

**SANT NIRANKARI PUBLIC SCHOOL**

**AVTAR ENCLAVE PASCHIM VIHAR NEW DELHI**



# Inspira

**Month: October to December 2024**



# ~~Essence~~

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## Introduction

“Life is like riding a bicycle  
To keep your BALANCE,  
You must keep moving.” Albert Einstein

And finally, the incredible, splendid and a phenomenal year 2024 came to an end. The last quarter was as engrossing as the previous ones. This is the time when we celebrate, finish our syllabus, meet the deadlines, make promises to be a better and wiser version of ourselves in the following year, enjoy the festivities, take time to invest in our health and try to be a little more kind to others while being in a state of enjoying merrily.

We, at SNPS, did all this and much more. Along with performing our daily duties in school we never forget to keep our students motivated to excel in academics too. They constantly remain under the keen and observant eye of their teachers for keeping their studies on the top of their priority list. The students are definitely inspired to learn the art of maintaining a balance to keep their lives move smoothly. They must be introduced the skill of riding a bicycle and have a life’s learning from it.

Meanwhile, we are here, yet again with the latest, engaging and candid happenings of the school!!

Browse through this edition of *Insperia* and enjoy!!

*Happy reading!!!*





## GANDHI JAYANTI

*"A man is, but a product of his thoughts.*

*What he thinks, he becomes."*

Gandhi Jayanti is the birth anniversary of Mohandas Karamchand Gandhi, also known as the 'Father of the Nation', who was a pioneer of truth and non-violence. It is celebrated on 2nd October every year as a tribute to him.

The students of our school celebrated this day on 1st October, to honour and respect the legacy he left behind by delivering speeches, performing a skit and reciting Bhajans and poems. Our tiny tots came in Gandhiji's attire and showed their devotion to the great leader of our country. So, on this occasion, the great deeds of Bapu were remembered and the students were filled with a sense of pride.

## हिंदी सृजन

वक्ताओं की ताकत भाषा,  
लेखक का अभिमान है भाषा,  
भाषाओं के शीर्ष पर बैठी,  
मेरी प्यारी हिंदी भाषा।

विद्यार्थियों के भाषा कौशल संवर्धन हेतु विद्यालय के प्रांगण में 5. 10.24 को हिंदी सृजन प्रतियोगिता का आयोजन किया गया जिसे

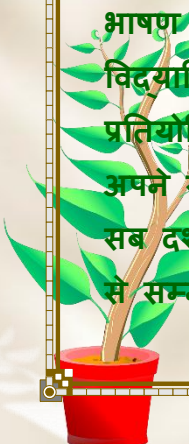
कक्षानुसार विभिन्न श्रेणियों में विभाजित किया गया -

कविता-वाचन

कथा -वाचन

भाषण प्रतियोगिता

विद्यार्थियों ने इसमें उत्साहपूर्वक भाग लेकर न केवल इस प्रतियोगिता को सफल बनाया बल्कि हिंदी भाषा के प्रति अपने स्नेह एवं समर्पण को भी व्यक्त किया जिसे सुन कर सब दर्शक मंत्रमुग्ध हो गए। सभी विजेताओं को सर्टिफिकेट से सम्मानित किया गया।





## **DUSSEHRA**

*‘Dussehra is a reminder that truth and justice will always prevail.’*



The Dussehra celebration at SNPS Avtar Enclave took place on 10th October, 2024. The event highlighted the festival's essence of good triumphing over evil, which is a significant theme of Dussehra. Students participated in various activities such as crafting Dussehra themed items and creating vibrant posters which showcased their artistic skills and understanding of the festival. Additionally, a captivating skit on Ramleela was performed, bringing to life the key moments of Lord Rama's journey and the triumph over Ravana.

## **DIWALI**

*“Light the lamp of Wisdom, Dispel the darkness of Ignorance.”*

Diwali is a festival of lights that symbolises the victory of light over darkness, good over evil and knowledge over ignorance. Keeping this in mind, the students of our school celebrated the festival with great enthusiasm and joy.

The following activities were held on 19th October, 2024

- Rangoli Making (House wise)
- Diya and Candle decoration
- Toran making
- Awareness Rally on Cracker Free Diwali

The students enjoyed doing these activities and led the way in spreading the message of celebrating a safe, pollution free and Eco-Friendly Diwali.





## VIGILANCE AWARENESS WEEK

*“It’s never too late to start being honest!”*

With an endeavour to promote integrity transparency and accountability in public life, Vigilance Awareness Week was observed in our school from 28th October to 31st October, 2024.

A special assembly was conducted during which the Hindi teacher made everyone aware of the importance of this week. Students shared their views regarding the importance of building an honest and corruption free society wherein every individual lives with integrity and contributes to the development of the nation.



## CHILDREN’S DAY

*“Every child is a different kind of flower, and all together, make this world a beautiful garden.”*

Children’s Day is celebrated on 14th November every year on the birthday of the first Prime Minister of India Pt. Jawaharlal Nehru, who was known to be fond of children.

Various fulfilled activities were planned and executed perfectly for all the classes like: games, drawing, singing and dancing.

The day was filled with laughter, learning and unforgettable memories for all.



## ANNUAL SAMAGAM

*“Realization of the Formless is the key to living a blissful life”*

The 77th Annual Samagam was a special event of the year. Our school students, in collaboration with other branches, got an opportunity to perform a soulful and devotional Geet. They showcased exceptional talent and coordination, which was appreciated by one and all. It was a moment of pride for the students to perform in front of Satguru Mataji and take blessings from Her Holiness.





## AI AVATAR MAKING

*“It's never too late to start being honest!”*

An engaging AI Avatar Making activity was held on 14th November, 2024. It was a new concept and students of class VI to VIII participated very enthusiastically in this activity. They showcased their creativity and technical skills by designing beautiful AI Avatars, which reflected their innovative ideas and artistic talents.

This activity was really very interesting which kept the children focused. Their imagination was remarkable as they designed AI Avatars in a very unique way. It was a great learning experience for them.



## DANCE COMPETITION

*‘It takes an athlete to dance,  
But an artist to be a dancer’.*

An Inter-House Dance Competition was organized from class III to VIII on the eve of Christmas in our school. The event aimed to celebrate the festive spirit with enthusiasm and creativity.

All the participants presented captivating performances with their unique dance style. It was the Inter-House activity. The competition was a great opportunity for the students to showcase their talent and passion for dance. Everyone applauded the effort the dancers put in.

The day was enjoyable for one and all. The participants, audience as well as the judges had a wonderful time.



## HUMAN RIGHTS WITH NASHA MUKT BHARAT

*“Strength to quit drugs does not come from physical capacity. It comes from an indomitable will.”*

A special programme was held in the school to mark Human Rights Day in collaboration with the Nasha Mukta Bharat Abhiyan. The event aimed to create awareness about the importance of human rights and the harmful effects of drug addiction.

Various activities were organised like-

- ❖ Creating vibrant and informative charts
- ❖ Expressing thoughts
- ❖ Organising rally

The event successfully instilled a sense of responsibility among students and highlighted the significance of living a life free from addiction while respecting human rights.





## **SPECIAL ASSEMBLY** **CLASS-II**

*“Your cellphone has already replaced your camera, your calendar, your alarm clock.....*

*Don't let it replace your Family!”*

A special assembly was held on 18th December, 2024 to generate awareness about the banes of mobile phone by the students of class II. They presented a Nukkad Naatak. They highlighted how we should limit our phone usage. Then a group of students recited a lovely poem with an eye opening message 'Please look at me, not at your phone' requesting parents to attend to them and not stay engrossed in their phones.

## **CHRISTMAS CELEBRATION**

*“Christmas is flower, not for just one day. For loving, sharing, giving are not to put away.”*

*--Norman Wesley Brooks*

Christmas is a festival celebrated every year on December 25. The day marks the birth of Jesus Christ, who is believed to bring love, hope and kindness to the world.

We also celebrated Christmas in our school filled with fun and learning. Students participated in various activities like-

- ❖ New Year or Christmas Greeting card making – Class III and IV
- ❖ Candle decoration or Gift Box packing in style- Class V and VI
- ❖ Christmas tree decoration – Class VII and VIII

Christmas is the festival of giving gifts and sharing happiness. So, the school extended its '*Kindness Drive*' this year too by donating the essentials to the needy people we come across in our vicinity.





## **NATIONAL MATHEMATICS DAY**

*“Mathematics may not teach us to add love or subtract hate, but it gives us hope that every problem has a solution.”*

The department of Mathematics celebrated National Mathematics Day to commemorate Shri Srinivasa Ramanujan’s 136th birth anniversary in our school on 21st December, 2024.

Various activities related to Maths were organised from class VI to VIII like problem solving sessions, Mathematical puzzles and creating exercises designed to enhance their understanding of Mathematics.

The activities provided an interactive and enjoyable learning experience, showcasing the importance of Mathematics in everyday life. Such activities promote analytical thinking and problem solving skills.



## **INTER- HOUSE DECLAMATION**

*“Voices rise, spirits ignite, let your words take flight.”*

SNPS, Avtar Enclave organized an Inter-House Declamation for the students of classes V to VIII on 7th December, 2024 in Hindi and English.

It was a great learning experience for the participants as well as the viewers. The competition tested the students’ creativity, presence of mind and command over the language. Students presented their views on burning issues like Pollution, Cleanliness, Social Media, Discrimination in Society, Utilization of Time etc. The judges were spell bound to witness the talent. All the winners were awarded certificates for their exceptional performances by the HOS Ms. Tanuja Madaan and member of the Management Committee Mr. Sandeep Malhotra.

It was a platform for the students to showcase their talent in being good orators, who not just competed with high spirits but also learned a lot from their competitors.





## **FLOWER DECORATION**

*“Where flowers bloom so does hope.”*

With an aim to break the monotony and enhance creativity of children, a ‘Flower Decorating’ activity was conducted for the students of class III and IV.

This activity was very special as it was related to Ikebana- A Japanese art of arranging flowers. Students followed their class teacher’s instructions to create Ikebana.

They took keen interest while doing this activity. They all ended up creating some nice aesthetic pieces. It was a unique experience for them.



## **CONSTITUTION DAY**

*“Let’s take pride in the Constitution that upholds the spirit of unity in diversity.”*

Constitution Day also known as ‘Samvidhan Diwas’ is celebrated in our country on 26th November every year to commemorate the adoption of the Constitution of India.

A special assembly was conducted on this occasion. A pledge was taken regarding Fundamental Duties to make students aware about their Fundamental Duties like respecting National Flag and National Anthem to protect the Sovereignty and Unity of our country and to value our culture.





## HEALTH CHECKUP CAMP

*"The greatest wealth is health."*

A comprehensive Medical Camp was organized in our school by SNCF with an aim of promoting health and well-being of all the students. It includes Dental, Eye checkup, examination of Nose, Measurement of height and weight and a general examination of other vital functions. Doctors provided advise on how to maintain a healthy lifestyle and recorded their observations on health cards. This initiative enabled parents to review their children's medical condition for a better understanding of their well-being.



## RASHTRIYA KRIMI MUKTI DIWAS

*"Deworm today for a healthier tomorrow."*

Rashtriya Krimi Mukti Diwas is an initiative of Ministry of Health and Family Welfare, Government of India to make every child in the country worm free.

Keeping this in mind, all the children of our school were given a dose of Albendazole (deworming tablet) without any issue.

The process was carried out smoothly and all the necessary precautions were taken. To promote the campaign, our teachers also explained the importance of the deworming tablet and how we can reduce worm infestation problem in children and maintain a healthy lifestyle.





## PICNIC

*“Play is our brain’s favourite way of learning.”*

A school picnic is a delightful deviation from the routine. It’s not just about sandwiches and the thrill of hopping onto a bus with friends; it’s about creating memories, learning outside the classroom and experiencing the world in a tangible manner.

Our school organized picnics for the students of different classes at various venues. These were the days when the students enjoyed the most.

- The students of class Pre-Primary to II went to Fun Melon in Model Town on 22nd October, 2024
- The classes III – V students went to Joygaon on 16th October, 2024
- The students of VI- XII went to Pratapgarh Farms on 23rd October, 2024





## **THE VIBRANT VOYAGE**

*“Winter is not a season, it’s a celebration !!”*

Amidst the cold winter breeze that engulfed the city of Delhi on the 29th of December, 2024, the premises of our school was transformed into a colourful haven from the winter blues on the day of the Grand Carnival. It was a much-awaited event by one and all who were associated with the school. There were exciting games stalls, food stalls, joyrides, selfie corner, DJ corner, Tambola, and non-stop fun on the live stage. There were various exciting competitions for people of all ages like

*Mom and me – ramp walk activity of mothers and kids*

*Art-O-Fest – A colouring competition for children*

*Open Dance competition – A breathtaking competition for anybody who can dance*

*Hot Spot Event – Amazing on the spot activities and competitions for the audience*

It was a great day for the alumni of our school to reconnect with their teachers and friends. The students with their families and friends visited the school and had fun. They bought books and unique paintings made by our students.

Another exciting highlight was the ‘Lucky Draw’ with multitudes of very precious gifts. The lucky draw was announced by the honourable VIPs: Sanyojak – Rev Surinder Khurana, Manager - Mrs. Narinder Batra, Member of Management Committee, HOS - Mrs. Tanuja Madaan and other dignitaries.

The carnival was a grand success, creating some magical and memorable moments with near and dear ones to cherish.





## **REPORT OF WORKSHOP ON STRESS MANAGEMENT HELD ON 6<sup>TH</sup> NOVEMBER 2024**

*“Play is our brain’s favourite way of learning.”*

The commonly used word stress is so common these days that its absence is quite uncommon even in the lives of kids. Keeping this in mind it was planned to organize a workshop on “Stress Management” in our school for the students of classes IX-XII on 06.11.2024.

The resource person Ms. Aakriti Gupta from Department of Mental Health & Behavioral science by Fortis Health Care was there in the school premises to guide students to recognize & understand stress as well as to help them with strategies to manage it.

Ms. Aakriti made the students aware about stress and its two major Kinds. The healthy stress which is a Key factor for making our performance better and the chronic stress which takes us nowhere. She told them the ways to recognize stress and the ways to balance them.

She focused on meditation, healthy diet, time management and physical activities as the best stress buster.

It was an interactive session which was able to fulfill its objective and it contributed to the well being of our school community and empowering students to take charge of their mental health.

## **REPORT OF WORKSHOP ON DIGITAL DETOX ON 19TH DECEMBER 2024**

*Less Scrolling, More Living!!*

A workshop on Digital Detox was organized by the Hindustan Times at SNPS, Avtar Enclave on 19th December 2024. The resource person Mr. Lucky Puchhrat explained the need of the hour, the cleansing and detoxification of the mind from the Social Media.

The students of Class IX-XII were present there. They came to know about the inventor of mobile phone and its significance in our lives. The concept of 3 P’s in changing our lives in a positive manner was stressed with Pen, Paper & Patience.

He made the students aware about making ourselves mentally touch by focusing on 4C’s: Control, Commit, Confidence & Challenge.

The students should stay away from mobiles because they lead to Fragmented Attention. They should focus on CSC

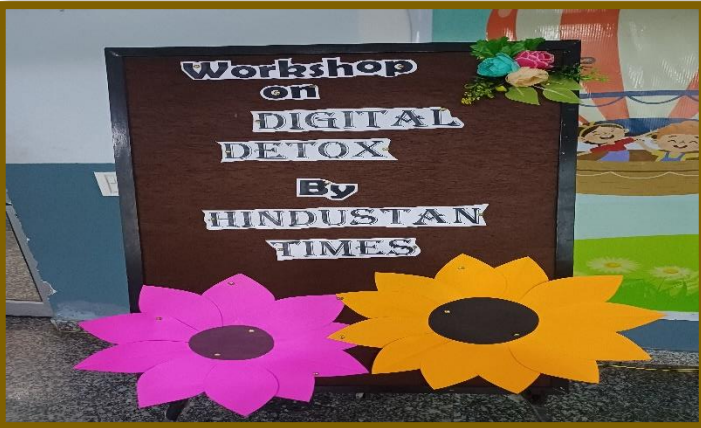
- Choose a task
- Stick to it, and
- Complete it.

The ill effects of mobile phones are known to all. He stressed on the fact that looking at the mobile phone for more than half an hour is dangerous, leading to stress.

So, the best solution to detoxify is Yoga, Meditation and Slowing down. Students were motivated to prioritize their time by developing the habit of reading.

The workshop ended with a happy note and promises to stay away from mobiles.







# ACHIEVEMENT



## **OUR ACHIEVEMENT**

### **INTER SCHOOL HINDI DOHA VAACHAN AND RECITATION COMPETITION**

Sant Nirankari Public School, Tilak Nagar organized Hindi Doha Vaachan and Hindi Recitation Competition on 26th October, 2024. All the branches of SNPS and a few other schools participated in the competition. The performance of our school was extraordinary. Their awesome presentation helped them to bag two first prizes.

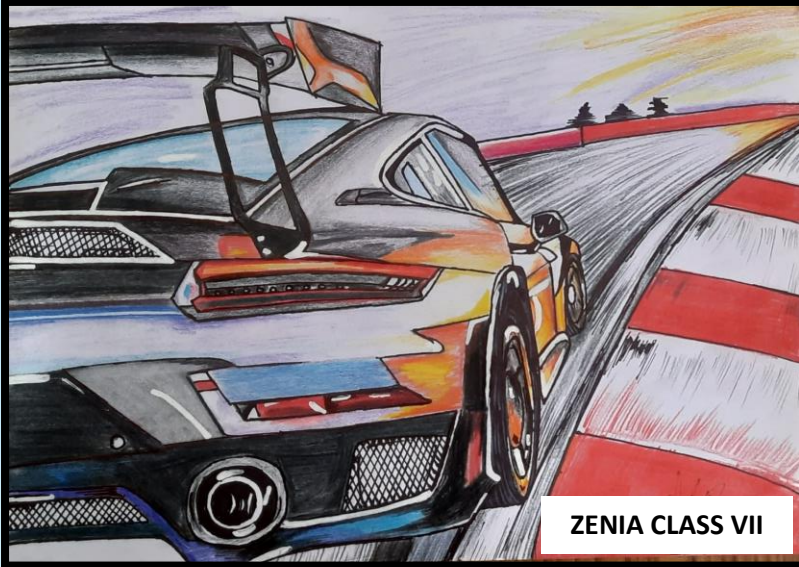
- Mannat Maheshwari -Class X- Hindi Recitation
- Lavanya Gupta -Class V- Doha Vaachan

These girls were appreciated by one and all. The judges were quite impressed with their way of speaking and the confidence they had in using the mother tongue.





# ~ART GALORE~



ZENIA CLASS VII



REEHAN CLASS IX



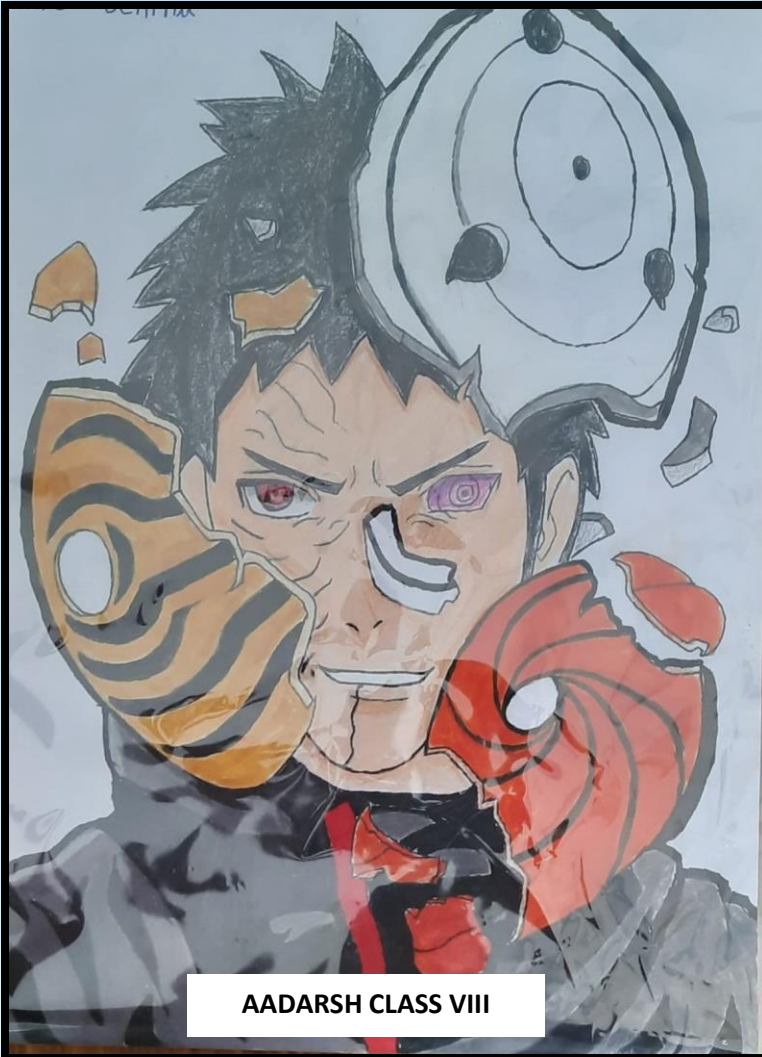
GEETANSHU CLASS IX



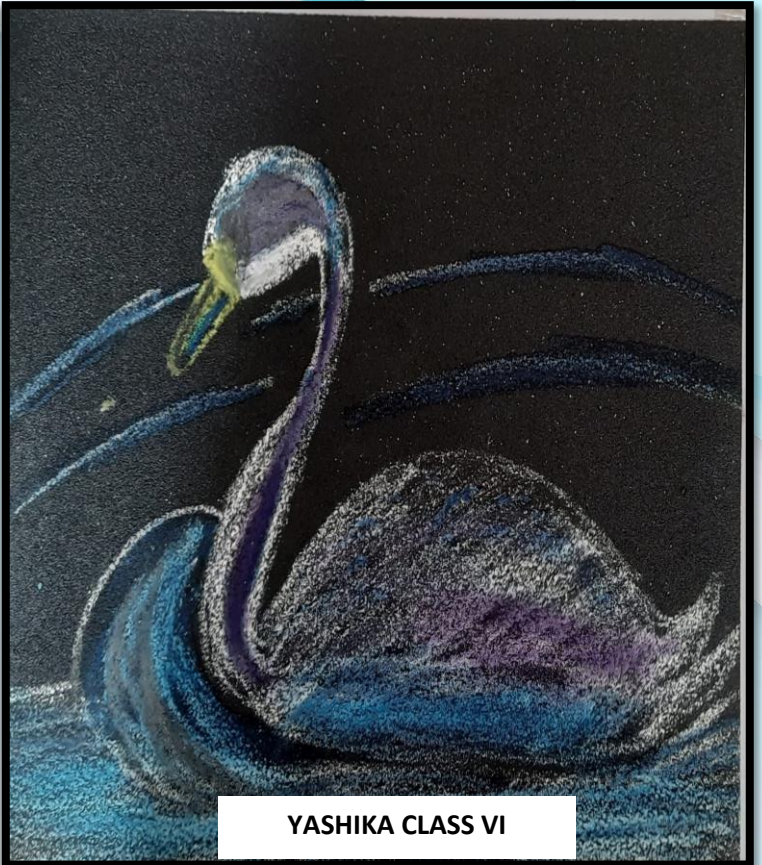
MEHAL CLASS V



# --ART GALORE--



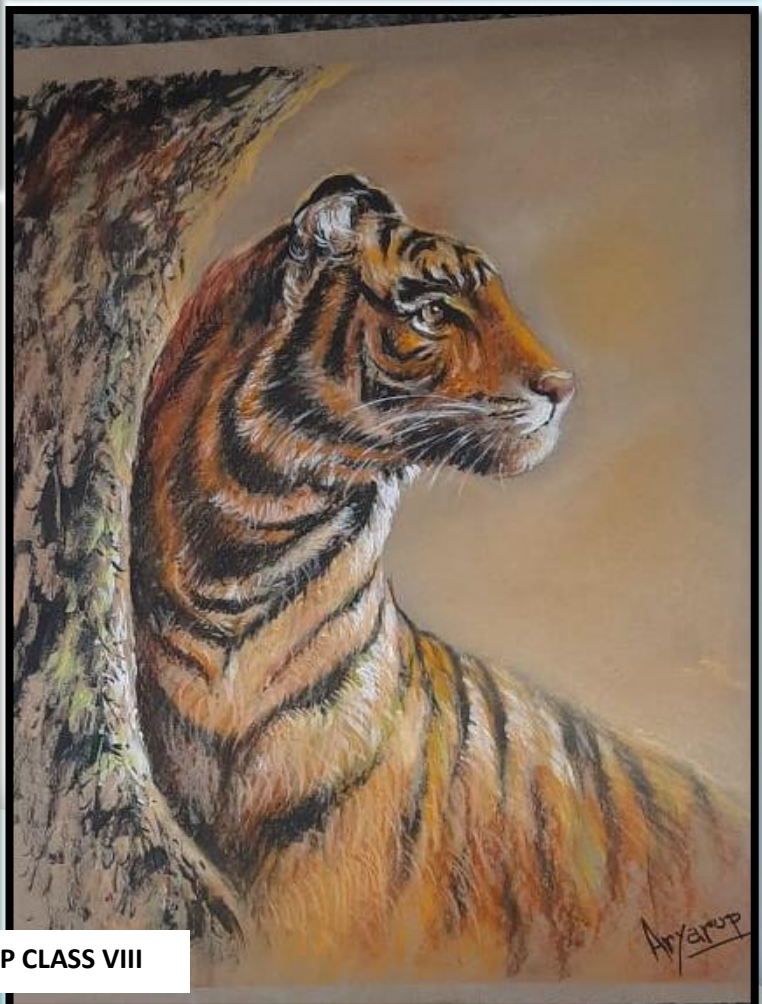
AADARSH CLASS VIII



YASHIKA CLASS VI



AARYARUP CLASS VIII



Aaryarup