EMAAD
THE MANAV

HAND IN HAND
WITH SENIOR CITIZENS
AT MRIS, CHARMWOOD
EMAAAD THE MAN

With outstanding leadership qualities which have been recognized at the international forum, Emaad Muzaffar from Manav Rachna International School, Sector 46, Gurgaon, is shaping to be a leader. The Management of MRIS, the Principal and all his teachers and colleagues join in celebrating the achievement he has won at the ‘Change India Young Leadership Conference’ in New Delhi in 2012, and ‘Global International Model UN Conference’ in November 2012 at Dubai. Read on and join us all in congratulating the rising star.

His journey began with Manav Rachna International School, Sector 46, Gurgaon only 3 years ago. But Emaad Muzaffar has crossed many milestones in this short period of time and put MRIS on the educational map of the world. “All this has been possible because of the support I have received from Dr Amit Bhalla, Vice President, Manav Rachna and my Principal, Mrs Dhriti Malhotra,” he says convincingly.

Emaad remembers his orientation course for Life skills in 2011 and says, “This was an orientation course initiated by CBSE and Dr Jitendar Nagpal at the training, stressed on the importance of life skills and how to eliminate the negative elements which tend to sometimes creep into the life of youngsters,” he says. Picking up the fine points of the workshop, Emaad recalls how these points were implemented to choose a group of young leaders from the MRIS 46,
senior school. “This was just the beginning of bigger things to happen. My Principal, recognized my leadership qualities and helped me at every stage to nurture the hidden talent which she saw embedded in me. She grilled my abilities and brought out the best in me.”

While selecting the right candidate for the Young Leadership Conference in Delhi in 2012, Emaad recalls the tough general knowledge tests, the interviews which he and his colleagues had to go through to get shortlisted at their own school level. “But that is what Manav Rachna International Schools are all about. At Gurgaon 46, we are taught to give our best in what we do. Finally, I was selected and prepared rigorously to participate in the conference so that I could make my Principal and teachers proud,” says the young teenager. And he truly made everyone associated with him proud when he won the ‘Leading Representative’ at the Change India Young Leadership Conference and brought back the trophy for the Best Participating School!

For this young bright eyed smiling lad, there has been no looking back. He went on to win the best delegate award at the Global International Model UN Conference held between 25-30 November 2012 in Dubai! What an achievement that was! With 684 participating delegates, only 112 were short listed. Emaad took part in debates under three heads namely: General Assembly, International Security and Economic Forum. And this sole representative from not only his school but from his country India, impressed the judges with his immense knowledge which helped him to debate intelligently. The award brought tears into the eyes of his Principal when she received him at the New Delhi airport (inspite of the weird timings and complicated flight re-schedules). The Management lead by Dr Amit Bhalla were over-joyed. A small token of appreciation came when they presented him with an I-pad to encourage him to excel in his future endeavors.

Appreciation has come to Emaad from all quarters. He has been offered a scholarship to study in the USA in any top -of- the line University. But Emaad is the man of the soil and says, “I do not want to leave my country. Why should I? There is so many opportunities that my country can offer. I believe whole heartedly with Dr Amit Bhalla when he says that our country is full of resources to tap.”

“My parents have been my support and pillar of strength. My Uncle in Kashmir who is an IAS Officer has been my idol,” says Emaad proudly. “My father has encouraged me to read and watch television channels related to news and views associated with day to day happenings across the world.” “Here I also want to thank my teacher Mrs Neelu Sharma who has urged me to do better and better in my communication skills. But as far as her efforts to push me outdoors to participate in games: well I have failed and not been able to divert even little of my time to games.”

“Politics is the only way to reach out to people and do something for my country,” says Emaad. “I want to serve my country, do something concrete for the economy and the common man. And what better than doing it through being a leader. Joining the IAS is a good option, says the young man. Do we see a leader in the making? Do we see an educated, focused, intelligent and responsible leader in Emaad? A leader of our country: India?

After his huge success at GMUN, Dubai, Emaad Muzaffer yet again made MRIS 46 proud by his outstanding performance at The International Lakes and Rivers Summit 2013, National Championship held at Taj Palace, Mumbai. The Summit focussed on International Water and Leadership Challenge, International Water Wars, International Water and Natural Resources Management and Bridging International Grudges on Water. Out of the 350+ participants, Emaad was one of the 48 to qualify for the Nationals and finished up as TOP 1 out of the 12 qualifiers for the International Summit. He received 2 awards- Top 1 in Finals and Top 1 in International Debate. In his closing address Emaad said- “for Yamuna, I just want to say that we Indians are responsible for two things- not understanding the importance of water and sustainable development and improper establishment of water and lakes management departments in some states.”

Emaad expressed his heart felt gratitude to Mr. Sunny Bansal, Executive Director, MRIS 46 for his constant support and backing to participate in such events. He also thanked Mrs. Dhriti Malhotra, Principal, for mentoring and guiding him at every step.
Kala Sanyojan was a Unique Art Fest held at Manav Rachna International School at Gurgaon Sector 46. The mega event which primarily aimed to celebrate art in different forms was held between 4&9 December, 2012. It was a platform for expression by students in the NCR region. Parents, dignitaries saw, appreciated and went back with memories to treasure.

“The purest form of human expression probably is art and the artist’s creation. The composition, the vision, use of shades, colours, mood, presentation of thoughts-all give away what we may try to cover up with our words and actions in our day to day life. The artist’s panorama is and will always be soulful, true, pure and mesmerizing,” say Mr. Sunny Bansal Executive Director and Ms. Dhriti Malhotra, Principal MRIS 46.

Parents, dignitaries and other visitors were invited to purchase items of art which students had put together. While commenting on this Major Jasdeep father of Hasel of class VI said, “The exhibition should be of a longer duration,” he said while he was very impressed by the art work of students. He also appreciated the fact that the proceeds of the sale would go for charity. He congratulated the Management of MRIS for such a noble thought. “Whether it was colouring a simple berry or creating a design, my children Manan and Manya thoroughly enjoyed being a part of the fest,” said Archana Kadel.

One of the participants who attended the photography workshop said, “It was truly a learning experience where we learn about the composition of a photograph and teachers taught us to imagine beyond the ordinary,” said Tanishq Jha from MRIS Sector 14.
Mingling with society, contributing to society and learning as we do so is one yet another initiative of the MRIS. Manav Rachna International School, Charmwood Village along with the Residents Welfare Association has come up with an initiative for a computer literacy program for the willing residents. This initiative was taken up on the request of Secretary RWA.

Computer literacy classes were held in the school after school hours by our computer teachers and other staff members. Residents, mostly senior citizens attended these classes.

A customized module was modulated for the residents to educate them with the basic computer skills required in today’s day to day working. These skills will make them more independent and confident in keeping pace with changing times and technologies. The module covered the basic knowledge of MS Word for typing letters, reports, greetings etc., e-mailing, social networking (Skype and Facebook), Video conferencing, chatting, Online shopping, Net Banking, Online bill payments etc. This class helped them in understanding the technical terms used for various online activities and made them comfortable in handling their PCs, laptops and tablets. It was very satisfying for us when the members shared their newly acquired skills with their children and grandchildren by way of communicating with them effectively online. Being able to write e-mails, chat and exchange greetings online, some of them were able to connect with old friends or distant relatives which added cheer to their life. By attending these classes they gained the confidence to be able to make online payments, pay bills online and make online bookings for movies etc. It brought a sense of self-reliance in them and made them feel worthy.

It has given us a great sense of satisfaction to be able to help the people who have lead such rich and knowledgeable lives and are trying to keep pace with today’s technology.

This interaction was an enriching experience for us also as our senior citizen students shared their life experiences with us, their knowledge and expertise in their own profession. They were glad to attend these classes where they were given so much of personal attention with the sessions customized according to their requirements. They were very appreciative of the school, the staff, for the care and warmth they received.

Manav Rachna International School, Charmwood celebrated the ‘Reading & Book Week Bonanza’ from 26th to 30th November, 2012. An elaborate and comprehensive book exhibition was put-up by Scholastic Publication in the school premises. Besides visiting the book exhibition students participated in various activities organised for them everyday during the week. Activities like writing a book review, word wheel, paper and pen activities to identify the parts of a human body, different monuments etc, making book marks, Reading Hats, making a Book Cover kept the children engrossed. A workshop by cartoonist Mr. Ajit Narayan was conducted for students of grades IV to VI. Clifford the cartoon character was seen in the school entertaining the students of the early years. Students dressed up as one of their favorite character and a Book Donating Camp was held during the week. Mrs. Sanyogita Sharma, Principal, MRIS, Charmwood inaugurated the “Book Week” in the school accompanied by Scholastic Coordinator Ms. Sonal.
Inners there were few, but participants were many. And most of them looked confident on 22nd November 2012 as they assembled to kick off the Manav Rachna Inter school U-14 Prize money Mini Basketball tournament which was played until the 24th November. Welcoming them to the tournament was Dr O.P. Bhalla, Chancellor MRIU who instilled the importance of participation in the game. Ms Nisha Bhalla, Director MRIS, wished the participants luck and advised them to play with a sportsmanship spirit. Mrs. Sanyogita Sharma, Principal, MRIS, Charmwood and Mr Sarkar Talwar, Director sports also welcomed the participants and motivated them to play the game with a positive attitude.

It was a proud moment for all the teams and their mentors to be a part of such a prestigious sports event. The boys team from MRIS, Charmwood and SOS Faridabad, the girls teams from DPS Gurgaon and Bansi Vidya Niketan Sr. Sec School, Faridabad qualified for the finals.

In the boys category the team from MRIS, Charmwood won the Boys Championship. They were awarded with a Trophy and a cash prize of Rs. 21,000/-.

In the girls category the team from DPS, Gurgaon was the winner. They won the trophy and a cash prize of Rs 21,000/-.

The Runners-up were the Boys team from SOS School, Faridabad and the girls team from Bansi Vidya Niketan Sr. Sec. School, Faridabad. They won a cash prize of Rs 11,000/- each.

Rohit Saroha from MRIS Charmwood and Neethi from DPS Gurgaon were adjudged the best players in boys and girls category respectively and won a cash prize of Rs. 2500/- each.

Dr. Amit Bhalla, Vice President, MREI, congratulated the winners and encouraged everyone to devote at least half an hour to sports everyday in order to cope with stress and live life to its fullest. The grand three day tournament concluded with words by Mrs. Sanyogita Sharma, Principal, MRIS, Charmwood where in she emphasized the need to tap the young talent and prepare them for international sports. Manav Rachna achieved another milestone with a promise to provide such platforms, to promote the upcoming sport stars of future.
The India International Trade Fair which was held in November 2012 had the creative work of students of MRIS Sector 46, Gurgaon on display. The Robo Soccer at the Haryana Pavilion was an automated robot which could detect the direction in which a ball was lying and march towards it, eventually catching it in its jaws and kicking the ball into a goal.

“The Robotic model was designed by our students under the guidance of our core engineering faculty” said, Mr Sanjay Bansal, Head of Innovation centre, MRIU.

The Governor of Haryana, Shri Jagannath Pahadia and the Chief Minister of Haryana, Shri Bhupinder Singh Hooda were among the dignitaries who visited the stalls where the Robo Soccer by students of MRIS 46 was displayed and cars designed and fabricated by students of Manav Rachna International University, Faridabad were exhibited. The creative talent of the students was very much appreciated by the dignitaries.

The efforts of the students of MRIS under the guidance of Mr Sanjay Bansal was very much acknowledged by Dr O.P.Bhalla, Chief Patron of MRIS and Vice Chancellor of MRIU, Dr N.C.Wadhwa. “We are extremely proud to see the hard work of the school children and we hope they will continue their creative work,” they said.

The stall attracted huge crowds and the visitors who came from all walks of life praised the efforts of the students.

**ROBO SOCCER AT IITF**

*Mentor, Mr Sanjy Bansal with the help of students explaining to visitors at the IITF the working of Robo soccer*

**SHARING IS JOY**

Students of MRIS Charmwood invited the children of support staff to participate in the festivities of Diwali and Childrens’ Day

Manav Rachna International School, Eros garden, Faridabad saw cheerful faces amidst the fun and frolic activities held in the school campus on 9th Nov,2012. It was an action packed day as all students enthusiastically celebrated Diwali & Children’s Day. The students of MRIS displayed marvelous traits of being responsible citizens by sharing their bounties with the underprivileged children. We had invited the children of all the support staff to participate in the festivities at school. Many activities like tattoo making, fun games and dance were organized for these children. They got an opportunity to be with the students in their classrooms and enjoy the classroom celebrations of Diwali. Each of these children were given goodies to eat and carried back gifts with them.

The students of primary wing put their heart and soul to make the special theme assemblies a spectacular rainbow of fun and learning. They mesmerized everyone with their in depth knowledge about their on-going theme “Discovery of America”. The students of Grades III, IV and V put up informative and entertaining assemblies in their classrooms, which was witnessed by their parents. Ms.Helen and Mr.Simon encouraged the children with their presence.

Students took celebrations to newer heights by actively participating in various sports and fun games organized for them. They enjoyed the foot tapping music & danced. The air vibrated with laughter and minds illuminated with knowledge.

*Ms.Helen and Mr.Simon encouraged the children with their presence*

*Children enjoying the celebrations*
Sports are an integral part of the framework of MRIS Curriculum. Our school believes in creating all-rounder, who will excel not only in academics but in sports too. Following this noble vision our Manav Rachna International School Sector-51 Gurgaon organized The Sports Day – Front Runners’ 12 an in-house sporting event. It was done with great enthusiasm and zeal in the school premises. It was two weeks long event from (3 Dec.’12 – 12 Dec.’12). Amidst the energy and fervor, the event was highlighted with exciting activities including Hoopla Race, Santa Race, Butterfly Race, Flower Race, Gymnastics, Taekwondo and Inter House Hand Ball Match. The grounds reverberated with feverish enthusiasm as the tempo set in with the teachers and the students excitedly cheering the athletes, voicing the spirit of oneness among all. A spectacular Hand Ball Match was presented by the four houses with lot of enthusiasm and vigor. The match captivated the attention of the spectators. We at MRIS-51 try to provide our students with ample opportunities to shine and involve in co-curricular activities and thereby learn to carve a niche for themselves in this competitive world.

TOD, FOD JOD MELA HELD AT MODERN SCHOOL, BARAKHAMBA ROAD

Organized on January 21, 2013, where 15 schools participated and another 50 schools were invited to view the event. An initiative of the National Innovation Council (NIC), the Tod Fod Jod Concept is the brainchild of Dr Sam Pitroda, Chairman of NIC, and advisor to the Prime Minister, to give a platform to young innovators brimming with ideas. In fact, it was Dr Pitroda’s idea to ‘build a nation of creators and not just consumers of products’.

At the MRIS stall, which had a whole host of items on display, students (of classes V-VII) were busy fielding queries and giving prompt solutions. The students, showed great ingenuity in taking apart existing products and giving them a new lease of life. Their creativity found expression in items like the multitasking robot through which students could interact, view and record current happenings. There was a bioscope, a decorative night lamp, a portable air conditioner, a floating boat with propeller, a decorative peacock, a seismograph, a pen holder shaped in the form of a pig and a Creepy crawler lady bug. The students put their heads and hands together to create a monster truck and an immersion rod from a long wooden rod and a couple of nails. They used simple every day materials like LED lights, CDs, broken bottles, filaments and candy jars to create novel items. MRIS Headmistress Ms Arti Prasad who has been a constant source of encouragement to the students, co-ordinated the event.

At MRIS 51, GURGAON
MRIS -51 organized an International Primary Curriculum and Science Exhibition in the school premises on 1st December, 2012 for Classes Toddlers-V to showcase the application of knowledge learnt by the students. Various models were displayed by the school students that included Volcano Eruption, Solar System, and Different kinds of Plants, Filtration, Environment Conservation and Distillation. Today rapid developments are taking place in the field of Science and Technology. New discoveries and inventions help man in many ways and the budding scientists of our school proved this as they presented many creative ideas as exhibits. We were able to see young Newtons and Edisons among them. The Exhibits were artistic and attractive. The exhibition was inaugurated by Sr. Deputy Mayor MCG, Gurgaon Mr. Yashpal Batra. He appreciated the budding scientists for the great work done by them and congratulated all the teachers.

The exhibits included eco-friendly houses, electromagnetic cranes, anti-gravity device, intelligent street light [switches on when sunlight goes], sensor etc. Parents were overwhelmed to see the still models, working models, and projects. Parents felt that such exhibitions have to be encouraged because students get an opportunity to present their ideas. New ideas grow in the minds of children. So exhibitions are opportunities where ideas will begin to bloom for the development of the world and MRIS truly believes in it. The IPC Exhibition 2012 held at MRIS-51 was a great success.

Small Wonders “Master Learners of Today are Creators of Tomorrow”.

“A child who can set and accomplish a simple goal will become an adult who knows the joys of changing the world.”

To transform these thought provoking lines into reality, the Manav Rachna International school Sector -51 Gurgaon organized Carnegie Robotics Fest “Small Wonders” on 28th September’12.

Small Wonders was an innovative way to explore the talents of students as they spoke about the different models which they made on their own. The students of Grade I-III presented the Lego Models formation and their working. Grade IV-V presented age appropriate NXT Robot presentation. The icing on the cake was to see different PPTs on Robots which were designed by them. Small Paper Robot Models were presented to each parent by the students. The thrill and excitement of participating in such a wonderful platform was written large on their faces. The Mrites were thrilled to explain to their parents the learning outcome of I-Carnegie as part of curriculum.
Keeping in mind our academic assessment objectives, besides internal assessments, we encourage our children to appear for various competitions at both National and International levels. This guidance provided by the school helps them know what they can achieve and bridge the gap between desire and aspiration.

Our shining star, one of the proud MRITes - Aditya Aggarwal, participated in FIITJEE-Talent Reward Examination, a competitive examination for students aspiring for careers in science, engineering, and technology which provides scholarships worth Rs. 25 crores to students with the highest scores in FTRE, scored 25th rank all over India. We are very proud of him. We wish to congratulate his proud parents also.

We also encourage our students to excel in extra-curricular activities. Avik Jakhmola (Grade IV, MRIS - 51 GGN), is our budding sports star. Three cheers to Aditya and Avik!!!!!!

Keep up the spirit!!!

Aditya's Achievements
Class V
All India Rank 25th – FIIT JEE FTRE, 2012
Class IV
All India Rank 9th - National Science Olympiad,

Avik with his parents

2011
Maharashtra State Topper - National Science Olympiad, 2011
Maharashtra State Topper - Science, McMillan IAIS, 2011
Maharashtra State Topper - Mathematics, McMillan IAIS, 2011
School Whizkid Medal – National Cyber Olympiad, 2011
School Maths Genius Medal – International Mathematics Olympiad, 2011
School Topper Medal - National Science Olympiad, 2011
School English Scholar Medal - International English Olympiad, 2011

CLASS III
All India Rank 1st - National Science Talent Search Examination, 2010

Avik Jakhmola
Sports Achiever – (Grade IV, MRIS - 51 GGN)
1st Position - Penguin kids school skating championship - 2012
1st Position - Sports wave skating championship - 8 November 2011
1st Position - Relay Race (Annual sport meet MRIS) 2011
2nd position Hurdle Race (Annual sport meet MRIS) 2011
2nd position Track event (Annual sport meet MRIS) 2011
Scottish High Skating championship – 2011
Appreciation certificate – Inter house basketball tournament – MRIS 2012
Appreciation certificate – Interschool Speed Skating Championship 2012
Participation certificate – Summer open roller skating championship – 2012
BLOOD DONATION CAMP AT MRIS 51
GURGAON
A blood donation camp was organized at Manav Rachna International school Sector-51, Gurgaon on 1 December 2012, in collaboration with LIONS Club, Gurgaon City, and with the staff from the Red Cross Society. As many as 206 volunteers participated in the camp. A majority of those participating in the camp constituted the youth and parents, school staff and the residents of Mayfield Gardens.

BLOOD DONATION CAMP AT MRIU
Manav Rachna International University (MRIU) organized a Blood Donation Camp on 29 January, 2013 in association with Rotary Club, Delhi [Nirvana]. MRIU students and faculty members came forward and donated 300 units of blood.

Speaking on the occasion Dr. O P Bhalla, Chancellor, MRIU, said “We try our best to make blood donation a yearly event to encourage students to participate in community services.” Dr Amit Bhalla, Vice President urged each and every student to donate blood consciously.

, Dr. N. C Wadiwa, Vice Chancellor, MRIU said, “Donating Blood is contribution to a noble cause, which any healthy individual can make.

The donation drive turned out to be a huge success with the participation of departments including Faculty of Engineering & Technology (FET), Faculty of Applied Science (FAS), Faculty of Management Studies (FMS), Faculty of International Programmes (FIP), Faculty of Business Administration & Computer Applications (FBC), and Faculty of Media Studies (FMeS).

CHILDREN, OH!

The greatest poem ever known is one all poets have outgrown: The poetry, innate, untold, Of being only four years old. Childhood is the world of miracle and of magic: It is as if creating rose luminously out of the night, all new and fresh and astonishing. Childhood is over; the moment things are no longer astonishing. When the world gives you a feeling of “déjà vu,” when you are used to existence, you become an adult. Ken Hill correctly said, “Childhood is a promise that is never kept.” How true!!! Life is fun at four…. Nothing can bind a small child, no shackles can tie him, no door can keep him locked…. Lord Krishna is the best example of bubbly, colorful and mighty childhood.

But! Are Krishnas born in today’s world….. How can miracles happen in today’s fast racing world….. Strangely the answer is Yes, they do happen… if you look around carefully you’ll find uncountable Krishnas busy in their own lives…untouched by the shrewd - cunning ways of life. They believe in living life to the fullest. They are not bound with time constraints, etiquette restrictions, social protocols etc. But, who are they? They are the best creation of God, Children! Every child comes with a message that God is not yet discouraged from man. Children are the living messages, we send to God with a feeling of “déjà vu,” when you are used to existence, you become an adult. Ken Hill correctly said, “Childhood is a promise that is never kept.” How true!!! Life is fun at four…. Nothing can bind a small child, no shackles can tie him, no door can keep him locked…. Lord Krishna is the best example of bubbly, colorful and mighty childhood.

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Children are innocent and naive. They are capable of giving you an experience of a lifetime, something which can make you smile even when you are fast asleep. Children are unpredictable. You never know what inconsistency they’re going to catch you in next. I as a teacher have innumerable experiences to share but here I would like to share a few.

Once during winters we decided to take nursery students out in the park. While the teachers were arranging the students in a circle I realized that one of the teachers was facing a problem in settling her class. I went up to her to extend some help and started instructing the students to stand in a circle. In the meanwhile there was this little boy who started pulling my kurta. I bent down and asked him what the problem was. He very calmly told me to go back to my office and mind my own business as his teacher doesn’t require me. I was shocked because no one of his age in fact of any age has ever told me the truth so bluntly and right on my face…. I silently walked away. But today when I sit back and think, there is an instantaneous smile on my face. In fact I have laughed over it time and again. You can learn many things from children, patience, for instance. Now, I think twice before interfering in anybody’s work… Point taken, Little Master!!

I had been privileged and blessed to be promoted as a Coordinator and shifted from MRIS 46 to MRIS 51. But, one of my student thinks differently….. Can one do anything about it!!

We had organized a Christmas Carnival in MRIS – 51 and had also invited students from sector 46 branch. I was excited since morning to meet my old students. The D-Day came and as scheduled all my old students reached the school. It was a great experience as they hugged and kissed me… Ma’am we miss you! Ma’am, why have you joined this school? Still echoes in my ears… Anyway, I was on cloud nine and was really pleased to hear such remarks. But that was not destined to be… One of my students, brilliant and alert, came up to me and asked, “What do you do in this school, Ma’am?” I told her that I was working as a coordinator. Prompt came the reply, “So, which classes do you teach?” I replied, “I don’t teach any class these days.” She thought for a while and replied, “So, what’s the whole point of you being here? You were better off in your old school. At least you did some work there.” I looked at her in disbelief. I couldn’t believe my ears for a while and had fallen short of words…. A brief silence and then I split in to laughter…. A characteristic of the normal child is to be natural all the time without inhibitions. A great person once said, “A child can ask questions that a wise man cannot answer.”

Life wouldn’t have been as beautiful as it is now with so many children around…. It’s great to visit their world through their eyes!!! At least get to revisit your childhood, once in awhile…. There is a garden in every childhood, an enchanted place where colors are brighter, the air softer, and the morning more fragrant than ever again.”

Deepika Chaudhary
Coordinator, MRIU, MRIS 51
**BREAKFAST**

**MOST IMPORTANT MEAL OF THE DAY**

There is also increasing evidence that people who eat breakfast tend to be slimmer than those who skip breakfast.

Breakfast like a king, lunch like a prince, dinner like a pauper” this is a very well known saying and is actually true. Breakfast is regarded as “the most important meal of the day” because an adequate food intake at the beginning of the day helps to ensure that nutrient needs of the body for the remainder of the day are most likely to be met. When we eat the right food at breakfast, it sets us up for the day by kick-starting our metabolism, providing a steady stream of energy to keep us going in the morning and for the rest of the day. Regular and healthy breakfast eating has been identified as an important factor in nutrition, during growth and later life. The breakdown of the food we eat and its transformation to energy is a function of metabolism, which is a physical and chemical process. After a night of fasting, our body needs breakfast! We burn about 450 calories while sleeping and the body’s metabolism slows, as its food supply is deprived and its energy requirements is only for essential bodily functions and wake up with an energy deficit. Breakfast replenishes the supply of blood glucose; the fuel used by our brain and kick-starts our metabolism and gets us going after a long period of inactivity. Eating breakfast regularly is also an important contributor to a healthy lifestyle and health status. There are also increasing evidence that people who eat breakfast tend to be slimmer than those who skip breakfast, but it is assumed that skipping breakfast helps in weight loss but it actually leads to increase in the adverse affects on health. Moreover, skipping breakfast lowers blood sugar and that causes sudden hunger pangs by late morning and we end up snacking on high-fat foods before lunch. Research has found a definite connection between skipping breakfast and memory impairment in both young and older adults. Breakfast-eaters, including children, adolescents, adults and the elderly are more alert and ready to learn. They have greater attention span, better concentration, and enhanced memory. An ideal balanced breakfast should contain items from all the food groups in adequate amounts. Whole grain cereals—in the form of atta in paranthas & puris, dalis, suji, etc—are an integral part of the traditional Indian breakfast. Remember, a high fibre breakfast provides the feeling of satisfaction, which lowers the urge to snack before lunch. Avoid food high in fat and carbohydrates—ladoos, burfis, halwa, cakes, doughnuts etc, they actually make people sleepier, not hyperactive. Some examples of good breakfast combinations are:

a) Upma/poha/cheela/vegetable dalia with milk or fruit juice.

b) Stuffed paratha with green chutney/roti or parantha—subji with lassi or milk, fruit

c) Sambar withIdli/dosa/uttappam

d) Vegetable cutlets/boiled egg with milk or fruit juice

e) Vegetable or chicken sandwich with milk and fruit

f) Instant combinations of breakfast like oat/cornflakes/muesli/dalia with milk

Without breakfast, all of us—irrespective of age—are likely to experience the late morning slump: tiredness, sleepiness, and the urge to sit back. Our efficiency goes down further as the progresses. Eating a good breakfast leads to a more active and productive day.

Dr. Pratibha Singh
Assistant Professor
Department of Nutrition & Dietetics
Faculty of Applied Science
Manav Rachna International University
For overall development of our young generation and to make them socially aware and to rebuild our cultural heritage few efforts were taken by Manav Rachna International School, Noida for creating environmentally sustainable society which can make all of us live better.

Total Quartz Safety Run which was held on 4th November, 2012 gave MRIS an opportunity to support the noble cause of educating vehicle owners about the importance of road safety and safe driving practices. Vehicle owners were emphasized to take a pledge to follow safe driving practices and mega run was conducted to support the cause of road safety in which staff of MRIS, Noida along with their family members and friends participated with other citizens including various school children.

In order to spread the message and awareness of Eco-friendly Diwali among children, a program was organized by the Sector-26 Club Noida on 9th November, 2012 for the children of different age groups where in MRIS Noida supported the social cause of celebrating eco friendly Diwali by sponsoring with Rangoli Competition and Cultural program for children of different age groups.

With this MRIS Noida took initiative to spread the message for people to channelize their energies towards vanquishing want and suffering and strive hard for the collective growth of the country on the auspicious occasion of Diwali.

Moving further MRIS Noida organized Fancy Dress Competition on 25th November, 2012 for age group 2-4 years in Mahagun Maestro Society Sector-50 Noida. It was an interesting & a good experience for kids walked the ramp with full confidence, mothers and fathers also accompanied their daughters and sons on the ramp. To create awareness of saving our Planet and to generate interest among the children who would be the leaders of tomorrow, MRIS has also organized a Drawing/ Poster making Competition through enriching topics like “Save our Planet”, “Go Green”, “Unity in Diversity”, “Each one teach one”. It was indeed a small effort on behalf of MRIS to generate interest and motive children and their parents about the importance of keeping the environment clean and green and plants more and more trees.

MRIS Noida organised a ‘Go Green Campaign’ on 16th December’12 under a unique school initiative “Budding Champs” for the age group of 1.5 years to 11 years. The aim of this initiative was to make the students environmentally conscious. The students pledged to nurture the plants to ensure a greener environment for the community, in the long run. As a part of the initiative, the children along with their parents and grandparents planted saplings and encouraged everyone to do the same. The effort put in by the children to make their community clean and green was well appreciated by the local citizens. Additionally, the enthralled crowd of children participated in many cultural activities like Fancy Dress competition, Poster Making, Competition on ‘Best out of Waste’ and many more.

On 23rd December 2012, MRIS Noida organized ‘Santa for a Day’ campaign for the
under privileged children at Windsor Park, Indrapuram. More than 70 children of age 2 to 11 yrs participated. Society children got an opportunity to mentor the under privileged children and shared some basic knowledge and values. The main aim of this initiative was to help children understand the importance of Eco-friendly environment and waste recycling. MRIS was able to reach out to weaker section of the society and spread little happiness on the eve of Christmas. There were interactive sessions to teach children ways to identify and segregate biodegradable items from the waste through a relay race with hurdles. Winners were judged on speed and the correct identification and collection of the items in their respective bags. There was also a gift distribution to not only the winners but also all the children from the weaker section of the society.

GVT, Gramin Vikas Trust along with MRIS Noida organized a “Painting Competition” for children of various groups in KRIBHCO BHAWAN, Sector 1, NOIDA on 19th January 2013.

Children of various NGO’s like Chetna, Udayan Care, Sai Kripa, Mobile Creches, CanKids (kids suffering from Cancer) along with children of reputed Schools like MRIS Noida participated in this event. The topics of the Painting Competition were related to the lives and livelihood of artisans of India and various village scenes etc. The aim of this Painting Competition was to bring the children from various NGOs, orphanages and International Schools to a common platform to make them interact with each other through their drawings. Hereby making them aware of the real scenario of their livelihood and making them more “humane”. The staff of Manav Rachna helped them in conducting and organizing the event. The principal of MRIS, NOIDA, Mrs Sunanda Grover, KRIBHCO - MD, Shri B.D Sinha along with the wife of Gramin Vikas Trust — Ms. Anumeha Sharma encouraged them by distributing the various gifts and prizes.

Children and parents were very happy and appreciated the school’s efforts to organize such events for the betterment of the society.

Defending oneself in today’s crime filled world has become an important part of our daily regime. Keeping this in mind, MRIS-14 organized a workshop on Self defense on 21st December’12 where Lieutenant Colonel Jaideep Singh gave some important tips to girls on how to defend themselves using Elbow, Palm strike. He explained the Krav Maga techniques which includes simple yet effective moves to fight back. Ms. Mamta Wadhwa, Principal MRIS-14 addressed the girls and said that Self Defense is the necessity of time and every girl and her family must encourage steps for the safety of oneself.
ART FEST

Different categories at the Unique Art Fest, 2012. Participants were seen putting in their best efforts as they involved themselves in different categories which ranged from Calligraphy to Sculpture to photography – enjoy the glimpses.

Students from Jamia University and Pine Crest school at work

INSTALLATION
A contemporary art-three dimension site specific, designed to transform the perception of a place “Installation is an expression of thought in 3 D space,” said Neha Grewal and Arshi Irshad who were seen giving a form to their art work. These students from Jamia University felt that this art was a sculptural form that is not yet part of traditional cultural medium. “The best part is that it can be made with different material and thus gives us a lot of flexibility,” said the students pursuing Masters. Helping them were students of Pine Crest school from Sector 56, Gurgaon. “We are helping out our seniors and learning a new art form which is truly a good experience,” said Deepa Yadav.

MURAL ART
A painting on the wall depicting issues related to history, culture and society. According to students from DPS, Gurgaon Chahat and Yashi they thoroughly enjoyed being a part of the Mural art form while depicting history on the wall and their work they felt depicted ‘feelings’.

PAINTING
Creation with the stroke of a brush through different medium of colours on paper, canvas or even paper. Participants at the painting workshop were given objects and they had to use their creativity to depict the object while seeing it from different angles. Teachers and students from MRIS 46 namely Ritika and Shivani felt that the workshop was enjoyable and brought out the best in creativity. Prayawart also felt it had helped in further developing the interest water colours, pastels and pencil shading. The student from Lotus valley, Misha said the art exhibition definitely opened a new horizon in art for her.

Clay Modelling/Sculpture-
The magic of hands and fingers to mould the clay into forms of fantasy
Aarsh from MRIS Sector 14 Faridabad said, “I love cars and with clay I have been able to create a racing car which is my fantasy,” said this teenager who with his friends were happy creating models from clay and went one step ahead by baking and painting their created objects.

LINO CUT
Print making technique with the help of chisel and gouge with raised...
The teacher from MRIS 46 said that a number of tools were required to give the ‘exact finish’ to a lino art. The advantage was a lot of prints could be taken without much cost. Karan from MRIS 46, Gurgaon felt he should have come to the Lino art workshop right from the first day. The students from St. Mark’s Sr Sec, School in Meera Bagh in New Delhi said “The flexibility that students had to walk in and out of different categories was really a good experience. We learnt so much in a few days,” said Mihir Bhasin and Jatin Singh.

CALLIGRAPHY
A type of visual art related to writing. Saloni Basal, Monisha Anand and Chahat from DPS Sushant Lok were amazed to see the creativity and the huge horizon of art and colour which calligraphy can open. Students participating in the canvas painting workshop were thrilled with their final products and showed off their paintings. Water painting workshop had Palak from MRIS 46, say, “It was an experience of thought.” Tamana Sehgal had painted a evening scene and was happy with her work.

SKETCHING/STILL LIFE
A rapidly executed free hand drawing to depict a variety of subjects of interest.

PHOTOGRAPHY
Catching impressions and expressions and freezing moments to cherish.

CRAFT/PAPER WORK
Best from waste. Paper folding, cutting, to craft unbelievable forms and items.

Paper Sculpture
A blend of cutting, scoring, engineering, painting, and finally gapping with a goal to create dimension. These forms of arts although common, drew huge participants and all of them said in unison, “The art fest was a enjoyable learning experience and we would like to participate in it next year as well.”

The students of MRIS 46 put up a brilliant welcome programme on the inauguration day which mesmerized the dignitaries present. Three cheers students!