatred, violence and destruction.

This message is spread far and wide, loud and clear to everyone in the school to do their duties upto the best of their capacity and to leave the rest to the lord. The academics as well as the moral values both go hand and hand with a desire to make our students the perfect combination of modernity as well as traditionalism. With these thoughts we started the new session in April with new spirit and enthusiasm. The classes, timetables, syllabus, class tests and holidays homework went on as per planner. Now, the school is ready to welcome students after a carefree summer break. With this we are ready with our latest edition of Inperia!

Happy Reading!!



ADOPT A PLANT DRIVE

'From little seeds grow mighty trees'

Nature is God's most beautiful creation. It felicitates the growth, development and nourishment of all its creatures. To foster love and concern for the environment the school organized 'Adopt a Plant Drive'. This initiative saw enthusiastic participation from students and teachers alike. The students brought saplings to school on their birthdays enthusiastically. The activity does not stop here. It involves the personal touch to the activity when the child plants it, nurtures it and sees it grow day by day like a parent. The teachers are also involved in this activity as they encourage the students to take part in the activity actively and feel proud of making their school a lot greener than ever before. This drive has been much appreciated and we are looking forward to making the school 'The Most Environmental Friendly School'.



WORLD AUTISM AWARENESS DAY

*'Autism doesn't come with a manual.
It comes with a parent that never gives up.'*

World Autism Awareness Day is a day dedicated to take measures and raise awareness about the autistic individuals throughout the world. We observed this day on 8th April 2024 in the school. A special morning assembly was organized. The colour theme of the day was blue and white. The nurse teacher delivered a speech on the topic. She made everyone aware about the problem and the ways to deal with such special children. The students of Class VIII presented a short skit to spread awareness among everyone present there and to treat such children equally with love like a normal child and not to hate or mistreat them. The assembly was cherished by all as the thought behind it was awesome. The efforts of the students and teachers were appreciable.





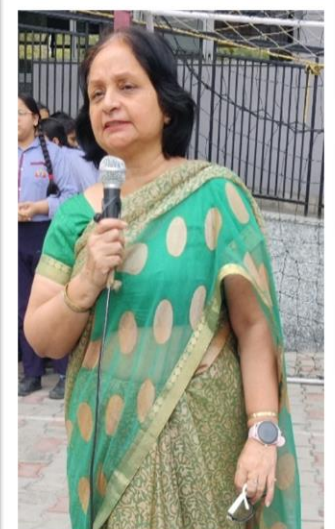
WORLD HEALTH DAY

'He who has health has hope

and he who has hope, has everything'

World Health Day is celebrated on 7th April every year to mark the anniversary of the founding of WHO in 1948. The theme of this year is 'My health, my right' which highlights the right of everyone to have access to quality health services, education, information, safe drinking water, clean air, good nutrition, housing, decent working & environmental conditions and freedom from discrimination.

This special day was celebrated in the school on 6th April. A special morning assembly was conducted to make everyone aware about the most important aspect in our lives: Our Health. The students made beautiful drawings and posters. They shared their thoughts through an impressive short play and even speeches were delivered to spread the message of staying happy and healthy.



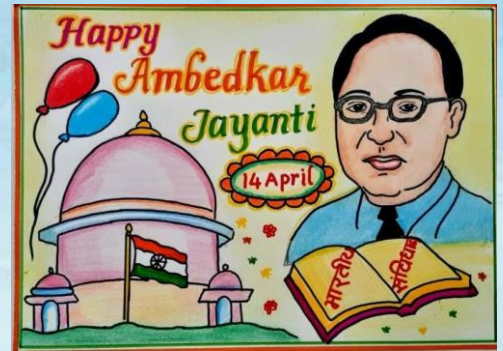
AMBEDKAR JAYANTI

'Be educated, be organized and be agitated.'

Dr. B.R. Ambedkar

Ambedkar Jayanti is celebrated every year on 14th April to commemorate the memory of Dr. B.R. Ambedkar's birthday.

Dr. Ambedkar played a pivotal role in shaping the Indian constitution. The school observed Ambedkar Jayanti on 12th April 2024 and a special morning assembly was organized. The students presented their views on Dr. B.R. Ambedkar, his life and his famous slogan 'Liberty, Equality, Fraternity'. It reflects his vision of a society where everyone enjoys freedom, equality and brotherhood which is inspired by democratic principles and enjoyed by Indians nowadays with much pride.

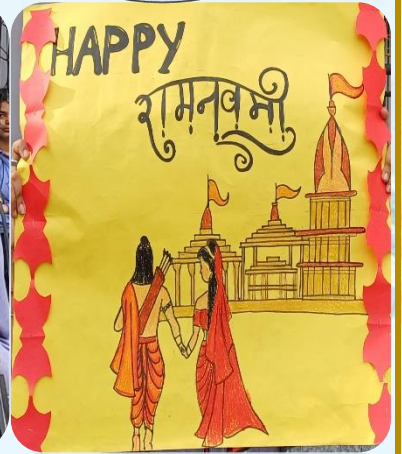


BAISAHKI

Baisakhi marks the first day of the month of Vaisakh and is celebrated on 14 April every year. It is a spring harvest celebration in Northern India. We also celebrate this harvest festival in our school to make the young minds involved with the rich cultural heritage of our country. The junior wing of the school celebrated this festival. The cute kids came in traditional attire of Punjab and danced on the foot tapping music. They enjoyed the traditional food associated with this festival. They made variety of colourful 'dhol', decorated them as a symbol of the festivities in the region. The whole nursery section was looking like Mini Punjab.

RAM NAVAMI

Ramanavami is a festival that celebrates the birth of Rama, one of the most popularly revered deities in Hinduism. We remembered the virtues of Lord Rama as an ideal son and a great king on this day at a special assembly conducted by Class XII on 16 April 2024. The students delivered speech and sang hymns portraying Lord Rama's life, the principles he stood for and morals which made him a divine person whom we all look upto. His role in defending dharma and destroying evil from the face of earth make him the most cherished avatar of Lord Vishnu.



EARTH DAY

*'The earth does not belong to us,
We belong to the earth.'*

Earth day is an annual event on April 22 to demonstrate support for environmental protection. It honours the achievements of the environmental movement and raises awareness of the need to protect earth's natural resources for future generations. This year's theme of the day is 'Explore Nature'. The day was celebrated in the school on 20th April 24 with much enthusiasm.

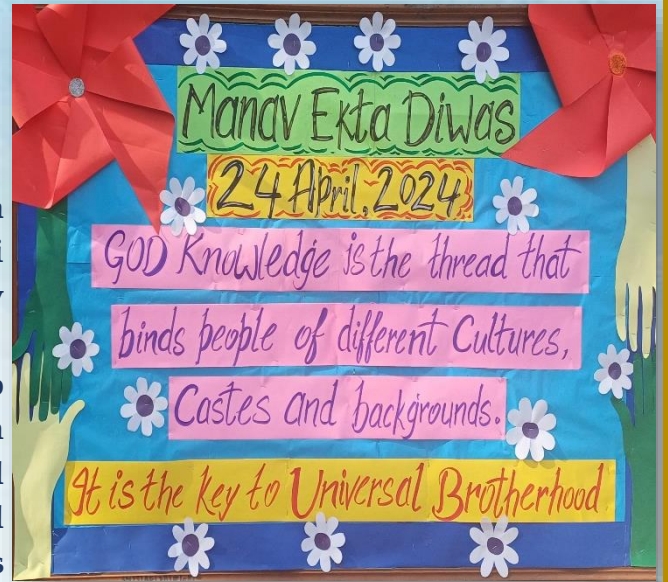
- ❖ The students of class III-V made Bookmarks related to the Earth day.
- ❖ The students of class VI-VIII wrote creative slogans to protect and save nature.
- ❖ The junior wing also celebrated the day in their own way.
- ❖ The students pledged to go meatless for the day and requested everyone to unplug their devices at least for a day.



MANAV EKTA DIWAS

'Bridging humanity piece by piece'

April 24th is observed every year as Manav Ekta Diwas or Human Unity Day in the entire Nirankari world. The day is the commemoration of the forfeit by Baba Gurubachan Singh Ji for the whole humanity. A special morning assembly was held on this day to remember the teachings of Baba Gurubachan Singh Ji. Missionary thoughts and speech were delivered along with Avtar Vani shabad. The students showed their devotional side by taking part in various activities related to the day.



NATIONAL DEWORMING DAY

'Worm Free Children, Healthy Children'

The National Deworming Day is conducted in India on February 10 every year in order to deworm all the children between 1-19 years of age because worms in children interfere with nutrient intake, contribute to anaemia, malnourishment and impaired mental and physical development. Our school also took part in this initiative and the students were given the tablets of Albendazole. The parents were informed about the same and their consents were also collected by the respective class teachers well in advance. The mission was successful this year as well.



WORLD LAUGHTER DAY

'A day without laughter is a day wasted'

Laughter indeed is the best medicine to shorten the shortest distance between two people. The World Laughter Day is observed on the first Sunday of the month of May. This year it was celebrated on 5 May. Our school students also celebrated this day, which is specially dedicated to enjoy the universal language of joy, by making smilies and emojis. A few students made posters and created cartoon caricatures for the day. Overall, these activities made positive impact among the children and brought smiles on everyone's face.



LABOUR DAY

*'Be proud of what you do
let your work speak for you!'*

Labour Day or May Day is an annual day of celebration of the achievements of workers. It is celebrated worldwide every year on 1 May. This day has its origin in the labour union movement, specifically, the eight-hour day movement. The school also celebrated the hard work and tireless labour of our helpers in school through a special assembly dedicated to them. The special people of school were honoured by one and all. The students showed their gratefulness to the efforts of our helpers who work day in and day out to ensure smooth functioning of the school through their heartfelt messages, cards and flowers. It was a day well spent.



WORLD THALASSEMIA DAY

*'Let's pledge to donate blood and serve
humanity,
as blood cannot be manufactured.'*

International Thalassaemia Day is devoted to raise awareness among the general public and promoting as well as strengthening the life long and difficult struggle of people who suffer from this severe blood disease. To spread awareness about Thalassaemia and to deal with several myths related to this disease and to help the patients lead a normal life the students of our school presented a short skit in the special assembly. They educated everyone about the significance of blood donation, genetic screening and support for individuals with Thalassaemia. A documentary related to the above was shown to the students and even a drawing competition was also held in the school to generate awareness through artistic expressions.





SAMARPAN DIWAS

'He Was, He Is And Will Continue To Be..... Love Personified'

Sant Nirankari Mission commemorates May 13th as 'Samarpan Diwas' to remember the life of Baba Hardev Singh Ji, who merged into Almighty Nirankar on this day in 2016. As a humble tribute to his Holiness, our school organised a small programme on 9th May 2024. The Guests of Honour were holy sister Rev. Niranjan bhen Ji and Rev. Sukhdev Ji. The students of the school presented a speech in memory of Baba Hardev Singh ji, they sang shabad of Avtar Vani, a few poems remembering him and a heartfelt short skit was also presented. Rev. Sukhdev Ji motivated students to follow the path of truth, humanity and service to the society, as guided by Babaji. The Manager ma'am Ms. Narinder Batra thanked the guests for coming to school and gracing it with their presence. The programme was liked and appreciated by the esteemed guest. Everyone remembered Baba ji with love and nostalgic heart while watching the special documentary prepared for the day.



ORATORICAL CONTEST

'Great speakers are not born, they're trained'

To brush up the oratory skills of the students we conducted an oratorical contest on 17th May in our school. The event invited students of all the classes in which students participated enthusiastically. They showcased their impressive public speaking skills. The topics were given to them in advance ranging from Importance of Education, Environment, Water Conservation, and Women Empowerment etc. The competition was quite engaging. The participants demonstrated exceptional oratory skills leaving the audience and judges spell bound. They were judged on the basis of their content, intonation, fluency, voice modulation and overall presentation. The winners were duly awarded in a special assembly.



FIRELESS COOKING

'In cooking simplicity is the sign of perfection'

Cooking with kids is not just about ingredients, recipes and cooking, it is harnessing imagination, empowerment and creativity .A 'fireless cooking' activity day was held in the school on 17th May for the junior wing of the school. The little chefs loved to make 'Fruits Chat'. The nursery section was turned into a huge kitchen with so many cute cooks. Surprisingly, they did not spoil the broth. They were looking mini chefs, helping each others in washing, peeling, cutting and mixing fruits and even decorating their platters. Their efforts and presentation were appreciated by the Principal, Ms. Tanuja Madaan. It was followed by tasting the delicious 'Fruit Chat' by one and all.



MOTHER'S DAY

*'Mothers hold their children's hands for a short while,
but their hearts forever.'*

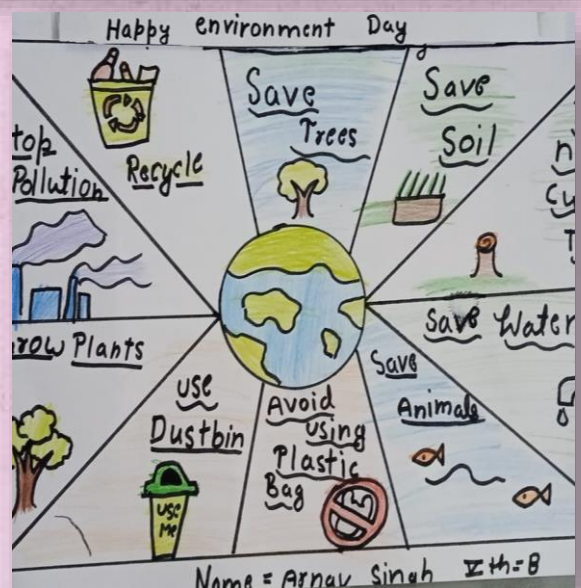
Mother's Day is a celebration honouring the mother of the family as well as motherhood, maternal bond and the influence of mothers in the society. Our school celebrated Mother's Day with love and affection on 10th May 2024. It was a remarkable tribute to all the mothers, acknowledging their unconditional love for the kids. The celebration included a variety of engaging activities and games for the mothers of the nursery section kids. The mothers and their wards participated in the games with much enthusiasm. The children had prepared lovely heartfelt takeaway for their mothers. It was a day filled with cheers, laughter and memorable moments for all the kids, their mothers as well as teachers.



WORLD ENVIRONMENT DAY

*'Let's nurture the nature so that we can have a better
future'*

World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world on 5 June. This year's slogan for this day is 'Our Land - Our Future: We are - Generation Restoration'. The World Environment Day falls during the summer vacation. So, a few online activities were organized to let the students know the issues of environmental concern, why it is needed to respect and conserve the environment we live in. They planted a sapling in their vicinity, decorated their homes with plants, took actions to reduce pollution, made posters, wrote slogans to raise awareness for the environmental conservation, emphasized the importance of keeping their surroundings clean. The students' response to the above activities was commendable. Most of the students sent the pictures and videos of the activities they did. The little efforts on their part filled everyone's heart with pride.



FATHER'S DAY

'Anyone can be a father, but it takes someone very special to be a DAD.'

Father's Day is a holiday honouring one's father as well as fatherhood, paternal bonds and the influence of fathers in society. This year the Father's Day was on June 16th 2024. This important day was dedicated to the unsung heroes of our lives who dedicate their love and concern to their families and kids. The junior wing of our school planned a day full of different games and activities for their dads. The students prepared delicious snacks, baked cakes, made cards and gifted flowers to their doting fathers. The students clicked their pictures and a few of them made videos and sent the same to their class teachers. It was a day dedicated to the best dads in the whole world.



INTERNATIONAL YOGA DAY

'Yoga adds years to your life and life to your years.'

The International Day of Yoga is a day in recognition of yoga, that is celebrated across the world annually on 21st June. This day aims to raise awareness of the many benefits of practicing yoga. The school was closed for the summer break but it did not dampen the spirit of students and staff. So, we organised an interesting online yoga day activity. The students did yoga with their families and sent their videos to their respective class teachers. There was an online yoga class also in the evening. Most of the teachers and a few of the students attended it and benefitted through the power of yoga in their lives.





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SPECIAL ASSEMBLY

ROLE OF EDUCATION IN CAREER

*'Education is the passport to the future,
for tomorrow belongs to those who prepare for it
today.'*

We all know the importance of education in our lives. Most of the students are often reluctant to give their best shot in attaining knowledge because they like to reap the fruits but shy away from the labour involved in getting it. In order to make the students more aware of this knowledge the students of Class XI presented a wonderful one act play during a special assembly which was aimed at sending their message loud and clear that there is no shortcut to success and getting education is not only our right but a duty too. If we wish to live a remarkable life and become a good citizen of our country as well we need to be educated. It can earn us a lot of respect in the society too. It was really an impressive attempt and they nailed it.



PRIZE DISTRIBUTION ACTIVITY

A special assembly was organized to felicitate the meritorious students who gained Gold, Silver and Bronze medals in Science, Maths and English Olympiad Exams held this year. These exams are conducted to foster interest and excellence in these core subjects among students around the world. Such competitions provide them a platform to showcase their skills, problem solving abilities and creativity. The HOS, Ms. Tanuja Madaan congratulated them and addressed the other students to get motivation from the winners and come up with more participations in the coming Olympiads.





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WORKSHOPS

STRESS MANAGEMENT WORKSHOP FOR PARENTS

A workshop on Stress Management for parents was organized by Fortis health care on 30th April 2024 at Sant Nirankari Public School, Avtar Enclave. The parents of class III onwards were invited to attend the workshop and attain benefit of the experts in dealing with their children in present scenario. The resource person Ms. Kirti Munjal from the department of Mental Health & Behavioural Science addressed the parents and made them aware about the problems of anxiety, stress and depression among students these days. She explained at length about the strategies and tactics the parents can adopt that can promote positive changes in the behavior of their kids and in the society as well. She asked the parents about the situations, when they can't keep their emotions under control and due to their own stress at workplace or home can directly or indirectly effect their behavior as a parent. She requested the parents to pause, take a step back and regulate their emotions which they can do by practicing exercises, meditation or yoga. She motivated parents to adopt a problem solving approach through following:

I Identify D Define E Explore A Act L Look Back

Concludingly, she guided the parents to improve their own overall health which will result in reducing stress and anxiety at home front as well as at their workplace. The session ended with a discussion round in which the parents asked their queries and were duly satisfied with the solutions.



HANDLING DIFFICULT CLASSROOM SITUATIONS

'It's the teacher that makes the difference, not the classroom'

The real challenges faced by the teachers are handling difficult classroom situations and this was the topic of the workshop organized for teachers by Fortis Health Care on 29th May 2024 in the premises of Sant Nirankari Public School, Avtar Enclave. The resource person was Ms. Aakriti Gupta, An Expressive Art Based Therapist from Department of Mental Health & Behavioural Sciences by Fortis Health Care. The session started with the issue of hyperactive students and the problems related to them. She guided and informed everyone the reasons for such behaviour and the ways to tackle such issues in a class smartly. She made all the teachers aware about ABC Analysis Sheet which can help teachers to handle different behaviours of a few students, if any, in a classroom. She even suggested how to make changes in such students' behaviour through positive feedback and praising the students verbally in case of any slightest improvement. The teachers were guided to take care of the students' short attention span, give smaller and clear instructions steps wise. Such students can be taught social skills through different techniques. The workshop ended with a query round which was quite interactive and really beneficial for all the teachers.



GOOD HANDWRITING

Our school organised a workshop on 'Pencil Manufacturing and Good handwriting' by Apsara Platinum Pencils. The resource person, Mr. Khem Chand captivated students with a short animated movie show casing the intricate process of pencil manufacturing, shedding light on the journey from raw material to the final product, courtesy Apsara Platinum Pencils. Following the insightful glimpse into pencil production, the resource person delved into techniques for beautifying the handwriting. The workshop ended up with the gift of Apsara Extra Dark Pencil to each child in return of their old and short pencils. It was an interesting experience for all the kids.





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ACHIEVEMENTS



HINDI COMPETITION

An Inter School Hindi competition 'NAV SHRIJAN HINDI SANGAM' was organised in SNPS Nirankari Colony on 10th May. Many schools participated in the mega event which included a variety of competitions. Our school participated in Debate and Poem Recitation categories. Anandita, a student of Class IV from our school, won the first prize in the Poetry Recitation. Everyone appreciated her performance. The winners were given medals and certificates. It was followed by refreshment.



ATAL TINKERING LAB COMMUNITY DAY

ATAL TINKERING COMMUNITY DAY was organised by Adarsh Public School, Vikas Puri on 15th April. The theme of the event was 'Re-imagining India'. Six of our school students participated in the event which had a lot of activities like creating circuits and working models. The students were supposed to make cards with circuit inside and glow LED on the card. There was a Project Exhibition too, in which the best models were selected and awarded. There were few activities also like RoboRace, RoboWar, RoboSoccer etc. It was an enjoyable and enriching experience for everyone who attended it.



TRISHNA SUMMIT

N.K. Bagrodia Public School organized wide range of Inter School Competition under the name of TRISHNA SUMMIT on 9th May 2024. There were 21 schools who participated showcasing their talents in various disciplines. Our school students participated in Science and Art activities with much enthusiasm. They witnessed the vibrancy and enthusiasm of the young talents. The competition concluded with a Grand Felicitation Ceremony in which they were awarded trophies and certificates. It was a memorable event that celebrated the potential and achievements of young minds.



POLYGLOT GATHERING COMPETITION

Rukmani Devi Public School organized Inter School Competition 'Polyglot Gathering' on 1st May 2024 in their premises. There were a lot of competitions in the Gathering. Mannat Maheshwari of Class X from our school participated in the Samachar Vachan category with utmost sincerity and commitment. It is a matter of pride that she bagged the First Prize in the event. The competition was quite tough and she genuinely performed in the best way. All the judges were impressed and the Chief Guest was in all praises for her while felicitating the winners.



SPORTS ACHIEVEMENT

'Every champion was once a contender that refused to give up'

An Open Volleyball Tournament was organized on 4 April, 2024 at the DDA Sports Complex, Paschim Vihar. The under 18 girls Volleyball team of Sant Nirankari Public School Avtar Enclave participated and brought laurels to the school by securing the second position. The girls demonstrated remarkable athleticism and coordination. They showcased their prowess on the court, earning commendation for their exceptional performance in the tournament.



WINNING SMILIES

A running competition was planned to organise special assembly every week. Each class got the opportunity to hold it. The competition spirit raised the bar and the class teachers and their teams got involved and presented one of the finest activities on stage every Monday. The Winner Classes were duly awarded by HOS Ms. Tanuja Madaan during the special assembly. She encouraged all the students to participate in such competitions in future also.





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ART GALORE





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