

S ALWAN E DUCATION T RUST

e-newsletter

Empowering through Learning...

Highlights of SPS Mayur Vihar

Vol. 17 July 2014



The Third Eye

She Motivates Me ...

From the day I was born, she has been looking after me without any holiday. From tying up my hair in the morning, to giving me my blankets at night-She never tells me about successful paths of others, but motivates me to make such a unique and incredible path that the world would follow me. All she wants from me is my happiness and for me to work for the community with my knowledge, truth, values and courage !

Aarti Baliyan XII-B

The Third Eye - a Coffee Table Magazine July 2014

The school released "The Third Eye," a Coffee Table Magazine which while focusing on photography sensitizes and draws one's thoughts to one of God's most important creations: "Mother," whose love is unconditional and incomprehensible. The anthology of poems by the students and the staff expresses the passion and affection which is realized through the inner vision.....THE THIRD EYE. The magazine also showcases the innate creativity of the students in photography and enhances their understanding to communicate their perspectives of the world......both practical and emotional. It presents their skill of capturing precious moments and freezing them – be it a scene, a smile, or a moment of bliss spent with their mother. Here is a glimpse of the exemplary compositions:

I Am, But You !

I don't know how to define, what you are to me...... My father says I am your reflection, I find you breathing through my entire existence One who shows me the way of life, The soul of all my creations...... My muse, who inspires me through all expressions Of agonies and ecstasies, My angel, guarding me always through the storms of life, One who has held me safe like a pearl in an oyster I would have sent the princely clouds To convey to you my message Had I been Mahakayi Kalidaas!

PEU, P.R.T.-Dance

My Potter

Oh my potter! You moulded me and my life And made me calm, composed and strong from inside. While moulding you taught me politeness, kindness and love, And also gave me a foundation and your strength. Though your hands were gentle towards me, But whenever needed, you also gave a hard tap to me. I know during my life....I will shatter into pieces many times, But I always have trust in you That whenever I will go out of shape...again you will hold me back. Oh my potter! I promise you that I will never let you down As I never want to see you frown I love to be in your hands forever in my life.

Poonam Sharma, T.G.T. - Librarian







participated in the "International Earth Science Olympiad Training Programme 2014" held during May 2014 at the Geological Society of India, Bangalore. Januagene Hallor hittory of Market



COMMUNITY LUNCH AND FAREWELL

24th January 2014

As a part of ongoing Community Development Programme and to bid adieu to Class XII students, the school organized a Farewell Fiesta in close association with the students of **Saksham** (School for the Visually Challenged) and **Gyan Shakti Vidyalaya** (School for the Under Privileged). The programme featured a clay modelling competition for the visually impaired, a skit by the students of Gyan Shakti Vidyalaya, a fair and a cultural programme by Class XI students. This was followed by community lunch.

INDIA REDISCOVERED... AN EXHIBITION

17th February 2014

The Social Science Department organized a play and an exhibition titled "**India Rediscovered**" in the school premises. The show provided the students a deep insight into our freedom struggle and also knowledge of our rich heritage. The students were filled with patriotic fervor as they paid a tribute to the martyrs.

INTERNATIONAL EARTH SCIENCE OLYMPIAD

1st June, 2014

Viresh Gupta of Class XI A got selected for the IESO 2014 Training Camp held in **Bengaluru**. It was a 21-days Camp related to Earth Science wherein he got an opportunity to visit such as - The Chitradurga Mines , Mysore Mines and Lalbagh Rocks and the Local Meteorological Department. It was indeed an enriching experience for Viresh to learn from expert geologists from IIT Roorkee , Banaras Hindu University , NIO Goa, etc.

SUDOKU CHAMPIONSHIP AND 3D MODEL MAKING

23rd April, 2014

The Department of Mathematics organised Sudoku and 3D Solid Shapes Making Competition with the aim to develop logical thinking, mathematical ability and creativity. Students enjoyed participating in the events that displayed the fun and exciting side of Mathematics. They got a chance to bring out their inner talent by making innovative and creative models. The main aim of 'learning by doing' was met successfully.









HERITAGE WEEK

15th – 17th April, 2014

In the Heritage Week a variety of competitions were organized for students of Classes KG to XII. These included:

Students of Classes KG and I coloured pictures of monuments. Class II made collage on 'Our Monuments'.

Classes III to V had a Scrap Book Making Competition for on the topic 'Our Monuments' wherein students made scrap books with pictures clicked by them.

Classes VI to VIII went for a Heritage Walk to Mehrauli Archaeological Park, where they visited the lesser known monuments like Balban's tomb, Jamali Kamali Mosque and other places like Metcalf's Bridge to name a few.

Classes IX to X were taken to Purana Qila where they studied the different stages of archeological excavation.

Classes XI and XII participated in Poster Making Competition.

KEY TO HAPPINESS- A WORKSHOP

26th April 2014

The school organized a workshop focusing on **'Key to Happiness'**. The resource person **Mr. Apoorva Lochan** enlightened the group by emphasising that the **'key to happiness'** is in our own hands and it is we who choose how to live our lives.

Vipassana, is the technique of concentrating on one's breathing, which is called '**aanapan**'. Vipassana can help us resolve our innermost concerns that have been lying in our sub-conscious mind, but causing trouble in our life. One who practices Vipassana regularly is able to lead a better and more fulfilled life.

Besides initiating the staff into the technique of Vipassana by way of a ten-minute practice session, he also addressed various queries raised by the audience. It was an enriching and enlightening workshop, which relaxed everyone and gave them much **food for thought**.

ENGLISH CREATIVE WRITING CONTEST

04th April, 2014

An English Creative Writing Contest was organised by the school for Classes III to VIII. The students expressed themselves freely and exhibited the best of their imagination. It was an effort to provide an opportunity to the students to showcase their creative ideas. The best entries from each class were awarded a Certificate of Excellence.









A CREATIVE JOURNEY

09th April – 13th April, 2014

An Art Camp was organized at **Sattal, Distt. Nainital**, wherein 16 students participated in art activities, discussions, demonstrations and enjoyed live music. This Camp reinforced the importance of creativity. Children learnt how to combine imagination with acquired knowledge to realise their potential.

WORKSHOP FOR SPECIAL CHILDREN AND UNDERACHIEVERS

12th April, 2014

A workshop (Level 1) was organised in school for special children and under-achievers. The resource person - **Mr. Shenode Nair** practised EFT with the students and also conducted various games and activities for them. The aim of this workshop was to enhance the confidence level of these students and make them identify their potential. The students enjoyed and expressed their concerns and sought solutions to their problems. The workshop was very interactive and will soon be followed by Level 2.

<u>आत्म परिचय</u>

5 अप्रैल 2014

विद्यालय में कक्षा पहली से बारहवी तक छात्रें ने आत्म परिचय गतिविधि में भाग लिया। छात्रें को इस गतिविधि के अंतर्गत अपना परिचय विस्तुत रूप में मौरिवक रूप में प्रस्तुत करने को कहा गया। इस गतिविधि में छात्रें के आत्म विद्दवास, भाषा प्रवाह आदि बिंदुओं को आँका गया। छात्रें ने गतिविधि को अत्यंत गंभीरतापूर्वक लिया। विजित छात्रें को प्रमाण प> वितरित किये जाएँगे।

BEYOND HORIZON...LEADERSHIP CAMP

30th May-6th June

A Leadership Camp 'Beyond Horizon' at **Tapovan** and **Gomukh Glacier** was organized during the month of June for the Physical Instructors of our institution. The aim of the programme was to inculcate the spirit of adventure and comradeship, instill self- confidence and an attitude of self – reliance, foster qualities of leadership, and develop self learning.