

REFLECTIONS

3RD EDITION

OCTOBER TO DECEMBER 2020

**SANT NIRANKARI PUBLIC SCHOOL,
FARIDABAD**



SNPS, SEC- 16 A, FARIDABAD

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From The Principal's Pen ..✍



“When any real progress is made, we unlearn and learn anew what we thought we knew before.”

-Henry David Thoreau

Life is a journey of experiences. Sometimes we learn from our mistakes and sometimes from our achievements. The process of learn, unlearn and relearn moves throughout our life. Similarly this year too, we have gone through various experiences, be it good or bad but the aftermaths always give us a lesson to learn.

I feel privileged on the release of The Third Edition of Reflection which is endorsed with new experiences and embarked with great excellence.

I appreciate the efforts of all my students and teachers who are continuously moving ahead on this voyage of success irrespective of the barriers of online or offline. The motive of teaching and learning is going without any hindrance. I also want to applaud my students and teachers for their active participation in all the online competitions or celebrations and congratulate them to make it a success with all their endeavours and dedication.

I am grateful to my Parent fraternity too who always assists us in all the ventures and stand by us.

Congratulations SNPS Family.

Sunita Kharbanda

Principal.



ACTIVITIES

October 20

To

December 20

2ND OCTOBER, 2020 GANDHI JAYANTI CELEBRATION

"Peace is the most powerful weapon of mankind. It takes more courage to take a blow than to give one."~ Mahatma Gandhi.

Mahatma Gandhi or more lovingly known as Bapu by all Indians is acknowledged for his doctrine of non-violence that led to India to its glorious freedom. Every year 2 October is celebrated as Gandhi Jayanti. The story of his life has impacted humanity to its core.

To revere this day many activities were planned for the students.

FOR CLASSES PRE-II DRESS AND TALK

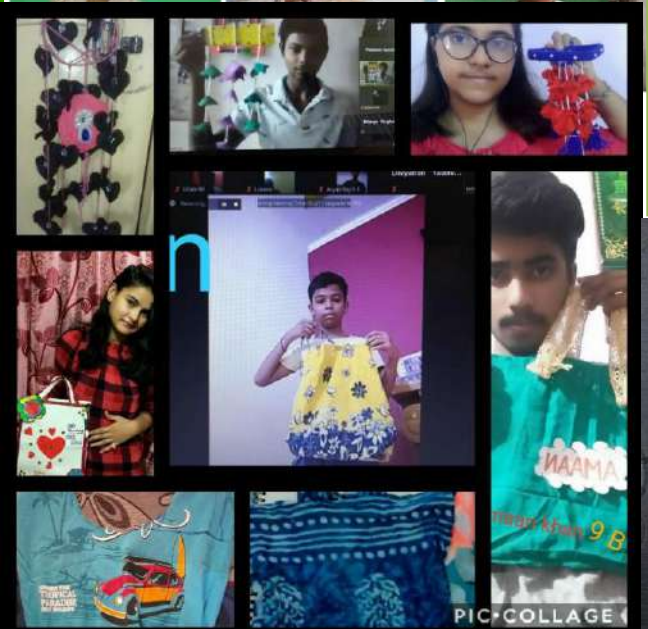
Students of class Pre-II dressed up as Gandhi Ji and enacted him by preaching us his good deeds. It was such an amazing effort by our young toddlers to relive all those great thoughts in these dire times.

FOR CLASSES III-V THREE WISE MONKEYS OF GANDHI JI

Students of class III – V took active part in sketching the three wise monkeys of Gandhi ji and what they refer to and why practicing them is important for us all. It was really a good take by the students as we got to hear some really amazing thought process of our youngsters.

FOR CLASSES IX – XII KHADI DIY ACTIVITY

Students these days look up to fashion so much that they will be unaware of the charkha and also have no idea what Khadi fabric means. So, to introduce them to Khadi fabric we organized a DIY activity for the students of class IX-XII where they had to use their own imagination and creativity and had to use a Khadi cloth and make something out of it. To our surprise it turned out to be so well students made such awesome things like bags, wall hangings and scarves out of it.



World Vegetarian Day

3rd October 2020

This day is celebrated to create awareness about the benefits of vegetarian lifestyle and encourage others to become vegetarian. World Vegetarian Day was first started back in 1977 by the North American Vegetarian Society. At SNPS, we celebrated this day by organising an activity of Poster Making for the students of classes VI-VIII. Students made amazing posters highlighting the benefits of being a vegetarian and showing types of vegetarian diets which can be used.



World Animal Day

4th October 2020

“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” *Albert Einstein*

World Animal Day is internationally celebrated every year on 4 October, on the feast day of Francis of Assisi, the patron saint of animals, to educate humans about how their actions impact animals and create awareness about the protection of animals all over the world. Building the celebration of World Animal Day mobilises people for action now for a better future for animals. To highlight the importance of this day we organized a poster making activity for the students of class VI-VIII. Students put in their best efforts to make this a great success by sketching great posters for the day.



WORLD SMILE DAY 7th October 2020

PEACE BEGIN WITH SMILE

Sometimes all it takes to make the day better is a smile, whether someone gives it you, or one you share it with others. Little acts of kindness can bring a shining smile to someone who has otherwise had a terrible day, and it can change everything that follows.

Whether it's just a simple compliment, a cheery hello, or a gift of something small to help brighten their day, World Smile Day encourages us to take action to bring a few more smiles into the world. For this at SNPS, we celebrated this day by organizing activities for our students. For the students of classes I- V STORY TELLING Session was conducted where the teachers shared stories related to compassion and empathy towards all human beings. They were encouraged to "Do an act of kindness. Help one-person smile"! Students of classes VI-VIII had to make SMILE CARDS for our Corona Warriors and send their SMILE SELFIES to motivate them that we all will come out of this situation very soon.



FANCY DRESS COMPETITION 22ND OCTOBER 2020

Life is one big Fancy Dress party. It is an art of wearing amazing or unusual costume as a part of a theme. A Virtual Fancy Dress Competition was organised for the students of classes IV- V on the theme – Indian Mythological Characters. This competition helped students to bring out their inner talent, to build their self-confidence and explore their inner strength. The children were dressed up as a Rama, Sita, Hanuman and many other beautiful characters of Ramayana and recited the verses of the character they were dressed. Students showcased their talent cheerfully. They were smartly dressed and participated with much enthusiasm and enthralled everybody with their endearing acts.

What matters most in such events is not winning or losing, but participation. Because everybody gave their best so it was really difficult for our judges – Ms Nidhi, Ms Joyita and Ms Geetanjali to give any judgement but as they had to so here's the results:

First Position	Priyanka (V B)
Second Position	Yuvika (IV B)
Third Position	Pawani (IV A)



Dussehra Celebration

23rd October 2020



"Each day should mark the victory of good over evil"



To mark the beginning of the festive season, Sant Nirankari Public School celebrated Dussehra in the most energetic way by conducting a virtual special assembly amid these unusual times in completely unusual way. A small part of holy Ramayana showcasing the reason for celebrating the festival of Dussehra was enacted in the most colourful manner. This small effort of imbibing values and staying connected to the roots of our Hindu culture and heritage was appreciated and liked by all. The Students were spellbound by the dance and drama presented by the tiny tots on the history of Lord Rama and various other characters of Ramayana. All the characters of the great epic 'Ramayana' came alive in their colourful attires. The celebration ignited the young minds and reiterated the message that Dussehra epitomizes victory of good over evil.

In the end, Principal, Ms. Sunita Kharbanda, addressed the students through her motivational and encouraging words.



VIRTUAL COMPETITIONS AT DISTRICT LEVEL AND STATE LEVEL

"Knowledge brings empowerment. When we are informed, we are stronger"

SNPS, Faridabad encourages its students to participate in various competitions to get Knowledge, be Empowered and have a Stronger future. Various virtual competitions were organized at State level at Bal Bhavan, Faridabad from 10th October 2020 to 10th November 2020.

Our students participated in more than 20 categories. Many students of our school bring laureate and qualified for State Level Competition.

- **Anas Ansari got 1st position in Card Making competition**
- **Dhruv got 1st position in Clay Modelling competition**
- **Niketan got 2nd position in Clay Modelling competition**
- **Palak got 1st position in Photography competition**
- **Kavya got Consolation prize in Solo Song competition**
- **Harsh Bhardwaj got Consolation prize in Declamation competition**

DIWALI CELEBRATION

"Shine like sparkles, glow like candles and burn all the negativity away."

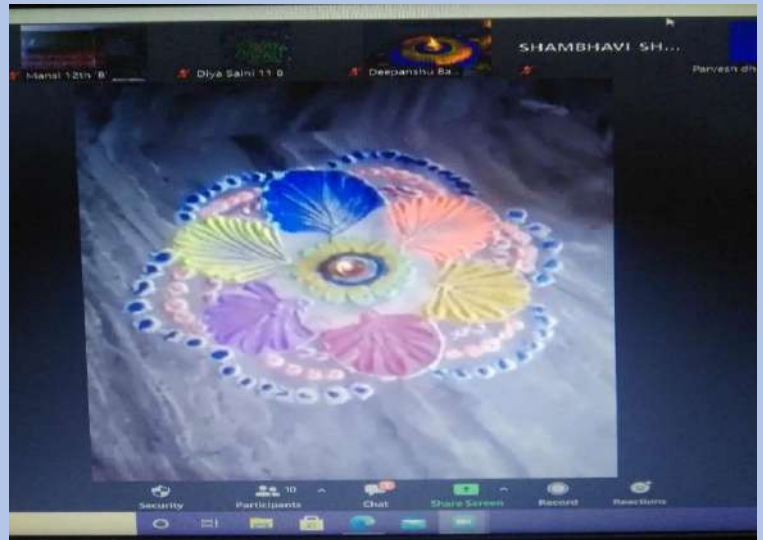
A virtual special assembly was conducted by Sant Nirankari Public School, Sector-16 A, Faridabad on 12th November 2020 on the occasion of "Diwali". For spreading the purity and positivity all around, the assembly was started with the chanting of the Shabad of Hardev Vani as an invocation. For making the aura so beautiful and divine, the participants emphasized the importance of Indian culture. The programme was commenced on the theme "India: as a land of Unity in Diversity" where various cultures, religions and festivals are observed.

The students of classes IX and X expressed their views about the festival in the form of speech and participated through beautiful dance performance & dandiya.

The students of classes VII and VIII enthusiastically participated in a skit which emphasized that eco-friendly Diwali is the best way of celebration & to encourage handicrafts.

Moving further, the students of grade III to V revealed some of the very illuminating messages showcasing the disadvantages of crackers and the message that "Nature" is our first and foremost priority.

The assembly concluded with our Principal, Mrs. Sunita Kharbanda addressing and exchanging ideas with the students. On a parting note, she emphasized the importance of festivals in our culture and alerted everyone to be careful about their health and environment. At the end, she wished everyone an incredibly happy and blessed Diwali.



"Happiness is in the air

It's Diwali everywhere

Let's show some love and care

And wish everyone out there."



DIWALI COMPETITIONS

2020, the year like no other paved the way to celebrate Diwali in homes and through Zoom platform though the zeal and enthusiasm of teachers and students was same as every year. The following competitions were held on 13th November 2020:

Group I (Class I - II) Lantern Making (Make it with colourful paper)

1 st Position	Kanishka (Class-II B), Kartik(Class-I-A)
2 nd Position	Priyanshu (II-B), Diya (II-A)
3 rd Position	Deven (I-B), Lakshita (II-A)

Group I (Class III- V) Lantern Making (Make it with colourful paper)

1 st Position	Ankit Singh (Class V-A), Yuvika Sukhija (ClassIV-B)
2 nd Position	Kavya (IV-B), Kaasni (Class V-A)
3 rd Position	Riddhima Aggarwal(IV-C), Yash Saini (III-A)

Group II (Class VI - VIII) Rangometry Activity

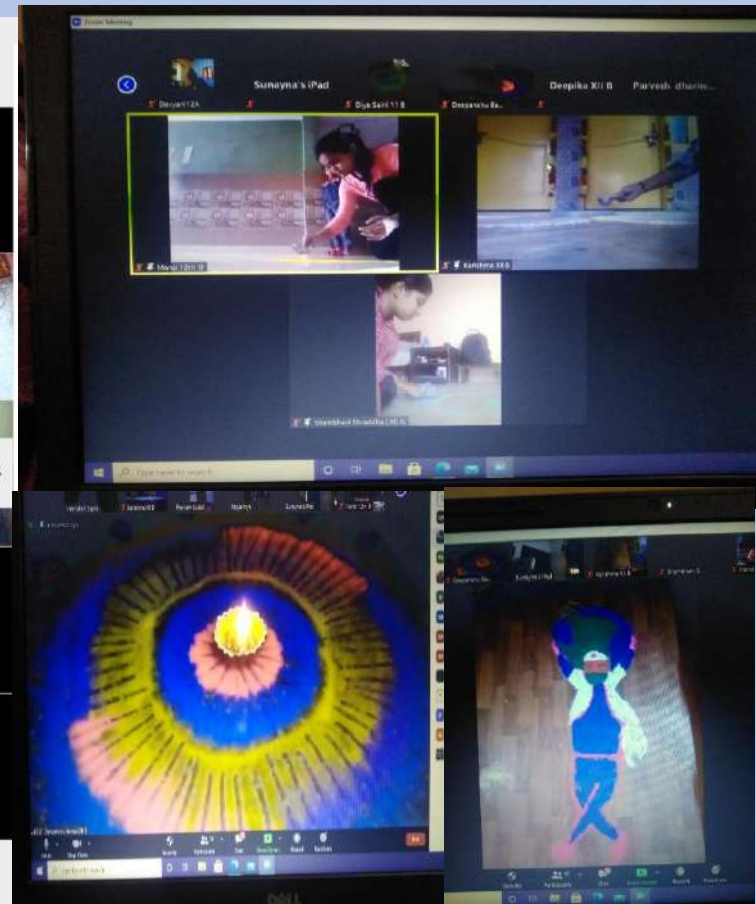
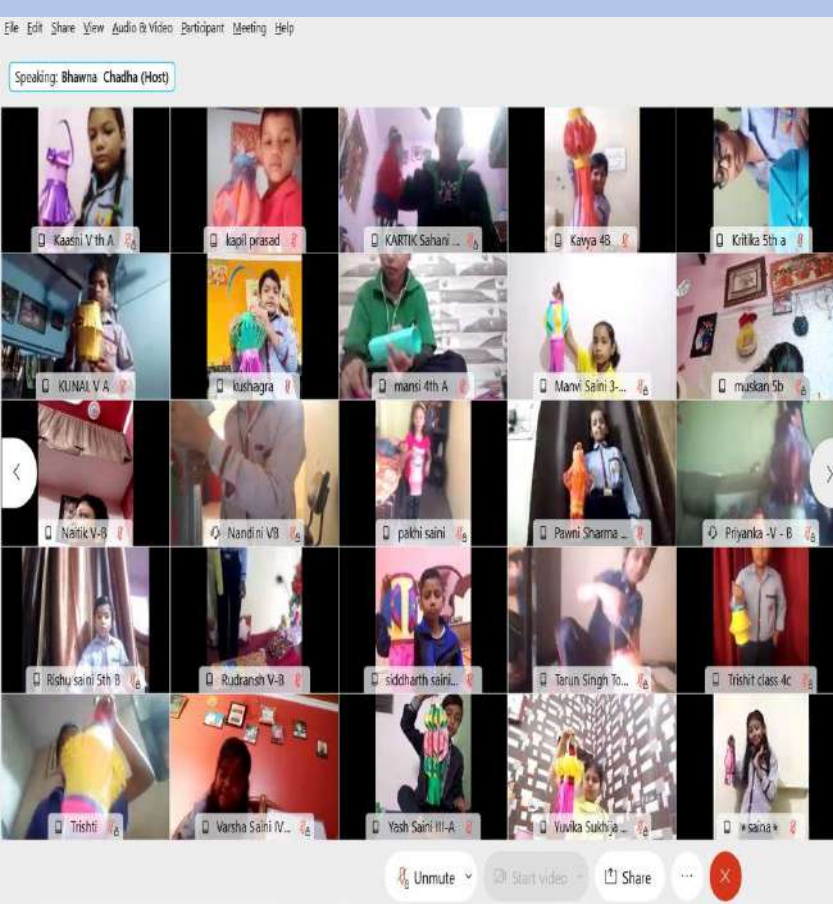
1 st Position	Ayush Saini (Class VII B)
2 nd Position	Prachi Swain (Class VI C)
3 rd Position	Riyanka (Class VIII C)

Group III (Class IX - X) Mehndi Making Competition

1 st Position	Janvi (Class XC)
2 nd Position	Anjali Kumari (Class XA)
3 rd Position	Kashak (Class IX B)

Group IV (ClassXI – XII) Rangoli Making Competition

1 st Position	Mansi Gupta (Class XII B)
2 nd Position	Deepanshu Bansal (Class XII B)
3 rd Position	Diya Saini (Class XI B)



ART-INTEGRATION LEARNING

13th December 2020

Mansi Gupta, XII 'B', F, No. Faridabad Haryana, 9310704034, 129-4072807

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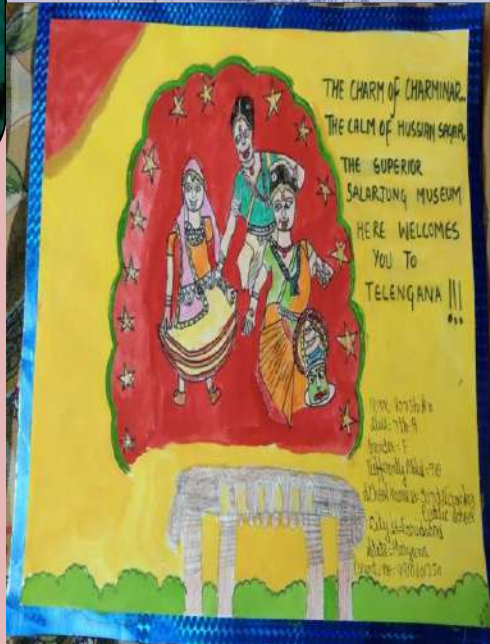
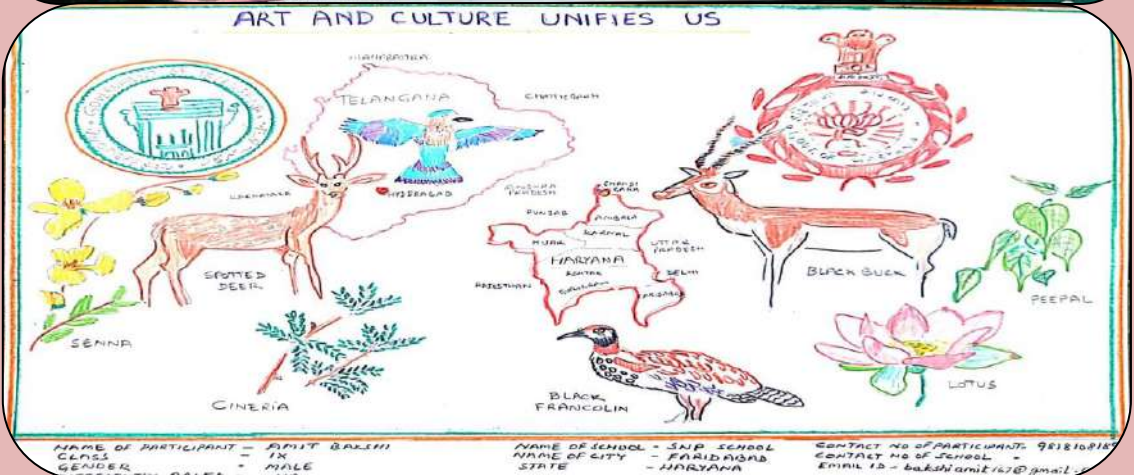
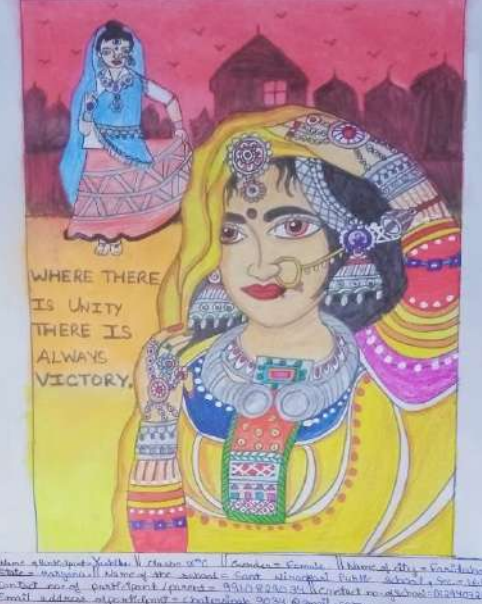
TELANGANA

HARYANA



CBSE introduced Art-Integrated Project work for classes I to X to promote Art-Integrated Learning in schools to make teaching-learning Competency-Based and joyful. One of the objectives of art integrated education is to make the students aware of the vast and diverse cultural heritage of our country.

Our teachers implemented Art Integrated Learning as a pedagogical tool for experiential and joyful learning in classroom situation as well as building a joyful learning environment in the school. Students from classes I – X were also given one project work to integrate any art form of the paired State/UT, Telangana as defined under Ek Bharat Shrestha Bharat Programme.



FIT INDIA WEEK

14th December 2020 to 19th December 2020

"For those who don't make time for exercise, they will have to make time for illness."
-Edward Stanley

Fitness is very important in a person's life. Fit people are much more productive and successful in their life. Keeping in view the importance of fitness, our Prime Minister launched nation-wide "Fit India Movement" on 29th August 2019 aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.

To take this mission forward and develop Sports Quotient among all the students, **Sant Nirankari Public School, Sector-16 A, Faridabad** celebrated 'Fit India Week' virtually from 14th December 2020 to 19 December 2020. Many virtual activities were conducted to make the children understand the importance of Fitness.

➤ 14th DECEMBER 2020

The students were informed about FIT Movement through a discussion session by their respective class teachers. Various free hand exercises, Aerobics, Rope skipping, Hopscotch, Shuffle running etc. were conducted for the physical development of the students. Apart from this, Students performed some Yoga Asana like:-

- HEADSTAND (ŚĪRṢĀSANA)
- SHOULDERSTAND (SARVĀṄGĀSANA)
- PLOUGH (HALĀSANA)
- FISH (MATSYĀSANA)
- SITTING FORWARD BEND (PASCHIMOTHANĀSANA)
- COBRA (BHUJAṄGĀSANA)

Students were also informed about the benefits of performing the above Yoga Asana. ●

➤ 15TH DECEMBER 2020

Grade III to V Teachers gave lectures to their students on the topic "Re-strengthening of the mind post pandemic" - Mental Fitness activities for students". Videos and slides were shared with the students to help them rebuild their mind and various options were suggested to the students to help them retain their mental fitness.

Grade VI to VIII Students wrote letters to the Youth of the nation on the topic "Power of Fitness". A healthy person can keep himself away from diseases and can perform physical activities without getting tired.

Grade IX to XII students were given the opportunity to speak up and share their views and ideas on the topic "Exercise is the celebration of what your body can do, not a punishment for what you ate" or "Re-strengthening of the mind post pandemic".

➤ 16th December 2020

Grade V to X students actively participated in the events conducted on this day. Poster making competition was held “Hum Fit to India fit” or “New India Fit India” for grade V and VI.

Winners were:

- **1st Rank: Naitik (V-B)**
- **2nd Rank: Deepanshi (VI-B)**
- **3rd Rank: Nandini (VI-A)**



VII and VIII grade students prepared Brain games to improve concentration and problem solving capacity.

Winners were:

- **1st Rank: Deepanshi (VII-C)**
- **2nd Rank: Varun (VIII-C)**
- **3rd Rank: Nandini (VII-C)**



Students of grade IX and X prepared advertisements on “Hum Fit to India fit” or “Emotional and physical well-being are interconnected”.

Winners were:

- **1st Rank: Himanshi (IX-B)**
- **2nd Rank: Divyansh (IX-B) and Kanishka (IX-B)**
- **3rd Rank: Mansi (X-B)**



➤ 17TH DECEMBER 2020

Students of grade I and II creatively used home based equipment for sports and fitness i.e. Hacky sack at home (juggling with feet & hand – warm up activity)

- Aluminum foil inside a sock – ball and any wooden piece – bat to play cricket
- Mosquito bat and TT ball to play badminton/tennis
- Fitness circuit – Draw a ladder on the floor with a chalk piece or crayon

The following students secured positions:

- **1st Rank: Devansh (I-A)**
- **2nd Rank: Aradhya (II-A)**
- **3rd Rank: Naitik (I-B)**

Grade III to VIII students prepared a podcast/movie on the topic “Get Fit, Don’t quit”, “Mental health is not a destination but a journey”. Students performed various fitness moves both indoor and outdoor, which were converted in the form of video and demonstrated in the classes. Sakshi of class VI-C made best podcast.

Video lectures were prepared by the students of grade IX to XII on the topic “Diet and nutrition during Pandemic”. The best entries were:

1st Rank: Asemta (IX-A)

2nd Rank: Aanchal (X-A)

3rd Rank: Varsha (IX-A)

➤ 18TH DECEMBER 2020

An online quiz competition was organized through Google Form in which questions related to sports and fitness were asked. The class-wise result was:

Class-1

- **1st Rank: Vanshika (I-B)**
- **2nd Rank: Lavesh (I-A)**

Class-2

- **1st Rank: Kanishka (II-B)**
- **2nd Rank: Aadhya (II-A)**

Class-3 to 5

- **1st Rank: Naitik (V-B)**
- **2nd Rank: Rohit (IV-C)**
- **3rd Rank: Aarna (III-B)**

Class-6 to 8

- **1st Rank: Muskan (VII-A)**
- **2nd Rank: Deepanshu (VII-B)**
- **3rd Rank: Anshuman (VIII-C)**

Class-9 to 12

- **1st Rank: Preeti (XII-A)**
- **2nd Rank: Pranjal (IX-A)**
- **3rd Rank: Muskaan (X-B)**



➤ 19TH DECEMBER 2020

Events done by students were displayed in the form of a video i.e. Podcast/ movie making, various free hand exercises, letter on “Power of fitness” etc. Motivational video was also shown in which students understood the fact that Eating fruits and vegetables boosts one’s health. Regular exercises can help us to build a healthy and fit body that would be resistant to diseases.

Various Virtual Competitions were organized and results were also declared on the same day.

Spot Jogging: Classes : I and II

Rope Skipping : Classes: III to V

Squats Challenge: Classes: VI to VIII

Step-up Challenge: Classes: IX to XII

Winners were:

Spot jogging:

- 1st Rank: Akshit (II-B)
- 2nd Rank: Keshav (II-B)

Rope Skipping:

- 1st Rank: Pawni (IV-A)
- 2nd Rank: Priyanka (V-B)

Squats Challenge:

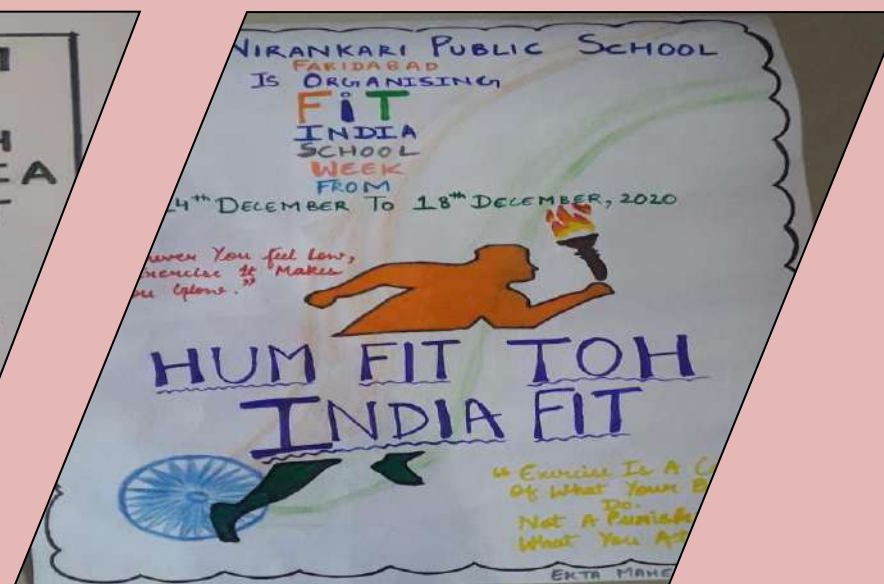
- 1st Rank: Varun Saini (VIII-C)
- 2nd Rank: Prachi Swain (VI-C)

Step up challenge :

- 1st Rank: Naval Kishor (IX-C)
- 2nd Rank: Varsha Kumari (IX-A)



The programme ended with the powerful words of wisdom of Honourable Principal Mrs. Sunita Kharbanda. The whole week was celebrated enthusiastically both by teachers and students. Everyone gave their best to make this Fitness Campaign a success.



CHRISTMAS DAY CELEBRATION

24th December 2020

"Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets."
Jesus Christ, Matthew 7:12

Christmas is the festival which inspires the spirit of sharing and caring. Soaking in the spirit of Christmas, Sant Nirankari School, Faridabad celebrated the festival with enthusiasm on December 24, 2020 virtually. The students sang melodious carols and danced beautifully to wish their teachers and classmates. The significance of the festival was explained to the students through the Christmas story. The boundless joy of celebrating the festival was visible on the faces of all the children. These activities taught our little ones the joy of celebrating all the festivals with loved ones.

