



# SANT NIRANKARI PUBLIC SCHOOL

# REFLECTIONS

APRIL - JUNE  
2022

9<sup>th</sup>  
Edition



**Sant Nirankari Public School, Sec-16A, Faridabad**

Phone :0129-4072807

E-mail: [snpsfd@snps.edu.in](mailto:snpsfd@snps.edu.in)

Website: [www.fbd.snps.edu.in](http://www.fbd.snps.edu.in)



# INDEX



## APRIL

- Pariksha Pe Charcha
- Orientation Programme For Parents
- Welcome Back To School
- World Health Day
- Ram Navami And Navratri Celebration
- Baisakhi
- World Heritage Day
- Earth Day
- Manav Ekta Diwas
- World Malaria Day
- Live Webcast For The Conduct Of Term-II Examinations
- Extramarks Workshop
- Club Activities

## May

- Laughter Day
- Mother's Day
- Save Soil Movement
- World Asthma Day
- Buddh Purnima
- Samarpan Diwas
- International Nurse Day
- International Family Day
- Effective Utilization of Summer Vacation
- Awareness against Drug Menace
- Seminar by Extra Marks
- Session of Staff with Management
- Yoga & Meditation Session for Teachers
- Yoga and Meditation Session for Students
- Yoga session for Teachers by Department of Education
- Club Activities

## June

- Father's Day
- International Yoga Day
- Yoga Week Celebration





# WORRIED ABOUT EXAMS!!

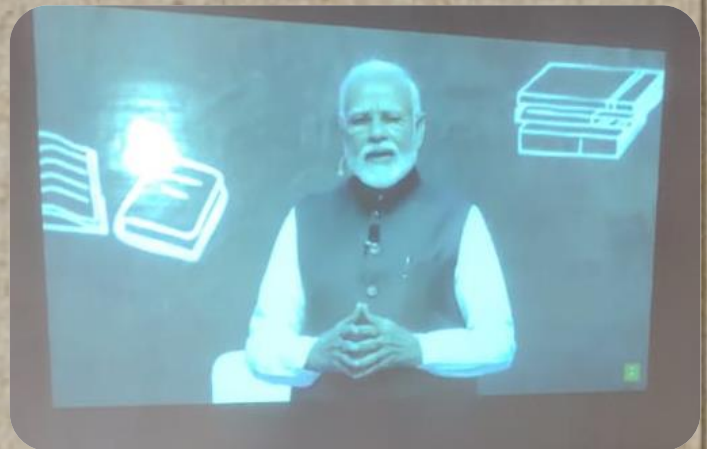


## Pariksha Pe Charcha (April 1, 2022)

Prime Minister Narendra Modi interacted with over 2000 students in the fifth edition of Pariksha Pe Charcha at the Talkatora Stadium. PM Modi discussed various ways through which students can focus on their studies, make their learning interesting, and ways to have better concentration, and relieve stress during examinations. It is a step taken by PM Narendra Modi to ensure a stress-free atmosphere for youngsters during the examination seasons. Live streaming of the same was organised at Sant Nirankari Public School, Faridabad in the Computer Lab for class X students. The event began at 11 a.m. and was watched live on YouTube channel of MoE.



Pariksha pe Charcha (PPC) interaction was light-hearted and gave students and teachers an opportunity to talk about different aspects of exams and life. PM Modi answered the questions asked by students on stress management during exams, the difference between online and offline education, and how NEP will contribute toward nation-building.





## Orientation Programme For Parents (April 1-2, 2022)

A parent is a teacher at home and a teacher is a parent in school and the child is the center of our universe.”

Sant Nirankari Public School, Faridabad organized an orientation programme on April 1-2, 2022 for classes LKG-II (April 1) and III-VIII (April 2) to familiarize parents, “As Partners in Progress” with the curriculum, rules and regulations of the school, teaching methodologies and the co-scholastic activities.

Welcoming parents to the new academic session, teachers spoke at length about the benefits of effective communication between parents and teachers; they laid emphasis on a strong connection with the school patrons. Teachers even sought support and suggestions from the parents to provide best education and growth opportunities to the students of the school, and spoke in detail about different ways of nurturing a child with love and care to build a strong foundation for a glorious future. The parents were briefed about the rules and regulations of the school. The co-scholastic activities were also discussed that gave the parents an idea of the curriculum which is self-directed with hands-on learning activities that not only give our students a medium to fully utilize their creative talents and energies, but also help them in their all-round development.



## Welcome Back To School For Students Of Classes

### LKG-VIII (April 4, 2022)

A special assembly was held on April 4, 2022 to welcome students on the first day of session. Ms Rita welcomed classes LKG-VIII for the new academic session 2022-23. In her speech, she motivated the students to begin the new session with hopes and dreams and cultivate a good sportsman spirit. She emphasized on importance of learning to be considerate towards all and courteous and respectful to the parents, teachers and all elders. Students were instructed to come to school regularly, be on time, well-groomed and in proper school uniform. Display boards were prepared by the house teachers and class in-charges to welcome students in the new session. The new session began with renewed hope, new opportunities of exploration, reflection and growth and above all a spirit of gratitude.





## World Health Day (April 7, 2022)

'The greatest gift you can give to your family and the world is a healthy you...' World Health Day is a global health awareness day, celebrated every year on 7th April. This day is observed to mark the founding of WHO. Raising awareness about Physical Health and Mental Well-being, and various measures to combat global health challenges, Sant Nirankari Public School, Faridabad celebrated World Health Day on 7th April, 2021. There were several activities which were pursued in the classes to reiterate the importance of healthy eating habits. Students from Pre-school participated in the hand wash activity. Students of Classes-I to VIII focused on healthy diet for a healthy lifestyle by bringing healthy tiffins to school. In the morning assembly, a very informative and significant speech was delivered by Anshika of class VIII in which importance of healthy eating habits, adequate rest and hygiene was explained. The students from classes IX to XII enthusiastically participated in Drill/ PT exercises through which they were made aware about the importance of physical exercises like Yoga, Zumba and Aerobics to remain fit & active. Students learnt about common health problems, with an emphasis on good eating habits and the importance of sports & exercise in our daily lives. Students also pledged to keep their mind and body healthy. The celebration fulfilled its objective of developing a deep understanding of the essential link between individual and collective health for a sustainable life.

### Winners of healthy lunch box competition-

#### Class I-V

NAME	CLASS
Anvika	Class-I
Nitya	Class-II
Kartik	Class-III
Kanishka	Class-IV
Diksha	Class-V

#### Class VI-VIII

NAME	CLASS
Jia	Class-VI
Varsha	Class-VII
Saraswati	Class-VIII





## Ram Navami And Navratri Celebration (April 8, 2022)

'Navratri', is one of the major and important festival celebrated to worship the Goddess 'Durga'. The festival of Navratri is celebrated in many different ways in India and in various regions. For people it is a time of religious reflection wherein people are seen fasting, whereas for others it is a time for dancing and feasting.





## Baisakhi Celebration (April 13, 2022)

### “Amidst the rich harvest across the lush greenery Baisakhi has arrived in all its majesty”

Festivals bring joy and happiness. Keeping up with the tradition of celebrating all the festivals with great fervor and gaiety, Baisakhi, Good Friday and Mahavir Jayanti celebrations were held on 13<sup>th</sup> April in Sant Nirankari Public School, Faridabad with great zeal. Special assembly was conducted to mark the importance of these festivals. Baisakhi is a vibrant and peppy festival that is traditionally celebrated across the Northern India. It symbolizes the season of change, when the old is gone and the new and fresh emerges. To highlight the importance of the day the talk was presented by Muskan of class VII. The tiny tots were dressed to their best in colourful attires. Students of Class X presented Punjabi Songs and dances in their beautiful dresses. The children dressed in ethnic wear danced to the tunes of Baisakhi music.

#### **Good Friday**

Nidhi of class VIII delivered a speech on Good Friday which is the religious celebration, celebrated every year by the people of the Christian religion all over the world to commemorate the last moments, death and crucifixion of the Jesus Christ.

#### **Ambedkar Jayanti**

The Students of SNPS Faridabad paid homage to Dr. B.R. Ambedkar on the auspicious occasion of Ambedkar Jayanti. Harshita of class IX spoke in brief about him. In her speech, she cited about Dr. Ambedkar's birth and his contribution in the framing of our Indian Constitution and also its application which is our future responsibility. The assembly concluded with the National Anthem, where all the students and teachers sang with honour and pride! All festivals were celebrated in a colourful and cheerful manner. The teachers encouraged the children to enjoy and respect all festivals.





## World Heritage Day (April 18, 2022 )

Sant Nirankari Public School, Faridabad celebrated World Heritage Day to raise awareness among students about preserving our heritage sites and also the efforts required to conserve and draw attention towards it. A special assembly was conducted to raise awareness about the true meaning of heritage, its importance and the need of its preservation. Yuvika of class V delivered a speech urging students to preserve monuments and cherish them as the foreteller of the past.

The students participated in various activities based on the development of our culture. Students from Class III to V enjoyed the activity of making heritage monuments bookmark on any famous monument and participated wholeheartedly. Classes VI and VII created 3D exhibits of Heritage Sites of India using waste material. The activity focused on raising awareness among students about the diversity of heritage monuments and sites. Grade VII students shared information about the origin of ancient sports like the Chess (Shatranj), Polo, Kalaripayattu, Archery, Wrestling, Pranayam, etc. A short documentary video on 'Heritages of Telangana' was shown to the students of Class IX highlighting Local Heritage Sites (History, Significance, present situation and issues, efforts required for the conservation etc.) Students of class X made travel brochure on famous heritage monuments. The objective behind conducting these activities was to enlighten students about the value and significance the world's heritage holds. This special day offered an opportunity to raise awareness about the diversity of cultural heritage and the efforts that are required to protect and conserve it.





## Earth Day (April 22, 2022)

“Earth rejoices our words, breathing and peaceful steps. Let every breath, every word and every step make the mother earth proud of us.”

For the past 40 years, Earth Day has been celebrated around the world to call attention to some of our most pressing environmental and social problems, including climate change, biodiversity loss, and dwindling natural resources. Sant Nirankari Public School, Faridabad, organised a number of activities to create awareness among the students about the conservation of natural resources and motivating them to contribute to make their planet more pure and beautiful.



A special assembly was organised where the tiny tots (Pre-Primary) of SNPS became Green Ambassadors and urged all to conserve our resources and use them wisely. They also presented slogans and held placards to sensitise others towards our planet. Nidhi of Class IX delivered a speech emphasizing the importance of afforestation and the need for everyone to put together their efforts and get into action, in protecting

our environment. Eco-club coordinator and teachers decorated display boards and organized various activities throughout the week from April 18- 23, 2022.

An Inter House Poster Making and Declamation Competition for classes IX-XII on the topic 'Climate Literacy' was organized at SNPS, Faridabad on the occasion of Earth Day.



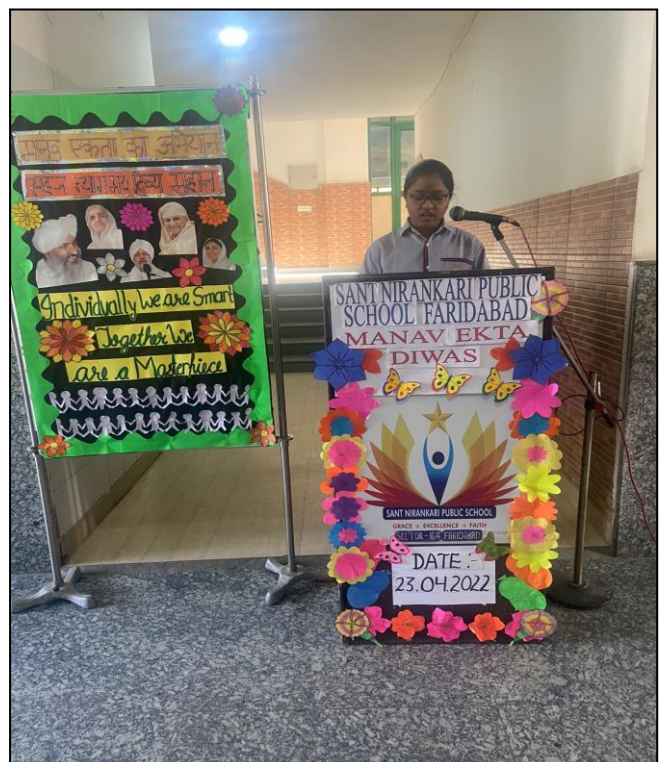


## Manav Ekta Diwas (April 23, 2022)

Every year April 24th is celebrated as Manav Ekta Diwas or Human Unity Day in whole Nirankari world. Manav Ekta Diwas is dedicated to Satguru Baba Gurbachan Singh Ji Maharaj, for the invaluable values and teachings exemplified by Him during His lifetime that should be incorporated by each one of us. He was a great saint who preached brotherhood to the masses through spiritual awakening. He was the third guru of the Sant Nirankari Sect. Baba Gurbachan Singh was known for always encouraging his peers of Nirankari Mission to be helpful and resourceful, "Blood should flow in veins, not in drains," he preached during Sikh insurgency.

A special assembly was held on April 23 on the occasion of Manav Ekta Diwas. The assembly mainly aimed at spreading the message of unity among the students. Ms Meenakshi gave a speech in which she exemplified that there should be coexistence in humanity and there should be oneness in the world. In her speech, she highlighted that the prime objective should be to put our heart and soul in assisting the people and still be modest about it. Our prime focus should be to see divinity in all beings, be connected with the Supreme and sincerely follow the three aspects of spirituality. Poornima of class X recited a poem spreading the message of Love, Peace and Harmony,

Manav Ekta Diwas is dedicated to the martyr Satguru Baba Gurbachan Singh Maharaj. His teachings and values are something everyone should learn from and incorporate in their lives.





## World Malaria Day (April 25, 2022)

Every year on April 25, World Malaria Day is commemorated to eradicate malaria and promote action to minimize malaria-related suffering and mortality. So, the World Malaria Day was commemorated at Sant Nirankari Public School, Faridabad on 25th of April. In the assembly, Ms Meenakshi delivered a speech and threw light on various measures to prevent malaria by suggesting the remedies to end Malaria, a dangerous disease. Through her speech, she created awareness amongst all to take some steps against Malaria. Preet House let the awareness campaign through display boards and Class In-charges held a classroom discussion on the same in the zero period.



## Live Webcast for the Conduct Of Term-II Examinations (April 25, 2022)

The Central Board of Secondary Education decided to hold a live webcast on modalities for the conduct of term 2 exams 2022. The CBSE live webcast was conducted at 11 am on April 25, 2022. Sant Nirankari Public School, Faridabad arranged a setup to watch the live stream of the webcast. The live webcast began with the keynote address of Dr Vineet Joshi, Chairman, CBSE. The webinar eliminated all future complications, and guided how the board, with the assistance of schools and students, will be able to successfully conduct examinations.

Total Participated Candidates

16

Total Male Candidates

0

Total Female Candidates

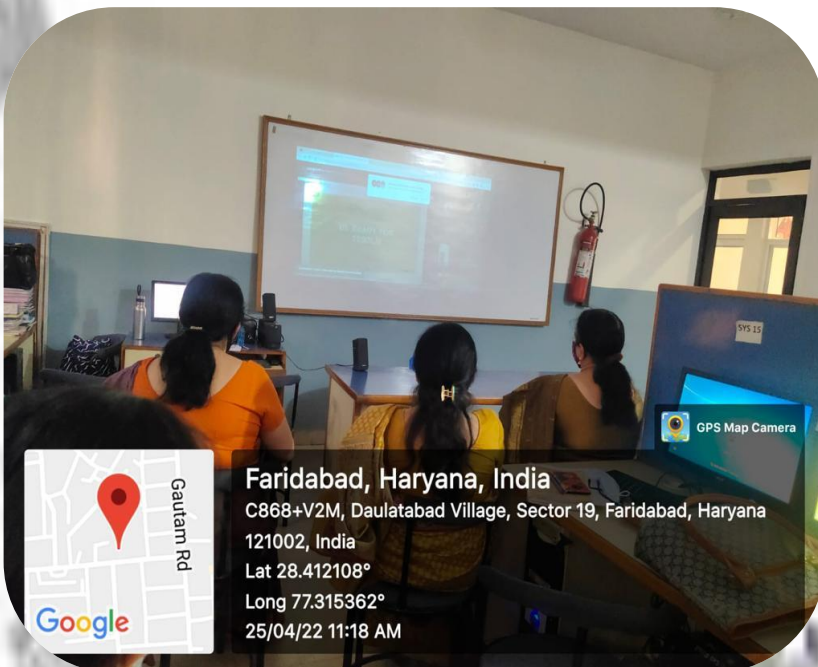
16

Total Other Candidates

0

Data of students who have represented India in Games / Cultural / Academic / any other discipline... click here...

100%



Faridabad, Haryana, India

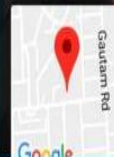
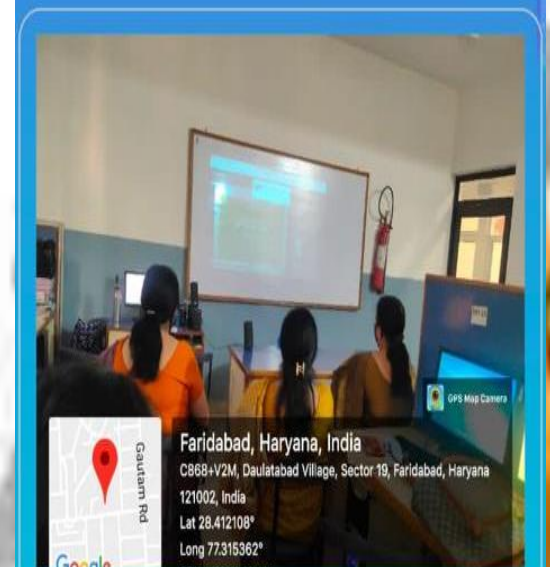
C868+V2M, Daulatabad Village, Sector 19, Faridabad, Haryana

121002, India

Lat 28.412108°

Long 77.315362°

25/04/22 11:18 AM



Faridabad, Haryana, India

C868+V2M, Daulatabad Village, Sector 19, Faridabad, Haryana

121002, India

Lat 28.412108°

Long 77.315362°





## Extra Marks Workshop



30 April, 2022

The concept of smart class education is indeed a blessing for the students of the 21st Century. Technology is changing the way life functions and introduction of Smart Class in School is a smart way to enhance the standards of teaching. An Extramarks workshop was conducted in Sant Nirankari Public School, Faridabad to help teachers enhance their pedagogical capacity. Subject specific interaction with the Extramarks officials was included, so that teachers would be able to cater to subject related aspects of the software. The teachers were apprised of the new additions of the digital learning modules that offer the best of pedagogy and technology to create an engaging, child-centric teaching-learning environment in classrooms and at home. They were trained to incorporate the unique learning - centric concept modules which are designed by infusing experienced teaching methodology with world class digital technology. The workshop was immensely engaging and interactive. Ms. Palak talked about new information added to the module and clarified doubts regarding the availability of appropriate data for all classes. The resource person enlightened the teachers with the usefulness of Extramarks portal. It left the teachers with beneficial update about the various resources available to facilitate the teaching-learning process.





## Club Activities, April 2022

As per NEP 2020, club activities were organized for this new session 2022-2023. Sant Nirankari Public School, Faridabad took one step ahead towards the better and fruitful development of our students by setting up some clubs in the school including different activities. All the students are divided into clubs as per their own interest and zero periods were assigned for the club activities. The students were given introduction of various clubs on April 16, 2022 and the club activities were conducted on April 22, 2022 and April 29, 2022.



### Yoga Club

In this scenario Yoga plays an important role in our life. The students of class – III participated in Yoga activity where they enjoyed and performed some Yoga Asan e.g. Vriksh Asan, Tad Asan, Gomukh Asan and Vjar Asan. The benefits of these Asans were also discussed with the children and instructed them to perform these Asans regularly at home.

### Clay Modeling Club

Clay Modeling is an activity that helps in the development of students in several ways. It nurtures a child's creativity, boosts imagination, and imbibes self-confidence. The touch and feel of clay have a naturally relaxing quality. The student's problem-solving skills can be explored when he/she decides how far they can shape the clay before it breaks, de-shapes, and falls.

The first session was all about the introduction about the meaning of clay modeling and trying to know what were the expectations of the students while joining the club. In first session teachers guided students from class III-IV in making fruit baskets. In second session, students made different fruits. Teachers helped them in making basket. They were very happy and excited after completing the activity.



### Music and Dance Club

Music helps to learn new things, like sounds, words and patterns. And dance helps to explore and control the body movements. These activities are great for the development and stimulation in the growing brain.

On 22nd April 22, the first activity was performed in the Music and Dance Club. The April month activity for class III-IV was "Jumping Jacks Dance". Students just loved this way





of dancing wholeheartedly. They felt the combination of dance with exercise more interesting. They were enjoying so much that there was a constant smile on each and every student's face till they left the room. They did not even feel tired rather they were looking more energetic and charming. It also made them realized that exercise plays a crucial role in our daily lives. At the end, they made a tag line for their club and i.e. "Dance keeps our body fit, mind fresh and heart happy". Students from class V-VIII learnt the lyrics of Bhajan "Nit Khair Manga Teri" and started singing it with harmonium.

### Art and Craft Club

Art and Craft are fun activities for children. It enhances the child's motor skills and autistic skill. Such an activity was conducted in ART and Craft club on 22nd April 2022. In this activity students of class V-VI were taught to make a sunflower using Strainer, tea leaves and coloured paper. All the students showed keen interest in the activity and made mesmerizing sunflower with their creativity.



Another creative session was held on 29th April where students made a cabinet out of used matchbox and learned to create best out of waste. With this activity students were able to learn how we can reuse the waste material for creating beautiful crafts. Students designed beautiful cabinets using waste matchbox and with this habit of recycle, reduce and reuse inculcate among students.

### E-Learning Club



E-Learning is the process of sharing knowledge through various channels such as e-books, CDs, webinars and more. It has revolutionized the conventional method of chalk and board style of learning imparted to the students. E-Learning education makes giving and receiving simpler, prolific, and productive. Thus, teaching and learning both become simpler, easier, and more effective. In the first class of the club, students learnt about Cyber-Awareness. A 'Class Discussion' was held in which each student participated and discussed about what Cyber Awareness is and what necessary steps

and precautions should be taken to ensure one's safety. In subsequent classes, the students prepared e-Banners on the topic 'Cyber Awareness'.

### Culinary Art Club

Students from class VII-X of Sant Nirankari Public School, Faridabad donned their 'Chef Caps' to exhibit their culinary skills in 'Cooking without Fire' held on 22nd and 29th April, 2022.

Students of VII-VIII participated with full zeal and enthusiasm as they doled out nutritious yet delectable delicacies selected post exhaustive research on the cultural backgrounds of Telangana. The





relevant recipe of Malida Laddu was chosen from the allotted state. Along with this dish students also prepared a smoothie for drink. Students of class IX-X made delicious sandwiches and chat-padi.

### Personality Development Club

In order to enhance the personality of the students from class IX-X, a Personality Development Club has been started by the school which will help in enhancing the Character, behavior and communication skills of the students.

First lecture was completely focused on development of a positive attitude in life. An activity named 'Winner/Loser' was conducted in the class with the purpose of changing their perspective from negative to positive.

Second lecture focused on Importance of body language and gestures while having a conversation. For this an activity named 'Meet and Greet' was conducted in the class in order to make students aware about the correct postures and gestures while talking with someone.



### Eco Club

A Poster making competition was held by Eco club of Sant Nirankari Public School on the occasion of Earth Day on 22nd April 2022. The students of class IX and X used their creativity and ideas to make various posters on the importance of saving Earth. The main motto of the competition was OUR DREAM: GREEN EARTH. The selected posters were displayed on the bulletin board to make everyone aware about the need of the hour i.e Clean Earth, Green Earth. A week long activity 'Light Off' was also carried out from 22nd April to 29th April. "Light off Energy Monitors" were appointed to control the wastage of electricity. Similarly Save Water movement was also held to control wastage of water. Volunteers were appointed for the Save water campaign. Save Water/ Save Electricity pamphlets were made by the Eco club students and put on all the water points of the school.





### Laughter Day (May 2, 2022)

The first Sunday of May is observed every year to spread joy across the world. Sant Nirankari Public School, Faridabad celebrated it on 2nd May, 2022.

Keeping all this in mind and to instill a habit of laughing amongst our students SNPS Faridabad organised various activities for the students. Classes I to V participated in making various Emojis to ensure the importance of laughter in life. Students of Literary club from VI to VIII shared funny incidents in class, whereas the students of IX to XII participated in Hasya Kavita, and during assembly Abhinay from class VII B shared his thoughts on Laughter Day. The day was a joyous experience for the children as well as the teachers.



### Mother's Day (May 8, 2022)

The day that recognizes the essence of a mother was celebrated in high spirits and merriment at SNPS Faridabad. Paanvi from VIA expressed her valuable thoughts in the form of a speech on Mother's Day. She added, "My mother is a walking miracle." said by Leonardo DiCaprio is very true in every sense. Right from the birth of the child and even before, a mother is born. She not only spends her time to grow her child but also to educate him and make him a good citizen of the country. By giving up self-dreams, a mother spends her life to fulfill the dreams of others. She adds colors and melody to the life of a child as well as family.

Sant Nirankari Public school Faridabad celebrated Mother's Day with great zeal and enthusiasm. Keeping this bonding emotion in mind, innovative and creative activities were organised. Students of classes I-III participated in Bracelet/Necklace making competition and for classes IV and V Intra class card making competition for Mother and for classes VI to VIII Intra House Solo Song/Group song competition was held on this day. All in all, it was an enjoyable and memorable day for each and every child

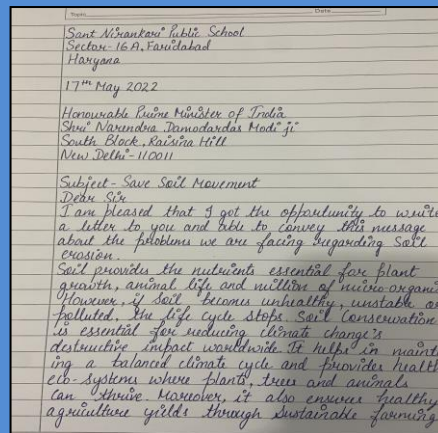
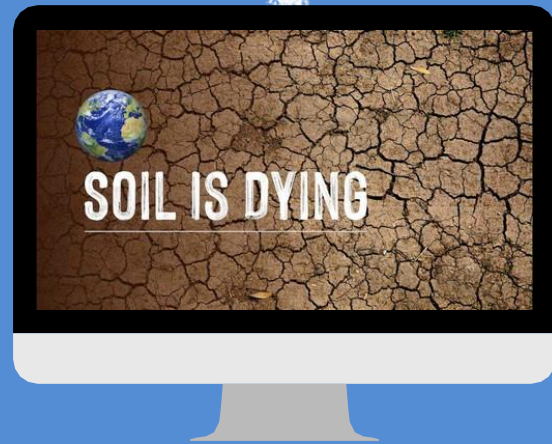






## Save Soil Movement (May 9, 2022)

Cbse recommended through circular (no. Cbse/ce/pps/2022) to write a letter to our prime minister on save soil movement in which our students from v to xii participated actively and wrote letter to PM on the topic save our soil and our motherland. Students also received appreciation certificates.



## World Asthma Day (May 10, 2022)

Sakshi from VIII A shared in morning assembly that there are several chronic diseases which have spread all over the World. One of them is Asthma. Asthma is a very serious disease that can even cause a person to die. Asthma disease can occur in people of any age, so the awareness of it is very important for everyone.

There is a 'World Asthma Day' that the whole world celebrates to raise awareness against Asthma in people. It falls in the month of May and that on the first Tuesday of it every year. World Asthma Day is a global event, and almost every country in the world observes the day.

## Buddh Purnima (May 12, 2022)

During Assembly one of our house teacher Mrs. Reema Chandna delivered a short speech on Buddha Purnima, which is the most sacred festival of Buddhism. It is widely celebrated in India and in other Asian countries. The enlightenment and Nirvana of Gautama Buddha are reminded on the eve of Buddha Purnima. People visit Buddhist temples and made offerings to the statue of Lord Buddha.





## Samarpan Diwas (May 12, 2022)

During Assembly a speech was delivered by Krishnam of VIII B on Samarpan Diwas. He added, on the occasion of Samarpan Diwas, we were reminiscing the valuable teachings of Baba Hardev Singh Ji Maharaj, exemplified in the timespan of 36 years of His life. It is a common established fact that, be it a youngster or even a child, everyone will be able to share, at least one personal, memorable experience, while attending the spiritual congregation; where they were deeply touched by the everlasting and blissful smile of Baba Ji. Those precious moments seemed as if one had received immense happiness and affection. That's why, everyone could relate to the terminology used by Mata Savinder Ji Maharaj for Baba Ji that, He was 'Love Personified'.

Baba Ji was an epitome of love, He lived His life in spreading warmth and kindness and He expected each one of us to imbibe the same values in our lives. There is a very famous quote in The Holy Bible, "Love thy neighbor", stating to express compassion and love for our neighbors as we would like to be loved ourselves.



It is not a mere observation but, a reality that whenever we express compassion for the fellow being, we will be the first ones to appreciate inner peace and humility in our own self. The first benefit of this action is that the giver is able to dissolve his ego, accept and visualize the Divine in everyone successfully, which further signifies a genuine acceptance and surrender. Today, being a special occasion, everyone has shared that one should lead his or her life in complete devotion and willingly accept all situations; good or bad as God's Grace. There should be no complaints rather only expression of gratitude to The Almighty (Nirankar). A poem was recited by a student Rashmita from XII B on Samarpan Diwas and a mesmerizing group song was also presented by the students on this auspicious occasion.





## International Nurse Day (May 12, 2022)

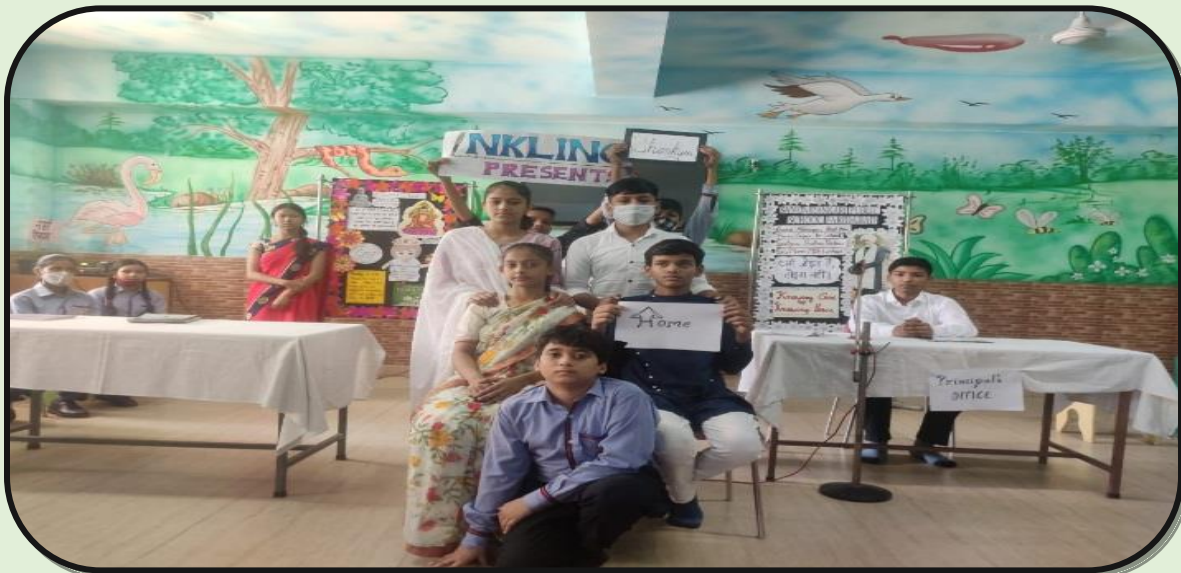


On this day students of classes VI to VIII (Hindi Literary club) enacted a play during assembly on the importance of Nurses in our society. Nursing has been a profession with high standards and a strong sense of public service for over 150 years. Nurses are amongst the most respected of all of our professions. There are few New Zealanders whose lives have not been touched by the care and reassurance that nurses provide, every hour of the day, every day of the year.

## International Family Day (May 12, 2022)

May 15 is celebrated as the International Day of the Family. This day highlights the importance of families. It aims at fostering equality, bringing a fuller sharing of domestic responsibilities and employment opportunities.

Students of Sant Nirankari Public School from VI to VIII (Literary Club English) celebrated it through enacting family act in the form of a play where the students depicted the importance of family and strengthen the family ties by giving a meaningful message to the students.



## Effective Utilization of Summer Vacation (May 19, 2022)

E-Learning Club prepared a PPT Presentation in order to guide students regarding effective utilization of Summer Vacation. Same presentation was shown to students from Class I-XII during first period by class in charges and discussion was held among teachers and students regarding best possible ideas to utilize their summer vacation effectively. Students very enthusiastically watched the PPT shown to them and were very excited to implement the ideas in their upcoming vacation.



## Awareness against Drug Menace (May 20, 2022)

Students of Class VI held a rally in school campus on awareness against Drug Menace. They used slogans and buntings against this nuisance, and impart awareness among young generation to eradicate this evil from our society.



## Seminar by Extra Marks (May 21, 2022)

Seminar by Extra Marks: A delegate from Extra Marks conducted an interactive session on Mental Health and Positive Parenting for students as well as for parents along with it they also conducted one to one counselling session for parents about 'How to handle children with love and affection'. The spokesperson of the event was Mr.Girish Sevkani who took each query of the parents and gave them satisfactory answers. In last they provided refreshments to the parents as well as students also.





## Session of Staff with Management (May 25, 2022)

A brainstorming session of Staff was held with Honorable Manager Mr. N.S.Chauhan, Chairman Mr. V.K Arora, and HOS Mamta Arora. The motive of this session was how we can have a better learning environment for our students, where management had shared their experiences for the better use of the infrastructure available. Teachers too had shared their ideas for the same. It was indeed a fruitful discussion.

## Yoga & Meditation Session for Teachers

(May24 -May 31, 2022)

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a session of Yoga with Meditation was conducted from 24th of May till 31st, for the teachers of SNPS Faridabad. Ms.Sarita Lochab was the in charge and guide of Yoga & Meditation Session, she took yoga session with great dedication. The teachers participated with full interest, enthusiasm and eagerness.



## Yoga/Meditation counselling for students

(May 25,2022)

During Lock down, a drastic change in behavior of students has been observed so for this purpose a yoga as well as meditation session was conducted for the needed students from all classes (IX to XII) under the guidance of Mrs. Sarita Lochab, and Mr. Rakesh Kumar, students performed so many asanas and meditation.





## Yoga session for Teachers by Department of Education

(8th International Common Yoga Protocol 2022 )( May 28 -May 30, 2022)

Various training sessions are planned for the whole month of June by the department of Education. A three-day training session for the PET of Faridabad district was organized at Sports Complex Sector 12, Faridabad from 28 May to 30 May 2022 at 6 Am-7:30 Am. Patanjali Yogacharya Shri Sunder Lal Shastri ji took session on 28th May. Patanjali Yogacharya Shri Rajesh Bhati Shastri took session on 29th May. Patanjali Yogacharya Shri Yashpal Shastri took session on 30th May.

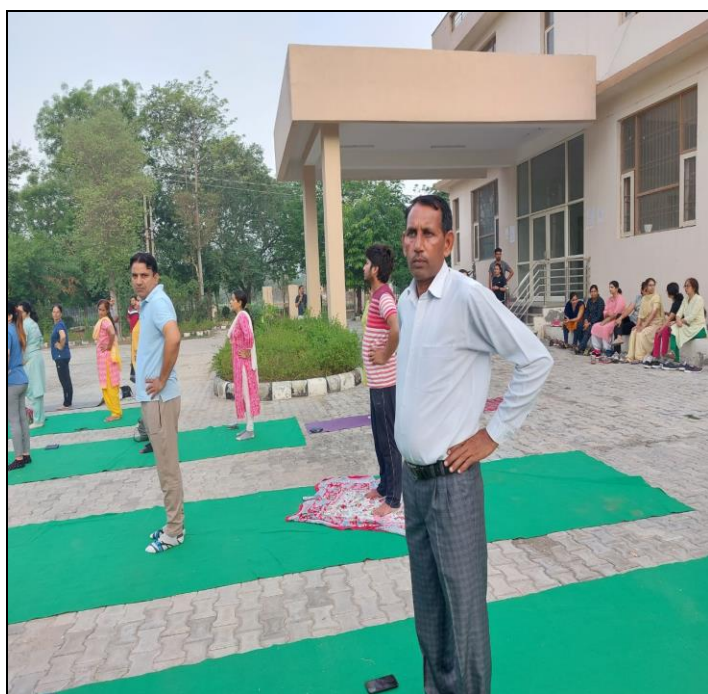
The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujangasana etc. and ending with Shavasana.

All the physical education teachers of private and public schools of Faridabad attended the informative and enlightening training session. Mr Rakesh PET from our school attended the three-day training.

Yogacharyas took classes with high level of dedication. They had also explained remedies for personal health problems to the participants with lot of patience.

After attending session in camp, PET Mr. Rakesh took three days session at school for students of class IX-XII with full enthusiasm and eagerness. Students attended session with interest and were very keen to perform activities suggested during the session. Overall, it was very helpful session for students keeping in view their mental health and overall fitness.

The observance of the session serves the purpose of highlighting the immense potential of Yoga to enhance the physical, psychological and emotional aspects of well-being.

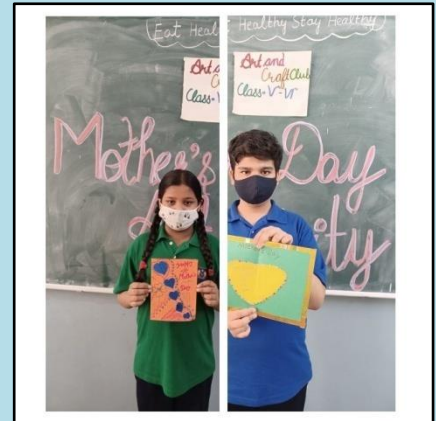




According to the guidelines of NEP 2020, club activities were organized every month. During the month of May students of Sant Nirankari Public School, Faridabad participated actively in all the club activities. Which are mentioned below:

### Art and Craft Club

On 20th of May this club organised a beautiful activity to make a wonderful card on Mother's day. All the students participated enthusiastically. As a child is attached to his/her mother the most so this activity was the perfect one to showcase their emotions for their Mothers.



### Culinary Club

On 20th of May Culinary Club of classes VII and VIII , organised the activity on table manners, which are gradually getting extinct from our society. In the course of this period, Mrs Raminder Sapra taught the students to follow table manners which showcase their behavior as well as manners.

They were taught to

- wash hands before eating
- Stay at the table until finished.
- Chew with your mouth closed
- Don't talk with food in your mouth
- Cover your mouth when you burp
- Say Excuse me when you burp
- Don't slurp food or drinks
- Wipe your mouth with napkin
- Clean your spot at the table.
- Always say please and thank you.



And Mrs Sarita shared the importance of spices in our Indian Food and how beneficial those spices are for our health. Students will maintain a file on spices explaining its importance for our health.

For classes IX and X The Culinary Arts organized a session to beat the heat so the members of this club prepared mango smoothie. All the members participated enthusiastically.

### Eco Club

Eco club of Sant Nirankari Public School, Faridabad celebrated International day for biological Diversity/ Save Environment on May 20, 2022 in which Zero Waste Tips were given to the students. A discussion on "Zero Waste in My School" was held in which students expressed their views to manage this great damage to our environment. Students were made aware that Waste management (or waste disposal) are the activities and actions required to manage waste from its inception to its final disposal. This includes the collection, transport, treatment and disposal of waste, together with monitoring and regulation of the



waste management process. They were also encouraged to follow 5 R's actions- Refuse, Reduce, Reuse, Repurpose, and then Recycle. Students brought Recycled Bottle Planters which they had planted to keep our Earth green. Students used their creativity to convert waste bottles into green pots. In this way, they suggested an alternative to the zero waste issue.



### Vocational Club

Clubs enable students to meet, mix and collaborate with other. This program is designed to teach children job readiness skills with a focus on social development. Individuals in the vocational club have strengthened these skills through various activities. The club activities are tied into our VIII period at 7 – 7.50 AM in VIII B Classroom. On 20<sup>th</sup> May ,the topic of the club meet was “Odd Jobs” and the odd job discussed was

“What is Apiary?” and “How do apiarist work?”

Through PowerPoint Presentation and YouTube Videos students were shown at length about how it works and at end had a nice brainstorming session about different odd jobs .



### Vedic Maths

This session was started with quick revision of previously learned Sutras and followed with second Sutra of Vedic Maths i. e. Nikhilam Navatashcaramam Dashatah (all from 9 last from 10). Under Sutra 2 two methods were explained i. e. , Subtracting number from power of 10 and multiplying two numbers which are close to the power of 10. Students took keen interest in learning the new tricks and thereby participated in quick revision enthusiastically.





## Calligraphy Club

Introduction of capital cursive letters. Letters written on blackboard. Students were asked to practice in scrap book . Students took interest and tried to do their best.



## E-Learning Club

In May , students of classes IX and X learnt about e-Newspapers. First, a 'Class Discussion' was held in which each student participated and discussed about what e-Newspapers are and how can we create them. In subsequent classes, the students prepared e-Newspapers on various

topics in the computer lab.

## PDP Club (group – 1) (IX and X)

A discussion was done on the topic. Both teachers explained about the value of time . Then two activities were performed by students.

1. Students were asked to identify their books within the time limit. Books were scattered in the class and then students identified their book. Mayank and Anjali of class IX stood 1st and 11nd.



2. Students do Monoacting on topic- value of time. Purnima, Preet and Naman of class XA and XB took part in this activity.

## Group – 2 (XI and XII)

Students of class XII (Group-2) were made aware about the traits of a good personality. First lecture was focused wholly on development of a positive attitude in life. An individual with a negative attitude finds a problem in every situation. Rather than cribbing and criticizing people around, they were taught to analyze the whole situation and try to find an appropriate solution for the same. An activity named 'Winner/Loser' was also conducted in the class with the purpose of changing their perspective from negative to positive. The activity was conducted with the help of partners where one partner tells the other partner about something bad that happened to them. This can be personal or work-related and can have occurred recently or years ago, but it must be something that is over. The same partner then tells the same story but this time relatethe good things that came from this experience. The listening partner can help them explore the good that came from the bad.





Importance of body language and gestures while having a conversation were taught during the session. Body language is a form of communication without spoken words. It could include gestures, signals, postures, or facial expressions. Body language alone can form first impressions. For this an activity named 'Meet and Greet' was conducted in the class in order to make students aware about the correct postures and gestures while talking with someone.

### GK Club Activity

The Inter class competition for General Knowledge was held on 18th May, 2022 in which questions on current affairs and important days were asked. This competition was divided in three groups in which two students from each class were selected. The result for this competition is given below:

Group	Position	Name	Class
Group 1 (Class 1-2)	Ist	Priyanshi	II
	IIInd	Preet	I
Group II (Class 3 to 5)	Ist	Kanishka	IV A
	IIInd	Manvi	VA
Group III (Class 6 to 8)	Ist	Abhinash	VII A
	IIInd	Anurag	VIII B

All the students and the participants enjoyed and participated enthusiastically. The audience students have also the answers to the questions.

### Career Counselling Club

On 19<sup>th</sup> May, there was club activity of Career Counselling. Students took interest in this session. They enquired about the availability of various careers. They were excited to know the new procedure of getting their admission done in Delhi University then the different entrance examinations and common test were also discussed. In the near future we are planning to guide them for CUET examination.





## Father's Day ( June 19,2022)

Father's Day is a day to honour all the fathers for everything they did for their children. This is an occasion to express gratitude towards your dad for all his love and support. Father's Day celebration honouring fathers and celebrating father hood and paternal bonds. Sant Nirankari Kids celebrated Father's Day with a lot of enthusiasm as this is an occasion to express gratitude towards your dad for all his love and support. The students displayed their creativity by doing all these fun filled activities

Class 1 and 2 Card Making Activity for their Superhero

Class 3 to 5 making a photo frame using waste material along with picture of your Father

Class 6 to 8 Created video/messages to show gratitude towards their Father

Class 9 to 12 Hosted a family friendly Father's Day movie night



Day concluded with father's appreciating the efforts of school authorities for this unique idea of involving fathers in such activities. It was truly catchy activity which the fathers and children will cherish for their lifetime.

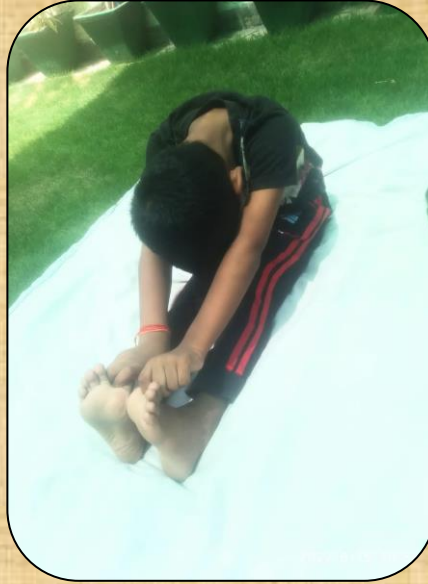




## International Yoga Day (June 21, 2022)

### **YOGA IS FLAME WHEN YOU LIGHT IT UP THE GLOW NEVER FADES AWAY.**

Yoga, being a catalyst to mental well-being embodies the unity of mind and body. It helps to instill confidence and to bring learning to children on an experiential level and teaches them to persevere, be patient, and work towards their goals. Considering which PTI Mr. Rakesh and Mrs. Sarita Lochab planned online yoga day activities.

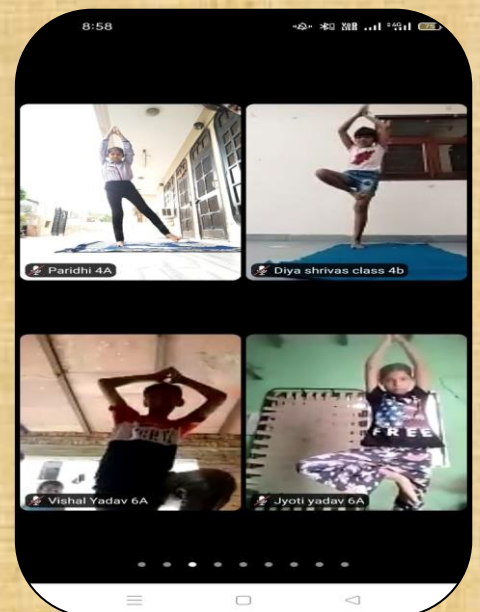


Class 1 and 2 made video while doing Yoga,

Class 3 to 5 had made a healthy drink to take before or after workout

Class 6 to 8 was to create a video or PPT showing various asanas and their benefits.

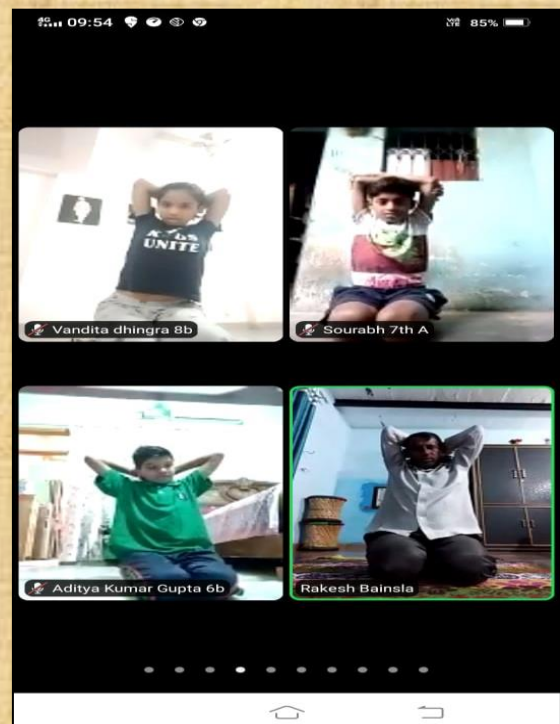
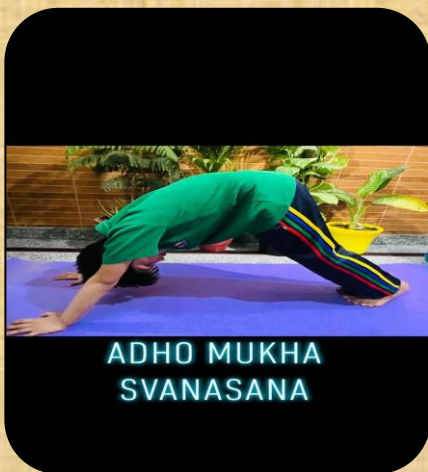
Class 9 to 12 created a video message by explaining various benefits of yoga for health and shared at their social media platforms. And some had even tried their hands on making beautiful mat using waste material.





## Yoga Week (June 21 to 25, 2022)

“To stay strong and be strong to face the tough times” it is even more important to build up our immunity, within the four walls of our house. In the pursuit of the same, on International Yoga Day, the students of classes VI to XII participated in Yoga sessions on the digital platform from 21<sup>st</sup> June – 25<sup>th</sup> June 2022 from 8.30-10AM. These six days were celebrated by the students with great enthusiasm and vigour. The students demonstrated various asanas followed by Omkar chanting. Warm up exercises were done and all the students performed sitting and standing asanas. The benefits of the postures were narrated by the PET teacher Mr. Rakesh Kumar and Ms Sarita Lohchab side by side as children performed with the instructions e.g. the importance of meditation and pranayama, in day to day life to keep ones mentally, physically, psychologically healthy was highlighted. The celebration concluded with some breathing techniques and exercises like Pranayams, Anulama and Viloma, Meditation and relaxation with Laughter yoga. The students were encouraged to practice regular yoga to remain fit and improve concentration as they showcased a very energetic and spirited performance.



# Flashing 2022

## FACTS

**DID  
YOU  
KNOW?**

- The oceans produce the majority of the oxygen on Earth.
- Earth Doesn't Take 24 Hours to Rotate on its Axis.
- The fastest gust of wind ever recorded on Earth was 253 miles per hour.
- Hot water will turn into ice faster than cold water
- Dolphins sleep with one eye open
- The Universe is 13.7 billion years old.



“Our greatest weakness lies in giving up”

[www.fbd.snps.edu.in](http://www.fbd.snps.edu.in)

Call us on: 0129-4072807