Dear friends,

It’s a sense of pride and joy that comes from the fact that we are privileged to have a healthy body which leads to a healthy life.

All of us are so engrossed in the vie of our lives that we often hurt other of our own race. Yes! We do. Friends, now please don’t skip on to another article with your “How Boring” attitude.

Honesty, ask yourselves, how many times have you ridiculed at disabled people around you in your society, roadside, market place, etc. by calling them with Nicknames that I probably can’t even write in this article. Allow me to remind you of the popular show of Aamir Khan, i.e. Satyamev Jayte. In the show, Aamir highlighted the hardships faced by the disabled who even today continue to struggle for their basic rights. Let me remind you that these disabled people are no different from the regular people like you and me, when it comes to zeal and appreciation for life.

It’s the youth who’ll decide whether we want the crores of people with disabilities to stay at home or to be a part of mainstream and contribute to this economy.

Circumstances led by Dr. Rajendra Johar being confined to the bed, and when he was declared disabled, turned the very notion of disability on his head, and from his bed he helped countless people with disabilities to gain education, employment and self respect. Pratibha Chaturvedi, 11 years old, is affected by Cerebral Plasy but exudes an evitable zest of life. Software Engineer Krishnakant Mahe writes poetry in his spare this and climbs real mountains as well as the ‘reel’ ones created by “disabled unaimable world”.

Friends, I think, us unfair to call these talented people as ‘disable people’ rather I would call them – “Abled Differently.”

I salute the founder of Parbhat – An Awakening NGO, working of the welfare of mentally challenged and disabled children. Unfortunately, they’ve been facing crisis in amassing aid from the sponsors and the government.

I know you’ll think – “Main Kya Karu”… you and we collectively can actually do a lot. But Who Has The Time? Right!

I, being a student of XI grade, am doing my part. It was those three months of free time that I got after my X Boards to discover my being. I always had an urge to learn each minute and each day. My obsession with the idea of Carte Blanche, meaning complete independence and my unfettered mind drove me nuts to find a job and start exposure to the outer world. Through facebook, contacts of friends and relatives, I found a newly established Event Management Co. Who set up small scale events like carbike promos, film promos, etc.

My Role: Coordinated with the vendors, the Chairman of companies like Volkswagen and Toyota and Suppliers, etc. I setup the site area – Clicking pictures, greeting customers, anchoring, etc. The total sum of money that we gather is distributed among the vendors, other people in charge and same fixed % was given to the NGO. Fortunately the NGO has now managed to buy a van for the children to roam.

So this doesn’t mean you start to work now and forget your studies, pretend to be matured youth or something! Honestly, at the site area, I used to think of calling up my friends and enjoy but I was lost in the fun of working that I hardly needed to do that

You can do your bit, by visiting these people once in a week or on occasions rather than celebrating the gossip of the day at Red Chillies, or somewhere else! Working in a routine is so old fashion. No??

I plead you all to share your giggles with those who find reasons to smile each day. Come and enlighten their world with your candle.

Motto: Don’t sympathies only empathies. Give your love and see how they bloom. I hope, now, whenever you see a differently abled child, you wont ridicule at her/him.

Lets all join our hands to thank God for what his bestowed on us and help the NGO for a perpetuated cause.

Simranjeet kaur
Class- XI E, MRIS 14.

MUD OR STARS: CHOICE IS YOURS

Optimism is not a deep, complicated philosophy or a school of thought; it is more a matter of our general attitude to life of always taking a positive and bright view of life. in some, it is an inborn trait, but, in most cases, it is a nurtured habit.

To an optimist, every dark cloud has a silver lining, a pessimist on the other hand, misses the silver. it is a great saying, “two men look through the same bars, one sees the mud and one sees the stars.” a person who is optimistic and full of hope gains easy acceptance everywhere in the society.

Unfortunately, they've been facing crisis in amassing aid from the sponsors and the government.

Dear friends, I salute the founder of Parbhat – An Awakening NGO, working of the welfare of mentally challenged and disabled children. Unfortunately, they’ve been facing crisis in amassing aid from the sponsors and the government.
Naveen Kapoor (VI-B) and Jyoti Kapoor (IX-B) have brought glory to the school by achieving several awards and trophies in Skating at District, State and National level. They both started their journey in Skating few years back and recently Naveen Kapoor won 3 Gold Medals in 3 different categories in District Championship held at Khel Parisar, Faridabad in the month of November, 2012. He also won Bronze Medal in Roller Hockey Championship at District level.

Since the beginning of 2012, he has been winning several championships All Haryana Roller Skating Championship held at Kurukshetra where he got a Gold, Silver and Bronze medal in 3 different categories. He won Silver medal in 300 mtrs in CBSE Roller Skating Championship held at Sonipat in October, 2012. Above all, he has been participating at National Level from the last 3 consecutive years and has got ranking of less than 5 among all the participants across India.

Jyoti Kapoor, elder sister of Naveen Kapoor is equally talented in Skating. She won 3 Silver medals at District level held at Khel Parisar, Faridabad in November, 2012 and a Bronze medal at the Haryana School State Championship held at Rohtak in the month of October. She also participated at CBSE level Championship in Skating.

Ms. Manta Wadhwa, Principal MRIS-14 was overwhelmed to see the Star performers with the medals and motivated them to participate in such events in future.

**Workshop on Vedic Maths**

Manav Rachna International School, 21C, organized a workshop on Vedic Maths on 11th January, 2013. Teachers from MRIS-Charmwood and MRIS-14, Faridabad also attended this workshop. The resource person for the workshop was Ms. Aditi Singhal, a Memory & Vedic Maths Trainer with two National records in the ‘Limca Book of Records’ (Calculation & Memory) to her credit. The techniques discussed by her were definitely useful tools to eliminate maths phobia and increase speed and accuracy while doing calculations. Vedic Maths as told by her is the fastest system of mental mathematics whereby big calculations are computed easily using simple, smart techniques.
LITERARY ACCOLADES

The students participated in the Asian Debate Competition held by the Asian Hospital. Expressing her strong arguments in favour of the Adverse Influence of Television on Children, Sanya Bhalla of MRIS 14, mesmerized the audience with her wit, expressions and impressive style and won the first prize of Rs. 15000/-.

THE WONDERFUL WORLD OF DISNEY

On 3rd October, 2012 Bloomz MRIS Sector 14 Faridabad organized Disney Parade for the little ones to be more innovative and build their confidence with Mickey, Minnie and their friends. The kids and teachers were dressed Disney attire and took part in the Disney Parade.

THEME ASSEMBLY GRADES 3-5

A Presentation of various themes in Global Environment & Society (GES) was depicted through a Theme Assembly on 13th October, 2012 by students of grade 3 – 5 of Manav Rachna International School, Sec – 14, Faridabad. The presentation covered themes like Save water, Habitat, Preservation of food, Save energy, Junk Food v/s Healthy Food etc. This presentation enabled the students to portray what they had learnt.

It was a great learning experience which highlighted and stressed upon knowledge and understanding of students on various environmental issues and topics. The presentation was indeed thought provoking.

TECH FEST, EVOLVE’12

Manav Rachna International School, Sec-14 students Jatin Singhla and Vikas Kasana of Class-XII made the school proud by winning the 1st position in E-Programming category of Tech Fest, Evolve’12 organized by D.A.V Public School, Sector-37 on December 8th. Total 17 students of MRIS, Sector-14 participated in this Tech Fest and students namely Laxman Prasad of Class 8th, Rishabh Arya of class IV, Anurag Jain of class 8th and Nakul Singh of class came out with flying colours and also secured position in their E-Ad and E-Quiz category.

Above all, MRIS-14 also bagged the Best Performed School Trophy while competing with 20 other schools. MRIS-14 participated in all categories namely E-Fashion, E-Print, E-Talk, E-Movie, E-Quiz and E-Programming.

“CLOSED BOOKS DON’T OPEN THE MIND”

In today’s competitive world one needs to be updated and abreast with General Knowledge. Keeping this in mind, MRIS-14 organized an Inter-House Quiz competition for the students of Grade 6th – 11th. A Team of 4 students represented each house. The questions were based on various topics like Discoveries and Inventions, Awards, Logo Identification of different corporates and Brands, Sports, Science & Technology.

Blue Panthers bagged the 1st position, Green Leopards got the 2nd position and Yellow Tigers were at 3rd position.

DENTAL WORKSHOP

A Dental workshop was conducted on 23rd November 12 for the classes VI - X by Dr. Meena Jain Head of Public Health Dentistry department of Manav Rachna College. She first told the children the importance of teeth for health and good personality. The different parts of teeth and their functions were explained with the help of attractive slides. Students were made aware of different types of teeth and their functions. The proper ways of brushing and flossing the teeth was demonstrated with the help of a video. Children were told in detail about the foods they should avoid or the foods they should consume for teeth oral health. The video on how cavities occur and cause tooth decay and infections and how the root canal treatment in done was informative.

The gum problems...
were also discussed. Dr. emphasized on the golden rules of keeping healthy teeth. There was also an interactive session between the students and doctor was answered which solved the queries of the children.

**DEVBHoomI INTERNATIONAL PAINTING COMPETITION**

This prestigious national competition is organised annually by the Nehru Painting Foundation, Shimla with an objective to help the budding artists, painters and students to develop their talents in the field of Fine Arts.

Annanya Gupta of Class X and Paarshakti Kukreja of Nursery bagged a cash prize of Rs. 1500/- and a merit certificate. Gauri Sharma, Vardan Wadhwa, Arush Sharma and Krushiv Khatri from Kindergarten won the medals and merit certificates as consolation prizes. In the junior’s category, Arindam Sinha of Class IV secured the second place and cash prize of Rs. 1000/- along with merit certificate. Umang Mahajan of Class IV and Divan Singh from Class VI got the medals and merit certificates as consolation prizes. Ram Dutt Bhati, Shreya Berry, Nakul Singh from Class VII and Nandita Mangla from Class IX also won medals and certificates as consolation prizes.

**CYCLE RACE**

MRIS always aims to encourage its students to become both physically and mentally strong. Keeping this in view, ‘Cycle Race’ was organized for the Toddlers on 21st November 2012. On this bright sunny day, they came to school along with their bicycles. They all geared up wearing their helmets and knee caps looking forward to win the race like perfect cyclists.

**FUN AND LEARNING AT GWALIOR**

MRIS-14 organized a trip to Gwalior for its students of Grade 4 and 5. A group of about 100 students and teachers were a part of this tour from 19th to 20th October 2012. After covering the journey of 3 hours and a half hours in Shatabdi Express, with lots of excitement and fun children reached Gwalior. On the first day they went to see various monuments of historical importance Jai Vilas Palace Museum, the Gwalior Fort and the Temples. The children especially enjoyed the light and sound show at the Fort.

The next day, after a hearty breakfast entire group left for Orchha by bus. The history behind Fort at Orchha further built on their knowledge. The group went ahead to see the magnificent Jhansi Fort. Everyone had a great learning experience on this trip.

**SPELL VOCAB CHALLENGER**

In order to inculcate the habit of concentrating on the usage of correct spelling, the school conducted the Spell Vocab Challenger preliminary round in its premises.

Anurag Jain of Class VIII and Shobha Awasthi of Class X were adjudged the school winners in the junior and senior categories.. They represented the school at the city round at MRIS Charnwood and gave a tough competition to the other participants.

The students from Classes VI to IX also participated in another Spell Vocab Test conducted by the Times of India. MRIS-14 students also participated in an essay writing competition conducted by the National Museum.

**GES THEME LEARNING**

Grade I students had their share of glamour on stage while presenting their GES theme learning. The students presented their understanding in the form of role plays, musical skits, ramp walk by mythical characters, make believe and real game show and a lot more.

**THEME PRESENTATION – GRADE III**

The curriculum of MRIS-14 is theme based. Whatever is taught to and grasped by the students is presented through dance, songs, drama, ramp walk etc.

The students of Grade III covered the themes, ‘Around the world,’ ‘What a wonderful world and ‘Habitat’. They portrayed their talent and creativity. Topics such as water cycle, water conservation, different types of habitats, soil, importance of language were presented by them on 11th October 2012.

The depiction of Sun taking away the droplets from the sky [evaporation]. It reminded of the Ravana taking away Sita to the sky. The agony and pain of the rivers and oceans caused by the pollution was also an eye opener. The “Nukkad natak” also emphasized on saving water. The spectators were thrilled when they saw the children dressed in different animal attire walking on the ramp updating about their habitats. Safety and first aid measures to be observed in everyday life were beautifully presented. The importance of languages was also presented by the students.

**INTER-HOUSE SPELLATHON – GRADE III**

Words form the base of any language. A strong and clear vocabulary helps us to communicate in a better way. An “Inter house spellathon” was conducted for Grade III in two phases, written and oral. The final round was conducted on 18th October 2012.
October 2012. The participants of Green Leopards were declared the winners.

INTER SCHOOL SHOOTING CHAMPIONSHIP

It was a proud moment for the institution when efforts put in by all the participant students of MRIS-14 came through with flying colors in Inter-school Shooting Championship. Pranjal Kathuria & Navya Hans won Gold Medal, Sasa A John, Jyoti Kapoor & Shivansh Sethi won Silver medal in Air Rifle/Pistol Junior Men/Women category. Prerna Kalia and Rahul Verma were awarded with Bronze medal in their respective category of Air Rifle Shooting.

All our participants performed brilliantly in this Shooting Championship held at Dr. Karni Singh Shooting Range.

PAWS AND CLAWS

Nursery kids were taken to the Delhi Zoo. They viewed the biodiversity with much enthusiasm, and this also helped them to relate this to their learning in the class rooms. The little kids were excited to see the beautiful wildlife.

DISTRICT ROLLER SKATING CHAMPIONSHIP

Students of Manav Rachna International School, Sector-14 brought laurels to the school in the 25th District Roller Skating Championship held at Sports Complex, Sector-12 Faridabad.

While, Lamha Maheshwari bagged from grade III bagged First position in all the three events, Jasnoor and Ashnoor of grade III bagged Gold, Silver and Bronze medals in Rink race, Road race II, Road Race III.

Kavya aggarwal (IX), Naveen Kapoor (VI), Manleen Kaur (IV), Aaransh (IV), were declared Speed Champion in their respective categories and bagged the speed champions Trophy.

Kavya Aggarwal bagged 3 golds in speed skating while Jyoti Kapoor bagged 3 Silver.

Kavya and Jyoti also bagged the gold medal in Roller Hockey Championship.

A VIBRANT PRESENTATION BY KINDERGARTENS

MRIS-14, kindergarten students had their first Theme Assembly on 9th & 10th October’12. Theme assembly was all about the themes covered so far and reflected their learning through various GES themes:- Toys, My Country My World, Paws and Claws. The highlight of the presentation was the live museum of National Symbols, The Dandi March (satyagrah) and the salt making process which was performed under the guidance of the Center Incharge.

The Nursery students spread the message to save animals and earth.

VISIT TO A PETROL PUMP

Learning becomes easier and quicker for Toddlers when we involve them in activities and give them hands-on experience on real life situations. ‘Visit to a Petrol Pump’ was planned with the same motto in which children prepared bus tickets for themselves a day in advance. Teachers also explained about the banners with slogans made by them. This interactive activity made them understand the entire procedure of boarding a bus and then taking a ticket from Conductor.

Students were also briefed on the traffic Signals and Road Safety rules along with various related terms like Zebra Crossing. Children were all excited to see how cars came to fill up fuel, how payment was being made and how reading displayed on machines in litres. Our Toddlers enjoyed giving away the slogans written on flags to the people visiting petrol pump.

A DAY AT THE CRUISE

It was a bright and sunny day on 29 November’2012, Our Toddlers packed their bags and came to school, wearing their accessories like sunglasses, hat and scarf and were all set to spend the day on the Cruise.

The day was spent with great fun and enthusiasm!!!

VISIT TO MOTHER DAIRY

“Health is Wealth” – With the same motto ‘Visit to Mother Diary’ was organized to make them understand the importance of healthy food in our life. Teachers discussed the nutrient value of milk products like cheese, butter, milk, yogurt required by our body and how essential it is to incorporate these products in our daily food. They were also excited to know the different forms of milk and how the transformation takes place.
from milk to other milk products.

**BRAIN BREAKS PROGRAM**
The school has collaborated with Global Health and Physical Education School Network (GHPESN) in Partnership with School, Community and University Through Technology lead by Dr. Ming-kai Chin, HOP Sports Inc, USA for the Brain Breaks Program to be conducted for the students aged 8-14 in their classrooms through videos.

The initial six month program was done in the classrooms with the class teachers training their students for the various interesting regimes – Penberthy, Cheertastic, Christian Rollercoaster, Galactic Battle, Martial Fusion Cardio English, Sergio Balance Grid, Toy Land and Trampas.

The CEO Dr. Tom Roots and Professor Ming Kai Chin visited the school in October, 2012 and were impressed with the way MRIS-14 has incorporated the program in their curriculum. They interacted with the students, who performed the exercises with the experts. They also shared some valuable tips with the students, attended a presentation by the Course Coordinator, Ms. Paramita Chakravarty.

**VISIT TO PERFECT BAKE**
It was exciting for toddlers where they got to know what a Bakery shop is all about. Children love cakes, pastries, muffins and other bakery items. Watching the baker preparing these cakes was altogether a different experience.

**VISIT TO EOD**
All sections of kindergarten were taken to Every Other Day (Noida) on 5 December, 2012. At EOD, the day began with a short movie followed by a magic show. Children also went to the gaming zone and fun rides.

**KAPIL DEV’S VISIT**
Legendary Cricketer Kapil Dev visited Manav Rachna International School Sector-14 on December 3rd, 2012. He was highly impressed to see the world class sports facility. His presence was a source of great motivation for the players of Manav Rachna Sports Academy. He urged the students to be disciplined and do the country proud. Visits of such dignitaries are learning experiences for the students and these are moments to be cherished.

**DIWALI CELEBRATIONS**
Mris-14 celebrated Diwali with great zest and enthusiasm on 9th November’12. The educators of early years presented a short musical drama- SANKSHIPT RAMAYANA followed by melodious bhajans and a dance performance by our kindergarteners. It delivered a beautiful message of love, tolerance and sacrifice. It also marked the time when the Hindu God Rama achieved victory over the demon Ravana. Principal Ms. Mamta Wadhwa appreciated the efforts of students and congratulated the teacher’s for presenting such a wonderful show.

After the special assembly the students decorated their classes with vibrant and colorful designs of rangoli, bandhanwars, diyas and candles to symbolize success, hope and restoration on this festival of lights. The Center Incharges organised Luxmi-Ganesha aarti and the whole celebration was followed by class party.
Facility of Applied Sciences (FAS), MRIU organized a two-day International Indo-Japanese Conclave at the University Campus on 22 and 23 December, 2012, in association with the University of Tsukuba, Japan. The conclave highlighted upon ‘Global Understanding and Promotion of Health and Sports through Pedagogical Approach’.

The conclave witnessed interactive sessions, case studies, group work, platform presentation and poster presentations from physical education and sports sciences experts from all over the world and eminent scholars from across India. Notable among these were Dr. Ae Michiyoshi, Dr. Sanada Hisashi, Prof Okadse Yoshinori, Associate Prof Hasegawa Etsushi, Assistant Prof Yamaguchi Taku, and Assistant Researcher Dr. Zubaidullo Ubaidulloev.

“MRIU has a focused approach to education consistently enriching our curricula keeping in mind the global challenges in every field. We stress upon innovation and research led activities to inculcate deeper understanding amongst students”, said Dr. N.C. Wadhwa, Vice Chancellor, MRIU. The experts stressed upon ways to address issues related to physical education pedagogy, challenges in curriculum development for physical education and sports science, need of globalization of sports and Indo Japanese Association in Sports and Physical Education along with current trends in learning etc.

“We are organizing exchange programs with Tsukuba University for the past 3 years now not only for our students but also for our faculty for them to understand international curriculum and thus enrich our curriculum over here”, said Dr. GL Khanna, Dean, FAS, MRIU. “We are constantly making efforts to expose our students to international standards so that the end products of MRIU are ready for any kind of challenges globally”, he added.

The globally renowned MRIU has been a pioneer in the field of health promotion activities. The FAS, MRIU has been successfully running graduate and postgraduate courses in physiotherapy and nutrition. The department has been consistently taking conscientious efforts in this direction in the form of numerous workshops, seminars and conferences.

The conclave proved to be a platform attracting delegates from all over the world that provided an excellent opportunity to bring together experts, educators, researchers, academicians, policy makers and practitioners to exchange ideas, information and most up-to-date experiences and expertise across different regions and diverse cultures. The conference was informative primarily for the sports personnel, educators, scholars, academicians, students, health practitioners, sports nutritionist, sports physiotherapists etc.
The 6th Manav Rachna Cricket Corporate Challenge cup began on 12 January 2013. Inaugurating the series the Chancellor MRIU, Dr O.P.Bhalla said, “Sports was an integral part of our system at Manav Rachna and had been taken to a new height in the recent years and appreciated the efforts put in by Mr Sarkar Talwar.” Twenty five teams will be participating in this challenge cup which will continue until the end of March 2013. Speaking at the inauguration the Vice Chancellor, Dr N.C.Wadhwa said, “Sports are popular at Manav Rachna not only at the school and the University level but has been taken to the Corporate level.” Mr Sarkar Talwar, Director Sports welcomed all the dignitaries, his team members and the two teams from NHAI and NDTV who were playing the first match. Mr Sarkar Talwar also welcomed a special guest Ms Suma Shirur the Olympic shooter who was present on the occasion. Ms Suma said, “I was very impressed to see the shooting range which been created at Manav Rachna and now the cricket ground which is a piece of marvel.” The sports facilities have been the brain child and initative and perseverance of Dr Amit Bhalla, Vice President, Manav Rachna. The first ball of the inauguration was batted by Dr.O.P.Bhalla and bowled by Dr N.C.Wadhwa.

A special assembly was organized by students of Grade V Amartya Sen under the guidance of their center incharge, Ms. Sarita Chopra. In the special assembly we celebrated Valmiki Jayanti, Halloween and remembered Mrs. Indira Gandhi on her death anniversary. The assembly began with the chanting of the auspicious Gayatri mantra and the morning prayer. One of the students was dressed as ‘Valmiki’ and the students put up a beautiful dance on the occasion of Valmiki Jayanti. A child recited the very first Shlok written by Valmiki and explained the meaning of the shloka. This was followed by a very entertaining celebration of Halloween. Children spoke about Halloween, its significance, and how it is celebrated over the world. They gave very informative talks on how and why Halloween is celebrated, familiarizing many of us with the phrase ‘Treak or Treat’. Students of Grade V were dressed up in Halloween costumes that added excitement to the inquisitiveness of the little minds. They sang a melodious number on Halloween. Ms. Meenakshi spoke about Smt. Indira Gandhi and gave valuable information about her. Mr. Simon was invited on stage to talk about Halloween celebrations in other countries. This information was very interesting and helped our children get familiar with the cultures outside India.

THE TWO year MBA is the flagship programme offered by FMS, Manav Rachna I University. Besides the conventional course and electives as offered by most Business schools, FMS has introduced many new programs in keeping with the dynamics and changing complexities of the business environment and the ever changing needs of the industry.

FMS has collaborated with KPMG for the teaching of all Finance subjects to students in all semesters. KPMG is a world renowned consulting giant and this is its first foray in academics. For FMS, its gives the twin advantage of having world class faculty from KPMG for academic delivery and also an assurance from KPMG for placing the students with finance as one of their electives at salaries in excess of Rs.4.5 lacs per annum.

FMS has also partnered with Fortis and launched MBA in Healthcare management. This is an intensive industry linked programme.

FMS has also introduced an Executive MBA programme in Leadership and Strategy in collaboration with JBM and Hay group. This is a skills centric programme designed for graduates with a minimum of three years of experience and working at middle management levels in IT/ITES companies. The programme with duration of 16 months will be delivered by experts from industry and academia.

Three of the budding artists Hiral Bhutani (Grade – IV Arctic), Anahita Bhutani (Grade – V Alfred Nobel) and Vanshika Gera of MRIS-21C won laurels for the school by winning the painting competition organized by the Ministry of Water Resource of India on the Topic ‘Water Conservation’. These students participated in the State Level competition held at Chandigarh in which Vanshika Gera (IV - Arctic) bagged the IIIrd Position and also got selected at the National Level. The school is immensely proud to announce that this wonder girl bagged a Conolation Prize at the National level competition as well.
RE-IMAGINE EDUCATION

"It is not in the stars to hold our destiny, but in ourselves"

All it takes is one step forward...
...to inspire Community

Manav Rachna International School, Noida

Students must learn to strive to the high levels of commitment and perseverance that our chief Patron Mr. O.P. Bhalla has made in his lifetime to reach the highest levels in his targets, his goal and his chosen career. He has always been the 'Wind beneath the Wings', encouraging us to take the flight but keeping our roots firmly fixed on the ground.

Education is the business of Manav Rachna, where the profits are measured not only by Academics standards but also by all round development of our own clutch of young Indians. Education in India is at a crossroads and our education system is facing bigger challenges.

On our part, at Manav Rachna educational institutions we are continually facing these challenges to not only improve our grades but also to produce better human beings, with better employment and leadership opportunities.

It has been said, “To be a teacher is to touch tomorrow”. Manav Rachna International schools contribute immensely to make children gain skills and knowledge that they will need to face the world and they will learn values that will help them to take care of themselves and contribute positively to this world.

To continue relentlessly MRIS initiative, a sixth branch of MRIS has been added in the chain for the session 2013-14.

A renowned institution, staffed by well motivated & well qualified faculty that are trusted to get on with the job, is vital for the well being of our future generations. To deal with the small fragment of population of our nation in MRIS, Noida would not only be the privilege of school’s heads but would take this as a responsibility.

At MRIS we consider it is not enough to learn but it is equally important to be able to implement and enable the application of knowledge.

Following the sigmoid, the two greatest tasks our Sr. Vice President Mr. Prashant Bhalla place before Manav Rachna International School, Noida are high Academic Standards and Institutional Discipline. Institutional he says because according to him school is not only for students, but also for all other departments to adhere to the norms.

He believes in hands on approach which addresses students, multiple intelligences and individual learning styles. Hence Paragon curriculum is available from Grades KG-V, which caters to social science and humanities. Through this the students gain historical information which gives them an early clarity of their individual strength and sense of purpose.

Life skills would be an integral part of curriculum, over & above the numerous workshops to hone subjects and teaching skills through Math Club, Science, Wiz kids, Bits and Bytes etc.

Each department would make a SWOT analysis (i.e. an assessment of our strengths, weaknesses, opportunities and threats) and would come up with an action plan on the basis of this analysis.

While the results of our all branches of Manav Rachna are definitely on the up to the mind of our Vice President Mr. Amit Bhalla, school is much more than classes and education is much more complex and exciting than any curriculum can hope to be. School provides a platform to give maximum exposure to the students and a treat for the society around. A similar thrust would be made on the sports field through involvement of our children in different sports facilities available at the MRIS, Noida campus are world class complete with state-of-the-art infrastructure and training provided by experts, National level coaches in the areas, Chess, Carom, Indoor Badminton, Squash court to name a few. Interclass and Interschool tournaments are a further step towards increased camaraderie.

Within the school an integrated dynamic curriculum is developed with an opportunity to use state-of-the-art curricula in Robotics as a platform to teach computer Science, Technology, Engineering, Art and Math (CS-STEAM) to children at the junior, middle and high school levels.

The range of activities that all the branches of MRIS seem to be involved with, leaves us all quite breathless, whether it is investiture ceremony for student council, theme assemblies, Graduation Day, Equity project and life skills, Eco Gardening and many more.

Theme assemblies are a way of presenting what has been learnt and understood by the students in various subjects, these assemblies aid in enhancing the confidence of the children and focus on one hundred percent participation. This is a unique way of involving the parents in teaching-learning process.

Parents play an important role in helping the school to form right “Attitude”. They play an important role in teaching-learning process as they witness various presentation whereby learn about the concepts and methodology about teaching at all levels.

The school steps into making a difference and with strong belief in giving exposure to the students in every field academics and non academics both, we endeavour to make our student's educational experience rich and sound.

Sunanda Grover, Principal, MRIS, Noida
Admissions open for session 2013-14 at MRIS Noida
For the session 2013-14 the school will start with classes for Toddlers to class VI
Please contact us for any queries : www.mris.edu.in
Phones: 0120-4229099, 8527916909
A clinic in ICC GCA was organized at Dubai for under-16 Cricket Team. We were 13 students accompanied by Mr. Kishore Kumar & Co-ordinated by Mr. Sarkar Talwar. On 10th of October 2012. We flew to Dubai through Spice Jet Airlines and we stayed at Hotel Premier Inn. We had five matches there (3 of 35 over & 20-20 over each). We played matches with the UAE and Sri Lanka teams. We also visited the school of Mosaica (Secondary Prep) whose director was Mr. Ross Allah Mcenzie. We also visited the tallest building - Burj Khalifa, the biggest mall The Dubai Mall and the Emirates mall too. Most exciting and learning experience was of practicing in ICC GC & with world class matches with latest technology. The Academy had two grounds oval 1 and oval 2 which are of International sizes where we played our over matches. Dubai is a great Sports and Motor City. All in all it was a life time experience for all of us. The coaching that we got there and the hard count we did there was tremendous and that kind of coaching cannot be experienced in India.

Team Members
Sahil Madan
Chirag Goyal
Jagrit Sachdeva
Sarthak Pawah
Abishek Choudhary
Abishek Yadav
Amir Charasia (Captain)
Ajay Tokas
Rohit Saroja
Nimesh Mahu
Rahul Jasia
Jivesh Bali
Akash Gulati

By Jagrit Sachdeva,
10 Meter Air Rifle shooting camp started on 5 January, 2013. Under the guidance and coaching of the world record holder and former Olympian Ms Suma Shirur from Mumbai, this camp was inaugurated by Mr. Murad Khan, former International Shooter & Arjuna Awardee, in the presence of Mr. Sarkar Talwar, Director Sports and the Sports Officer and Coaches at Manav Rachna International University.

Ms. Suma Shirur is an Olympics 2004-finalist in air rifle, and has also secured the 8th position at the Asian shooting championships 2004, Kuala Lumpur, MAS- Gold, World record air rifle 400.

The Principal Ms. Ikwinder S. Singh proposed a vote of thanks to the Chief Guest Mr. Simon, the guest of honour, Ms. Nisha Bhalla, Executive Director, MRIS-21C, Faridabad. She dedicated this Assembly to our precious little angel Master Ansh Aggarwal of Grade – I as a Special Tribute, whom we lost a week before the assembly.
THE FESTIVAL OF LIGHTS

Diwali ki light, kare sab ko delight,
Pakro Masti ki Flight, aur dhoom machao all night.
Har dam khushiyaan ho saath.
So we wish you all a Happy Diwali.

The joy, cheer, mirth and merriment of the divine festival of Diwali surrounded everyone when MRIS-21C geared up to celebrate Diwali in 2012. Mr. Mukesh Gambhir, Director Radio Manav Rachna was the Chief Guest for the occasion and the guest of Honour was Ms. Sanyogita Sharma, Director MRIS-21C.

The gleam of diyas and beautiful decorations in and outside the classes added to the spirit of this festival. Almost everyone present to witness the assembly bowed in reverence to Lord Rama when they saw the students bring ‘Ramayana’ back to life with their performance. The atmosphere went nostalgic with mesmerising songs, dances and a skit presentation. Our Principal Ms. Ikwinder S. Singh wished everyone a ‘Happy and Safe Diwali’ and encouraged the students to enjoy to the fullest this festive season. She also encouraged the students to celebrate a cracker free Diwali. The Chief Guest Mr. Mukesh Gambhir appreciated the efforts of both the teachers and the students in putting up such a brilliant show and advised the students to help the less fortunate children by giving them clothes and gifts that will become a blessing to them. An Inter – House Rangoli and Snack Making competition was also organized wherein beautiful rangolis and mouth watering snacks were presented which were prepared by the students of different houses. This added to the myriad of colours and happy manifestations to the celebration.
HINDI DIWAS

Hindi is our mother tongue and we all should be proud of it. September 14th as every year was observed at MRIS-21C as a mark of acknowledgement of the Indian official language. Hindi adopts the true spirit of Indians in terms of tolerance and is also called a link language which connects the united India. The programme started with the chanting of Gayatri Mantra which was followed by invoking the blessings of Goddess of knowledge & wisdom Goddess Saraswati. Different presentations given by students like ‘Hasya Kavita’, ‘Hindi Ki Relgaadi’ etc spoke of the scientific basis on which the language is based. The chief guest for the occasion was Mr. M.M.Kathuria (Patron, Manav Rachna Educational Institutions) who encouraged the students for making this day special with their performances. Mr Arjun Dev Taneja and Mr. Giriraj Sharan Aggarwal were among the other distinguished guests.

Ms. Sanyogita Sharma, director MRIS-21C, elucidated the importance of Hindi and how at MRIS we work to create a balance between English and Hindi. The most memorable achievement to the credit of this day was the book release – Sanrachna which encompasses the original compositions of poems and stories of the students. Our principal Ms. Ikwinder S. Singh had been a guiding force to visualize Sanrachna and turned it into a reality with the consistent efforts of her team which included the primary Coordinator Ms. Aanchal Adlakha and all the teachers of the Hindi department.

DUSSHERA CELEBRATIONS

The dynamism, radiance, beauty and equanimity associated with this festival came to life in the Special Assembly presentation based on Dusshera in Manav Rachna International School, Sector – 21C, Faridabad. The students epitomized the power of goddess Durga as Shakti who wards off all evils and brings Jai or Victory. A perfect blend of modernity and tradition could be seen when our little ones from Grades III, IV, V tried to project our age old tradition of celebrating Navratras and Dusshera. The atmosphere went nostalgic when the students showcased how Goddess Durga decimated the demon king Mahisasura and his men. The students also re-enacted the life of Lord Rama through a Ramila.

The school Director Ms. Sanyogita Sharma, congratulated the Principal Ms. Ikwinder S. Singh, staff and the students for presenting an informative and interactive Assembly. She advised the parents to keep their wards grounded to their roots by telling them short instances from Rama’s life and showing them the effigies of Ravana. The Principal concluded the programme by proposing the Vote of Thanks where she thanked the Coordinator for the Grades, Ms. Aanchal Adlakha and other members of the organizing team. She urged the students to take inspiration from Lord Rama’s life.

TEACHERS DAY CELEBRATIONS

A teacher affects eternity: he can never tell where his influence stops.

- Henry Adams

Teacher’s Day was celebrated in Manav Rachna International School, Sector 21C Faridabad in September, with loads of zeal by teachers and students alike. Students flooded teachers with flowers, wishes and thanks notes early in the morning. They presented a wonderful assembly comprising of poems, songs, speeches and dance performances as a tribute to the teachers. Principal Mrs. Ikwinder S. Singh gave personality reflecting titles to all the teachers. Further jubilation took place at MRIS Charmwood where the event began on a pious note with prayer to the Almighty, followed by a comical skit by senior students.
The awesome ramp walk show by teachers of MRIS 21C enthralled one and all present there. Dignitaries Mrs. Nisha Bhalla (Executive Director, MRIS 21C & Charnwood), Mrs. Sanyogita Sharma (Director MRIS 21C & Principal MRIS Charmwood) and Mrs. Ikwinder S. Singh encouraged the teachers by sportingly joining them in the ramp walk. The function was culminated by wise words from the dignitaries focusing on the spirit of being a teacher, a medium to shape up and mould the future of a country. The day ended with a sumptuous meal organized by the school which was enjoyed by everyone after a day full of festive fervor.

INTER - HOUSE COMPETITION
An Inter – House Declamation competition was organized in MRIS Sec-21C in which the students of Grade IV & V participated with zeal and enthusiasm. The participants from all the houses proved their mettle by sharing their thoughts on the topics – ‘Can computers replace teachers?’ and ‘Something I’d like to change…’. It was really heartening to see these young students share their views on some of the significant topics which effect our lives like terrorism, junk food, depression, positive attitude, the importance of girl child and each one teach one. Also, at the same time our students who emphasized the importance of computers and internet in today’s time, sincerely believe that computer is a brain child of human beings and can never replace teachers.

TRACKING THEMES WITH FUN
The young students of the Early Years from Manav Rachna International School, Sector 21–C Faridabad, showcased what they had learnt in the Academic Session of 2012-2013 through Theme Assemblies. These assemblies exuded with the vibration and confidence of the children from Bloomz, Toddlers, Nursery and KG. Children right from the age of 1.9 years to 5 years participated in these assemblies that were a three day festival under which 100% participation from all the students of the Early Years was witnessed.

Day-1 Group-Toddlers and Bloomz
Date:27-11-2012
The Theme Assembly presentation by the students of Nursery was amazing. The Chief Guest Mrs. Poonam Chaubey- Principal, Greater Valley School, Greater Noida was welcomed by Mrs.Ikwinder S.Singh. Mrs. Aarti Prasad, Headmistress MRISCW and Mrs. Neelam, the co-ordinator for Early Years MRISCW also attended the assembly. The program began by the chanting of the Gayatri Mantra and the school song by the choir group. All the presentations began with the concerned teachers giving an overview of the presentation that were theme based. Parents were overwhelmed to see the students sharing tons of information with lot of confidence. The presentations were based on the themes My Country and My World, Amazing Animals and Toys. Students performed with lot of enthusiasm and left everyone speechless by discussing the National Symbols, the Great Leaders, the States, the Continents, Animals and their food, habitat, usefulness, a kicing care of animals and Endangered Animals, Toys Ramp Walk. Mrs Poonam Chaubey congratulated everyone for putting up a great show. She appreciated the hard work put in by the parents and the teachers. Mrs. Ikwinder S.Singh stressed upon the fact that being Alive means a lot to both the little children and the endangered species.

Day-2 Group-Nursery
Date:30-11-12
The Theme Assembly presentation by the students of Grades , followed by Yoga and Aerobics presentation by Toddlers, showing how they enhance their gross motor skills. Students sang and danced to the different rhymes and songs done in the centres. They left the parents and guests spellbound with their performances and spoke very confidently on various topics like the Importance of Healthy and Unhealthy food, Covered and Uncovered Food, Rainy Season, Shapes and Shades, World of our Senses. The Chief Guest, Maj. Gen. Bakshi was full of praise for the tiny tots and applauded the efforts of teachers and parents.

Day-3 Group-KG
Date:01-12-12
The Theme Assembly presentation by the students of KG was incredible with the students giving a startling performance. They not only spoke confidently but also enacted the famous story of the ‘Three Little Pigs’ with a modern twist. They showed the Evolution of Transport and also made everyone present there be aware of the Importance of Saving the Environment and using the Resources Wisely. The Chief Guest, Dr. Chavvi Bhargava- Director, FMS was amazed to hear the children giving so much of content and exhibiting their skills so effectively. Students left everyone mesmerized with the beautiful song and foot tapping dance performances. Mrs. Sanyogita Sharma, Director MRIS 21C, Principal MRISCW spoke the words of wisdom and congratulated the students and parents alike for encouraging and motivating the students. She said that each student is a designer piece in himself or herself and is a special someone, so let’s not churn machines out of our children. Mrs. Ikwinder S.Singh, beautifully concluded the proceedings by saying, “Every Child is a ripple in the vast ocean of opportunities and that ocean is MRIS-21C where every child blooms beautifully in his/her process of metamorphosis.” Ms. Nandini, the Co-ordinator for the Early Years gave an excellent comparing all throughout on all three days, as this enhanced each performance by its descriptive outlook. She proposed the Vote of Thanks, in which she thanked each and everyone involved for the success of the Theme Assemblies.

Anti cracker rally

ANTI – CRACKER RALLY
Concerned about the rise in pollution levels during Diwali and the vulnerable condition of the children working in cracker making factories, the students of MRIS-21C embarked an Anti – Cracker Rally on 08th, November, 2012. In order to celebrate this illuminating festival of Diwali with peace and love, irrespective of the differences based on caste, creed and colour, the message put across was –

“What do human fight over?
When there’s ‘RAM’ in ‘RAMZAAN’
And ‘ALI’ in “DIWALI””.

The rally was flagged off by Brig. V.K. Anand, Registrar MRIU, Ms. Sanyogita Sharma, director, MRIS-21C and Ms. Ikwinder S.Singh, Principal MRIS-21C. The students enthusiastically participated in the march around sector – 21C, holding the banners and posters created by them into sensitizing the residents to celebrate a
Anti cracker rally being flagged off

pollution free and safe Diwali. These efforts of the students were appreciated by the residents. The music department actively participated by raising slogans like “Say No To Crackers & Yes to Life”. The efforts of the Primary Co-ordinator Ms. Aanchal Adlakha, teachers, administrative staff, security and support staff in making the rally a success were commendable. The school Press Reporter, ‘Renee George’ interviewed Brig. V.K.Anand who wished everybody a ‘Happy and Safe Diwali’.

CELEBRATION OF GRANDPARENT’S DAY

Taking forward one of the strongest and most special relationships in the world, MRIS-21C celebrated the ‘Grandparent’s Day’ with full enthusiasm and excitement on 12th, September, 2012. The grandparents were given a traditional welcome by the school Head boy and Head girl. The Orchestra vibrated at the reception area to welcome the grandparents. They were welcomed by Ms. Nandini, the Early year coordinator. The programme began with the chanting of Gayatri Mantra, the prayer and the school song by the choir group. The thought for the day – “Grandparents are special someone’s with silver in their hair and gold in their hearts, who make you feel that they have been waiting for you the whole day and now the day was complete”, was expressed by Kabir Bindra. Yasharth welcomed the grandparents in his own way thanking them for all the love that they show unconditionally. ‘Sunshine’ song presented by the students of kindergarten showed how much they love to be with their grandparents. The various dance performances, like, The colour song, The Butterfly song and Heaven is a place on earth left everyone thrilled and mesmerized. The Nukkad Natika – ‘Prakriti Ke Sanrakshak’ presented by the students left everyone spellbound as it showed how much the students cared for the Mother Earth at this tender age. A theatrical Ballet ‘Dadi Ma Ki Kahaani’ was beautifully enacted by the students. The Director of the school, Mrs. Sanyogita Sharma addressed the grandparents and highlighted the special bond that they share with their grandchildren. Ms. Ikwinder S.Singh, the principal of the school, thanked for coming and making the program a huge success. In the vote of thanks she praised the entire team involved in the event. Thereafter, Ms. Nandini, invited the grandparents to participate in various games, like building blocks, The last straw, The balloon dance. The grandparent showed full enthusiasm and participated whole – heartedly in all the fun filled games. The wonderful program came to an end with the grandparents thanking the school and sharing their views and experiences. The Grandparents were made to feel very special on their day.

UNITY IN DIVERSITY

India has always been exemplary of ‘Unity In Diversity’. Festivals are the life line of this multi cultural country which foster a spirit of unity, brotherhood, love and happiness. The same spirit was witnessed when MRIS-21C geared up to present a special assembly on the occasion of ‘Gurpurav’. The festival was celebrated by depicting incident of ‘Sachaa Sauda’ The importance of the tradition of ‘Nagar Kirtan’ was elucidated when Grades IV depicted the same in school. The programme was enriched with the foot tapping ‘Bhangra’ and ‘Gidda’ performance that set everyone on their feet.

The director of the school Mrs. Sanyogita Sharma advised the students to take inspiration from the life of Guru Nanak. Mrs. Ikwinder S. Singh, the principal of the school recited instrumental lines from the ‘Guru Granth Sahib’ and said that one should follow the guru’s teaching of truth is higher than everything but higher still is true living.

CHILDREN’S DAY

Manav Rachna International School, Sector 21C celebrated Children’s Day on 19th November, 2012 with great fervor. The special assembly started with teachers presenting Thought for the Day and News. The teachers further presented a small hilarious yet meaningful skit on English Grammatical Errors. They depicted a classroom scene where some of the teachers took over the role of students in a classroom and discussed the life of Pandit Jawahar Lal Nehru and the importance of celebrating Children’s Day.

As part of Children’s Day celebration, the school especially organized a Puppet Show and distributed sweets among the children. A quiz was further conducted for the children for which the prize was a joyous ride on a bicycle. The children were enthralled to see the beautiful bicycle decorated with colourful balloons. The teachers also presented handmade incentives to their classes as a token of love for their students.

Principal, Mrs. Ikwinder S. Singh, concluded the assembly by sharing her beautiful thoughts on how the under privileged children are deprived of the joys of childhood and that how each one of us can work towards giving them a brighter tomorrow.

EDUCATIONAL TRIP FOR GRADE – III STUDENTS

On the bright Chirpy morning of December 20th, 2012, the students of Grade – III were taken on an Educational Trip ‘Delhi Darshan’. They were taken to ‘Doll Museum’ where the dolls from the various countries were very colourfully displayed wearing their National costumes. Thereafter they visited ‘Shanti Stupa’ of Lord Buddha at the Indrapastha Park. They even visited India Gate and its adjoining Children’s Park where they saw aquarium and various species of fishes. It was fun for them playing on the swings and were quite to come back to the school. They came back carrying happy memories and were so excited to speak about it to everyone in the school.
Names of participating schools-
- Our Lady of Fatima
- SS Kadipur School
- Heritage School
- G.D. Goenka World School
- DPS Sushant Lok
- Pathways World School
- Sehwag International School
- DAV, Sec. 14, Gurgaon
- Amity International School, Sec. 46, Gurgaon
- MRIS Sec.14 Faridabad
- MRIS CW Faridabad

The 5th Manav Rachna Under 14 Cricket Challenge Cup was held at MRIIS 46 from 12.12.12- 22.12.12. 14 teams across Gurgaon and Faridabad participated and competed with each other to win the coveted trophy. The Tournament was formally inaugurated by Mr. Sarkar Talwar, Director Sports MREI. Mr. Sunny Bansal, Executive Director MRIS 46 and Ms. Dhriti Malhotra, Principal MRIS 46 also graced the occasion. After a series of preliminary matches the final match was played between Government Senior Secondary School Kazipur and the host team MRIS 46. GSSS Kazipur won the tournament and lifted the trophy. Shri Kulwinder Singh, DSO graced the closing ceremony and handed over trophies to the winning and the runner’s up team. Best batsman, bowler and all rounder of the tournament were also declared and felicitated.

The Man of the tournament was Saurav Kumar from S.S. Kadipur who scored 376 runs and took 11 wickets. The best batsman trophy went to Aditya Shekhawat from G.D.Goenka school who scored 176.

The best bowler who took a hatrick and took 10 wickets was Harsh Wardhan from Heritage school. His mother Meenakshi said, “it has been a great experience for Harsh to participate in a competition with such high levels of the game.” She was all praises for the way the tournament had been planned.

Manav Rachna Family congratulates Vijay for Padma Shri award and ATI Vishisht Seva Medal by Indian Army

Vijay Kumar, the London Olympics silver medallist in 25 metre Rapid Fire Pistol, was at the University Campus on 19 December 2012. He was thrilled to associate himself with the Manav Rachna Group and if all permissions come through he will join the Manav Rachna Institutions for his higher studies. "The necessary permissions will have to be sought from the Army but I would like to continue with my studies," said Vijay while responding to the offer made by Dr N.C.Wadhwa, Vice Chancellor, MRIU.

While addressing the Press Conference at the University, Dr Amit Bhalla said, "Sports is an important part in all our Institutions and we propose to add more shooting ranges at our Institutions. We have upgraded the existing shooting range at the University to the next level. Our students are taking advantage of the facilities and a number of them have reached the national level of the game," he said with pride. "Do anything with sincerity and the results will show," said the Vice President of Manav Rachna.

"A free mind which lends mental relaxation is necessary for the game of shooting," said Vijay Kumar and went on to say, "The atmosphere must be created where the budding sportspersons come in contact with ace players so that they learn from the experiences of the renowned players." He was confident that the young shooters would learn while interacting with experienced players and he on his part was looking forward to share his expertise with budding youngsters.

Mr Sarkar Talwar, Director Sports, was also confident that the young players would have a great opportunity to learn from world renowned shooters.
The MAHA MRITYUNJAYA YAGNA PURNAHUTI, was culminated at the Manav Rachna Institutions on 1 January 2013. While welcoming the New Year, the Chancellor of MRIU, Dr. O.P. Bhalla, solemnly urged the entire Manav Rachna family to rise to the occasion and make an important resolution for the coming year. He was referring to the heinous crime on the woman who succumbed to her injuries because of the atrocities by some anti-social elements. He urged the gathering to make a resolution that such crimes on women would not be repeated. It would be an honest attempt by each and every member of the Manav Rachna Family to take steps to bring about changes in society which could ensure safety for women. This resolution would be carried out with sincerity and also be a step to urge other establishments to follow the path of truth, honesty and perseverance. These steps which would take us forward to be responsible citizens who would be able to contribute to the development of society in a positive manner. Dr. O.P. Bhalla praised the youth who had risen to the occasion and shown their anger in a silent and yet gritty manner. He also stipulated that Educationists had a very important role in shaping better human beings. They held an accountable position in instilling the importance of good values while imparting education.

Special Guest for the function was Mr. Vijay Kumar, London Olympics 2012 Silver medal winner in 25 m rapid fire pistol who was honored with a shawl and a memento by Dr. O. P. Bhalla, Dr. N. C. Wadhwa, Mr. Prashant Bhalla SVP, and Dr. Amit Bhalla, VP, MRIU. The Chief Guest was Sh. Pawan Ji 'Sadguru' spiritual, preceptor, motivator, philosopher, writer and an educationist who is fondly called the Astro Uncle and the Guest of Honor was Mrs. Kanupriya Entrepreneur and CEO Director of Gul Guncha Arts (A Media Production House) and Global School of Media Crafting.

“Rise to the occasion and take vow to do something for society” said Mrs Kanupriya. And Sh. Pawan Ji 'Sadguru said that we should look within ourselves and as educationists be able to spread values along with education.

Manav Rachna Educational Institutions also conferred appreciations to 9 staff members for unwavering contribution to MREI over 10 years. The Members were Col (R) V. K. Gaur, Mr. Satish Kumar Arora, Ms Raj Bala Gaur, Ms Kiran Arora, Mr. Sudip Das, Mr. Satish Kumar, Mr. Raj Narayan Maurya, Mr. Suresh Kumar, Mr. Sandeep Kumar Sharma, Col (R) V. K. Gaur. Executive Director and Dean, FMES said “Choose between the path of value and valuables,” he advised the gathering. “But unfortunately we have chosen the path of valuables.” The PURNAHUTI and Ceremony was followed by Bhandara.
SAFETY AWARENESS PROGRAM

A Safety Awareness Program among Transport operational staff i.e. Drivers and Bus Helpers was conducted on 15th January, 2013. This was addressed by Vice Chancellor of MRIU Dr. N C Wadhwa accompanied by Executive Director Administration Dr. Ashok Kumar. The participants were made aware of their roles, responsibilities and powers in the safety of women and other transport users. They were also explained the safety measures to be taken in case of finding any untoward incident around them.

ASSOCHAM’S 10TH KNOWLEDGE MILLENNIUM SUMMIT

The President of India, Honourable Shri Pranab Mukherjee inaugurated the 10th Knowledge Millennium Summit. This summit was actively participated by five faculties from Faculty of Applied Science Ms. Gurjeet Kaur Chawla, Dr. Pratibha Singh, Ms. Binu Bhatia from Department of Nutrition & Dietetics and Dr. Deepti Sharma, Dr. Pinki Bhasin from Department of Physiotherapy along with 100 students.

The summit focused on innovative methods to cure all chronic and incurable diseases by sharing of innovations in healthcare. The President of India, Honourable Shri Pranab Mukherjee inaugurated the 10th Knowledge Millennium Summit. This One day 10th Knowledge Millennium summit on “Curing the Incurables: Sharing of Innovations” was organized by ASSOCHAM in association with Department of Science and Technology was held on January 16, 2013 at Vigyan Bhawan in New Delhi. Speaking on the occasion, the President said time has come for Indian Healthcare System to revolutionize itself and make India self-reliant in its Healthcare requirements.

The President said the public health system must be greatly expanded and strengthened across the Nation. We need to take health services closer to the homes of the families. We need out of the box managerial and administrative reforms in the health departments at the state and central level. The President presented the Millennium Award to Prof. Aaron Ciechanover, Recipient of Nobel Prize in Chemistry in the year 2004. The ASSOCHAM-Health Cursor Consulting Group publication on “Innovations in Healthcare” was also released during the summit. Students interacted with all the renowned speakers and actively participated during discussion sessions.

Dr. D S Rawat, Secretary General ASSOCHAM mentioned in his address that delivering affordable healthcare to India’s billion-plus people presents enormous challenges and opportunities for the medical community, insurers and other service providers.

During the summit Prof. Samir K Brahmachari, Secretary, DSIR & DG-CSIR said that all major healthcare players are now targeting to new segments such as primary care and diagnostic.

Padma Bhushan DR. B K Rao, Chairman, ASSOCHAM Knowledge Millennium Committee said, “India would need almost 2.4 million new doctors and over 2 million more hospital beds to reach the same proportions as the United States.”

Amid others who spoke during the ASSOCHAM summit included: Mr. R N Dhoort, President ASSOCHAM, Prof. Aaron Ciechanover, Nobel Prize Winner (2004) in Chemistry, Dr. Ruchi Dass, CEO HealthCursor Consulting Group India and Mr. Sunil Kanoria, Vice President ASSOCHAM.

Faculty of Applied Science is thankful to Management of Manav Rachna International University for their support and giving the opportunity to be the part of ASSOCHAM’s 10th Knowledge Millennium Summit.

RESEARCH PAPERS BY FAS

Faculties and students from the department of Faculty of Applied Science, Department of Nutrition and Dietetics, presented fourteen research papers (oral and posters) at International Conference on “Food Technology and Health Promotion – 2012” organized by “International Institute of Food and Nutritional Science” on 27th and 28th December, 2012, which was sponsored by Department of Science and Technology (DST) and Department of Biotechnology, Ministry of Science and Technology, Government of India and Indian Council of Medical Research (ICMR). The research posters were appreciated by esteemed judges, delegates and the department to its credits bagged second and third position in the poster presentation category.

Shraddha Joshi and Gunjan Aggarwal won second and third prize respectively in the category of Public Health Nutrition and Deepti Bhardwaj clutched second prize in the category of Food Processing and Value addition.

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REPUBLIC DAY CELEBRATIONS AT MRIS 51
The Manav Rachna International School, Sector 51, Gurgaon celebrated 64th Republic Day on 25 January 2013. The students and teachers were dressed in tricolor attire making everyone feel—a proud Indian.

A cultural programme was organized and the anchoring was done by Abeer and Charvi who were full of confidence. Everyone present chanted the Gayatri Mantra. The Head Mistress, Ms. Seema Malhotra unfurled the flag. A patriotic performance was presented on “Yeh Bharat humko jaan se pyara hai” which depicted the sacrifices made by the martyrs of the nation. The students were told the meaning of Constitution and why Republic Day is celebrated and also told about the national flag. A group song “Ae watan, Ae watan” mesmerized everyone present. A quiz was conducted by grade V students covering the questions related to Republic Day.

Ms. Seema Malhotra delivered a speech inspiring them to be responsible students and be honest citizens. The winners of the Roller skate beginners meet were also appreciated for their brilliant performance. The celebrations ended with the school song.

REPUBLIC DAY CELEBRATIONS AT MRIS 46
Manav Rachna International School, Sector 46, Gurgaon, celebrated the 64th Republic Day through a special assembly on 25th of January. The school Principal, Ms. Dhriti Malhotra presided over the event. The day’s celebration began with the hoisting of the national flag followed by the national anthem. A cultural show flavoured with patriotism and a promise to fulfil our duties and responsibilities in order to enjoy the rights was put up by the students.

MS. DHRITI MALHOTRA delivering the speech on Republic Day at MRIS 46.

CELEBRATIONS AT MRIS-21C, FARIDABAD
The frontline soldiers of Grade – II of Manav Rachna International School, Sector – 21C, Faridabad could be seen trekking on their Theme Assembly while showcasing the ‘Saga of the Unknown Soldier’. They saluted the stalwarts of the nation through the Kargil War that made the air nostalgic, vibrating with the patriotic fervor.

Equally mesmerizing was the performance of the little ones also gave a virtual treat by transporting the audience to Times Square in New York playing Shrek Broadway Musical in the form of Parts of Speech. Likewise they also showcased their journey of academics in various subjects with their splendid presentations like the Solar System, the Importance of Time and Memory Games. The hardwork put in by the teachers and students alike was very evidently seen under the co-ordinatorship
of Mrs. Aanchal Adlakha.

The Chief Guest of the morning was Dr. Amit Bhalla, Vice President, MRIU and the guests of honour were Mrs. Nisha Bhalla, Executive Director, MRIS-21C and Col. V.K. Gaur (Retd.) VSM, Advisor, MRIU and Director MRC Ed. Other distinguished guests were Brig. J.S. Bedi (Retd.) VSM, Major R.C. Bakshi (Retd.) and Mr. V.K. Sharma (Retd.).

The Principal, Ms. Ikwinder S. Singh in her welcome address highlighted the achievement of the distinguished guests, and thanked Dr. Amit Bhalla and Ms. Nisha Bhalla for extending their support in the school’s effective functioning. She equally thanked the proud parents for attending their wards’ Assembly and assured them that their children are in perfect hands at Manav Rachna International School, Sector-21C, Faridabad which is a blend of warmth, patience, knowledge and growth.

Dr. Amit Bhalla in his speech praised the efforts of the students and the teachers in showcasing such a spectacular assembly. He informed the parents of the systems and schemes that would be further incorporated in the school very soon. Col. V.K. Gaur was equally enthralled seeing the Assembly, said that he was at a loss of words and finally described the assembly as ‘Awesome’. He urged the parents, teachers and the Principal to keep their knowledge updated, both academically and spiritually in bringing the future generations to Arise and Awake, keeping the need of the hour in mind. The distinguished guests were touched seeing the soldiers performing to perfection on stage and said that their eyes did get moist seeing the sacrifices made by our soldiers.

**CELEBRATIONS AT MRIS SECTOR 14, FARIDABAD**

MRIS-14 celebrated 64th Republic Day with great enthusiasm and patriotic zest. The ceremony started with unfurling of the National Flag by Mrs. Mamta Wadhwa, Principal followed by our National Anthem. To spread the message of love and peace, there was a dance performance and a patriotic group song presented by the senior students of the school. There was also an informative talk show. They highlighted most of the prevailing issues our country is facing today and also suggested some of the remedies to that. The Principal addressed the students and encouraged them to be aware of their rights and responsibilities as a citizen of this country. She also recognized the efforts of the students for their exceptional performance in various fields. The ceremony ended with the vibrant school song.

**REPUBLIC DAY CELEBRATIONS AT MRIS, CHARMWOOD**

Manav Rachna International School, Charmwood, celebrated the 64th Republic Day with much gaiety and colour. Children put up an impressive show of songs and dances before Chief Guest Major General (Retd) Amarjeet Singh Bakshi (also the Director, CRC, Manav Rachna International University), and Guest of Honour, Major Harpreet Singh Manchanda. The began with the traditional Gayatri Mantra followed by the hoisting of the Indian tri-colour and the singing of the national anthem. Through Pankaj Dahalia, a Grade X student, the school voiced the need to protect our constitution and root out corruption. There were hymns in praise of the Indian tri-colour and a tableau where little children came dressed as Mahatma Gandhi, Rani Laxmibai, Subhas Chandra Bose, Bhagat Singh, Bahadur Shah Zafar and Mangal Pandey. Students in white costumes danced to motivational songs, followed by a pulsating bhangra number that emphasized upon Unity in Diversity. A similar note was struck with ‘Mile Sur Mera Tumhara’.

Little toddlers danced and swayed to patriotic songs, trying their best to keep up with the rhythm of the songs. The programme ended on a contemporary note with the rendition of A.R. Rahman’s ‘Vande Mataram’, in which Grade X students performed as a band. Chief Guest Major General Bakshi in his address to the students praised them for putting up a spectacular show. He also pointed out “the need to sacrifice ourselves for the nation should the need arise”. In his opinion, teachers should not assess children on the basis of marks but give due importance to a child’s overall development. Major Harpreet Singh Manchanda felt nostalgic as he watched the children’s performances and said it took him back to his days at the LOC. Principal Sanyogita Sharma wished everyone a Happy Republic Day and lauded the efforts of both the children and teachers.
Cosmetic products are commonly used for improvement of skin appearance and skin protection. Sunscreens are the most popular ones on markets. Their use has been more emphasized by skin care specialists and dermatologists due to the concern of depleting ozone layer and subsequent requirement of protection of skin from the harmful UV rays of the sun. The sun produces two types of ultraviolet (UV) radiation, UVA and UVB. These radiations cause skin damage like sunburn and premature aging. Sunscreens help to prevent these damages to a good extent. Many brands of sunscreens are available in market in form of lotions, creams, gels, oils, sprays, sticks, and lip balms, all containing a variety of ingredients. These products work by absorbing, reflecting, or scattering some of the sun's harmful rays. Around the world, four billion dollars a year are spent on sunscreens. But the question to be raised is, whether the people using sunscreen products are actually getting protection from the sun without any other damage to the skin.

The U.S. Food and Drug Administration recommend sunscreen products to carry a sun protection factor (SPF) rating on their labels. This number tells that how much protection a product provides against sunburn. The higher the number, the greater is the protection. An SPF of at least 15 is recommended. A big dilemma with the sun care industry is that in their attempt to provide higher SPF levels, they have to increase the chemical compounds in sunscreen to allow prolonged safe exposure to the sun rays, compromising with the long term ill effects posed by such chemicals. These components release skin-damaging free radicals in sunlight, some act like estrogen and could disrupt hormone systems, several are strongly linked to allergic reactions, and still others may build up in the body or the environment. Application of sunscreen in excess restricts supply of vitamin D to the skin; as a consequence, the process of bone strengthening is halted. Chemical based sunscreens are mainly based Benzophenones (dixoybenzone, Oxybenzone, Octinoxate) as the key ingredients, while mineral based sunscreens contain zinc oxide and titanium dioxide. Oxybenzone is a toxic chemical has been linked to allergies, hormone disruption, and cell damage. It is also a penetration enhancer, a chemical that helps other chemicals penetrate the skin. Another component Octinoxate causes contact dermatitis, acne, rash, inflammation of hair follicles and skin irritation. There are apparently no safety standards published by the FDA for the sunscreen products.

With the lack of scientific evidence regarding the safety of the long-term use of sunscreens containing harmful chemicals, mineral based sunscreens seem to be good alternatives. Unlike chemical based sunscreens that absorb the harmful radiation from the sun, mineral based sunscreens contain zinc oxide and titanium dioxide as active ingredients that block both UV-A and UV-B radiation. So, does that mean that mineral based sunscreens are better and safer than chemical based sunscreens? Approaching to a conclusion at this point would be too early; let us know some more facts. Technology has now allowed sunscreen makers to shrink the size of zinc oxide and titanium dioxide particles to ‘nano’ range, where they have become virtually translucent. These “nanoparticles” have allowed mineral based sunscreens to become thinner, less greasy and have given them the ability to blend into the skin more much more effectively. But, according to the Environmental Working Group (EWG) report, it is believed that the smaller the particle, the more easily zinc oxide and titanium dioxide can be absorbed in the body and into the blood stream and can pose significant harm. If skin is lacerated or otherwise exposed, titanium dioxide can cause detrimental cellular effects. Although the penetration of micronized titanium dioxide is negligible on intact skin, but researches indicate that on direct exposure to cell cultures, significant cell-type dependent effects can be observes on cellular functions such as viability, proliferation, apoptosis / cell death and differentiation.

With the increasing side effects and safety concern associated with these chemical and physical sunscreens, there is a need for an alternative that is both effective and harmless. Natural skin care products that are effective at providing protection from the harmful rays of the sun and able to improve the quality of the skin are a very good alternative. There is a wide range of plant-derived products which can be utilized not only as topical photoprotective agents but also for their antioxidant activity. Organic plant oils and herbs provide concentrated, easily absorbed nutrients that protect against environmental elements and premature aging by supporting healthy skin function, fostering balance, and accelerating healing. Some plants of great importance as sunscreens and sun damage relievers are given below:
ALOE VERA
Aloe vera is included in many natural sun-care products for its soothing and healing qualities. Its gel is believed to stimulate skin and assist in new cell growth by 300% and is used to relieve sunburn, blisters or as a moisturizing sunscreen. Aloe vera contains saponin which acts as a natural cleanser and improves tanning. It has the ability to penetrate through all layers of tissue due to the presence of lignins. It enable us to bear the suns rays for longer.

GREEN TEA
It consists of upto 25% of catechins as antioxidants. The chief catechins in green tea include gallocatechin (GC), epigallocatechin (EGC), epicatechin (EC), and epigallocatechin gallate (EGCG). Antioxidants make the skin smoother, well hydrated and less prone to sunburn after exposure to the ultraviolet rays. Green tea polyphenols have been credibly demonstrated to possess protective properties against free radicals, infections, toxins, cancers and so forth.

LAVANDULA ANGUSTIFOLIA
The aromatic oils found in lavender flower have natural antiseptic and astringent properties. If applied topically, lavender can soothe and protect sunburned skin and prevent infection in blisters that often accompany more severe sunburns.

OLIVE OIL
A high level of squalene is found in olive oil which serves to protect the skin's sensitive lipids. Squalene is the skin's most important protective lipid. Olive oil doesn't shield the penetration of sun rays but can potentially protect against skin damage caused by the sun. It repairs damaged skin and protect against skin cancer. Antioxidants such as vitamin E and polyphenols are abundant in olive oil and known to clean up or neutralize toxic free radicals.

COMFREY PLANT
Allantoin is present in extract of the comfrey plant and is used for its healing, soothing, and anti-irritating properties. Allantoin is a nucleotide that naturally occurs in the body and absorbs the spectrum of UV radiation which damages the cell's fragile DNA. It promotes new cell growth and skin regeneration. comfrey plant extract is found in antiacne products and sun care products because of its ability to help heal minor wounds and promote healthy skin.

SESAME OIL
It is an effective natural alternative to sunscreen because it can block out approximately 30% of the UV rays (having approximate SPF of 30). One can directly apply sesame oil to the exposed skin once every one to two hours for maximum protection. It also soothes the skin and has natural antiseptic qualities. It is a valuable moisturizer and skin conditioner that is rich in vitamins A and E. It is high in health promoting antioxidants which protect not only from sun but also from air pollution.

CARROT OIL & CARROT EXTRACT
Carrot seed oil is an essential oil with significant antioxidant, antiseptic and fragrant properties with high levels of vitamin A. Carrot seed oil also provides natural sun protection with SPF of 38 to 40. Carrot extract is a golden coloured extract from carrots with extraordinary skin protection and conditioning benefits derived from the high quantities of oil soluble carotenoids that it contains. In addition to carotenoids, carrot oil as well as carrot extract both contains other powerful antioxidants such as tocopherol which enhances skin immunity and helps heal sunburn.

RASPBERRY SEED OIL
It is a good skin moisturizer and contains abundant skin emollients in the form of alpha and gamma tocopherols (Vitamin E). It also has high concentrations of Vitamin A, antioxidants and fatty acids. Due to these traits, raspberry seed oil is given an SPF rating of 4 as a sunscreen ingredient.

AVOCADO OIL
Avocado oil is rich in vitamins A, B, D and E, fatty acids and lecithin. It is quickly absorbed by the skin tissue and provides the skin with emollients that can hydrate, nourish and regenerate the epidermis or the outer skin layer. Avocado oil is also said to have an SPF of 4 as a sunscreen ingredient.

JOJOBA OIL
It is also known as liquid wax. As a sunscreen ingredient, jojoba oil not only provides natural moisturizers for the skin and also provides healing and anti-inflammatory elements through its natural substance called myristic acid. Myristic acid is a form of fatty acid naturally occurring in plant oils. These are some of the plants having ability to protect our skin from UV radiation, but the list does not end here. We have very rich resource of herbs and plants which have been explored and utilized for curative and cosmetic purposes since ancient times. More research trials and clinical evidences may lead to the complete replacement of harmful sunscreens with harmless natural sunscreens at commercial level. Until then, direct application of herbal extracts, juices and oils from nature's treasure can be an easy, safe and effective approach to retain health and conserve the beauty.

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