MRIS



REPORTER

MANAV RACHNA INTERNATIONAL SCHOOL

VOLUME-9

DECEMBER 2019, ISSUE 39



EVENTS THAT SHALL REMAIN ETCHED IN HISTORY

Crusaders of environment: our New Gen

Students of Manav Rachna International School, Sector 46 Gurugram joined millions of students worldwide in the protest against Global Climate Change. We are proud of our students for representing the country among global environment thought leaders at a huge global platform like BBC News and NDTV India.

MRIS Noida Students set Guinness World Record

Students of Manav Rachna International School, Noida were among the 10,000 students who set the Guinness Book of World Records by assembling and lighting their own solar lamps as a part of the Global Student Solar Lamp Assembly at IGI Stadium in New Delhi on October 2, 2019. This event was organized to commemorate Gandhi Jayanti and spread Gandhi Ji's message on nonviolence to environment.

Manav Rachna University confers Honoris Causa upon peace builder Dr. Daisaku Ikeda

"The distinctive style of education at Takshila resonates with the noble philosophy of Dr. O.P. Bhalla, the philosophy with which he envisioned the creation of better human beings. At Soka Gakkai International (SGI), we share a common bond with Manav Rachna University that spans multiple levels"; said Mr. Minoru Harada, President Soka Gakkai while accepting the Honoris Causa degree bestowed upon Dr. Daisaku Ikeda in a formal ceremony at the Ambedkar International Centre.

Achievements reflect action and determine the way forward!

A Heartiest Congratulations to all the stakeholders of Manav Rachna International Schools for the top places in The Times School Survey 2019

385 scholars and high achievers acknowledged

Manav Rachna Educational Institutions recognized 385 high performers under the second edition of 'Manav Rachna Scholars' Program 2019 at the campus. These scholars are the students of 2019 Batch studying at MRIIRS, MRU and MRDC. Out of 385 scholars, 77 high performers who have been studying at 100% Scholarship at Manav Rachna were instituted with the privileged 'scholar badges' and certificates.

Deliberations upon Employability & Technology in HR industry

Faculty of Management Studies, MRIIRS in association with NHRDN Delhi NCR Chapter and Faridabad Management Association organized an HR Conclave. There were two panel discussions on 'Impact of Technology on People Management' and 'Employability under current Education System'.

National Seminar on Alternative Politics: Peace and Sustainability

Manay Rachna University organized a National Seminar on Alternative Politics: Peace and Sustainability in collaboration with Institute of Peace Research and Action (IPRA) today. The seminar sponsored by ICSSR (Indian Council of Social Sciences Research) provided a platform to discuss and debate over the idea of Alternative politics, peace and its associated dimensions. A Centre of Peace and Sustainability was launched on the occasion by Prof. Ved Prakash, Former Chairman, UGC in the august presence of Dr. Susheela Bhan, Chairman-IPRA; Dr. Prashant Bhalla, President, Manay Rachna Educational Institutions (MREI); Dr. Amit Bhalla, VP, MREI; Dr I K Bhat, VC, MRU; Dr Sanjay Srivastava, MD-MREI and other senior academicians as well as industry experts.

International CSR Conference

In a boost to vocational education under the Skill India Mission, a MoU between electronics major Sony India, NSDC and SkillEd (a JV of MREI and Kunskapsskolan) for a pilot project for imparting industry-specific skills and strengthening employment linkages in the Retail sector. The training, by SkillEd India will be provided by highly qualified trainers in high-tech classrooms using KED and will provide placement linkages to candidates receiving training from NSDC training partners under the fee-based model or under the Pradhan Mantri Kaushal Vikas Yojana (PMKVY).

National Pride at International Forum

Dr. Amit Bhalla, VP, Manav Rachna Educational Institutions was a part of the delegation of business leaders accompanying Prime Minister Narendra Modi at the 5th Eastern Economic Forum held at Russia. PM Modi was invited as the Chief Guest of the Forum by Mr. Vladimir Putin, the President of Russia. This was the first visit by an Indian Prime Minister to the Russian Far East region. At the forum, a MoU was signed between NSDC, Manav Rachna and ROBBO (Russia based global EdTech leader) in the area of Artificial Intelligence, Robotics and Skilling.

Paving the path of Excellence at Manay Rachna

A Centre of Excellence (CoE) in Alternative Dispute Resolution was launched at the Faculty of Law, Manav Rachna University by the Honorable Minister of Law, Justice, Communications, Electronics & IT Sh. Ravi Shankar Prasad in September 2019.

An Ode to a Noble Soul

1392 units of blood was collected during the Mega Blood Donation camp organized on the sixth remembrance anniversary of founder visionary Dr. O P Bhalla in the august presence of Shri Vipul Goel. A bone marrow donor registry drive was also organized in association with Jeevandayini Social Foundation, in technical collaboration with GeneBandhu Blood Stem Cell Donor Registry. 120 donors registered for the Bone Marrow/Stem Cell donor registry drive.



Manav Rachna: Nurturing young students into International Achievers!

History is witness to the fact that success and fame come with practice and dedication. Manav Rachna Educational Institutions have been working ceaselessly for over two decades to identify and nurture budding players into international achievers. Having contributed medals for the country at Commonwealth Games 2018, ISSF Shooting World Cup, Khelo India, Asian Games, and more; Manav Rachna also has two Arjuna Awardees of 2018 as its students!

Institutions at Manav Rachna; be it the two Universities, a Dental College and twelve K-12 schools have been ardent believers of a sports centric curriculum for the overall development of individuals.

Adding sports in your resume allows your personality to shine through, gives you the chance to introduce yourself, tailor your message to the individual employer and describe why you're a good fit ... It is a powerful tool. Activities including clubs, membership organizations, hobbies, participation in any sports and interests that show leadership, technical skills, community involvement, or team-playing capabilities may enhance your candidacy with an admissions or hiring manager.

In today's workplace, a sports career resume stands out because emotional intelligence is valued more over academic intelligence. Emotional intelligence is the "soft skills" that enable smooth running interpersonal relationships at work - such as the ability to read peoples' nonverbal cues and the ability to manage oneself within a team. These skills are not taught in a classroom. For someone with an athletic experience, these are likely to emanate from within.

In the coming pages of this issue of MRIS Reporter, you will get to read real-life experiences of our students and how these have helped shape their career path. Flip through the pages for tips from our international and national level sports achievers, articles on the transformational journey through performing arts and life skills programs.

At Manav Rachna, we have reached halfway and our target is to achieve more. The future will definitely see an Olympic medal for the country from a student of Manav Rachna.

And, for students at Manav Rachna the future is NOW! Happy READING!

Dr. Amit BhallaEditor-in-chief

Manav Rachna applauds its future leaders in a grand Convocation Ceremony



As one of the largest celebrations of excellence across genres, more than 1900 students were awarded degrees at the grand convocation ceremony of Manav Rachna University (MRU), Manav Rachna Dental College (MRDC) and Manav Rachna International Institute of Research & Studies (MRIIRS) recently.

The Convocation of 2019 remained a day of great joy and exhilaration for the granduands and their parents who went down the memory lane, reminiscing university days while re-uniting with their friends and Alma mater. Manav Rachna's Convocation 2019 was recognition of the hard work of its students, a testimony of the commitment of its faculty and a beautiful encapsulation of excellence across all spheres.

This was indeed a landmark celebration that saw four Honoris Causa degrees being bestowed upon leaders from the Media, Sports and the Corporate World.

- Dr. Janak Raj Sabharwal, President, Indian Dental Association National was bestowed with Honoris Causa degree by Manav Rachna Dental College in recognition of his contribution towards Dental Studies and practices in the country.
- Mr. Narinder Dhruv Batra, President, Indian Olympic Association was bestowed with Honoris Causa degree by Manav Rachna University in recognition of his conscious contribution in sports, social and cultural philanthropy.

- Mr. Rajat Sharma, Chairman and Editor-in-Chief, India TV was bestowed with Honoris Causa degree by MRIIRS in recognition of his exemplary media career and his immense contributions to media relations and reporting.
- Sh. Deepak Kumar Hota, Chairman & Managing Director, BEML Limited was bestowed with Honoris Causa degree by MRIIRS in recognition of his exemplary career in Corporate Human Resources. Undergraduate, postgraduate and PhD scholars who have successfully completed their Engineering, Applied Sciences, Dental, Management, Architecture, Journalism, English, Humanities, Psychology, and Business Studies program among others were awarded degrees over the three days. Meritorious performers were awarded with President's Medal, Vice President's Medal, Patron's Medal, Vice Chancellor's Medal, Student Leadership medals and Outstanding Academic Achiever medals.





Sh. Anurag Thakur, Minister of State for Finance & Corporate Affairs, Gol who was the Chief Guest on the final day motivated the students to follow their heart in whatever they do, be conscious about the climate change, do their bit to save the Earth, and be fit physically and mentally. Recognizing the youth power, he said, "You are the power of the nation and you ought to be fit to lead the nation into a vision the world would one day be proud of".

Dr. V S Chauhan, Executive Chairman, NAAC who presided over as the Chief Guest on the second day was particularly impressed with the strong focus of Manav Rachna Educational Institutions on creating better human beings. He said: "Skills and training are the obvious consequence of pursuing a particular course; the real purpose of education, however, is to imbibe the values that shall help you in your future journey. And, I am very happy to note that Manav Rachna Educational Institutions have dedicated themselves to create better human beings who can lead us into our future."

Similar sentiments were echoed by Sh. Manoj Kohli, Executive Chairman, Soft Bank Energy who stressed: "As you step into the professional world, maintain and retain the three precious traits of honesty, hard work & humility. In your next ten years from now on, build a domain expertise because the respect of the future will be for people with deep domain knowledge, people who are experts in a particular field".

Also present on the occasion were Smt. Satya Bhalla, Chief Patron, MREI; Dr. Prashant Bhalla, President, MREI; Dr. Amit Bhalla, VP, MREI; Dr. I K Bhat, Vice Chancellor, MRU; Dr. Arundeep Singh, Principal, MRDC; Dr. Sanjay Srivastava, VC, MRIIRS; and several veterans from the academic, corporate, government and administrative bodies.

While presenting the University Annual Report, Dr. Sanjay Shrivastava urged the students to be honest while maintaining the virtues of patience and passion. "As the young, educated, smart, and knowledgeable fraction of the society, you should remember that if not today, tomorrow success would be yours. So the question is not about achieving success but about values, because only that will give you satisfaction when you look back at your life", he said.

This was the second convocation of Manav Rachna Dental College, the third convocation of Manav Rachna University and the seventh convocation of Manav Rachna International Institute of Research and Studies.











Bringing international standard sports infrastructure to University students

Faridabad-Delhi witnessed an inflow of more than 1600 top shooters from around 150 universities across India for participation in the All India Inter-University Shooting Championship organized by the Association of Indian Universities (AIU) and Manav Rachna International Institute of Research and Studies (MRIRS) at Dr. Karni Singh Shooting Range in Delhi recently.

For the first time ever, a Private University had been bestowed the honour to conduct such a prestigious championship with the technical support of the National Rifle Association of India. This is in line with the government's initiative of making India a sporting powerhouse by the 2028 Olympics. Ironically, Manav Rachna Educational Institutions (MREI) has given to the country many National and International level achievers. Very recently, the institute's BBA student Angad Vir Singh Bajwa shot a perfect score at the Asian Shotgun Championship 2019, Doha defending his title and grabbing the first Gold Medal for India in Men's Skeet securing an Olympic quota for the first time in the history of Indian shooting! Ankur Mittal and Shreyasi Singh, both students of Manav Rachna are Arjuna Awardees.

The selection committee of the All India Inter-University Shooting Championship comprised eminent names like Mr. Baljit Singh Sekhon (Joint Secretary, YA and Sports, Association of Indian Universities); Mr. Rajiv Bhatia (Secretary - NRAI); Mr. Sarkar Talwar (Director Sports, MRIIRS); Mr. Feroz Ghayas (DGM HR - Corporate Sports Division, Head Shooting Sports ONGC); Mr. Murad Ali Khan (International Shotgun Shooter & Medalist); Mr. Ronak Pandit (International Pistol Shooter & Medalist); Mr. Ravi Kumar (International Rifle Shooter & Medalist) and an AlU observer. The tournament saw participation of many national and international level shooters, both as participants and as mentors.

The competition was conducted as per the latest ISSF rules by juries and referees certified by the International Shooting Sport Federation (ISSF) at the state of the art Dr. Karni Singh Shooting Ranges which is fully equipped with electronic targets and has been host to numerous Asian and World level competitions. Over the years, these university championships were conducted on manual targets leaving scope for discrepancies. The conduct of the tournament in a fair and transparent manner through electronic targets was appreciated by the shooters from various Universities.

One of the major highlights during the competition was the "Games Village" set up at the Hermitage Huts in Surajkund. Usually such arrangements are reserved for the International Games but Manav Rachna set a new benchmark by giving an International Games like feeling to this Championship with cultural and entertainment events every evening for the participants. This is also the first time that mixed team events are being conducted. The scores shot in this championship will be considered for the Selection of team for World University Championship 2020.

The tournament included competitions in Rifle, Pistol, Skeet and Trap events for both Men & Women. Dr. Amit Bhalla, Vice President of MREI shared: "Manav Rachna has been investing in harnessing the power of sport for the good of the society. By developing the talent of our future champions, we can secure our sporting future and in doing so make our country stronger for generations to come".











Resurrection 2K19 - A whirlwind affair at Manay Rachna

Amongst the windy afternoons and drizzling evenings, over thousands of students from across the nation gathered to celebrate the annual fest Resurrection at Manay Rachna.

The hip hops, the jazz, the color, the corner, the quiz, the nataks, the fashion ka tadka and several colorful events turned the campus into a fairy land for the students and staff alike.

FICCI organized 9th Global Sports Summit 'TURF 2019' & India Sports Awards

Federation of Indian Chambers of Commerce & Industry (FICCI) organized its highly prestigious Global Sports Summit "TURF" and the India Sports Awards 2019 in New Delhi recently. TURF 2019 was inaugurated by Mr Kiren Rijiju, MoS (IC), Youth Affairs and Sports who expressed hope that upcoming Tokyo 2020 Olympics will provide India a good platform to have the best ever performance in Olympics.

Also present on the occasion were Mr Ajmal Ghani, Senior Advisor to the President of Islamic Republic of Afghanistan, and Founder of Afghanistan Sports Federation; Mr Tusharkanti Behera, Minister of Sports, Government of Odisha; Mr Radhey Shyam Julaniya, Secretary, Department of Sports, Gol; Mr Sandip Somany, President, FICCI; and other esteemed sports personalities, administrators and members from the Indian sports fraternity.

FICCI Turf has made tremendous efforts to build a strong sports ecosystem in India. It is noteworthy that the 'FICCI Committee on Sports' has been instrumental in organizing TURF 2019 under the leadership of Mr. Sandip Somany. Our Vice President, Dr. Amit Bhalla is Co-Chair of the 'FICCI Committee on Sports in 2019'. The committee is chaired by Mr. Deepak Jacob, President & General Counsel, Star India.





SCHOLARSHIP

Introducing MRNAT 2020 with attractive scholarships

100% scholarship for students securing 90 percent and above in MRNAT 2020 (under Utkarsh and Uttam Schemes)

Students securing 80 percent and above in MRNAT 2020 will be eligible for 50% scholarship under Utkarsh (if taking admission during April 1-May 31, 2020) and 25% scholarship under Uttam (for students taking admission during June 1-July 31, 2020).

Hurry Up! Be an early bird to avail maximum benefits through Manav Rachna National Aptitude Test 2020 (MRNAT 2020).

This is an initiative to give proficient students an opportunity to study in a well-renowned and NAAC 'A' Grade accredited institution of Delhi NCR.

Scholarships to Outstanding Sports Achievers

Manav Rachna has been investing in harnessing the power of sport for the good of the society. Several International and National level sports achievers are pursuing their higher education dreams at Manav Rachna.

The Institution offers attractive scholarships to medal winners and participants in Olympics, Asian Games, Commonwealth Games, World Cup, National and State Sporting events.

Developing the talent of our future champions | Securing our sporting future | Making our country stronger for generations to come.

For detailed scholarship policy, please visit mrei.ac.in



NEWS & EVENTS

5th Edition of GD PRO Junior came to its grand conclusion!!

The fifth edition of GD PRO Junior organized by Manav Rachna Educational Institutions reached its National Grand Finale on December 19, 2019, with over 300 participants from 25+ prominent schools in Delhi, Faridabad, Noida, Gurugram, and Ghaziabad viz. Lotus Valley International School, Noida, Ryan International School, Faridabad, DLF Public School, Ghaziabad, Colonel's Central Academy, Gurugram and many more.

Team GD Pro from Manav Rachna conducted workshops across Delhi, Faridabad, Gurugram, and Noida this year. With more than 50 GD's spread across varied levels viz. Prelims, Semi Finals and the Grand Finale, the participants were encouraged and motivated to showcase their intellect and talent, bringing to light the fact that they are future ready. Being able to contribute while in a group discussions is one of the most sought after skills in today's era and the students took back lessons that would help them in the years to come.

Students from various schools were trained through workshops and were shortlisted for the regional rounds of GD Pro. After the rigorous scrutinization at three stages, 5th Edition of GD PRO witnessed its 15 national finalists presenting their unique perspectives on the topic- 'Should juveniles delinquent over 16 years of age be given a legal trial as an adult' at the National Grand Finale. The students were judged on the clarity of thought, formal language, body language, mutual respect, listening skills, leadership, and group management skills.



Mr. Itish Arora, Vice President, NIIT; Ms. Shubra Chaturvedi, AVP, Genpact; Col. A K Rajpal, Communication Coach; Dr. Sanjay Srivastava, Vice Chancellor, Manav Rachna International Institute of Research and Studies; Dr. I K Bhat, Vice Chancellor, Manav Rachna University and other senior dignitaries of MR fraternity graced the occasion with their benign presence.

Winners

First : Ms. Shatika from Colonel's Central Academy,

Gurgaon

Second : Mr. Krishang from Manav Rachna International

School, Sec-46, Gurugram

Third : Ms. Anusha Malhotra from Ryan International

School, Faridabad

Special Mention : Ms. Parikrama

Special Mention: Mr. Aman, Manav Rachna International School,

Sector 14, Faridabad



Model Lab inaugurated by Sh. Krishan Pal Gurjar at GMSSS, Sector 28, Faridabad

A Model 'SkillEd India' Lab (in applied learning skills) under Oriflame CSR was inaugurated at the Government Model Senior Secondary School (GMSSS) in Sector 28, Faridabad by Sh. Krishan Pal Gurjar, Union Minister of State for Social Justice and Empowerment in the presence of Mr. Peje Emilsson-Executive Chairman of Kunskapsskolan Education; Dr. Prashant Bhalla, President, Manav Rachna Educational Institutions (MREI); Mr. Vivek Katoch, Corporate Affairs Director- South Asia, Oriflame Sweden; Dr. Amit Bhalla, Vice President, MREI; Ms. Shashi Bala Ahlawat, DEO, Faridabad; Mr. B R Bhatia; Mr. S K Jain and Mr. Navdeep Chawla.



CoE for Pistol Shooting in association with Ronak Pandit & Heena Sidhu

Manav Rachna Centre of Excellence for Pistol Shooting in association with Ronak Pandit and Heena Sidhu was launched in May 2019. The Centre shall train naive learners to take up Pistol Shooting as a profession. This is a big opportunity for youngsters from North India to take up Shooting as a career and for those who are passionate for shooting.

MoU between CYL and MRIIRS

Manav Rachna International Institute of Research and Studies and Confederation of Young Leaders have signed an #MoU expressing their willingness to establish a collaborative relationship to boost cooperation, coordination and facilitate Young People - to -People exchanges between partner countries under the CYL "Youth Dialogue" Series.

The MoU was signed by Dr. Sanjay Srivastava, Vice-Chancellor, MRIIRS in the presence of Dr. M.K. Soni- Pro-Vice-Chancellor, MRIIRS; Dr. Gurjeet Kaur Chawla, Associate Dean Students Welfare, MRIIRS; Himadrish Suwan, Chairman, CYL; and Vansh Saluja, Co-Founder, and Secretary-General, CYL.

Confederation of Young Leaders is one of the apex chambers for youth organizations and young leaders in India working at the grass-root level & with strong national and international linkages.



CYL has been a pioneer in organizing national and international congresses & conventions to unleash India's soft power potential. CYL has been entrenched with a view to organizing and conducting programs having social, cultural, developmental, educational, scientific, technological, environmental, economic and positive contents for the optimum development of our country.



HEPF to implement NGT mandate in Haryana with special measures to protect and conserve environment

Manav Rachna Educational Institutions, Faridabad and Deen Dayal Upadhyay Research Institute, New Delhi have jointly constituted the Haryana Environment Protection Foundation (HEPF) to implement the mandate of National Green Tribunal in the State of Haryana for special measures to protect and conserve environment with a sustainable approach.

HEPF has been constituted on the active initiative of the Haryana Government. The objective of this Foundation is to undertake time bound initiatives for protection of environment at the State level and float Regional Chapters at each District level to effectively drive the initiative. District Faridabad has been chosen as a Model District for launching the Pilot Project to implement the National mandate.

EDUCATION BRINGS POWER... LIFE SKILLS AND A HEALTHY MIND BRING KNOWLEDGE FOR THE OPTIMUM UTILIZATION OF THAT POWER

In a data-driven world, much of the emphasis in education at Manav Rachna International Schools has taken a shift toward STEM-based (science, technology, engineering, and math) initiatives that will help prepare students for the coursework and careers of the next-gen.



However, the vision and mission of MRIS is also to ensure how well equipped our students are to make good decisions and solve problems in their academic and professional careers as well as their personal lives. Here the motive is a well-rounded and comprehensive education.

Regular workshops at MRIS through CLAN activities help children in making their own work plans, to take ownership of their learning, to develop essential life skills, to analyze their results and setting time frames



which can help them better manage their decisions. This is a trait that Manav Rachna ingrains from a very early age through workshops, educational trips, visits to orphanages and old age homes, talent hunts, sports tournaments, and cultural activities. As a result, many of our students have marked their presence across manifold platforms.

MRIS students have been setting an example of how the acquisition of problem-solving and reasoning abilities is fluid and an ongoing process, and working with them early in their development to lay the framework with examples keeping in mind that they can understand and apply on their own is a good place to start.

Special emphasis on sports also helps to provide a sense of belonging, and teaches the students to be a part of the group, enabling them to work in a team environment. Besides, the idea is to help the students to interact with peers in a social and friendly manner while learning to consider the interests of teammates and to practice mutual respect and gain their cooperation.

Manav Rachna Shooting Academy, and Manav Rachna Sports Academy with facilities for badminton, fencing, table tennis, shooting, golf training area, gymnastics, yoga, carom, and chess, cricket, football, lawn tennis, fencing, basketball, and skating ensures that no talent should stay away from the readily available resources for its growth.



Anish Bhanwala, from MRIS Charmwood is the proud recipient of the Rashtriya Bal Puraskar (2018-19) from the President of India. He won the Bronze medal in the 12th Sardar Sajjan Singh Sethi Masters Championship 2019 and became the Haryana State Champion 2019 - in Rapid fire (Senior Men) pistol at Haryana State Inter School Shooting Championship. He is also the youngest Indian Commonwealth Gold Winner (25 mtr rapid-fire) at 2018 Commonwealth Games.

Another student Jyoti Kapoor, from MRIS Sector 14, Faridabad is a World in-line Hockey player and a skating champion, who has represented the country at the ASIAN Games.

Ojaswini Saraswat from MRIS Mohali is the rising golf star in the Tricity. She has won some remarkable Golf tournaments and has been unstoppable since then.

Our students at higher education level have also been accomplishing great feats across genres: Shreyasi Singh and Ankur Mittal were conferred with the prestigious Arjuna Award 2018 for their exceptional achievements in the sport of Shooting!



WITH EYES ON TARGET RACING TOWARDS THEIR GOALS!

Setting and achieving goals is a life skill necessary for success and happiness. But it's one that even adults struggle with: studies inside the classroom and out. Learning how to set goals in school and seeing goal setting modeled by peers and teachers is encouraged at Manav Rachna International School.



say that about 92% people never achieve their goals! Most of us don't spend much time thinking about how we set goals. In fact, many of us don't even think of goal setting as a skill.

Learning to set goals is an important part of growing up and learning responsibility for children. From building confidence to teaching perseverance, helping kids set goals is the key for achieving success both Not only does the curriculum at MRIS include instruction in setting goals that teach kids the mechanics and techniques of goal setting, but it also helps develop self-belief and self-confidence.

Manav Rachna International Schools have a holistic approach towards goal setting. Each activity, be it sports, performing arts, CLANS, annual projects, community outreach programs help students articulate and plan their learning goals and take on the role of globally responsible citizens.



Manav Rachna Sports Academy

Manav Rachna International Schools garner an opportunity for identified talented students to train with highly qualified international level coaches throughout the year. The state of the art infrastructure offers these future champions the time to perfect existing skills and to learn and develop a wider range of new skills.

Let the music play

When students walk into a music room, they envisage a prospect to enthuse them with a visually thought-provoking learning environment. The motive is to create a visual environment which acknowledges our students' participation & input into the class.

One Goal One CLAN

To ensure maximum participation of students in multifarious activities and competitions, Clans have been established in the schools. The aim of the clans is to provide a nurturing ground to the students for honing life skills. Clans develop a sense of belonging and responsiveness towards one global cause.

Dedicated Life Skills Academy

Manav Rachna gives all the children a unique opportunity to delve deep into the creative alleys of their hearts and follow their passion. With curriculum designed by experts for a wide array of activities, the Life Skills Program is a threshold for the children to learn new skills and prepare for a future of their choice including: Jazz, Kathak, Guitar, Drums, Tabla, Theatre, Design & Tech, Aeromodelling, Robotics, Gaming & App Development, Arts and Cartooning, Sculpture, Creative Writing, Photography, Zumba, Yoga and Mindfulness, Fashion Design, Food Technology, Mosaic Art, etc.



EXPERIENCES FOR LIFE GALORE AT MANAV RACHNA

By Ishita Bindra, Grade XI



I feel extremely privileged to be a part of the Manav Rachna ecosystem which is true to its spirit and ethos, where we continue to excel in all spheres. The school with its fine balance between scholastic and co scholastic activities has encouraged me to spur on my overall development. It has offered me a myriad of opportunities to choose from. In addition to catering to the academic needs of all students the school has been at the forefront of instilling

necessary skills which are effectively and creatively honed in the life skills centre.

The entire skill centre is aesthetically planned and designed with an intention to provide students a nurturing environment. To share an example, our school team recently participated in an Interschool Dramatics Competition held at MRIS Noida named 'Masquerade-2019' where we had to present a Shakespearian spoof, an amalgamation of two great literary works, namely Shakespeare's "Tempest" and Paulo Coelho's "Alchemist" which was indeed very challenging yet very exciting. Our play was much appreciated and I feel delighted to share that I was awarded the Best Actress in the Senior Category.

Theatre and dance both have instilled in me a plethora of skill sets; it has polished my communication, made me better equipped to coordinate with my peers. I have learnt the significance of timing. It has made me a more evolved and focused persona. Many aspects of theatre involve setting and achieving specific goals. In literal terms, one learns to be task-oriented and is capable of finding practical ways to achieve goals. Having spent around six years in this wonderful arena today I see myself as a more confident, thoughtful and positive individual.

EMBRACING THE 'MANAV RACHNA' WAY OF LIFE

By Dr. Tanushree

(mother of Ankita Gulati Grade 8-H & Anvita Gulati 2-H)

Way back in 2008 we applied at MRIS 14 for our little toddler Ankita ... and that was the best decision ever taken.

The commendable zeal of all the teachers here at MRIS is beyond our expectations and it gets transferred to the kids too. The ethos and vision of this school is both exciting and secures an experiential



learning process, and that is what makes it stand apart. Along with learning, the teachers here build an amicable 'teacher student' congenial relationship. Kids are hyper-excited about going back to school every morning and that is such a lovely feel to experience as a parent. Besides academics, the overall grooming of every child is well taken care of.

The long 10 years of association with MRIS has been the most endearing journey for us. Ankita has become more responsible and confident with her growing years. She's now more assertive, self-disciplined, grounded and very clear in her thoughts. With time she has evolved to be one of the finest orators, winning interschool events and declamations, hosting stage shows finding herself extremely confident in public speaking. The Performing and Visual Arts has honed her to mature as a lovely singer, painter, writer and designer. Summer 2019, she launched her cover song on 'Faded'. She has had a very satisfactory learning curve in the last ten years leading her to be a felicitated 'scholar' and a recipient of the excellence award for years in succession. Kudos to her mentors who could whet out the best in her. Even today, entering the school as we walk through its corridors, we instinctively realize that it is a school that walks the talk. And its values are not mere plaques on a wall; its values are percolated in actions that every single entity within its walls does demonstrate.

Years down the lane, creating wonderful memories our kids would be proud alumni of the MR family...am glad for the mentors and teachers who see the spark in a child and take all the extra pains needed to foster them.

MY SCHOOL HELPS IN ENHANCING LIFE SKILLS

By. Sameer Jambh, Grade 5 H

School is the first avenue of socializing for a child. It is the foremost foundation of knowledge children are exposed to. We, at MRIS-14 are gearing up to be adult citizens of tomorrow. The shift of thoughts from bookish knowledge to knowledge of life that we learn in school has brought forth a sea of change. Here, I have learnt that life is about learning apart from living. At our school, we are exposed to various sources by which we imbibe immense skills instrumental for our growth. In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. Life skill education has also strengthened the bond between the teacher and the student. At our school, along with gaining knowledge, we are also taught to implement it in real life problems, hence helping us to develop our full potential. This has led to self-motivation and confidence. My school adopts different teaching methods like class discussions, brain storming which provides opportunities to learn from my peers and we also practice turning to one another for solving problems. These activities enable us to deepen our understanding, it helps to develop the skills in empathy, assertiveness and listening allows us to generate ideas quickly and spontaneously. Our school prepares us to be the future caretakers of this planet. We should appreciate the great gift we have when we are able to attend school. Without these building blocks, we would not understand some of the things necessary in everyday life.

I READ, I FORGET; I DISCUSS, I DO, I INCULCATE.

"SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH SUCCESSFUL HABITS."

BY SUHANI PANDEY, Junior Head Girl

Life skills are abilities for adaptive and positive behaviour that enable us to deal effectively with the demands thereby bracing us to deal with the challenges of life. I feel blessed for being a part of such a reputed institution where we are learning these good skills in our routine classes.

Here, at MRIS-14, I learnt to put my ideas into words and started spinning my own stories. I enjoyed and learnt many theatrical skills, art and craft skills like sculptor etc. The elaborate Performing and Visual Arts Facility at our school provides the perfect ambience and facilities to hone one's latent talent. I am still learning new skills at MRIS. The school has given me the opportunity to pursue my dreams. And one such dream came true when I got selected as the Junior School Head Girl. All these skills helped me a lot to get this opportunity. I have developed a confident personality, built self-confidence, enhanced communication skills, learnt time management, leadership traits and the list goes on. I shall try my best to learn each day and fulfil the expectations of my mentors and parents.

BOOK TASTING

By Arnav Manral, Grade 5



Have you ever tasted a book? I first tried book tasting at MRIS-14. Our teacher told us how to taste a book. It was really easy. We had the book tasting activity in our school library. Different tables had books from varied literary genres. I learnt about different genres. Though we have heard don't judge a book by its cover, what we did was quite opposite. First, we have to judge a book by its cover, we read the book

jacket. Then we flip through a few pages to see if the book interests us. We also filled a questionnaire which had certain general questions to be looked upon before choosing a book. Finally, if you like the book read it! Our teacher also made a book monster chart in which we used to put the names of the book we read. Whosoever reaches the top first becomes the book monster and gets a book monster book mark. I had a lot of fun in this activity. It helped me to choose a book in a better way.

TIME MANAGEMENT

By Reet Bhati, Grade V-E

Our motivation springs from different sources, as does our general attitude to our studies. Success requires clear objectives, motivation, planning, self-discipline, self-confidence and a positive attitude. Hobbies and studies are both important but depending on your time. I always thought before that my hobbies are superior to my studies, as I see many people who are known for their success because they persuade their hobby. So, I started giving more time to my hobbies, ignoring my academics.

Escaping from studies was becoming my choice but as the time was passing, I was performing badly in my studies. My teacher guided me and helped me to understand the important of studies along with my interest.

I started completing all my missing work in AW (Academic Workshop) blocks and completing all my assignments made me more confident and helped me to match pace with my class. The usual problem is not lack of time, but lack of effectiveness and meaning. Keeping priorities clear helps us to do justice to ourselves. It is much easier than you think and creates a huge sense of accomplishment.

At the end, I would like to say that, education is the interplay of intelligence and character. Time management is the key element. No matter what you do, do it 100% Not just for the sake of 'attendance' or 'popularity' but for both, as I have learnt now. So follow your heart, your inspiration and create a balance, as it is very important.

A BUDDING CHEF

By Vani Gulhati, GRADE XI



Cooking is an art; it is like music to my soul or a sprinkle of rain shower on a hot afternoon. It is a skill that helps me bring out the best in myself. The results of my culinary experiments are what intrigue me in the first place. The strong urge to put my hands on a whisk or to turn that knob of gas stove drives my passion for it. The whole experience itself is rather magnificent. Cooking gives me time to think

and reflect upon my actions. As I stir the stew, I learn patience, when I bake that cake it demonstrates how never to give oneself airs and when roasting those cobs, it tells me life is a trifle; enjoy before it turns to cinders. Truly it's a skill that not only satiates the hunger of others; it also brings contentment to the soul. It's a healing antidote for a flustered spirit.

We say "dream with your eyes open", so dive deep into your ocean self and find the pearl that belongs to you. It's like a wand of Harry potter it will choose you then all you need to do is work upon it. Do what interests you that thumps your heart strings and gratifies you. Having a talent is fine but polishing it to further your passion makes you special. Be headstrong about your goals and flexible about your methods. "The whole journey of life becomes memorable if you have the spirit to take risk, experiment, grow, make mistakes and have fun."

PIANO: The Black and White Storytellers

By Arushi Sethi, Grade XI



When the silken keys touch those fingers,
Mellifluous that lyric lingers.
Over those black and white storytellers,
The time's winged chariot passes swift as ever.
The synth at leisure,
Whispered; "I voice thy pleasure."
Oh! The melodious rhythm
Spells peace, no one can fathom.

The keys and notes,
Wandered in thoughts
Up and down the scale,
Were travellers that spin tales.
"How melodious it was!
All harmony and no flaws,"
Admired the hall beside without a pause,
Showered along, the thumping applause.
Struck the last note with cheers
The Piano moistened all eyes with tears.

Over those black and white storytellers, The time flew years.

FAT TO FIT and Then a FITNESS FREAK

By Abhilasha Beniwal (TGT Science)



We have often heard the adage 'A sound mind resides in a sound body'. But seldom do we realise the implication. As teachers, we try our best to be a role model for our students to look up to. My journey of self-improvement has been

full of revelations about the need for fitness. For the benefit of all my students who find it challenging to take up Sports or physical fitness as an important part of their daily regime, here is what I discovered.

I was a medical student and a book worm to make it worse, during my school years. I was confined to the study table. I used to spend most of my time with books and eat mindlessly. Subsequently, I gained a lot of weight and further lost confidence in myself. This happened not only because of being overweight but also as I couldn't clear my exam.

Being on steroids, due to asthma, I became obese and weighed 84 kilograms during my college days. Even though I was good at studies, my only identity was being obese and everyone used to only address me as 'Fat'. That is when I decided, I wanted to change how people looked at me. I wanted them to look at the other traits apart from how I looked.

Despite being asthmatic, I started exercising for two hours a day. I used to start from my hostel at 6 in the morning and exercise for two hours without fail every day. I never missed exercising, even if I had been awake the previous night or had been sick. My exercising regimen included one hour of vigorous cardio exercise and weight training. Along with that I checked what I ate. I never started with any fad diet. I used to take the normal meals, but controlled the portion size. Within two years of disciplined living, I came down to 65kgs. Subsequently, I gained confidence and controlled my asthmatic incidence. Exercising not only made me confident, it also infused enthusiasm inside me. Exercising has now become a hobby for me. I have run three New Delhi Marathons now. It has become a part of my lifestyle. My message to the students is - Believe in yourself, and the world will believe in you.

SING LIKE NOBODY'S LISTENING

By Jiya Jain, Grade XI



Stringing words together, Samuel Langhorne Clemens once said:

"Sing like no one's listening, love like you've never been hurt, dance like nobody's watching, and live like its heaven on earth."

Life is brief, we die. Period! We don't get a chance to do that many things so we should live each day as it is the last day. We can't go back in time and change what we did but surely we can start today and give it a new ending. We take in about 28,800 breaths in a day so why don't we go out and make some memories that takes those breaths away, I mean we have a few to spare.

Nowadays people have restricted themselves to things which they think will make their future better. I think life should not be only about doing things which would make your future better but itshould be about the experience you have in living your life. Shouldn't we all be thinking of the present as who knows what will happen tomorrow? I don't want to watch the days pass by as I am sitting worrying about my future. I can't be the only one out there who wants to arrive at their graves and say "Phew! At last some peace." I am sure we all have heard about the people who have experienced life and death situations saying that they saw their life flashing in front of their eyes. When I was 12, I had visited an amusement park in Singapore. My father was going for a ride on a rollercoaster and offered me to come along. Being a coward, I bailed out and till today I regret taking that decision. It is not about how big a decision you are making, even bailing out of situations like riding a rollercoaster just because you are scared of what will happen, in the end makes you regret your decision.

Like Mark Twain said 'sing like nobody's listening', we shouldn't care what people think about us when we are ourselves or do crazy things because it's our life and its us who should decide what happens with it. We should live for the moments that we can't put in words. Isn't this what today's preachers like Sadh Guru tell us to do?

So why not take their advice and make our life a rollercoaster ride. I bet that would be fun.

RECHARGE YOURSELF THROUGH MEDITATION!

By Poonam Singh (TGT-Science)



In this age, where technology is available at the touch of a screenand every hand holds the whole world in a tiny box, it is almost impossible to experience true sense of calm and tranquil. Growing up in a world so competitive is

harder than we can understand, and while we have so many devices to charge everything we use around us, we forget about the one device we operate with the most, ourselves. Our body and mind require recharge just like anything else andmeditation is the charger we can use to reboot ourselves. Student life is a precious time filled with curiosity, wonder and learning something new every day, but

it comes with its own set of problems from grades and peers to understanding yourself which requires sharper minds and a stronger sense of self. Meditation at such a young age not only helps in developing academics and brain functioning but also fosters a sense of confidence and happiness in the child.

At MRIS-14, we have made it a part of the students' daily routine to sit in silent contemplation for a few minutes during the day. Especially in the morning after the assembly has been conducted, the teachers, along with the students, enjoy this bliss of meditation. I am sure that this small initiative will go a long way in making our children more relaxed and conscious of their selves. While it is extremely easy to fall for negative influences at all times, meditation provides a positive outlet to that energy and further eradicates the need for searching for peace in other things and people. So what are you waiting for, close your eyes and recharge yourself for a while!

FOOD FOR THE SOUL

By Taniksha Bisht (PRT English)



In the race of 'survival of the fittest', humans have reduced themselves to machines, working expeditiously to finish one herculean task after the other. Due to this constant hustle, we ignore the repercussions of the draconian lifestyle

we follow today. We are trapped in a neverending labyrinth of tireless work and stress. Since time immemorial, human beings have expressed a desire to break free from the shackles of toxic habits and noxious lifestyles but have miserably failed to do so. As the world is drifting away from nature, we fail to notice the beauty of life and find ourselves lost in existential questions like, "to be or not to be?"

Seers born in ancient India have repeatedly vouched for the benefits of meditation and yoga in freeing us from the 'mind-forged manacles' and their major role in unlocking the door of happiness. The seed of positivity that lies dormant in us can be awakened by focusing more on calming activities like meditation, and other physical activities that serve as food for the soul. Being active and exercising daily is effective for our mind and blesses us with good energy and confidence. As a country, we need to understand that, "A sound mind in a sound body is a short but full description of a happy state in this world." and this is what humanity should strive to achieve.



WRITING IN THE CITY

By Mahika Bhatia, Grade XI

"Every secret of a writer's soul, every experience of his life, every quality of his mind is written large in his words."

-Virginia Woolf

It couldn't be better In the midst of the Big Apple, away from friends and family, exploring myself as a writer and as a person. The summer of 2019 was indeed impeccable. I participated in an intensive course for fiction writing at The New School at Eugene Lang College of Liberal Arts. We were 12 students altogether, all from different backgrounds and cultures. I was the only one from India. Our instructor was Daphne Benedis- Grab (author of the award winning The Girl in the Wall).

We had to write weekly work of fictioncumulative or separate pieces-which we then work shopped together as a class. Each of us had different views. Bouncing off ideas gave a new dimension to the fictional projects. Each week, we also discussed and dissected one element of creating a story (such as a point of view, the role of dialogue and plot) using books and works of fiction to deepen our understanding and fluency with each. We worked on the New York Times Bestseller 'Sun is also a star' by Nicola Yoon. The book itself was an exemplary illustration of various life skills one of them being that a person is a tiny spec of life and is connected to numerous adversities concerning others.

We had weekly excursions around the city meant to elicit new story ideas and inspire our writing projects. The first week was the Whitney Biennial (museum of American Art) followed by Tenement Museum. Our last excursion was to the famous Grand Central Station. There we took part in a scavenger hunt in teams of four. The hunt tested our knowledge on English literature.

This course was meant to be generative as we had to turn out a number of proses. The short snippet that I wrote for the class has made me work harder on my other projects which I hope to publish in the near future.

This pre-college experience has not only made me a better writer but has developed me as a person. The idea of spending a month in an unknown country was terrifying but I overcame it within a day or two. I guess; I just needed a push into the 'real world' for which I'm very much grateful to my parents.

TRAVELLING - LEARNING ON THE GO



By mother of Aryan Vaid, Grade XI

Here I am, indeed turned into a storyteller after the wonderful travelling I have done all my life. Travelling becomes double the fun when done with the family. My memory Pandora box is actually full of

precious memories from all such trips I have been to with my loved ones. Even before one embarks on a journey, the fun starts unfolding as the planning for such a trip starts with family members turning a living room into a Parliament with everyone's preferences being discussed. Then starts the run to finalize on dates according to working members' official leave feasibility, 'non - unit test' or off days for school going children, availability of accommodation, ticketing, weather so much for travelling!

In contrast to this so called 'well planned' travelling, there are times when we get an opportunity to meet the adventurer side of ours, when we head for an outing within a few hours of initiating an idea without elaborate planning and efforts. Both scenarios lead to fun and memories in making.

Family trips spell education and learning in its own special way. Once, despite booking in advance, we couldn't get our hotel rooms ready on time and we had to spend the night looking for other options, ending up spending the night in car. My son, all of 6 years at that time, learnt that stepping out of our home for an outing, may not always take us to lavish resorts and comfortable hotels.

On one such holiday to the hills, my son, thrilled to the brim, pointed out to 'stilt houses'. He was learning 'Types of houses' in school as a part of his Science curriculum at that time. Needless to say, I was the picture of a proud mom at that moment, delighted, as a mom would be when her child cracks IAS successfully!

Family outings strengthen the bonds among the members, enriches one with real life experiences of different cultures, languages, life styles, food and so much more. It breaks monotony of life. It satiates wanderlust with lifelong memories as a by product. Travelling truly brings alive the very essence of our very own Manav Rachna School's tag line, "Playground of education" as it also involves learning and having fun in parallel.

Righly put by Og Mandino, "The greatest legacy we can leave our children is happy memories." Oh boy! Does Travelling help achieve this in most beautiful way!

HEAVEN ON EARTH!

By Navya Mehta, Grade XI

A skill trip that I have been part of! One that comes foremost to my mind is my family trip to "The Heaven on Earth" which is our Kashmir! We know that that this state has been hogging lot of limelight for past month or so!

share with all my friends why this personal trip made be more enlightened individual and will be etched in memory forever.

It was more than a year back, when my father popped this question to us on whether we want to plan a summer vacation to the Kashmir valley.

I could sense trepidation on my mom's face, but I was thrilled to hear this proposal. And soon we got a go-ahead of embarking on the vacation to the Kashmir valley. Dad shared that we would be spending a week in the valley with a visit to Srinagar and Gulmarg planned.

I was super-excited and we quickly waited for the D-day. We had packed our woollens and my younger sister was shockingly looking at us putting our cardigans into the suitcases. After all it was sweltering heat in the NCR and I explained to hear the reason for the same.

And soon we embarked on our flight to Srinagar, and I had done complete research on the places that we were to visit. My research stood in good stead. I shared with mom what we could shop in the valley. It was an eye-opener for us to find out that handicraft from Kashmir found pride of place in the shopping malls globally. And for sure, I had never witnessed natural beauty that Mother Earth had bestowed to valley! Dal Lake was a scenic beauty which cannot be described in words. The sunrise at Dal Lake, the tulip flowers were sights which could heal any sore eyes!

And then the trip to Gulmarg was another memorable one - the pony rides, sledge rides, skiing down the snow-capped mountains were memories which will forever make me long for hitting the valley once again.

To all my friends I would suggest one trip to the Valley and I am sure you will have souls refreshed and rejuvenated!

DUBAI: A lesson unforgettable

By-Sumrath Singh Sethi (MRIS-14, Grade V-E)
My trip to Dubai with my family was memorable
I could not see trash on roads or any dirty table
I went there by a flight

Sleeping in the hotel, I had a good night.

The roofs were clean and the trees were giving shade.

I can't explain what impression on me it made.

I really felt bad for my country, my mother

She fulfills our needs but for her we don't bother

We should make our India clean and bring a new dawn

We must try and participate in Swach Bharat Abhyaan

I came back to India and started cleaning my house

It was a small step that I took, as a responsible citizen I rose

I call my friends to dispose the garbage in the proper bins

Green one is for wet garbage and the blue is for cans and tins...

Some people I see who throw the garbage away

I feel so sorry for them they are going on the

wrong way...

So hear your mother, hear your mother, hear your mother's call

I am doing my part and so shall be done by all.



HOW DARE YOU!

By Shreyas V. Mylavarapu, Grade 8 F

"How dare you", thundered a sixteen year old school girl to the audience of international leaders at the UN Climate Action Summit in New York yesterday. This was Swede Greta Thunberg's stern message regarding the glaring lack of action by humanity to stem the ongoing global climate crisis before it is too late. Her short, but intense and powerful speech jolted me deeply, as I realized that she was talking about our survival on this Earth. I discovered that Greta had first learned about climate change when she was just eight. At fifteen, she realized the gravity of the crisis and started missing school every Friday to peacefully protest outside the Swedish Parliament to catch lawmakers' attention, calling for immediate and definitive action. Within a year, the "Skolstrejk for Klimatet" movement now numbers over 4 million people across 150 countries and is rapidly growing.

The Earth has the capacity to absorb global warming inducing carbon dioxide emissions for only around 8 years from now. Beyond this, the rising global temperature would melt the polar ice caps enough to submerge large parts of land, leading to catastrophic effects on global ecosystems and ecologies. Rigorous scientific evidence attributes global warming to human greed. Greta's frustration at the inexplicable dismissal of this scientific evidence by powerful world leaders resonated strongly with me. My scientist parents have taught me to believe in rational evidence. I strongly agree and believe that a rationally thinking society is the only way to create a better future for the Earth. We do not have another planet as backup, and therefore need to act now to salvage the Earth for the future of my generation and beyond. Greta Thunberg's fervent and persistent call for immediate action is an inspiration for me. This learning from a peer, who is a stranger, is something I shall strive to pass on to my other peers as well, so that we may hope to build a better future together. This is perhaps the most important problem that needs to be addressed today - how dare we not?

A TWO-WAY, RECIPROCAL LEARNING ACTIVITY

By Aashna Vohra, Grade 8



In everyday life we continually learn from each other. For most of the things we need in our working and personal lives we find enough information and guidance from friends and colleagues. It is relatively uncommon to take a course or consult a teacher. We draw upon whatever resources we need from wherever we can find them. The advantage in learning from people we know is that they are or have been in a

similar position just like us. They have faced the same challenges as ourselves in the same context, they talk to us in our own language and we can ask them what may appear in other situations to be silly questions.

Peer learning in a school is a two way process whereby students learn from each other by sharing ideas, knowledge and experience. Peer to peer learning has been described as "a way of moving beyond independent to interdependent or mutual learning". The first approach when stuck on a problem is normally to ask another student, not the teacher. Not only can they provide each other with useful information, but sharing the experience of learning also makes it less burdensome and more enjoyable. The power of peer learning is manifest daily in popular culture and many books and movies illustrate its influence. THE PAPER CHASE is a classic example of a feature film that portrays students learning from each other in competitive professional courses.

FRIEND, LEND ME A HAND

By Naina Tewatia, Grade 8 C

In everyday life we are continually learning from each other. For most of the things, academic or not, we seek advice and help from our friends and peer group. This is peer learning - Learning with and from friends.

A very basic example of peer learning is: Suppose a student is weak in maths but good in other subjects. Her/his friend is good in maths but needs help in Science and English. Instead of going for tuition classes, they decide to meet every weekend and help each other study. Other students join as well. Now, they are a group of five students who study together.

This form of informal learning occurs at all levels. Students have conversations about what they are learning inside and outside classrooms. When stuck on a problem, the first approach is normally to ask your friends for help. This way, students provide each other with useful information. The process of learning also becomes less burdensome and more enjoyable.

A teacher's role is vital in a student's life but, they cannot mediate everywhere. A student must learn to trust his/her friends and develop the skill of effective learning from each other which is needed in life. So, peer learning is the perfect tool of support among school students.





Young Minds deliberate upon global Issues during Manav Rachna Model United Nations (MRMUN)

The fifth edition of three-day Manav Rachna Model United Nations (MRMUN) organized by Manav Rachna International School, Sector-14, Faridabad saw participation of more than 400 student delegates from across 25 schools of Delhi-NCR and Bhavan Vidyalaya, Chandigarh. The delegates enthusiastically showcased their debating skills during the event. Categorized in the nine committees and representing diverse nations, delegates put forth their ideas and recommendations to take a step to resolve the global issues.

The enthusiasm and energy of the delegates fascinated everyone present. Chief Guest for the concluding ceremony, Ms. G. Anupama (IAS), Commissioner, Faridabad Division expressed her delight to witness the ebullience of the young minds suggesting solutions for the global concerns.

Also, present on the occasion were Dr. Prashant Bhalla, President, Manav Rachna Educational Institutions (MREI); Ms. Tatiana Perova, Head of Training, Russian Centre; Ms. Deepika Bhalla, Executive Director, MRIS-14; Ms. Sanyogita Sharma, Director- MRIS; Ms. Mamta Wadhwa, Director Principal, MRIS-14 Faridabad, and representatives from various participating schools.

Addressing the enthusiastic students, Ms. G. Anupama said, "United Nations gives us the prime lesson of peaceful co-existence. It acts as an instrument of human growth and from there, you should draw a lesson for your own life". She shared the very valuable aspects for the way forward, i.e. dialogue, discussion and deliberation, and facets that help a millennial grow- peace and stability'. She added, "Success is a journey and what matters is whether you have enjoyed the journey or not. This success would inspire you to give back to your nation for you are blessed with the best in what you have achieved".

Congratulating the students for the wonderful display of their skills at MRMUN, Dr. Prashant Bhalla said, "At Manav Rachna, we try to facilitate students with the right kind of education delivery wherein we focus on learning & innovation skills, digital and literacy skills, and career and life skills. The purpose of this MUN conference and the curriculum we deliver at our schools reiterate the purpose of giving back to the society in the best way possible".



In this edition of MRMUN, a stimulating environment merged with an academic fervor was a sheer treat for the eminent dignitaries wherein delegates pondered upon issues like Fake News in India, Annexation of Crimea, Countering the illicit drug trade in the golden crescent, and others. With an astounding level of realism, the delegates presented themselves adorned with the wings of imagination coupled with the sense of responsibility to immerse in the world of passionate discussions, debates and deliberations.

Ms. Mamta Wadhwa encouraged all the participants and said, "During this three-day conference, students have displayed extraordinary sense of rationality making the developmental culture at schools and mentoring evident in every possible way."





The Overall Best Delegation Award of MRMUN 2019 was awarded to Ryan International School, Faridabad.

Results:

International Press: Best Journalist (Arushi

Sethi)

Best Caricaturist: Bhavika Sharma Best Photographer: Aman Kakkar

United Nations Institute for Training and Research (UNITAR): Best Delegate- Sweden

High Commendation 1- UK High Commendation 2- France 1 High Commendation 3- Malaysia

United Nations Commission on Narcotics & Drugs (UNCND): Best Delegate - China

High Commendation 1- France High Commendation 2- Chile High Commendation 3- UK

United Nations Industrial Development Organisation (UNIDO): Best Delegate -Brazil

High Commendation 1- China High Commendation 2- Norway

United Nations Commission on Status of Women (UNCSW): Best Delegate -Germany High Commendation 1- Syrian Arab Republic

High Commendation 2- Belgium

High Commendation 3- Maldives

United Nations General Assembly: Best Delegate -Nepal

High Commendation 1- Urguay

High Commendation 2- UK

High Commendation 3- Russian Federation

All India Political Parties Meet (AIPPM): Best Delegate- Arvind Kejriwal

High Commendation 1- Nitish Kumar

High Commendation 2- Manmohan Singh

Augusto Pinochet's Military Cabinet (APMC): Best Delegate- General De Brigado High Commendation - Colonel De Aviation



Accountability to the environment and society goes a long way in cementing a student's character and integrity. Manav Rachna International School, Sec-14 Faridabad has always been instrumental in bringing this concept home to its students not through mere words and exalted textbook reference but ceaseless and direct involvement in real-life situations.

The installation of Solar Panels in the school with students of Grade 9 being a part of the inauguration of the same on the school roof led the curious minds to analyse, question and assimilate the eternal benefits of this initiative.

The Executive Director of the school, Ms. Deepika Bhalla graced the occasion, leading the millennial to be future-ready with unconventional ways of energy production. Following the inauguration by the revered Executive Director, an informative presentation by Mr. Dev Arora enlightened the students about the cost-effective and environmentally inclined benefits of the solar panels installed in the school.

A brainstorming discussion fuelled with undaunted and intelligent questions regarding the working of the solar panels charged the atmosphere impregnating the listeners with profound knowledge. Director Principal of the school, Ms. Mamta Wadhwa lauded the students' fervour and a keen interest in the project and assured them of the school's realisation of its Sustainable Development goals.





'You cannot always control the wind, but you can control your sails'

Empathy is a Life Skill...

By Ruhin Gulati, Udichi Pathak & Vikshaa Nagpal (students)

"If you refuse to reuse, it's the Earth you abuse". Enabling students to develop a sense of help and support is that motive of life skills training at MRIS-46 Gurugram wherein students by helping the needy, work for the upliftment of the community. The school is associated with an NGO in Balwandhi Village- 'THE EARTH SAVIOURS FOUNDATION'. A 3-day campaign was organized where homemade cookies, brownies, books were on sale to raise funds for the NGO. Along with this, donations from the residents of the society like clothes, shoes, bags, toys and other items were collected. Old newspapers, magazines and electronic waste were collected for recycling. Through the campaign, a sum of Rupees 9000 for the NGO has been collected.

The student volunteers were felicitated with a trophy and a certificate for their kind efforts.

Such activities truly motivate students and allow them to be expressive besides equipping them with skills for life.

Bottom Line Skills Training Goes a Long Way!!

By Anupama Mehra, Senior School Administrator

Learning to lead from the front and to walk the talk requires courage, humility and strength. They act on a broad vision and sustain competitive advantage throughout. To prepare students for various roles in

To prepare students for various roles in different segments in life, it is necessary to inculcate leadership skills in them through activities and workshops. Senior Student Council Members of MRIS-46, Gurugram participated in a Leadership workshop conducted by Ms Pallavi Chaudhuri, a soft skills trainer and an Image Consultant. Through fun-filled activities and games, the speaker brought forth the need to become efficient leaders. The trainer covered areas like communication, team building, decision making and the power of empathy. The interactive workshop helped students gain relevant skills to be an effective and a compassionate leader. The young change makers participated whole heartedly in the workshop and took back important life lessons which definitely go beyond books and the classrooms.



LitUtsav: International Festival of Children's Lierature

The school grounds of Manav Rachna International School, Sector 46 Gurugram came alive on November 30 & December 1 for the two-day Lit Fest which celebrated meaningful use of knowledge towards a sustainable world. The highlights of the LitUtsav were 8 author interactions, 10 storytelling sessions, 8000 exhibited books, 10 master workshops, 11 DIY art stations, 19 poets & delectable cuisine. The wonderful artwork by the students using recycled material and live working installations was much appreciated by the audience.



From 'Head & Heart' to 'Head to Heart'...

By Aparna Kale

The earth is a fine place and worth fighting for'. - Ernest Hemmingway

Nurturing young minds to be the earth saviours is the need of the hour. MRIS-46 Gurugram is developing the skills and attitudes required for this in the children, by following a very simple yet effective "head-heart-hand" approach to bring in awareness, to sensitize the children and to encourage them to take action.

The students not just learn from books and experiences, but they learn from and through their peers and students from other schools. A fine example of this was the climate strike outside the Ministry of Urban Affairs and Housing, Nirman Bhavan, New Delhi in which students from the junior wing participated to demand stringent action against environment defaulters and to also pledge their support in the cause.

Going beyond peer learning, the school also encourages 'family learning'. Grade 1 students had a family activity time where the children and parents discussed about the basics of waste segregation while painting the recycled bins at the school.

The students are also taking direct action and developing new skill sets to live a sustainable life. They are working on alternatives for the harmful chemicals used in our daily lives, for example- they made their own bio enzyme, which is a chemical free multi-purpose cleaner.



Sports Inspire the Right Attitude

By Sweety Singh, Grade X Archimedes

A sport is something that excites everyone in the world.

I have been playing basketball from past 5 years and have played various games and secured many positions at different levels. Recently, I had played in the Paris World Games held in Paris and secured third position. I also played various State-Level tournaments and Inter-Manav Rachna Sports Championship securing the 1st position.

"Sports have taught me many things which help me in my daily life. Basketball has taught me the right attitude like always being calm and patient, and I believe that practice is something that will make me perfect. It helps me in releasing stress. Basketball provides a whole lot of fun. A basketball court is where I feel most at home".

Yoga Calling

By Pratibha Kodesia, Teacher

A teacher is someone who gives you something to take home to think about besides homework.

"Yoga started off as a fun way for me to pretend that I worked out. However, as time went by and I wore off the pretense, it became an indispensable activity for me to start my day with. Being a teacher in today's fast paced world that revolves around constant progressions in education system, requires me to be fit physically and mentally. Ensuring that my students receive quality education has always been of prime significance to me, and to put forward my best, I most definitely must be at my best. It's astounding how just the right body postures coordinated with simple breathing exercises brings to my mind such tranquility and to my body, the well-being it requires. I tried it and I believe that regardless of one's age and profession, everyone must too".



SKILL TRIP

By Nishi Jayswal, TGT- English

'Free the child's potential, and you will transform him into the world'

The concept of Annual Projects based on United Nations Sustainable Development Goals is leading students of MRIS to the path of global sustainability. Educational trips add a relevancy to their learning and strengthen them with the right knowledge and experience. These trips provide necessary skills to the students and help them work towards the cause more willingly and efficiently.

To combine knowledge with skills and enable students to get the right industry experience of a Garment Factory, a skill trip is the right choice. Students visited Shahi Exports to collect information related to garment manufacturing for their project- 'Decent Work and Economic Growth'.

The project in-charges- Ms Jyotsna Arora, Ms Priya Menon and Ms Nishi Jayswal visited the different departments of the factory wherein the different processes like material processing, garment designing, cutting, stitching, finishing and ironing were being done. The information collected was then shared with the students working with the project in the AP period.

Interactions Foster Lifelong Learning

By Nidhi Arora, TGT- English

Well constructed peer groups serve as an anchor for learning.

A host of co-operative learning techniques like QAXP, Think- pair-square, Think pair share etc are an integral part of session plans at MRIS-46. It aims at promoting direct interaction among students resulting in active learning. Students feel more comfortable and open while interacting with their peers. It typically results in inculcating team-building spirit, congenial relationship amongst the students, greater psychological well- being and enhanced learning outcomes to name a few. It definitely results in substantial gains for the participants academically as well as socially. Students engage in research work, brain storming exercises, model making, role plays with their peers on day-to-day basis in a multiage, multi- grade environment and try to make the most of such experiences.



'Survival of the Fittest'

By Geetanjali Kalia, Counsellor

"It is not the strongest species that survive, nor the most intelligent, but the ones most responsive to change."

Amidst the twenty_first century, it is essential to review the nature and aims of education constantly, both formal and informal, in the light of the unprecedented situation in which the human race is placed, and to give priority to education vesting students with life skills. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting education. To cope with the increasing pace and change of modern life, students need life skills. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

At Manay Rachna International School, we believe that just like providing healthy food, clean water, good education and health care to children is a must and a right, teaching them how to read books passionately, living by values, think logically, and know what's right, and have a compassionate heart are also the skills that they need to live with. Each day, tireless efforts are put in to inculcate a strong global foothold in our pupils by fostering autonomy, creativity, decision making skills, problem solving skills, learning to cope with stress and emotions positively, that prepares them to step out of the campus precincts with confidence in themselves and well equipped with skills for the life ahead.

The school counseling programs at MRIS are steered regularly, integrating the entire school team to teach children to be responsible along with seeking academic excellence. A grown-up person is not only by how smart he or she is, it is also by how cooperative and responsible they are. The resulting measurable success can be documented in the empowered identity of each student, capable of ascertaining and choosing a trajectory that ensures bright future options as well as empowering them successful contributors to the society, making international cooperation easier.

During various in-house student workshops conducted regularly, students acquire the attitude, knowledge, and skills that contribute to effective learning in school and across their life span, attain interpersonal skills that help them understand and respect self and others. They gain skills to investigate the world of work in relation to knowledge of self and to make informed career decisions, understand how to make decisions, set goals, and take appropriate action to achieve desired goals, understanding safety and survival skills along the way. The execution lies in individual and group counseling, large and small group guidance, consultations happening intensively on campus.

A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... but the world may be different because I was important in the life of a child.

Balancing the Intellectual and Physical Facet

By Anu Tyal, PRT

It is aptly said by Jon David Gruden, an American Football Coach:

"I got a lot of the greatest values in life from playing sports, from playing football teamwork, sportsmanship, my work ethic, resiliency, dedication - I got it all by being on a team."

Gone are the days when more importance was given to the exam grades and very less to extra-curricular activities or skill development.

These days, schools are equally focusing on extra-curricular activities and sports apart from academics to make students an all-rounder. In the absence of a balanced approach towards education, a child will only have a lopsided perspective. He will not be able to appreciate the other finer aspects of life, as sport has its own benefits.

Manav Rachna International School provides an unparalleled sports experience which offers its students an opportunity to enhance their sporting skills. Participation in Sports helps children not only develop physical skills but also make new friends, have fun, learn to be a team player, learn about play fair, improve self-esteem and much more. The 'list of values' a child may learn and acquire through sports does not end here. Other positive aspects are numerous, which reveals the true beauty of sport.

Combining sports in education can help students to develop a self-motivating spirit to do things on their own and having ownership of these. Being actively involved in sports help them relax from their daily routine of learning course syllabus and lessen the exam stress as well. Educating students in sports increases the power of reasoning and develops mental growth through constant focus on the current set of activities.

Students should give equal importance to both education and sports, and maintain a proper balance to excel in both the worlds. Added to this, it is now obvious that the education qualification will serve as a supporting pillar in the long run and will help in maintaining a good lifestyle beside continuing sports.



Adventure is worthwhile

"Children are a priority, change is a reality and Collaboration is the strategy"

For children, the best day of their life is the time spent with their friends. To provide the students one such memorable experience, an Overnight Camp Program called "Mirage Case- RE-BOOT" (Restart for better objective and output for tomorrow) was organized by Asia's Largest Adventure Program ROCKSPORT in the school premises for classes VI-XI, and an Adventure Camp for Grade Toddlers-V recently. This specially designed program challenged the participants physically, emotionally and intellectually through age appropriate in-house and outdoor activities. These outstanding in-School programs not only helped the students in doodling their dreams but also accelerated the collaborative learning skills of the students.

The camps offered a plethora of activities: Zorbing, Commando crawl with Gorilla, Survival shelter Making, Mowgli Walk, Laser Beam, Treasure Hunt etc. These activities enhanced their confidence and self-esteem as students overcame their fears in a protected environment. It gave a boost to their emotional quotient as they became more self-aware and sensitive to their surroundings. At night, the whole arena of Manav Rachna International School, Ludhiana reverberated with the fervor and zeal of the students' dancing, chattering and singing.

The camp was supervised by school teachers and instructors of the camp, and all students were awarded a certificate of participation after the completion of program. The camp was a great success and the kids took home fond memories of the camp.

"The camp, the Music, the learning, the fun and frolic, the cold breeze, the fire to resist...... Let's explore, dream and discover".

Students change Students

By Era Goel, Grade X

The strength of any learner lies in collaboration of learners, not in the knowledge of one expert. Collaboration allows us to





know more than that we are capable of knowing ourselves. Peer education is not simply creating a mess in class but also discovering ideas and facts through heated discussions and uninvited Challenge.

It is not just about putting children with different mindsets and grades together but the ignited and curious minds to know more, gain knowledge, be adaptive to different ways of learning that never existed until everyone entered the room and sat together.

MRIS strongly believe in peer education and makes it to be an important part of curriculum. Besides everyday sports period, class discussions debates and competitions play an important role in shaping young minds because we out of many know- that.

Secret of school life ...

Here we not just read and write about the Parliament but live it by forming one.







In the past decade, the realm of education has witnessed a paradigm shift from theory-based conventional learning involving teaching aids facilitated by teachers to practical-approach based hands-on learning, in simulated situations involving skill-centred teaching aids in a collaborative learning space. It has become imperative for schools as educational institutions to provide their students additional skills and values to enable them to succeed in the global society.

We at MRIS Charmwood understand this requirement for students to be equipped with and excel in the new age skills of critical thinking, problem-solving, decision making, effective communication and to nurture such wholesome leaders we have taken learning beyond the four walls of a classroom.

Diversified yet goal-oriented learning experiences during educational and exploratory trips benefit both the students and the community. With structured preparation and student reflection, these 'service learning or educational trips' present an opportunity for students to develop civic engagement, organizational and sound interpersonal skills.

Team building, crisis management, empathy, community outreach and innovativeness are traits students acquire and explore in such outings with friends, teachers and trained guides.

They participate in various pre-designed learning outcome-based activities, make observations and deductions and hence learn more while having fun, while sharpening their visualization and transactional skills, time management, adaptability and innovativeness.

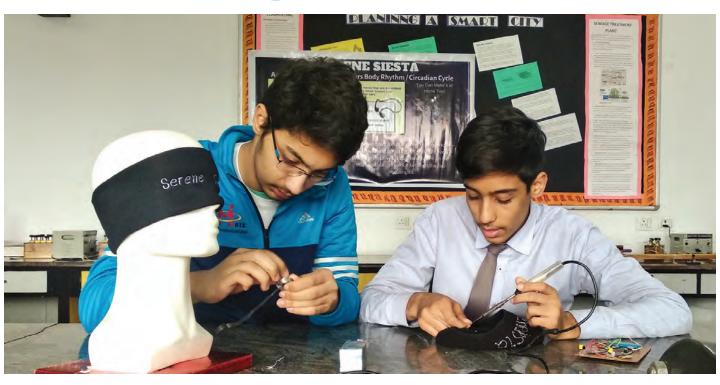
In the view of providing holistic development of students, a detailed exposure to national and international cultures and career options and introduction to 21st century skills have become very important. Travelling abroad helps them to exchange ideas, promote tolerance and empathy and inculcates discipline and empowers them to hone their networking skills. It also enhances perspectives of the world around us.

MRIS Charmwood provides an open exposure to the outside world through these trips. Along with the exploration part of travel, they also become active participant in planning and execution of the program, thus being future ready.

Travel is rich with learning opportunities and the ultimate souvenir is a broader perspective! Happy leaning everyone.

By Jyoti Singla, PGT Physics

Learning never ends...





By Vasudha Dixit, Primary Wing teacher

Coming together is a beginning, staying together is progress, and working together is success." - Henry

It has been rightly said that no person is an island. We need each other at every step of our lives -- to share and to grow. The same thought applies to education as well and this is where peer learning gains a lot of importance.

As teachers, we see peer learning working as a wonderful classroom strategy. It starts from ages as early as two and goes on till higher grades. In fact, in Early Years classrooms, peer learning is a natural occurrence... something that is inevitable.

A visit to a Toddler classroom is a delightful opportunity to see how wonderfully the little ones learn from each other. At the learning centers, you can observe students teaching each other how to place blocks on top of the other, how to prepare that perfect cup of tea, how to hold the paint brush with the correct grip, how to roll the perfect ball out of play dough and how to speak to each other.

In a Nursery classroom, the children love teaching letters and numbers to each other and of course correcting each other's phonic sounds. This is when they start reading three-letter words together... around their classrooms and on the hopscotch outside.

As the children move up to KG, peer learning advances to helping each other in speaking, reading sentences, completing class work, art work and even in outdoor activities.

Thus, encouraging peer learning in children at an early age lays the foundation of developing confident, organized, socially active adults who are sensitive towards the needs of others as well. Peer learning ensures that children start developing leadership skills, indulge in self-reflection and discover new aspects of their personalities.

It also gives us adults a wonderful insight into how keen children are to help each other and to learn in the process - something that we could take a few notes from. The biggest lesson that they give us is that we should be open to taking suggestions and ideas from our colleagues as well. Because the fact of the matter is learning is a neverending process for students and for the teaching community as well.





How dance changed my life...

By Bria Poddar, Grade 6 Discoverers

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united".

My school MRIS Charmwood always emphasizes on the importance of health and fitness. When I was in Grade II, my mother enrolled me in classical dance, as she wanted me to be involved in some physical activity that would also bring peace of mind.

And this is how I started my journey of learning Bharatnatyam from my Guru. Although the path was not easy - different feet movement, mudras, talas were hard to learn and I felt like quitting, but my mother's zeal to make me learn the art kept me going.

When I was in Grade IV, I got an opportunity to showcase my talent. My school organized a "Talent search competition" and I participated. I secured first position for two consecutive years. My teachers motivated me a lot and I even got a certificate that proclaimed that I had the 'Best Dancing feet' in my class.

So slowly dance became my mode of expression. I realized that it also started giving me a sense of peace. I felt dance gave me that space to explore myself and my thoughts. What was even better that it also worked as a brilliant exercise.

My dance teacher made me a disciplined dancer with rigorous practice. According to him, dance, like any other school subject, requires the attention of mind and body.

Recently, I got the opportunity to present a solo dance in school on the occasion of Teacher's Day. It was a wonderful experience as I performed a dance that I had choreographed myself.

Now I feel every movement, every mudra speaks to me. Dance is not a hobby for me anymore. I feel connected with it. It brings excitement and gives me confidence to perform better every time.

Blending sports and academics in a better way

By Sanjana Sood (Shotgun Skeet Shooter), Grade XI Mendel

'Strength lies in differences, not in similarities'

Sports and academics are often judged as opposites, and not a part of a balanced equation. As is known, opposites do attract. Here, the reason of attraction becomes the common outcome; development and enhancement of one's qualities and bringing out one's talents with hard work in both fields.

Sports and academics are complimentary to each other. Being a Shotgun Skeet Shooter, I have experienced the dependent relation of both in grooming my personality. I have witnessed many qualities like confidence; patience; focus; motivation; etc. improve in me with my involvement in sports.

Academics is about understanding and learning to apply concepts and sport becomes an arena of its practical application. In a sports field we can learn how to practically tackle problems and come out of failure. This helps in improving our skill of motivation and seeing things from various angles. And different angles do change perspectives.

While excelling in one, it is assumed that the other deteriorates

The hardest part was blending the two which involves finding balance and managing time. Academics are considered a general priority by everyone. For adding more things to our daily drill, we may need to reduce our time for others. This was a major problem for me as I started my sport when I was in Grade 10. I tried hard in searching for balance and my family and school helped me in doing so. I had to reduce time I gave to my academics but surprisingly my result did not deteriorate, it improved. This improvement was because of my newly enhanced qualities like focus which helped me study faster and effectively. My outcome in sports was also marvelous. It is true, 'In reaching for balance, we find alignment'.

Uniqueness is defined by differences

The secret ingredient in striking this balance is the willingness to do it happily. I am happy to do something other than studies in my routine as it makes me happy and relaxed. Doing multiple things is great as it doesn't let you get bored. Breaking the monotony of the regular days by doing something different and uncommon introduces new experiences.





Sport: Food for My Soul

By **Sanya Sharma** (National-level shooter) Grade X Archimedes

Every Every home has a budding sportsperson. It depends whether you choose it as a career or a hobby. Sport is a world where everyone can enjoy. Initially, we will face failure and tough competition. However, success will always be at your feet if your work hard enough.

To be the best sportsperson, you have to be physically and mentally healthy. I have seen many people who are physically fit but mentally disturbed, which reflects in their game.

For every sportsperson, a balanced diet and regular exercise or yoga are a must. Exercising increases stamina which is required for the game but one should do it according to the metabolism of one's body.

Every second matters in sports. You need to have proper coordination with the mind and should be alert. Bring mindfulness to practice by meditating and self-analysis.

I strongly believe in the practice of 'visualization'-which means to imagine yourself at an upcoming competition and think of how you will try to win. Do it regularly and when you are actually present in the moment, things will be easy for you as your mind will already be trained to tackle the situation.

Moving on, a sportsperson must learn how to adapt to every situation irrespective of the result. Nothing is stagnant, keep moving. Learn from mistakes because success is the reflection of failure.

Always be honest with your game. I am learning all this through the world of shooting. Whatever I have achieved till now is by following the same. If you have the passion towards your game and hunger to win, congratulations you have become unstoppable and are now bound to succeed.



Life skills are values that must be taught



By Nupur Kumar, Grade 8 Nagarjuna

Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. In everyday life, the development of life skills helps students to find new ways of thinking, recognize the impact of their actions and teaches them to take responsibility for what they do and builds confidence, both in spoken skills and for group collaboration and cooperation.

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting education, the workplace and our home life.

You may excel at your core competency, but having soft skills will help you go a long way in having a well-rounded career.

To be independent in the future, one must understand the need to learn life skills. For example, one of the skills is decision making. These skills include critical thinking and problem solving ability. This helps in the making an informed decision which is free from influence and is reached after carefully studying the issue.

Let's take the example of Father of the nation Mahatma Gandhi. He had great respect towards the morals and ethics of the country. During the various protests taken out by him, he was never armed. Even then he succeeded in sending the British back to their country. This is because he had great communication skills which made his voice reach millions of Indians.

Thus, the greatest legacy one can pass on to one's child and grandchild is not money or any other material things, rather a legacy of character and faith. Life Skills are the values which should be taught to a child. Like Mahatma Gandhi rightly said: "Your destiny is determined by your values".

Learning about our Traditions at Rishikesh

By **Divyansh Mishra**, Grade 5 Rabindranath Tagore

Rishikesh is one of the most popular religious towns in India. It is located in the Himalayan foothills besides the holy river Ganga. The Ganga's banks make this place sacred and also the holy gods and goddesses, ancient temples, saints and monks, the aroma of dhoop and agarbattis fill up the heart with devotion at Rishikesh.

This summer, I, along with my sister Inu and parents visited Rishikesh. We were mesmerized by the joy, peace and happiness of the place.

There were many hotels at Rishikesh, which cater to all budgets. We visited numerous popular spots like Ram Jhoola, Laxman Jhoola, Laxman Temple and Shri Neelkanth Mahadeva Temple, among others.

The local markets mainly sell winter and khadi clothing, precious stones, rosary beads, jewellery, etc. Empty water bottles are abundantly available for tourists to fill water from the Ganga. Food at Rishikesh gets a good rating from us. We had our lunch at the Chotiwala Restaurant, which is quite famous there.

Our visit to Rishikesh was a memorable one as not only did we get to see beautiful temples, dip our hands in India's holiest river, but we also re-familiarized ourselves with our country's mythology, Gods, Goddesses, cultures and traditions.



A Goal-oriented Shot for the Nation

Anish Bhanwala, student of MRIS Charmwood bagged Individual and Team Gold in 25m Rapid Fire Pistol Men Finals at 13th South Asian Games 2019. India is leading the medal tally at the 13th edition of South Asian Games (SAG) with 178 medals, which includes 89 Gold, 62 Silver and 27 Bronze medals.

Annual Performing Arts Fiesta- Ullas 2019

Manav Rachna International School, Charmwood organized ULLAS-2019, the Inter-School Folk Dance, Music and Street Play Competition. This annual event endeavors to give a platform to the students to show case their hidden talent.

Mr. Padamjeet Sehrawat, a former Ranji Trophy player, an anchor, singer, composer and sports commentator was the Chief Guest for the day. Ms. Nisha Bhalla, Executive Director, MRIS-Charmwood and 21-C, and Ms. Sanyogita Sharma, Director, Manav Rachna International Schools graced the occasion and inaugurated the competition.

Rajasthani folk songs and dance were presented by the talented students of the school to set the tone for the event.

The dance competition was divided into three categories: Grade KG-II; Grade III-V, Grade VI-VIII and Category (Solo) IX-XII. The ebullient dancers set the floor on fire with their colorful attire and graceful rhythmic performances. The students exhibited various folk dance forms of Rajasthan, Assam, Bengal, etc. and enthralled everyone with their performances.

Singing competition was divided into two categories: Grade V-VIII (Group) and Grade IX-XII (Solo). They also sang melodious folk songs and entertained the audience. Street Play was conducted in one category: Grade VI-XII. The participants of Street Play made the audience aware about various aspects of global warming and the dire need to save our planet.

Ms. Sanyogita Sharma appreciated the efforts put in by the participants as well as by the host school.



Manav Rachna International School, Charmwood has created the Guinness World Record titled- 'Largest Immunity Awareness Lesson'. The record was an Official attempt in association with Dabur. Mr. Swapnil from Guinness World Records officially announced the beginning to set the record! 551 Students participated in the engaging 30-minute session on Immune India Movement by Dr. Parmeshwar Kumar, Senior Consultant with Sir Ganga Ram Hospital. Mr. Prashant Agarwal, BDM from Dabur, and team from Guinness World Records was also present during the attempt.

The students were observed on their focus, engagement, and responses. After extensive evaluation and observation, Manav Rachna International School, Charmwood made the glorious Guinness World Record. The entire campus was high on energy and the joy spread as Mr. Swapnil made the announcement.

Ms. Sanyogita Sharma, Director-MRIS expressed her joy by saying, "This is a great attempt which our students have made. We express our heartfelt gratitude to Dabur for giving us this great opportunity. This has given us a chance to showcase our strength as a team and work together towards our aim. I congratulate everyone for this achievement".

With this achievement, MRIS-Charmwood proves the resilience, strength and focus to aim greater heights!





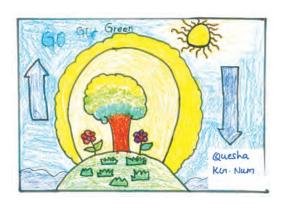




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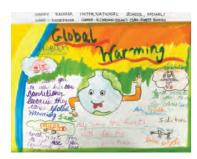








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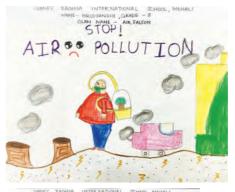














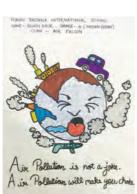














"Skills are what we can take wherever we go in life, no matter what we do".



To those shots and shocks!

By Kanika Nikhani,

Academic Coordinator, EY

The experiential teaching strategies are always deployed during the Life Skills sessions to make the learning experience all the more pragmatic. As a precursor to teaching about flowing electricity to the children of Early Years, it was imperative that they got introduced to the concept of Static electricity wherein examples were shared with them like getting a mini shock when getting up from a plastic chair or touching a door knob and the little ones instantly related to them! They came up with so many instances where that had experienced these 'shocks' but could not fathom why. They finally found the answer on their own through the Socratic discussions.

This was followed by a series of experiments using balloons, which is one of the easiest ways to demonstrate static electricity. The best part was seeing experiential learning in action as the little ones tried their hands on all these experiments and were thrilled to imbibe this concept.

The UNSDGs were also integrated with the Life Skills sessions to incorporate Goal 6: Clean Water and Sanitation. The children were sensitized about the increasing scarcity of potable water and were encouraged to be the 'Water Warriors' of this planet to ensure sustainability.

Let's Play Safe: Skills for Safety

By Sonia Walia (PRT)

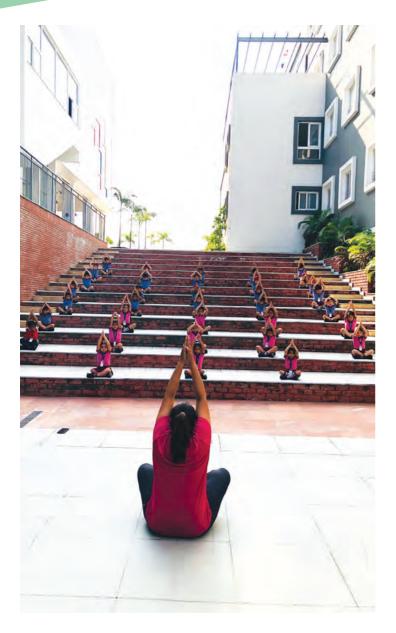
and Kritika Khanna (PRT)

"Soft skills play an important role in a student's overall performance and development during her/his school and college life. This includes common sense, the ability to deal with people and a positive flexible attitude".

At MRIS, our students work under the four core values of Social Skills, namely Effort, Respect, Integrity and Ethics. The second theme of the session "Keeping Safe" equipped the students to demonstrate response-ability, awareness and pro-social

skills. As an extension of this theme, selfdefense workshop was conducted, a letter was written to the local traffic police authority and a thorough session on awareness about Road Signs was delivered by the senior students to the rest of the classes. Through these fun and practical activities, children gained a deeper understanding and respect for the safety precautions. As children participated in the safety activities, they learned how to identify problems and communicate their ideas and feelings about potentially dangerous situations under the sub theme personal safety which emphasized on awareness about stranger danger, good touch and bad touch. As they physically acted out the role of a safety helper or worked through a safety procedure (such as stop, drop, and roll), they learned how to use their bodies and minds in emergencies. Of course, just talking about safety also helped children deal with fears and emotions related to this important topic. While introducing and engaging children in the safety activities, a plenty of time was given to them to share their thoughts and feelings about all the ideas that the activities inspired.





Enriching with a Fitness Program

By Seema & Shikha

To ensure the mental and physical well-being of the students, MRIS Mohali has adopted the best health practices in the school. Health and well-being has been incorporated in the curriculum as a regular session wherein the students are involved in fitness, stretching and strengthening exercises. These sessions are differently held other than the sports activities and games in the school. Principal MRIS- Mohali Ms. Taruna Vashisht stated that "Fitness is a must to keep the mind alert, fresh and active for the whole day's tasks". Considering it necessary, we will continue to inculcate healthy habits in our students and ensure our students follow a healthy lifestyle." The present day lifestyle not left us with much choice related to following a health regiment. We only have to take care of the multiple tasks and targets to be accomplished in a limited time period and our lives have become hectic. This has led to following unhealthy lifestyle and practices. Therefore, at Manav Rachna International School, Mohali, we lay special emphasis on keeping our children physically and mentally fit and healthy. Our fitness sessions are a combination of fitness and physical training, along with meditation, yoga and pranayama to provide an enriching fitness program at school.

Fostering Fitness at Grassroots level

By Kanika Nikhanj, Academic Coordinator, EY

Everywhere we go, a lot of buzz is heard about physical well-being, but a healthy body doesn't necessarily equate to a healthy mind. The two need to be developed in tandem to promote this generation, which is the future of our country, future of mankind.

Manav Rachna aptly plays the role of a Holistic Health Coach in the lives of its students by promoting mental well-being along with physical fitness. Under the guidance of Ms. Seema, Sports In-charge, the children are being fine tuned to perform Yoga and deep breathing as a part of their daily Circle Time activity. This has lead to an elevated attention span amongst most of the students and has helped them to stay more focused. They have been set into this wonderful routine which they replicate at home with their family.

The little ones have also started their Zumba sessions that promote agility in a joyous manner, quintessential to being happy and fit at the same time. The belief prevails that creating a healthy mindset along with a healthy body is the crucial investment to ensure a bright future of these precious little ones and thus, the mankind.



BROADENING THE MINDS, LENGTHENING THE CONVOS!!

Knowledge flows and a learner needs to grasp it at places and from people. Trips are an indispensable part of the learning at various stages... where edu-trips for students become necessary.

Dimension of Trips We Didn't Know About!

By Ms. **Kanika Nikhan**j, Academic Coordinator, EY

We know that we are on the way to wander and gain!

Skill Trips or as we call them Edu-trips at Manav Rachna, are the quintessential way of introducing pragmatism in the Educational framework.

As part of the ongoing themes, the kindergarteners are taught about various concepts integrated with the seven learning domains. To turn factual information into experiential learning, Edu-trips are planned in tandem with the ongoing themes.

The little ones learning about the yesteryear modes of communication were taken to the Post Office to experience what they have learnt and learn basic communication, and posting skills. Briefed by the Postal Staff about the journey of a postcard, and colour codes at post office, the children also stamped the postcards for a hands-on experience. Children posted the cards they had lovingly wrote and decorated for their parents. The Parents eagerly waited to receive their very first post cards sent by their little ones and shared pictures of those precious moments.

The essence of such trips can be measured in the way children interact with each other and share their experience.





A trip to a World Platform!!

By Radhika Gupta, Senior Stem Educator

More than just a physical trip, a skill trip can be best defined as the mental, emotional, intellectual journey where a child gains skills during the entire course. Participation in World Robot Olympiad, 2019 was one platform which took students on a Skill Trip of 21st century skills.

Solving robotic challenges encourages innovation and develops creativity and problem solving skills amongst the students. Since Robotics crosses multiple curricular subjects, the budding students must learn and apply their knowledge of Science, Technology, Engineering, Mathematics, and Computer programming.

Team Tech Falcons of MRIS Mohali participated in the WRO, 2019 under the 'WeDo' regular category. Under the guidance of their coach, Ms. Radhika Gupta who guided them along the way, the participants worked together as a team towards a goal of building and programming a driverless school bus, a robot by using WeDo 2.0 Lego kit that can pick up children from their houses and transport them to school. The students showcased their Robot with great enthusiasm and felt immensely proud of their creation.

This opportunity gave them a great exposure to learn new techniques and strategies for the upcoming challenges.

Learning across the Walls

By Ms. Kanika Nikhanj, Academic Coordinator, EY

Peer learning is de rigueur in today's educational scenario and needs to be aligned with the mainstream educational framework. It is a sound practice where students interact with their peers to attain co-curricular or educational goals. At Manav Rachna International School, we incorporate this form of 'Cooperative Learning' in every domain. The little ones start leading each other from the grassroots level to ensure there is learning for everyone, by everyone, both inside and outside their learning space. This ensures self-organization which isn't usually evident in the conventional form of teaching and learning.

"A positive difference in the attitude of the children is witnessed as they develop a collaborative spirit in their peer group and take initiatives to explain their ideas and learning outcomes to their friends and juniors. The children feel more comfortable and open when interacting with their peers, allowing space for greater understanding and uninhibited discussion".

Taking this pedagogy a notch higher, the concept of 'Peer Editing' was introduced alongside. The children deploy the 'side by side' rule to ensure they sit at a comfortable spot (on the mat, on their seats) close enough to monitor each other's oral or written task. The cooperation and enthusiasm to read and write is laudable and effortless, benefiting both the children and their in-charge alike!



TRANSFORMATIVE NATURE OF PEER LEARNING

Gripping his pen, a student notes down the questions from the neighbor's notebook; another one discusses the conversions of meters, millimeters, and liters; they study together during exams to learn better, understand better and perform better; and motivating each other in their little ways to reach that top...

'That kind of peer learning, that peer teaching, that peer evaluation, and then administration of sight' becomes necessary to enhance individualized learning among students at all levels.

Manifestation of Social Constructivism

By Navpreet Brar (PRT)

As John Dewey wrote, "Education is not an affair of 'telling' and being told, but an active constructive process."

In lieu of the above mentioned concept, we at Manav Rachna International School, Mohali pay utmost importance to peer learning and apply it in the mainstream educational framework. Here, students are given opportunities for Peer learning through Soft Skill sessions, Annual Project sessions, Academic Workshops and through experiential learning in classroom activities during their subject sessions. Children interact with their peers to cooperate, learn, coordinate, share, interact and explore. Peer learning is very important as it teaches 'social constructivism' to students where they learn to teach their fellow mates by clarifying, elaborating and re-conceptualizing the concepts. This technique helps students to analyze and critique. It helps in building connect among students as the knowledge that we can access by virtue of our connections is as valuable as the information carried inside our minds.



1000+ participants at MRIS Sports Saga Season-1

Manav Rachna International School, Mohali organized MRIS Sports Saga Season-1: the four-day Corporate Festival wherein league matches were played between teams. The festival acted as a ground for popular indoor and outdoor sports including Cricket, Lawn Tennis, Table Tennis, Badminton, Soccer, Shooting, Basketball, Chess and Carom. MRIS Sports Saga was the biggest Coporate Sports Fest in tri-city having the maximum number of sports.







Tricity's Exclusive Super Kids Carnival

Over 1000 students had fun at the exclusive tri-city's Super Kids Carnival organized by Manav Rachna International School, Mohali.

Activities Galore at the Carnival: Hot Air Balloon, Hand in Sand, Artvocation, Little Scientist, Stagecraft, Sports Arena, Adventure Zone, Zorbing, Big Glove Boxing, Science Fun, Robotics Antics, Fun Zone, Kids Zone, Talent Quest - Singing, Dancing, Acting, Art; and Food Court.



Skills for Life



By Tripti Sharma
Early years of child's life are the most important and valuable years for development of brain and to inculcate different life skills in them.
Early brain and life

skill development has a lasting impact on child's ability to learn which will lead to success in school and in life. Children are very keen about their surroundings.

They imitate whatever mind conceives as action. This development of mind is best when our little ones are involved in playful activities. At MRIS, I can clearly see children growing naturally and developing holistically when they involve themselves into various hands on activities. This process involves learning and mastering skills like sitting, walking, talking, skipping, tying shoes, folding, winding up stuff, organizing toys, hanging clothes using pegs and so on.

I have personally observed that these small tasks help in developing attention span, listening skills, early reading and writing skills, problem solving skills and creativity in little ones.

The concept of experiential learning was first explored by John Dewey and Jean Piaget, among others. In school we have closely adopted this experiential learning in Early Years where skills, knowledge, and experience are acquired outside of the traditional academic classroom setting, and include field trips, experiments, learning centre activities & theme based projects.

Learning centres are designed to engage students' emotions as well as enhancing their knowledge and skills. It helps in navigating their emotions and feelings. The children learn how to react and respond in social situations while working on learning centres which in turn helps in building their self-esteem and confidence whether it is about new vocabulary usage or developing a curiosity for the world.

The brilliance of small students at MRIS is true reward of our endeavour. Overall development of children is our ultimate motto and our students learn not to fear mistakes, but to value them. MRIS is committed to produce such real stars with their natural lustre and to give its contribution to make the world a better place to live in.

Students of MRIS Enrich their Cultural Knowledge through a Trip to the US

Boundaries exist only on maps now; we are a part of global phenomenon which is rich in culture and replete with opportunities. In order to learn about different cultures and explore various opportunities, students of MRIS 46, 51 and Ludhiana visited the US, the land of liberty, as part of the US East Coast Career Exploratory Programme. During this period of 10 days, the students explored the states of Orlando, Washington D.C., New York and Boston.

The first stop of these 10 days of learning was at the Kennedy Space Centre in Orlando. Through a guided Space Centre bus tour, students got an access to historic launch sites and could see various working space flight facilities at NASA. Interaction with the veteran astronaut Ms. Anna Lee Fischer gave the students a greater insight into the life of an astronaut.

Thereafter, in the following two days they visited the Universal Studios and the Sea World. While having fun at the amusement and theme parks, students' attention was drawn to various career possibilities available at a theme/amusement park.

Moving to Washington D.C. students were impressed by the rich historical significance of the city and they also appreciated its architectural beauty. They visited the Smithsonian Natural History Museum and gained a better understanding of human evolution through archeological traces and historical evidences present there. A guided city tour enlightened them further about the Whitehouse, Capitol Hill, Lincoln Memorial and other historical buildings and sites.

The majestic Manhattan skyline welcomed the students to New York. A ferry ride took them closer to the Statue of Liberty and its history. The imposing structure left all mesmerized. At the Wall Street, students were taken on a guided tour by former investment bankers. The tour ended with the students putting up a simulation of the Wall Street trading market. Students also attended an interactive theatre workshop conducted by theatre professionals at Broadway. Visit to the Times Square brought the students face to face with 'the city that never sleeps'. The visit to UN headquarters provided the students with an opportunity to understand international political affairs

The last stop in the trip was at the 'bean town' Boston. Students here got the opportunity to visit one of the oldest institutions of higher learning in the US, Harvard. The university tour provided historical and general information about the university and apprised the students about the admission process. This was followed by students exploring the Berklee College of Music which led to an expansion of their understanding of studying music as a career option. The career exploratory programme came to an end with a visit to the MIT that focuses primarily on STEM. Students actively participated in a handson robotics workshop at MIT Museum and were briefed about the admission path.

As the trip concluded, students returned to their homes richer in experience and exposure. The US jaunt helped them view various career options and processes (aerospace engineer, financial trader, archaeologist, political affairs officer, robotics engineer, theatre artist) from close quarters. They bonded with new friends, formed memories of a lifetime and now have a greater understanding of the direction to chase their dreams.



Health- The Greatest Wealth



By **Kritika Arora**, Grade 8 Bose

"A healthy mind resides in a healthy body"- we have been hearing this since ages. I believe that people who have a healthy body usually also

have a healthy mind, but a healthy body is not necessarily for a healthy mind.

Exercising not only helps to be fit but also helps to improve concentration and be successful at what we do. Our mind becomes fresh like a child's brain to adapt anything new and excel in it. It also gives rise to new thoughts. Sports develop good qualities in a person such as leadership and collaborative skills. The sportsman spirit helps us to outshine in what we have passion for.

It's easy to exercise for a day, but one must endeavour to keep exercising for developing a healthy body. Maintaining a healthy body is a tough task and requires good discipline. "All progress takes place outside the comfort zone."

Healthy people can attract happiness and therefore a healthy mind and soul resides in them whereas an unhealthy person spends time being concerned with the health issues. These concerns build up a barrier disconnecting them from the open-air contentment.

More concentration on work and less on health becomes a spark for our own hazard. We don't realize it now but will be experiencing it in future. "Those who think they have no time for exercise will sooner or later have to find time for illness."

Taking a real-life example, in today's world, businessmen and other employees in IT companies spend all 24 hours on phone and laptops. This is leading to lack of sleep, severe headaches, eye-related problems, fatigue etc. They are leading an unhealthy lifestyle. In this world of automation, these people are the sufferers of diseases. They don't understand that gaining wealth is beneficial if it is spent to spread happiness and not to pay the bills at hospitals. While the labourers are happier as they work to gain wealth which could bring them and their families a moment of gladness. At the end of the day, fame and wealthy will not be happy if they don't have a healthy body. We should get away from chair and the computer some time everyday to exercise. It might not make us better people but it'll make us lead longer and happier life. "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

"All work and no play, makes Jack a dull boy" is the moral to be learnt in life.



My Participation in World Robotic Olympiad- 2019

By Amarnath Sahu, Grade 4 Antarctic



One day, I and my friends were doing our Makershala, when I was informed of getting the opportunity to participate in WRO.

My partners were

Anvika & Shambhavi. We practiced 10 days in a row in the zero period. Sometimes there were stay backs too. Our competition was being held at Kunskapsskolan International School, Gurgaon. We had gone for two days, on 7th & 8Th Sep 2019. First day, it was for the practice rounds and the second day was our Finale....

In the practice rounds, we had a solid score, but during our finale, our timing was 1 min 6 secs. We thought it was a nice score, but eventually, the other teams were faster than us. During the results, we were getting hopeless, but our team mentors (Devi Mam & Shilpi Mam) were still encouraging us.

We secured 5th position among 98 Teams. It is indeed a very big achievement for me and my Team. I learnt that participation is more important than winning. I thank MRIS, sector 51 for giving me such an opportunity to participate.

It was truly an enriching experience for me.

I hope next time our school wins!



Healthy Mind, Healthy Body



Simi Bawa, mother of Harnoor Bhadana, KG student

In order to attain healthy lifestyle, we always keep on focusing on our bodies but what we do not think

is that our body will react according to our mind. Nowadays, people are going to going to gyms not for the calm and satisfaction but to look good, that's a trend now but we need to understand that before training our body, we should train our mind. Yes! If you cannot have a healthy mind then no matter what you do for your body, you will remain sick. In fact, it's scientifically proven that mental sanity is way more important than physical sanity.

Furthermore, now people are busy in the hustle and bustle of their lives because they go to work early and come late at night and in this schedule, they almost forget to take care of themselves and this is causing various mental and health issues. So, in order to achieve healthy life, they should try mental exercises like enjoying time with their family and kids because this will bring satisfaction to their life, they can also try meditation as this helps the people to stay calm and happy. In addition, if you have a sane mind then you can lead your health towards the path of sanity because HEALTHY MIND AND HEALTHY BODY GOES PARALLEL IN LIFE.

Annual Projects: An experience unlimited



By **Navneet Kaur**, Teacher

We believe that the way you raise your children determines your own

future. Manav Rachna International School provides an organized space for teaching and learning through various Annual Projects. These projects help to achieve the United Nations Sustainable Development Goals. To me as a teacher, teaching these projects is not just about implementing change in one class or the school, but rather in the whole community. Through Life on Land we are realizing the impact of pollution as well as single use plastic on our planet and our lives. Children enjoy doing various activities under these projects. Creating art

can also help them feel connected to environmental topics, even if the issues one is studying are happening far away from home. I feel it's a great way to help them imagine the world they want to live in. No Poverty, Zero Hunger project sensitizes the brains of our children to rethink how we grow, share and consume food. It strengthens their competence to think, analyze critically and assess sources, and train students to work in a cooperative environment.

Importance of Educational Trips

"Learning is the process whereby knowledge is created through the transformation of experience."

By Devangi Kashyap



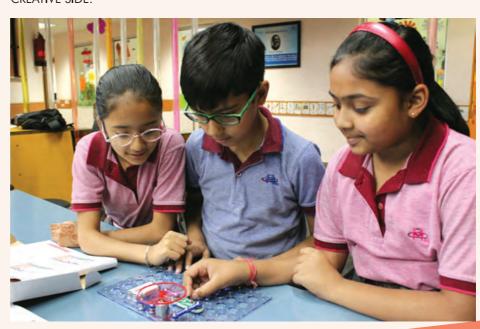
The need for students to excel in critical thinking, problem-solving, leadership, decision making, collaboration, and communication has taken learning out of

classroom walls.

Nowadays, the teachers concentrate on enhancing the child's basic sense, rather than polishing their bookish learning. They often think that on a diligent road, where the drivers of the vehicles are busy blowing their horns and not giving side to anyone, the child should know how to overcome that cacophony of noise and cross the road, rather than applying quantum physics or Newton's law of motion. In order to make learning easier and more fun, educational trips are organized to explore a child's CREATIVE SIDE.

Until a few years ago, school trips were monotonously related only to historical or environmental observations. The Teaching outside the Box' concept paved the path for service learning trips, where students can proactively experience cultural elements, learn community and society structures, and develop a deeper understanding of their interest fields and evolve themselves. Students also get the real-life experiences on educational trips to places like science museums, museums of history and arts, and places of research which helps them in exploring a different side of their subject and establishing a deeper connection with the studies. Educational trips are particularly advantageous as students get out of their comfort zone and expand their network of contacts and references. Students also acquire a better grip on local and global issues. They develop a more empathetic and respectful attitude towards other cultures and their own milieu as well.

Educational trips have become the need of the hour for educational institutes around the world to jump the bandwagon and help their students in getting practical exposure to the world.



How has fitness improved our mental and physical health!



By **Sahiba Taneja**, Grade 7 Aryabhata & Aayush Taneja Grade 5 Alfred Nobel



Health and fitness are imperative to our life. Students like us must know the importance of health and fitness. Health and fitness are closely related. Both are necessary to live a happy and healthy life. There's no alternative to

health, we have to eat healthy food timely, do physical exercise daily, and think positively.

When I was in Grade III and Aayush was in Grade I, we started taking lawn tennis classes. Earlier it was just for one hour, but gradually we increased the total training time. Now we go daily for more than three hours after school timings, plus on our holidays we go in the morning as well. It is our daily routine now and what tremendously it has changed our physique and also mental fitness.

We manage our studies also because fitness comes along with discipline. We are also lucky enough that we have got a chance to visit Tokyo for a special 35 sessions training by lawn tennis coach Mr. Shai Gigi. He is specialized in training 'the serve'. We also learnt how to play attacking in the matches, plus he took care of our physical fitness as well which is the most necessary part in lawn tennis. We are blessed that in spite of the busiest time in Tokyo, when every coach, every player was involved with Tokyo 2020 Olympic games preparation, we still got our training completed.



So we can say that physical fitness makes us presentable all around and keeps us happy all time. It reduces stress, improves sleep, boosts energy levels, increases selfesteem and makes us feel proud. Now a days when every other child is involved in playing games on mobiles or tabs, playing in the sun in winters as well as in summers, is the best way to improve our immunity. We often see every now and then, because of weak immunity, many children suffer illness with every changing season. But being involved in sports, one is in control of your own fitness. Physical fitness also comes with all the positive aspects of life. So we can say, for those who want to stay happy, stay fit and healthy.



I will let my racket do the talking



By **Sai Baisoya**, Grade 7 - Aryabhata

My My dream has always been to play professional tennis. I work exceptionally hard every single day. My

journey of being a tennis player has taught me so much about myself, such as my strengths, my weaknesses and also how hard I can push myself physically and mentally. Several setbacks and failures pushed me to the edge of quitting tennis many times; but I never quit, never gave up on my dream. To achieve my dream, I had to push my limits and develop incredible self-discipline. For sure one day, I will become a top ranking player.



"Great things never come from comfort zones"



By **Sarita Sirohi**, Badminton Coach

With a firm belief in the above said words, I came to this playground of education and was elated

to see smiling faces with a zest to learn more. However, with a focus to work on the fitness of students, which is really essential in today's gadget friendly world, I decided to develop their interest for physical activities. This is how I initiated my journey wherein, we started classes in the morning to build up their physical ability first. This was followed by a specialized training of students having an ability to perform in the field of 'Badminton'. We further tried to provide coaching in the evening for about a month to the ones who qualified to perform in the Inter Manav Rachna Badminton Championship to be held at MRIS 14. It was really heartening to see them perform with a lot of confidence at that platform. I wish and pray that my students should continue to develop their skills and achieve success in their future endeavours.

Technology with Skills



By **Saanvi Arora**, Grade 5 Alfred Nobel

Techno Skills gives opportunities to students to hone their creativity, imagination and innovation skills through

its project based learning curriculum. Techno means something connected with technology and skill means the ability to do something well. We participate in many hands-on activities; for instance, we made a snap circuit and checked the voltage of some vegetables. In addition it provides a platform to the students to demonstrate their tinkering skills. "It gives wings to a child's creativity and imagination."

'Teaching kids to count is fine, but teaching them what counts is best'



By Kritika Negi, Teacher

Leaving behind much of the learning through play of preschool and kindergarten, first grade can sometimes be a daunting transition for little

ones as they go through a significant transition to more extensive learning. Nevertheless, Happy Classrooms at MRIS-21C address the child's academic, social and emotional needs, thus raising happy kids

Learning through fun being our prime objective, students in grade one are supported and nurtured in a way where they get to realize their complete potential. Teachers share stories that not only teach lessons but start conversations and build the students' social-emotional skills.

Building reading skills is an essential part of a first grader's learning process as the child is constantly using this skill to learn other subjects. Language teachers in grade one like to stock up on fun tools to use for storytelling, guided reading, and conceptual learning. The School ensures that as first graders develop their reading comprehension, critical thinking is also encouraged when these little ones are given writing prompts that relatively take more thought than simple carpet discussions.

Students get hands-on with CREST lessons that often overlap with Numeracy and Language as it's a cross-curricular integration. The concepts delivered use real life examples as they are understood by students in a much better way. This teaches them that learning can happen anywhere and in any form. Some strategies and tools are particularly used by teachers to scaffold the learning process for struggling learners.

Techno skills sessions are full of knowledge and fun. Where soft skills suffice the emotional, social and spiritual needs of the children, Edu-trips are also organized as an extension to inculcating those essential life skills in students.

Learning to be a good human being instilled with right values is a huge part of being at MRIS-21C. Going by the saying, 'Many hands make light work', first graders are given ownership of their classroom and are taught responsibility by assigning jobs like - light/fan in charge, paper saver in charge, queue monitor, amongst others. Community Connect Initiatives, citizenship programmes and Annual Projects in correlation with

United Nations Sustainable Development Goals undertaken as part of the curriculum help establish a culture of kindness, humanity and gratitude.

Theme assemblies are organized to help develop core values, instil social discipline and build confidence in our young learners. As much as collaboration is an integral part of learning at Grade one level, so are the competitions. Various intra-class as well as inter-class competitions organized are helpful in enhancing learning and inspiring excellence. They help facilitate growth mind set in students and build mental toughness at a tender age.

Overall, we at MRIS-21C believe in helping achieve the cognitive, language and socioemotional milestones in our young learners of First Grade.

Educational Trips Skills for Life



By Muskaan Sharma, Teacher

Educational trips are integral part of the Manav Rachna curriculum. They form an important part of a student's life as they not

only reinforce the concepts learnt, but also are a learning experience in themselves. They enhance children's sense of selfconfidence, adventure as well as allow them to be open to new ideas and places. We, at MRIS21C Faridabad understand the importance of this and organize planned visits to various places to enrich the students' learning and to take learning beyond the four walls of the classroom. Travel expands horizons and school life cannot be complete without the fun of educational tours and excursions. These trips are tailor made to facilitate the students to know and understand the real, multicultural world. A host of activities are undertaken as a part of trips, which act as a catalyst to think out of the box and broaden the outlook.



Celebration of India's Rich Cultural Heritage at ULLAS -2019

Manav Rachna International School (MRIS) - Sector 21C, Faridabad organized 'ULLAS-2019' an Inter-School Classical Music and Dance competition in the campus. The festival saw participation from 40 schools of the Delhi, Noida Gurgaon & Faridabad. More than 250 students of Grade-I to Grade XII from different schools had participated in Classical Music and Dance Competition.

The programme started with the arrival of guest of honour Ram Mohan Maharaj ji, a kathak exponent born in Kalka Bindadin Gharana, and son of late Padmshree Shri Pt. Sabhu Maharaj who performed with Spic Macay.

Along with him, Director MRIS Schools Ms. Sanyogita Sharma, Seema Malhotra (Principal - MRIS 21 C) and eminent judges for dance Sh. Mukesh Gangani, Ms. Meetanjali Bageshwar, and judges for music Padmja Chakraborty and Mausami Kundu, lighted the ceremonial lamp amidst the chanting of Shubham Karoti Kalayanam.

The competition 'ULLAS-2019' was organized on the theme of unity and celebrating the potpourri of Indian dance and music heritage. Mrs. Sanyogita Sharma, Director MRIS, while welcoming the children



and guests said "Cultural activities are a must for students to appreciate the rich Indian culture and to create bonding with the nation. With so many schools participating in the competition, we hope to leave behind a lasting impact on the minds of the young students about the spirit of unity in diversity".

Mrs. Seema Malhotra in her address quoted, "It is amazing to see the enthusiasm of students while exhibiting their talent in such competitions. This helps them to overcome stage fear and gain confidence to make their performance further refined".

Be a Learner First, A Master Second, and A Student Always

'Tell me and I forget. Teach me and I remember. Involve me and I learn.'

- Benjamin Franklin

Learning is essential to our existence and growth. Learning is not limited to formal education in class. In our school apart from academic education, we learn a lot through activities jointly performed by teachers and students. An example of such an activity from the recent past is 'Save Environment Awareness Campaign'. In such activities, we learn a lot from our mistakes.

Discussion among peer groups helps to clarify things much more because we cannot explain things to others unless we have understood it well enough. Learning through real-life lessons is an incredible experience. We share our thought processes, experience and knowledge during our interactions with other students.

There is no limit to grab knowledge, learning is a never-ending process, so one should always be a student.

Go, Observe, Learn and Implement!!

'The best way to learn is through experience.'

EduTrips are an integral part of teaching-learning methodology and go a long way in strengthening the concepts learnt in the classroom and relating them to the real world. An EduTrip to 'Havmor Ice-cream Factory', Faridabad was organized for the children of Toddlers.

The excitement was unbeatable as the children witnessed ice-cream being made and packaged. It was delightful to watch the little ones' joy as they saw how cones were filled with ice-creams, topped with chocolate and packed up. They also explored the quality control lab and were served ice-cream lollies on the way back. It was an enriching experience.







As the Director Principal of MRIS-46 Gurugram, which core values have been supporting your vision to provide a sound education in the evolving era, significantly coupled with life skills education and sports?

Education of today's era relies on the learning which comes from experiences and interactions. It has created a pressure on the schools to provide the best to the students be it academics or extra-curricular. Looking at the dynamics of education, intellectual, emotional, physical and mental balance needs to be maintained for which schools need to prepare students. At MRIS, we have been working on various aspects of this new-gen education by giving multitude of opportunities to students to participate, interact and learn from real-life experiences.

On the other hand, when we look at academics, we notice that it has now equal significance when compared to sports and life skills. MRIS has made it a practice for all grades to participate in sports and life skills activities to be able to meet the ends of a circle.

This is the era of experiential learning. How the concept has been integrated into the fabric of education at Manav Rachna International Schools?

Experiential Learning is the way to go at MRIS for all grades. Including teachers and students, this 'learning by doing' is the core of education at MRIS wherein students practice concepts learnt in the class making it a lifelong aspect. The objective of education offered at MRIS is to create an experimental culture where students have the freedom to enrich themselves with real-life experiences. Various activities, edutrips, interactions and competitions enliven this culture empowering the kids with necessary skills at large.

Schools in India have been lately adopting the culture of Clans which connects the students with the wider community and inculcates essential life skills in them. How Manav Rachna has adopted Clan System giving all stakeholders an opportunity to work together, amplifying the assets of friendship, empathy, teamwork, cooperation and pride?

Manav Rachna International Schools have adopted the universal culture of Clan System creating a healthy environment in the schools. Clans give students a chance to work collaboratively and participate in activities that foster team building, friendship, integrity, loyalty, respect, and inculcate attitude of empathy, love, kindness, friendship, and cooperation in them. Students being divided into various Clans with various themes allow them to generate a sense of belonging and responsibility. They participate in a range of activities and competitions within their clan and with other clans as well. This enables them be a responsible part of the community.

Internet has given students the 'immediate access' to information. How do you ensure that the information hits the effective angle of the brains of MRIS students? How would you explain that the online information integrated with clan activities contribute to make students a 'better human being'?

No one can deny the importance of internet in one's life and students are the fast learners and have made internet a part of their lives in form or the other. All the stakeholders at MRIS have their specified roles to makes students aware of the various aspects of the information available on the internet. We prepare students to analyze the information before acceptance. This gives our students an upper-hand as they interact with others and are more compatible to work with.

As far as 'better human beings' are concerned, we have made Life Skills an essential part of the education. This makes students a part of the group where they share their knowledge and emotions, and understand their importance. Aligned with the vision of Manav Rachna Educational Institutions, this has been another core feature of the type of education offered.

What approach MRIS adopts to make Sports an intrinsic culture at the school for all? How do you ensure 100% participation of the students to make Sports a custom?

We believe that Sports is an artistic activity in which every child should be trained. We have a dedicated Manav Rachna Sports Academy where national and international level coaches train students in various indoor and outdoor sports. With awards and accolades galore, our students have gained essential life skills from them. 'Participation of All' is what we encourage when it comes to sports. Allowing students to play in teams as well as independently, and to share and respect each other's decisions makes them a responsible team player, and sets the path right for adaptive and positive attitude.

'Life Skills-Based Education' (LSBE) is the new buzz in schools. What framework has MRIS embraced to cultivate personal life skills in the students?

Life Skills Based Education is one such framework that allows students to apply their knowledge to real life problems and situations. We, at MRIS, believe that this education starts at the Kindergarten level itself. At MRIS, we conduct an array of life skill-based activities to equip students with the basic life skills which include maintaining personal hygiene, time and money management, identifying passion, and various others. Educational visits are organized to Post Offices, Banks, NGOs, Fire Station, Govt. Schools, and Industries to apprise them with the casual working of the things. Sessions on themes such as Cyber Bullying, Soft Skills and First Aid are organized. Such life skills go a long way with them as they gain a core set of skills including decision making, problem solving, creative thinking, effective communication, empathy, self-awareness, and interpersonal relationship skills.

















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Editors: Ms. Pooja Gahrotra, Ms. Rakshita Verma, Ms. Harshita Layout, Design & Printed Ma'Opera, New Delhi



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