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## PRINCIPAL'S DESK

*"A Healthy body leads to a healthy mind."*

Dear Students and Parents,

As we strive for excellence, it is hard to recognize the importance of strength in both body and mind. A healthy lifestyle, balanced with academic rigor, empowers us to reach our full potential.

We know that life is full of challenges that test the strength of our body and mind, and most presumably, we are to answer the unexpected questions related to the intricacies of life. So, while nurturing and preparing futuristic citizens for a meaningful and productive life in a global pluralistic society, the school emphasizes not only the scholastic areas but also the development of life skills and attitude about a large context and canvas of life. The ultimate effort would be to create an environment where students will be poised to realize the value of creativity, courage, self-respect, self-confidence, tolerance, sharing, decision making, independence, secularism, democracy, scientific temper, and self-learning.

We encourage students to participate in sports, yoga, and mindfulness programs that foster physical and mental growth. Let's work together to create a supportive environment that promotes holistic development.

Let's prioritize self-care, engage in regular physical activity, and cultivate mental resilience.

I wish you all a happy, healthy, and fulfilling journey ahead.



Best regards  
**ARCHANA TANDON**  
Principal

## EDITORIAL EXCELLENCE

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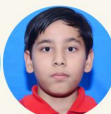
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### SOCIAL MEDIA MANAGERS

## MENTOR'S DESK

Hi Everyone,

This is Mamta Ma'am. I've been teaching here for many years now, and if there's one thing I've learned—it's that every child learns differently. But here are a few simple tips that work for most:

**Make a plan** – Even a rough study schedule helps you stay on track.

**Little by little** – Study small portions every day instead of last-minute rushing.

**Take care of yourself** – Eat well, sleep enough, and take short breaks. A healthy body keeps the mind fresh.

**Don't be afraid to ask** – If something's confusing, just ask. That's how learning grows.

**Believe in yourself** – You're doing better than you think. Keep going!

**Learning should feel joyful**—not stressful. Keep doing your best, one step at a time.

With love,  
Mamta Agarwal



## Boost Your Wellbeing: Key Tips for a Happier You!

As a student, juggling academics, activities, and social life can be challenging. Prioritizing wellness boosts both performance and overall happiness.

**Start with physical health:** Eat a balanced diet with fruits, vegetables, whole grains, lean proteins, and healthy fats. Stay hydrated, exercise for 30 minutes most days, and get 7–9 hours of sleep.

**Support your mental and emotional health** by practicing mindfulness, meditating, or doing yoga. Manage time by setting realistic goals and taking breaks. Stay socially connected by joining clubs or spending time with positive people.

**Limit social media use,** choose healthy snacks, and go for regular health check-ups.

Small, consistent habits lead to a healthier, more balanced life—one that supports both your well-being and success.

With love,  
Kanchan Bajpai

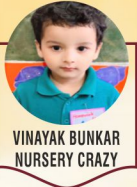




# Brilliance in Action



KASHVI GAUR  
NURSERY CHUBBY



VINAYAK BUNKAR  
NURSERY CRAZY



ABDUL SAMAD  
NURSERY CREATIVE



KAASHVI GAUR  
K1 INNOCENT



AYANSH RAWAT  
K1 INTELLIGENT



VIRAT SINGH  
K1 INSPIRING



VEDANSH BAJPAI  
K2 POSITIVE



SWASTIK AHERWAR  
K2 PRETTY



REYANSH SURYAVANSHI  
K2 PRIDE



ATHARV SINGH RAWAT  
GRADE 1 SUN



ARMAN VERSA  
GRADE 1 MOON



KIYANSH SHARMA  
GRADE 1 STAR



SHASHWAT SINGH  
GRADE 1 STAR



DHRITI SINGH  
GRADE 2 SUN



VEDITYA RAWAT  
GRADE 2 MOON



ADDHYAN GAUTAM  
GRADE 3 SUN



ARYA TIWARI  
GRADE 3 MOON



BHUVIKA GUPTA  
GRADE 3 STAR



RAGHAV GUPTA  
GRADE 4 SUN



MAULI SINHA  
GRADE 4 MOON



ANANYA SRIVASTAVA  
GRADE 4 STAR



NAMAN PRATAP SINGH  
GRADE 5 SUN



DEVANSH MISHRA  
GRADE 5 MOON



SARGUN KAUSHAL  
GRADE 5 STAR



PRANAV MISHRA  
GRADE 6 SUN



MOHD. AHAD  
GRADE 6 MOON



VAIDEHI JAISWAL  
GRADE 7 SUN



MOHD. SHAHMEER  
GRADE 7 MOON



AVINASH SHUKLA  
GRADE 8 SUN



AYUSHMAN OMER  
GRADE 8 MOON



*"Dive into adventure, splash into fun!"*

The nursery class pool party was a splashing success! Students and their moms had a blast playing games, making waves, and creating memories. Our little ones and their moms seized the fun, making it a day to cherish!

-Fatima Ahmad, VIII-Sun



## WELCOME BASH

Our preschoolers welcomed the new session with open arms, celebrating the joyous occasion of Baisakhi! The vibrant festival, marking the harvest season and new beginnings, was commemorated with great enthusiasm.



The Welcome Party was a colorful extravaganza, filled with traditional music, dance, and festivities. Our little ones donned traditional attire, adding to the festive spirit. The event was a perfect blend of fun, learning, and cultural exchange.

We wish our preschoolers a wonderful academic year ahead, filled with growth, learning, and happiness!

-Vaidehi Jaiswal, VIII-SUN



# Welcome



## NATURE'S FRIENDS

*Earth Day Celebration at School*

Our school celebrated Earth Day with great enthusiasm and excitement. The event aimed to educate students about the importance of protecting our planet and its resources. Through various activities, students learned about environmental issues, conservation, and sustainability.

-Naman Pratap Singh, VI-SUN,







## Voice Your Opinion

Is recycling important?  
Is this a debate topic?...  
Yes...Our grade 3 to 5 students fought in the favour and against of this topic.

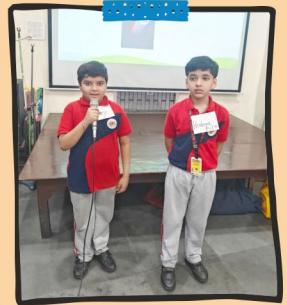
**In Favor of this our students had given their views-**

- Recycling helps conserve natural resources.
- It reduces waste and pollution.
- Recycling saves energy and water.
- It helps protect animals and their habitats.

**But against students also have their views like-**

- Recycling can be time-consuming and inconvenient.
- Some recycling processes can be costly.
- Not all materials can be recycled.
- People might not always follow proper recycling practices.

**-Rajat Mahendru, VIII-MOON**



## The Celebration of MOMs



**Honoring the heart of our school - MOM!**

All that I am, or ever hope to be, I owe to my angel mother." - Abraham Lincoln

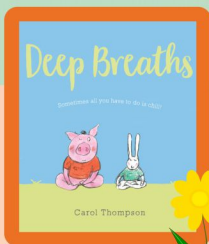
Our school celebrated Mother's Day with flair! Preschool moms dazzled on the ramp and shone in performances,

while grade school moms showcased their culinary skills in a non-fire cooking competition, winning exciting prizes!

**-Shlok Maurya, VI-Sun**

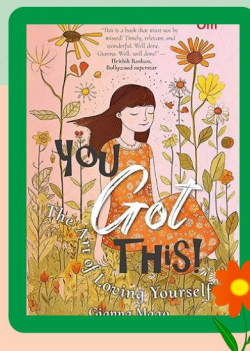


## Books on Mind and Body Wellness



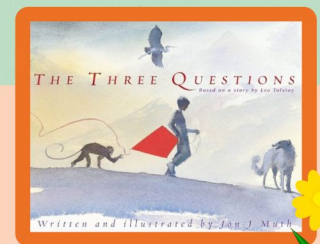
### Deep Breaths

Dolly the pig and Jack the rabbit are best friends, but even best friends don't always get along. When Dolly and Jack get into a big disagreement, they go from happy to mad, to sad...and then back to happy!



### You got this (The Art of Loving Yourself)- Gianna Mago

If you're looking for a quick, fun read that's also packed with wisdom, this book is a must. It'll make you laugh, reflect, and maybe even shed a few tears; but most importantly, it'll remind you to love yourself, because you totally deserve it.



### The Three Questions: Based on the story by Leo Tolstoy by Jon J Muth

Follow Nikolai on his quest to answer three important questions: Who is the most important one? What is the most important thing? When is the most important time? Amid all of this food for thought, your family will cheer for Nikolai as he rescues someone in need.