



# MRIS REPORTER

MANAV RACHNA INTERNATIONAL SCHOOL

VOLUME-9

MAY 2019, ISSUE 37



Explore your  
**CREATIVE SIDE.**

Pen with your  
**MIND AND HEART!**



# MANAV RACHNA EDUCATIONAL INSTITUTIONS

NAAC ACCREDITED 'A' GRADE DEEMED TO BE UNIVERSITY & PROFESSIONAL INSTITUTIONS  
 APPROVED BY AICTE, MINISTRY OF HRD, GOI | COUNCIL OF ARCHITECTURE (COA) | BCI | NCTE |  
 DENTAL COUNCIL OF INDIA, MINISTRY OF HEALTH & FAMILY WELFARE, (GOI) GOVT. OF HARYANA

## DISCOVER A FUTURE UNLIMITED

### STAY WITH THE INDUSTRY BEST. GET AHEAD OF THE REST !

**Mitsubishi Electric Robotics and Factory Automation Lab:** First institute in North India with advanced lab, imparting automation skills for Industry 4.0.



**Daikin Centre of Excellence:** Latest technologies in airconditioning industry (VRV, refrigerant and inverter technology).



**Infineon Centre of Excellence:** Projects & world-class training in semi-conductor technology with internships for select students.



**Honda Motors Automotive Training & Research Centre:** Specialised skills of students in two-wheeler technology



**IBM:** New-age technology course specialisations, access to an online Eco-system Platform, one-week Industry Interaction Programme in Bangalore, and certificates for various modules.



**JBM:** Industry-Integrated mechanical programme with academic delivery by experts, 6 months structured industrial training, industry engagement & integrated projects, assured placement and offer letter on admission.



**Xebia:** Course Specialisation in Data Science & Machine Learning, Digital Transformation Engineering, Expert Advice, Industry-Ready Learning, Internship Support and Placement Opportunities within Xebia and Client-Partner network.



**SAP Student Academy:** Functional / Technical courses on Material Management, Financial Accounting, Sales and Distribution, Human Resources and ABAP, also 40 Hours Business Process Course of SAP, embedded as a part of various courses.



**Intel Internet of Things (IOT) Centre:** FDPs, Events, Workshops on GALILEO and EDISON platform, covering technical/ leadership aspects.



As a leading name in higher professional education, our focus on excellence in education and research ensures our graduates are sought after and well-prepared to address complex contemporary challenges. We are dedicated to bring credit to India through the quality of our knowledge disbursement and contribution to societal transformation. Our strategic planning reflects our priorities and responsibilities to the region, the nation and the world. Yes, we're here to make your future aspirations real!

### MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

'Deemed to be University' under Section 3 of the UGC Act, 1956

### MANAV RACHNA UNIVERSITY

Declared as State Private University under section 2f of the UGC act, 1956

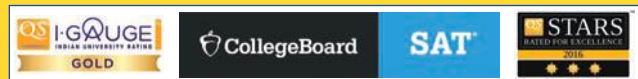
### MANAV RACHNA DENTAL COLLEGE

Recognized by Dental Council of India & Affiliated to Pt. B. D. Sharma University



### IN A CLASS OF ITS OWN

- Founder Member of the Indian Alliance of the COLLEGE BOARD. Accepts SAT score for admission
- QS 5-Star rated for Teaching, Facilities, Social Responsibility and Inclusiveness-a unique hallmark of quality education
- The prestigious NIRF India Rankings 2019 by MHRD, GOI has rated Manav Rachna International Institute of Research and Studies (MRIIRS) across two categories: Engineering (rank 164) and University (rank band 151-200).
- NHRDN: Top 50 B-Schools of India as per the National HRD Network (2018-19).
- ASSOCHAM: Ranked consistently by ASSOCHAM as the best University of the country across research, social innovation, placements



28,000+ ALUMNI IMPRINTS, GLOBALLY

500+ REPUTED MNCs & INDIAN CORPORATE PATRONISING MREI

56 GLOBAL ACADEMIC COLLABORATIONS

80+ ALUMNI & INCAMPUS START-UPS

16 ARE THE COUNTRIES FROM WHICH MREI STUDENTS ARRIVE

4300+ RESEARCH PAPERS IN INTERNATIONAL/ NATIONAL JOURNALS AND CONFERENCES

EXCELLENT TRACK RECORD OF PLACEMENTS YEAR AFTER YEAR

ENGINEERING | MANAGEMENT | ARCHITECTURE | MEDIA | HUMANITIES | HOSPITALITY & HOTEL MANAGEMENT | PSYCHOLOGY | LAW  
 ECONOMICS | SOCIAL WORK | VISUAL ARTS | COMPUTER APPLICATIONS | PHYSIOTHERAPY | INFORMATION TECHNOLOGY | INTERIOR DESIGN  
 APPLIED SCIENCES | COMMERCE | LIBERAL ARTS | EDUCATION | APPLIED GEOLOGY | BUSINESS STUDIES | NUTRITION & DIETETICS | DENTAL



# MANAV RACHNA Excellence AWARDS 2019

The third edition of Manav Rachna Excellence Awards (MREA) 2019 was held at a glittering ceremony graced by Dr. D P Singh, Chairman, University Grants Commission at the campus of Manav Rachna Educational Institutions (MREI) today. Manav Rachna Excellence Awards, organized annually were instituted in April 2017 to carry forward the rich legacy of its visionary founder Dr. O P Bhalla who worked ceaselessly to promote quality education.

MREA 2019 were bestowed across eleven genres to stalwarts and achievers for their exceptional and path-breaking vision by Sh. D P Singh in the presence of Smt. Satya Bhalla, Chief Patron, MREI; Dr. Prashant Bhalla, President, MREI; Dr. Amit Bhalla, VP, MREI; Dr. Sanjay Srivastava, MD, MREI; Dr. N C Wadhwa, DG, MREI; Padma Shri Dr. Pritam Singh, DG, MREI; Mr P Dwarkanath, Ex-Director HR, GSK; Mr. H K Batra, Chairman, Perfect Breads; Mr. Ravi Vasudeva and veterans from the industry.

In his welcome address, Dr. Sanjay Srivastava shared: "The assessment process is one of the most robust of any award. A rigorous opinion poll amongst our elite selection committee led by Padma Shri Dr. Pritam Singh; Sh. S Y Siddiqui; Sh. S K Roongta; Mr. Kishore Jayaraman; Mr. P Dwarkanath and several other corporate and academic leaders is conducted to determine the role models within various domains".

The stalwarts who were honored on this prestigious platform are revered figures:

- **Special Achiever Awards:** Team Caeli (Mr. Akash Bhadana, Mr. Vasu Kaushik, Mr. Bharat Sundal, Mr. Dipesh Narwat, Mr. Ishlok Vashistha & Mr. Umesh Dutta)
- **Special Achiever Award:** Ms. Ashlesha Sharma
- **Manav Rachna Alumni Awards:** Mr. Roopam Sharma and Ms. Abhilasha Sharma.



- **Sports Icon Award:** PadmaShri Deepa Malik (Shot put silver medalist at Paralympics, Rio 2016). The award was received on her behalf by her close family member Ms. Parul.
- **Young Leader Award:** Mr. Anurag Batra, Chairman and Editor-in-Chief, Business World
- **People Builder Award:** Mr. Harbhajan Singh, Director General & Corporate Affairs, Honda Motors
- **Global Thought Leader Award:** Mr. David Coleman, President and CEO, College Board, USA. The award was received by Mr. Kunal Mehra from College Board
- **Corporate & Industry Award:** Mr. Kanwal Jeet Jawa, CEO and MD, Daikin India
- **Change Maestro Award:** Dr. Anil Sahasrabudhe, Chairman, AICTE. The award was received by his wife Ms. Madhuri Sahasrabudhe on his behalf.
- **Nation Building Award:** Mr. Atul Sobti, Chairman & MD, BHEL
- **Faridabad Industry Icon Award:** Mr. K.C. Lakhani, Chairman, Lakhani Armaan Group. The award was received by Mr. H K Batra on his behalf.
- **Lifetime Achievement Award:** Mr. M. Damodaran, Ex-Chairman, SEBI/ UTI. His award was received by Mr. Ashok Ogra.

While appreciating the scientific and democratic way of choosing the recipients of the awards, Dr. D P Singh said: "Success has a few common characteristics which are very evident from the profiles of the revered recipients of the Manav Rachna Excellence Awards. Each one of them possesses the rare traits of humility, team work, problem solving and leadership. I am confident that Manav Rachna Excellence Awards is not just a ceremony but a tradition for future generations to come.



**STUDENTS OF MANAV RACHNA INTERNATIONAL SCHOOLS EXCEL IN CLASS X EXAMS**

- Ishika Arora is the topper of MRIS Charmwood with 99% marks
- Gaurav Bansal and Vaani Gulati are the school toppers at MRIS 14 with 98.4% marks

Faridabad, May 6: Garnering stupendous success, etching their magnanimous feat in the unending saga of success, students of Class X at Manav Rachna International School (MRIS 14), Sector 14, Faridabad and Manav Rachna International School, Charmwood (MRIS CW) have yet again surmounted pinnacles and achieved a perfect score of hundred on hundred.

**Manav Rachna International School, Sector 14, Faridabad:**

Gaurav Bansal and Vaani Gulati from MRIS 14 are the school toppers with 98.4% marks bringing immense pride and gratification to the school, parents and teachers. Seven students scored 100% marks in Mathematics, two each in Sanskrit and FIT (Foundational Information Technology) and one in Social Studies.

Director Principal, Ms. Mamta Wadhwa; Vice Principal, Dr. Shalini Bindra extended hearty congratulations to the exuberant students.

**MANAV RACHNA INTERNATIONAL SCHOOLS, SECTOR-14, FARIDABAD CLASS-X RESULTS**

**ENGLISH**



UDITA KEJRIWAL  
99%



VANI GULHATI  
99%



VIRAJ SACHDEVA  
99%



GAURAV BANSAL  
99%



VEDANT SHARMA  
99%



AKHIL SEHGAL  
100%

**SANSKRIT**

**SANSKRIT**



ARUSHI SETHI  
100%

**FRENCH**



MANSI SOMANI  
98%

**HINDI**



GAURAV BANSAL  
99%



ISHITIA BINDRA  
99%



CHERRY TOMAR  
99%

**MATHS**



GAURAV BANSAL  
100%

**MATHS**



MOULI GUPTA  
100%



PRIYANSHU MITTAL  
100%



RUSHIL KHULLAR  
100%



VANI GULHATI  
100%



SAWLEEN KAUR  
100%



PARTH GARG  
100%

**SCIENCE**



GAURAV BANSAL  
99%



ANANYA GOEL  
99%



PARTHIVI OJHA  
99%

**SOCIAL SCIENCE**



MANSI SOMANI  
100%



VANSHUL KUMAR  
100%

**F.I.T**



NAVNEET SINGH  
100%



## EXEMPLARY ACADEMIC FEAT BY MANAV RACHNA STUDENTS IN CBSE CLASS XII EXAMS

- 100% result of students.
- Muskaan Mittal from MRIS 14, Faridabad acquired 99% (best of four) cementing top position in Humanities. Astha Gaur secured the first position in Commerce with 97.75% (best of four). Tanya Sood and Kushagra Mahajan topped the Science stream with 94% (best of four).
- Vaibhav Garg is Commerce Topper at MRIS CW with 96.5% marks. Meghna is the topper in the Science stream at MRIS CW with 95.75%.

Faridabad, May 2, 2019: Students from Manav Rachna International School (MRIS), Sector 14 Faridabad and MRIS Charmwood have once again turned out victorious at the prestigious class XII CBSE results.

Trailblazing the course of prodigious success, students of Manav Rachna International School Sector-14 brought laurels to the institution. With their iron clad will and diligent perseverance, the hard work bore fruit. Manav Rachna International School Sector -14 stood as a glowing testimonial of the academic fortress in the wake of declaration of All India Senior Secondary CBSE Examination Grade XII.

Muskaan Mittal acquired 99% (best of four) cementing top position in Humanities. Astha Gaur secured the first position in Commerce with 97.75% (best of four). Tanya Sood and Kushagra Mahajan topped the Science stream with 94% (best of four).

Soldering their success in the chronicles of the school, students achieved a perfect hundred on hundred score. Nine students scored hundred percent marks in Economics, one each in Business Studies and Sociology.

In Economics, Muskaan Mittal, Harshita Kukreja, Shubh Arora, Radhika Ranjan, Chehak Sanon, Nishtha Sethi, Ruchi Goyal, Akanshi and Ishaan Kansal scored a perfect hundred percent score. Aastha Gaur got hundred in Business Studies whereas Harshita Kukreja in Sociology.

Basking in their glory it was a proud moment for the entire team of Manav Rachna International School Sector-14. Ms. Mamta Wadhwa, Director Principal, MRIS-14 congratulated the students and the entire faculty. She conveyed her best wishes for their future endeavors.

90 students appeared for their class XII exam at Manav Rachna International School, Charmwood. Out of these, 66 students have secured distinction. All 90 students have secured 1st Division Marks. VAIBHAV GARG is the TOPPER of the school with an aggregate of 96.5% marks in Commerce Stream. MEGHNA is the Topper in the Science stream with 95.75%.

Manav Rachna International Schools endeavor to develop the capabilities and produce students who become engines of culture and economy, who stretch their possibilities and bring the energy and verve of their priorities to global attention. This reflects through the consistent high scores of MRIS students in the class XII exams year after year.

## MANAV RACHNA INTERNATIONAL SCHOOLS, SECTOR-14, FARIDABAD CLASS-XII RESULTS



AASTHA GAUR  
MRIS, Sec- 14  
Business Studies 100%



AKANSHI  
MRIS, Sec- 14  
Economics 100%



CHEHAK SANON,  
MRIS, Sec- 14  
Economics 100%



HARSHITA KUKREJA  
MRIS, Sec- 14  
Economics 100%



HARSHITA KUKREJA  
MRIS, Sec- 14  
Sociology, 100%



ISHAN KANSAL  
MRIS, Sec- 14  
Economics 100%



NISHTHA SETHI  
MRIS, Sec- 14  
Economics 100%



RADHIKA RANJAN  
MRIS, Sec- 14  
Economics 100%



RUCHI GOYAL  
MRIS 14  
Economics 100%



SHUBH ARORA  
MRIS 14  
Economics 100%



MUSKAAN MITTAL  
MRIS 14  
Humanities, 99%



AASTHA GAUR  
MRIS 14  
Commerce Topper,  
97.75%



KUSHAGRA MAHAJAN  
MRIS 14  
Science 94%



TANYA SOOD  
MRIS 14  
Science 94%

**MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR-46, GURGAON  
CLASS-X RESULTS**

**95 % & ABOVE**



KRISHAANG KOHLI  
96.6%



ADITYA SHARMA  
96.4%



AKSHIT GUPTA  
96.2%



ARCHIT GUPTA  
96.2%



YASHIKA  
96%



VARUN GUPTA  
95.8%

**95 % & ABOVE**



DHROOV PANDEY  
95.8%



PRACHI LAMBA  
95.6%



TANVI VERMA  
95.6%



MISHA KALRA  
95.6%



KINSHUK MANGAL  
95.6%



OJAS CHAUDHARY  
95.4%

**95 % & ABOVE**



PRATHAM KAUSHIK  
95.4%



NIHARIKA SINGH  
95.4%



PRIYANSHI SINGHAL  
95.2%



TEJAS MEHTA  
95.2%



ARPIT JAIN  
95%



PRANSHI MUNJAL  
95%

**95 % & ABOVE**

**ENGLISH**



ANIKET GHOSH  
95%



VEDIKA YADAV  
95%



TANVI VERMA  
99%



OJAS CHAUDHARY  
99%



BHAVYA BAWEJA  
99%



DISHANK AGARWAL  
99%

**FRENCH**

**HINDI**

**SCHOOL TOPPERS**



KRISHAANG KOHLI  
100%



PRIYANSHI SINGHAL  
99%



HARSH ROHILLA  
99%



SHREYA AGARWAL  
99%



ARPIT JAIN  
99%



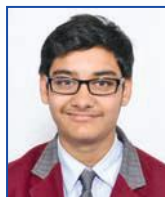
HARSH ROHILLA  
98%



SHREYA AGARWAL  
98%



## MATH

HARSH ROHILLA  
100%MISHA KALRA  
100%ARCHIT GUPTA  
100%VARUN GUPTA  
100%VAIBHAV THAKRAN  
100%AKSHAY TANWAR  
100%

## MATH

PRASANN BHARDWAJ  
100%HARSH KUMAR  
100%MAAKSHARTH SANGHI  
100%PRIYAL GATTANI  
100%HARSH ROHILLA  
100%AKSHIT GUPTA  
99%

## SOCIAL SCIENCE

## MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR-46, GURGAON CLASS-XII RESULTS

## SCHOOL TOPPER

AKANSHA CHOWDHRY  
96.4%SCIENCE STREAM  
TOPPERJAYANT SHARMA  
94.8%COMMERCE STREAM  
TOPPERABHIJEET JAIN  
95.8%HUMANITIES STREAM  
TOPPERAKANSHA CHOWDHRY  
96.4%

## ENGLISH

APOORVA PATNAIK  
96%

## SOCIOLOGY

AKANSHA CHOWDHRY  
99%

## POLITICAL SCIENCE

AKANSHA CHOWDHRY  
99%

## PSYCHOLOGY

ABHILASHA JINGAR  
99%ANOUSHKA LODHA  
97%

## LEGAL STUDIES

AKANSHA CHOWDHRY  
99%

## BIOLOGY

KAMINI YADAV  
95%

## MATHEMATICS

ROHAN VERMA  
98%

## PHYSICAL EDUCATION

ABHIJEET JAIN  
100%DAKSHITA KAUSHIK  
100%ARSHIYA AVASTHIEY  
100%

## CHEMISTRY

HARSHIT BHARDWAJ  
96%

## COMPUTER SCIENCE

ROHAN VERMA  
95%

## ECONOMICS

JAYANT SHARMA  
100%

PHYSICS



JAYANT SHARMA  
95 %



ROHAN VERMA  
95%



HARSHIT BHARDWAJ  
95%



FRANSHU  
95%



CHAVI AHUJA  
97%

BUSINESS STUDIES

ACCOUNTS



ABHIJEET JAIN  
95%

ACCOUNTS



OS GOYAL  
95%

PAINTING



ABHILASHA JINGAR  
99%



RADHIKA SINGHAL  
99%

**MANAV RACHNA INTERNATIONAL SCHOOL, CHARMWOOD, FARIDABAD:**

Principal Ms. Arpita Chakraborty, the Management and the entire MRIS fraternity extend their heartfelt felicitations to all the students for their commendable result. ISHIKA ARORA is the TOPPER of the school with an

aggregate of 99% securing 594 marks out of 600. KIMI GOYAL is the Second Topper with 98.8%. PRIYAL KAPOOR & SIDDHANT ARORA came third with 98.5%. Out of 163 students, 113 students have secured overall distinction marks. 52 students out of 163 students have secured above 90% marks in their aggregate score.

**MANAV RACHNA INTERNATIONAL SCHOOL, CHARMWOOD, FARIDABAD CLASS-X RESULTS**

MATHEMATICS



SIDDHANT ARORA  
100%



LAVANYA MISHRA  
100%



SYED ANSER  
100%



ARADHNA JUNEJA  
100%

SCIENCE



ISHIKA ARORA  
100%



KIMI GOYAL  
100%

SCIENCE



PRIYAL KAPOOR  
100%



ISHIKA ARORA  
100%

SOCIAL SCIENCE



KIMI GOYAL  
100%



PRIYAL KAPOOR  
100%



MUSKAN KUMAR  
100%



KIRTI DHAKA  
100%

ENGLISH



KIMI GOYAL  
99%



SIDDHANT ARORA  
99%



SUHAILA BHRARA  
99%

FRENCH



KIMI GOYAL  
100%



ISHIKA ARORA  
100%

SANSKRIT



SIDDHANT ARORA  
99%



**HINDI**



SANYA SINHA  
98%



ISHIKA ARORA  
100%



PRIYAL KAPOOR  
100%



MUSKAN KUMAR  
100%



KSHITIJ KAUSHIK  
100%



SUHAILA BHRARA  
100%

**COMPUTER APPLICATION**



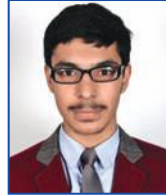
JASWANTH  
100%



SANJANA SOOD  
100%



DEEPTI MAHTOLIA  
100%



SIDDHANT ARORA  
100%



ADITYA CHOPRA  
100%



ANUBHAV GUPTA  
100%

**COMPUTER APPLICATION**

**MRIS CHARMWOOD CLASS XII RESULTS**

Congratulations to all the outstanding achievers for their excellent performance in the All India Senior Secondary School Certificate Examination.

Principal Ms. Arpita Chakraborty, the Management and the entire MRIS fraternity extend their heartfelt felicitations to all the students for their commendable result. The STAR Performers are:

1. VAIBHAV GARG is the TOPPER of the school with an aggregate of 96.5% marks in Commerce Stream
2. MEGHNA is the Topper in the Science stream with 95.75%.
3. Out of 90 students, 71 students have secured overall distinction marks
4. 12 students out of 90 students have secured above 90% marks in their aggregate score.
5. The school average is 82.30 %.

**MANAV RACHNA INTERNATIONAL SCHOOL, CHARMWOOD, FARIDABAD  
CLASS-XII RESULTS**

**FINE ARTS**



MEGHNA  
100%



MANAN BHATIA  
100%



KHUSHI MEHTA  
100%



MEGHA  
100%



BHARGAVI  
100%



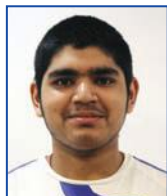
GIRISH GUPTA  
100%

**HIND. MUSIC (VOCAL)**

**MATHEMATICS**



SURBHI SINGH  
95 %



PRAKHAR MATHUR  
95 %



PREET CHOUDHARY  
95 %



KANHIYA VARSHNEY  
95 %



SANSKAR SONI  
95 %



VAIBHAV GARG  
95%

**PHYSICAL EDUCATION**

**ACCOUNTANCY**

**COMPUTER SCIENCE**

**INFORMATICS PRACTICES**

**HISTORY**

**PSYCHOLOGY**



RITIKA  
100%



VAIBHAV GARG  
97%



SURBHI SINGH  
89%



GAURAV CHOUDHARY  
95%



ZSOFIA STEGER  
94%



KHUSHI MEHTA  
91%

CHEMISTRY



SURBHI SINGH  
95%



PRAKHAR MATHUR  
95%



PREET CHOUDHARY,  
95%



MEGHA BANSAL  
95%



KANHAIYA VARSHNEY  
95%



SHIVAM SHARMA  
95%

CHEMISTRY



MEGHNA  
95%



HARSHITA TANWAR  
95%



NISHICA CHODHARY  
97%



BHARGAVI  
90%



SURBHI SINGH  
95%



STUTI KUMAR  
95%

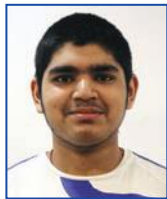
ECONOMICS

HOME SCIENCE

PHYSICS

PHYSICS

BIOLOGY



PRAKHAR MATHUR  
95%



PREET CHOUDHARY  
95%



MEGHA BANSAL  
95%



CHIRAG MOKASHI  
95%



SRISHTI NATH  
77%



DIKSHA KATHURIA  
77%

ENGLISH

BUSINESS STUDIES

SCHOOL TOPPER

SCIENCE TOPPER



MEGHNA  
96%



DEEPSHIKA JOSHI  
96%



KHUSHI MEHTA  
96%



VAIBHAV GARG  
99%



VAIBHAV GARG

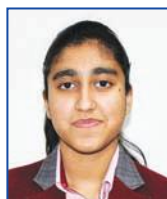


MEGHNA

MANAV RACHNA INTERNATIONAL SCHOOL, LUDHIANA  
CLASS-X RESULTS



NISHDEEP KAUR  
93.6%



JAHNVI BHATIA  
91.8%



ARCHITA GOSAIN  
91.4%



PRASHANT BHUSHAN  
91.4%



## INNOSKILL 2019 UNRAVELED THE SECRETS OF CREATIVE MINDS



THE ANNUAL TECHNICAL FEST OF MANAV RACHNA EDUCATIONAL INSTITUTIONS USHERED MORE THAN 2000 STUDENTS FROM UNIVERSITIES, COLLEGES AND SCHOOLS ACROSS DELHI NCR. THE CREATIVE MINDS PARTICIPATED IN A PLETHORA OF TECHNICAL EVENTS VARYING FROM A PROJECT EXHIBITION, TECHNO-VOGUE (A THEMED FASHION SHOW), COMPETITIONS (TECHSOL, SRIJAN, CONTRAPTION, ROBO WARS), RANGOLI, SCIENCE QUIZ, SCIENCE BASED DRAMA, DRAWING COMPETITION, POSTER MAKING COMPETITION TO AWARENESS PROGRAM, AND WORKSHOPS SPREAD OVER 3 AND 4 APRIL 2019.

INNOSKILL: WIRED TO CREATE: UNRAVELING THE MYST CONCLUDED WITH A GALA AWARD DISTRIBUTION CEREMONY WHERE MORE THAN 100 PRIZES WERE GIVEN AWAY. THE EVENT WAS PRESIDED OVER BY DR. N C WADHWA, DG, MREI; DR. SANJAY SRIVASTAVA, VC, MRIIRS; DR. I K BHAT, VC, MRU; ER ANUJ SINHA, DIRECTOR, FGSI AND OTHER REPRESENTATIVES FROM THE PARTICIPATING SCHOOLS AND COLLEGES.

THE FIRST PRIZE FOR THE FASHION SHOW 'TECHNO-VOGUE' WENT TO DAULAT RAM COLLEGE FROM DELHI UNIVERSITY. SHIVAM SHARMA FROM FACULTY OF ENGINEERING, MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES (MRIIRS) WON THE "BEST MALE MODEL" TITLE. MS. GUNJAN FROM FACULTY OF APPLIED SCIENCES, MRIIRS WAS CROWNED AS THE "BEST FEMALE MODEL".

IN THE DIGITAL INDIA WORKSHOPS: THE FIRST AND SECOND PRIZE WENT TO RACHNA NEGI AND SEJAL CHAUDHARY FROM GGSS, SECTOR 8, FARIDABAD RESPECTIVELY. THE THIRD PRIZE IN THIS EVENT WAS WON BY AARTI BINDRA FROM GOVT. HIGH SCHOOL, INDIRAPURAM, FARIDABAD.

A SHORT FILM TITLED 'MOKSHA' WON THE FIRST PRIZE UNDER THE 24 HOUR FILM MAKING CHALLENGE. THE FILM WAS DEVELOPED BY STUDENTS OF MANAV RACHNA.

### FIRST PRIZE WINNERS OF COLLEGE EVENTS:

- SRIJAN (ENVIRONMENT): FACULTY OF APPLIED SCIENCES, MRIIRS FOR ITS NATURAL PRODUCTS FROM FLORA WASTE
- SRIJAN (IOT): SPARSH BAJAJ, MRIIRS
- SRIJAN (BUILDING RESILIENCE): RAJ KUMAR TAMANG & PALLAVI
- SRIJAN (MOBILITY): RITESH KUMAR NAGAR, MRIIRS
- AUTOMATION: RAHUL SONI, ASIF KHAN, ARVIND L, PARVEZ HASAN, MRIIRS

### FIRST PRIZE WINNERS OF SCHOOL EVENTS:

- WATER ROCKET COMPETITION : MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR 51, GURGAON
- TECHNO-VOGUE : MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR 51, GURGAON
- BEST OUT OF WASTE: MANAV RACHNA INTERNATIONAL SCHOOL, NOIDA
- ROBO RACE: MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR 21-C, FARIDABAD
- AERO MODELLING: MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR 46, GURGAON
- LAN GAMING: MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR 14, FARIDABAD
- E-PRESENTATION: MANAV RACHNA INTERNATIONAL SCHOOL, SECTOR 46, GURGAON
- SCIENCE BASED DRAMA: MANAV RACHNA INTERNATIONAL SCHOOL, CHARMWOOD, FARIDABAD



## CELEBRATING BEING A WOMAN FROM ORDINARY TO EXTRAORDINARY

At the Women's Day celebrations, at the Manav Rachna Campus on March 8, 2019, under the aegis of Dr. O P Bhalla Foundation, Chief Patron Manav Rachna Educational Institutions, Ms. Satya Bhalla recognized the contributions of the women of the Manav Rachna Family. The Director Principals of Manav Rachna International Schools, Ms. Sanyogita Sharma, Ms. Dhriti Malhotra and Ms. Mamta Wadhwa were awarded for their journey from ordinary to extraordinary. For their outstanding contributions they were awarded citations.

Ms Satya Bhalla in her welcome speech emphasized upon the fact that a woman plays several roles in her lifetime and each role is paramount, depending upon the accountabilities she has been given.

While re-calling their journey at Manav Rachna each of the Principals praised the Management for its broad minded attitude and the freedom which was given to the Principals and teachers to show their creative work. It is the mindset/approach of the Management which allows us to put in our very best, said each one of them.

Ms Sanyogita Sharma remembered her first day at Manav Rachna and said, "I never had an interview, the very first day I was involved into preparing for the school and felt like a Family member." Ms Mamta Wadhwa, like the others said, "I have worked at every stage and climbed the ladder slowly to reach the position of Principal, and it has been a learning journey". Ms Dhriti Malhotra emphasized, "there is no short cut to success."

The dignitaries present on the occasion were: Ms. Satya Bhalla, Chief Patron, Manav Rachna Educational Institutions; Dr. M MKathuria, Trustee, MREI; Dr. N C Wadhwa, VC, Manav Rachna International Institute of Research and Studies; Dr. I K Bhat, VC, Manav Rachna University; Dr. M K Soni, PVC, MRIIRS; Dr. Chavi Bhargava Sharma, ED & Dean, FBSS, MRIIRS; Ms. Sanyogita Sharma, Director, Manav Rachna International Schools (MRIS) and Faculty of Education MRU; Ms. Mamta Wadhwa, Director Principals, MRIS, Sector 14, Faridabad and Ms. Dhriti Malhotra, MRIS, Sector 46, Gurugram.



## THOUGHTS THAT MATTER

By Dr. M.M. Kathuria

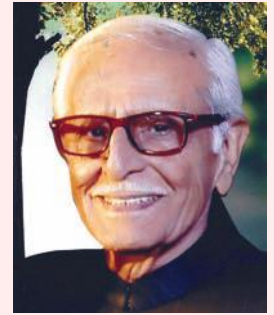
In memory of Dr. O.P. Bhalla, my dearest friend and Founder of Manav Rachna God as spirit being beyond the reach of Man's senses and intellect is correctly adored by means of prayer, jap, meditation or ceremonial worship of any of his symbols. These are the conventional methods of worship and the popular notion is that these alone constitute the worship that man owes to his maker but in truth there are other important aspects of God which regulate and support human life and demand other kinds of worship.

As the author of stupendous show, God is very much interested in its welfare and progress. In particular, he loves his creatures with all the ardor of a father, mother and friend. He naturally likes those who love and serve their fellow beings, who beautify the world and leave it better than they had found. As such needs nothing for himself, One easy method of pleasing him is to serve those whom he loves.

On the other hand no one annoys him so much as he who injures, insults or neglects his other creatures

God is not merely the father and mother but also the ruler of the universe. In the later capacity he maintains law and order in the world. He is the holder of immemorial righteousness. If necessary, he himself comes down to the earth as an incarnation for the protection of the good.

A true devotee of God will try to please Him by doing all his duties to the best of his ability rather than seeking exemptions from them!





# ASPIRING POETS

## RIGHTFUL WRITERS WITH THEIR CREATIVE THOUGHTS

### @ MRIS 51, GURUGRAM

#### NO SCREENS

Stopping this thing cannot be done,  
As kids think doing this is fun.  
But we can stop them from being awake day and night,  
Just from watching that screen's light.  
I don't know how much they can withstand,  
The thing that is not so grand.  
Laptop, phone, computer and TV  
These are the things they want to see.  
"Alright". You will say after seeing this thing,  
But if you throw the screen away  
Your child will start to cry and scream  
And your mood will be horrible for the day.

But to free them from this greed,  
They need to read, read, read.  
'Grim tales' and 'Enid Blyton'  
'Wimpy Kid' and 'Geronimo Stilton'.

First, throw the TV sets away,  
And a bookshelf in its place will look good.  
For some time he will cry all day,  
But soon he will be wearing the educational hood.

Soon he will think books are good  
And everywhere around him, books will be seen  
Now with him studying you will be happy  
And you will say to everyone-'NO SCREEN'.

**Kabir Alam Khan**  
Grade IV C  
MRIS Sector 51 Gurugram

#### CRAZY QUESTIONS IN MIND!!

Can something sweet 'n' sour, be made in an hour?  
No is the answer by my mummy,  
Because it doesn't fill my tummy!  
Why are many so selfish, and not like the hardworking fish?  
When I asked mummy, she went crazy  
But she told me because we are lazy!  
Why do we be so funny, Not like the strict bunny?  
Mummy told me why we are funny,  
So that jokers earn money!  
Will my homemade slime, melt with time?  
Mummy asked me how it will melt,  
When it becomes harder than a belt.

**DHAIRYA RAJ SINGH**  
Grade IV C  
MRIS Sector 51 Gurugram

#### ONE DAY I HAD A DREAM!

One day I had a dream ,  
About a fantasy land with beautiful streams.  
There were lovely flowers,  
With magical powers.  
I saw gorgeous unicorns,  
Which was having a pretty rainbow horn.  
I was wearing a ravishing blue gown,  
With a bed dazzled golden crown.  
All the unicorns came to me,  
We all sat together under the tree.  
We watched the clouds playing up high,  
Then I had to tell them goodbye.

One day I had a dream,  
About a fantasy land with beautiful streams.

**Harnoor Kaur**  
Grade VII  
MRIS Sector 51 Gurugram

#### PRINCESS SISTERS!

Once there was a princess,  
Who was a success?  
Her name was Sofia,  
She was not from South Korea.  
She had a sister,  
Who loved the season of Easter.  
Her name was Amber,  
She was the queen of glamour.  
Sofia and Amber travelled to the beach land,  
To play with water and sand.  
They loved each other,  
And liked the hot weather.

**Harnoor Kaur**  
Grade VII  
MRIS Sector 51 Gurugram

#### MY LITTLE PONY!

My little pony,  
Who is homey?  
Her name is Applejack,  
She does not like the colour black.  
Her hair is blonde,  
And she does magic using her rainbow wand.  
She likes yellow with red,  
And always eats a whole loaf of chocolate bread.  
She wears a bedazzled golden crown,  
Matching with my ravishing bluegown.  
At night she says goodbye to me,  
And sleeps in her fluffy bed under the big rainbow tree.

**Harnoor Kaur**  
Grade VII  
MRIS Sector 51 Gurugram

## 'OVER THE MOON' LAUNCHED WITH MUCH ZEAL AND ARDOUR

The students of Manav Rachna International School (MRIS), Sector 51, Gurugram launched their much awaited book "OvertheMoon" at the school campus in the presence of Chief Guest Mr. Vijay Lokpally, Chief Editor-Sports, TheHindu; Dr Amit Bhalla, VP, MREI; Mr. Rajesh Kalra, Chairman; Mr. Gaurav Rai, Executive Director, MRIS and eminent authors like Mr Kulpreet Yadav, Ms Meenakshi Singh, Ms Seema Wahi, Ms Vaijyanti Savant Tonpe, and Master Shvetanshu Sachdeva.

OVER THE MOON, an anthology of short stories by 13 promising young writers (from Grades IV-VII) is as varied in story ideas as the authors themselves. Each story is unique in its presentation and the choice of plot. There is fiction; adventure; plagiarism; horror; suspense and also interesting stories based on real life experiences. The budding authors shared their transformational journey with the audience and the seasoned guest authors. The confidence with which they responded to the queries of students and parents speaks volumes about the life-shaping experience they had while penning the short stories. The joy of launching a book with their very own book of short stories reflected on the gleaming faces of the thirteen authors. The day ended with the cake cutting ceremony. Students also autographed the copies of the book.

## VISIT BY MS. EMILY COOPER FROM LYCEE JEAN MOULIN, LILLE, FRANCE

The International exchange program acts as a catalyst to enhance the cultural exchange between India and France through education. In order to promote understanding and universal brotherhood Manav Rachna International School, Sector-51, Gurugram had undertaken Students' France Exchange Program in association with Le Frehindi, Paris from October 14 to 25, 2018 wherein 7 students accompanied by the Principal, Mrs. Pooja Puri participated in the program.

Ms. Emily Cooper from Lycée Jean Moulin, Lille, France, English Teacher at French Ministry of National Education visited India

She visited MRIS 51, Gurugram on February 15, 2019 wherein she was pleased to receive the Traditional welcome. The school orchestra presented a symphony to give her a warm welcome. She was exposed to the rich Indian culture in a dance recital by students. She also addressed the students and expressed her elation at the determination of the young generation.

## TALENT CELEBRER' @ MRIS-51, GURUGRAM

Your talent is a gift from God, what you do with it is your gift back to him.

To cultivate the child's talent, building confidence and nurturing the artistic aptitudes in them, MRIS-51 Gurugram organized 'Talent Célébrer' - a week long Visual and Performing Art Festival from January 21, 2019. During this 'Celebration of Talents', a platform was provided to our students to showcase and enhance their skills in various fields. The students learnt how art expresses and evoke varied emotions in them and gives a great amount of emotional satisfaction. They also learnt the art of expressing their joy through dance, creative movements and singing happy songs. The mass painting, singing and dancing sessions were a great opportunity for the kids to discover their own steps and to try new ones taught by their dance teachers. Solo dance and song performances were the highlights of this festival. During the Mass painting session, they made beautiful free hand expressions.

## BLOOD DONATION CAMP

With the motive to contribute and sensitize students towards this noble cause MRIS-51 in association with Lion's Club, Gurgaon City organized the 8th Mega Blood Donation Camp on Saturday, February 9, 2019 in the school premises.

The chief guest camp Sh. YashpalYadav commissioner, MCG inaugurated the camp. Mr. KuldeepYadav, Chairman councilor, ward no 29, Gurugram, Mr CM Sharma, President FACE (N.G.O) were the guests of honour on the event. On this occasion, the Chairman -Mr Rajesh Kalra, Executive Director - Mr Gaurav Rai and the Principal -Mrs Pooja Puri along with the school staff, parents of the students were also present for the same.

To make the occasion all the more special, it started with the classical dance presentation followed by melodious rendition the by school choir. A Nukkad Natak was also presented.

The camp saw enthusiastic participation by the parents and faculty. The Chief guest of the day, Mr. Yashpal Yadav also donated blood. The efforts turned out to be productive as 157 units of blood were collected . A majority of those participating in the camp, constituted the parents of students and staff of school . There were quite a few volunteers who donated blood for the first time and a true embodiment of what we believe in - selfless service with a smile.

The Chairman of the School, Mr. Rajesh Kalra, appreciated the response of the people.





## MRIS-51 GURUGRAM, ONE OF THE TOP SCHOOLS OF INDIA

MRIS-51 has been awarded as one of the best school among the top schools of India Ranking Survey 2018 conducted by digital Learning magazine.

The award was presented to Principal Ms. Pooja Puri at the Leadership Summit at Chandigarh on 13th April 2019 by Mr. Ravi Gupta Editor-in -Chief digital Learning.

It was indeed a proud moment for the school to achieve such a feat. It will always be our endeavor to excel in whatever we do and reach greater heights in the field of education.

## ORIENTATION PROGRAMME FOR PARENTS AT MRIS-51, GURUGRAM

An orientation programme for new parents of Toddlers to Grade VIII was organized in the school premises on March 23, 2019. The Principal, Ms Pooja Puri in her welcome address highlighted the school ethos and critical role parents play in the overall grooming of children. She also laid emphasis on the importance of discipline in students' life. Director of MRIS Schools, Ms. Sanyogita Sharma in her address briefed the parents about the school's vision of inculcating human values, social responsibilities and environment consciousness in the young buds .The parents were also told about the Parent Portal, ERP which is the medium of communication and helps them to know about the school. The new students were involved in various activities like- dancing, basket ball, skill lab, art and craft etc.

## GRADUATION CEREMONY FOR THE SESSION 2018-19

The kindergarteners Graduation Ceremony was based on the theme - The Incredible Journey, where children gave a power packed presentation on the life cycle of a butterfly. They portrayed how children come raw as a caterpillar to their school and how teacher as an angel nurture them and make them ready to fly as a beautiful butterfly in this wide open sky. The performance of the kids on the song - The future is looking good to me left the parents overwhelmed and spellbound. The Principal, Ms Pooja Puri, gave the certificates to fresh graduates with a blessing for their bright future and best wishes for all their endeavors in coming years.



## EDUTRIP TO SURAJGARH FARMS

The students of MRIS-51 explored the simplicity of the countryside through a visit to Surajgarh Farms.

They were excited to see the activities which were aimed at life lessons, team building and confidence. It was decorated with local art & craft, and was a fun-filled outing where the students along with their teachers experienced genuine rural and cultural heritage. The students enjoyed the activities like camel cart ride, bullock cart and tractor ride. Equally fascinating was an exposure to the long forgotten traditional games like Kanche Goli , latoo , pithoo, gulel, kite flying to name a few. The students also enjoyed Air Gun, Dart Shooting, Trampoline, Tug of War, Burma Bridge etc.

## TODDLERS AND NURSERY - FINALE ASSEMBLY PRESENTATION

Toddlers and Nursery students of MRIS -51, Gurugram who stand proud of their learning and achievement throughout the year, celebrated the occasion with great gusto through finale presentation marking the end of the academic session 2018-19. The presentation for Toddlers 'This Is Me' was a blend of all the themes done in the class. Nursery's 'One World Many Stories' was an amalgamation of famous stories read during the session. Seven Dwarfs, Rapunzel, The Jungle Book, Alladin and ball dance were the highlights of the assembly. The performance was encouraged and appreciated by the thundering applause of parents and teachers. The school principal Ms. Pooja Puri solemnized the occasion and congratulated the proud parents and the students. 'Appreciation of Progress' cards were also given to the parents.

## MY BOOMERANG PLANE#MRIS-51, GURUGRAM

Under the ongoing theme 'Lands and people' Kindergarteners made their own Boomerang plane with origami. Students were very confident in making and explaining the procedure. Later they enjoyed flying their boomerang planes in the playground. They also observed and learnt that wind plays an important role as it could change the direction and speed of the plane.

## VISIT TO KEGG FARMS@ MRIS-51, GURUGRAM

Students of Toddlers and Nursery visited Kegg Farms Pvt. Ltd., Gurugram on January 25, 2019. Quacking of ducks, clucking of chickens, chirping of birds, feeding of rabbits, and playing with the farm dogs who obeyed the children's command, were some of their experiences with the friendly farm animals.



# NURSERY RHYMES

A young seedling comes out of snow,  
Spring arrives and it starts to grow.  
It becomes a plant, lush and green  
When summer arrives, life is seen.  
It sheds its leaves, brown and dry  
During autumn, then winter comes by.  
When it's all leafless, the snow starts to fall  
Because it's winter for one and all.  
After years, now our plant begins to die  
But another young seedling comes by.

**BY SHIKHAR SOURABH**

GRADE VII A, MRIS Sector 51, Gurugram

I wonder how it will be  
With no stars, none to see.  
There would be no twinkle in the sky  
When I look up and high.

I wonder how it will be  
With no books, none to see.

I wouldn't be able to read  
My imagination wouldn't be freed.

I wonder why I think of these, why? I don't see  
Well, the answer is just Curiosity!

**BY SHIKHAR SOURABH**

GRADE VII A, MRIS Sector 51, Gurugram

Nursery rhymes are all, we hear  
But what if they disappear?

Itsy bitsy spider would be washed down the drain  
And Humpty Dumpty would be left in pain.

Rain wouldn't just go away  
Mary's garden won't grow today.

The London Bridge would fall down  
Jack would break his crown.

Let us hope they don't go,  
Nursery Rhymes we love so.

Finally the nursery rhyme....

**BY SHIKHAR SOURABH**

GRADE VII A, MRIS Sector 51, Gurugram

I am a Calendar, and I am your friend;  
Talk to me to know any month's end.

I have days, weeks and months of the year,  
I know all holidays too, you hear?

When the numbers are red, it's a weekend;  
You can enjoy with your friend!

And I know all the festivals,  
So you can go to the carnivals!

I am young in January, come December I am old  
So use me wisely before it's too cold.

**BY SHIKHAR SOURABH**

GRADE VII A, MRIS Sector 51, Gurugram

If I were to fly,  
I would always be in the sky.  
I would never touch the ground,  
Though I would always take a round .  
Above the fly  
I would fly.  
I would always fly,  
But only if I were to fly.  
Everything would look so small,  
Like a ant's wall,  
From the sky  
When I would fly.  
But I know I won't fly  
High in the sky,  
Though I would always try.

**Shreyasi, IV D, MRIS 51 Gurugram**



"Adolescence represents an inner emotional upheaval. It is a period of turmoil and turbulence, of stress and storm. Like a trapeze artist the adolescent must let go off his safe hold on childhood and reach out for a firm grip on adulthood depending for a breathless interval....."

It is the age of change. It is a vulnerable time when kids can develop unhealthy habits that grow into problems in their adult life. Adolescent problems are largely ignored in the clamor for attention to compete and adhere to societal norms and concerns. Perhaps that is because adolescents are so often perceived as troubled kids or troublemakers, unlike younger children for whom it is easy to get a sympathetic hearing. They desperately want the approval of their friends, to be perceived as 'cool'. Adolescent problems encompasses far more than the absence of disease or disability. It includes mental and social, as well as physical, well-being.

Teaching resilience can be one of the effective tools to help adolescents cope with the challenges .When young people are resilient, they cope better with difficult situations. They 'bounce back' when things go wrong. They need resilience to navigate life's ups and downs, hence building resilience is an important part of adolescent development. Resilience for adolescents is built on a foundation of strong positive relationships with parent's extended family members and teachers who might act as mentors. Giving them the opportunity to learn and practice important values and life skills such as Self awareness, Empathy, social skills and optimistic thinking can build a strong foundation of a confident 'self'.

Challenges are a normal part of life, and young people have to learn to cope with them by themselves. Communicate with them as much as possible, let the adolescent express. Let them have a go at sorting out their own problems and fighting their own battles before you step in. Fumbles and even failures are part of the process. Just be there for them.

To face the challenges of tomorrow, we need to build resilience today....help the adolescent build that!

## आधुनिकता का दिखावा

किस पथ पर अगसर है  
ये कौनसी दिशा है  
ना रास्ता मालूम है  
ना मंजिल का पता है।  
दिखावे की होड़ में हर कोई खड़ा है  
आधुनिकता का यहा सबको नशा चढ़ा है।  
ना पहले से रिश्तेनाते यहा  
ना संबंधों में ठहराव है।  
सभी रिश्तों में यहा नज़र आता अलगाव है  
ऐसे में बालको का जीवन संस्कारों का अभाव है।  
बुजुर्गों की पुकार से जो घर गूजते थे  
वहा आज दवेप की दीवार है।  
ये कौनसी दिशा है।  
आधुनिकता का यहा सबको नशा चढ़ा है।  
न जाने इंसान क्यों विनाश की ओर बढ़ा है।  
आधुनिकता का यहा सबको चश्मा चढ़ा है।

कवयित्री - प्रीति रानी

*Emerging problems in Adolescents*

By Ms Ritika Logani,  
Student counselor  
MRIS 51, Gurugram



# LAURELS MAKE US HAPPY

"Achievement seems to be connected with action. Successful people keep on moving."

We at Manav Rachna, respect and honour what our students achievements both Scholastic and Co-Scholastic. The starting point of all the achievements is desire. These students who have achieved success not only had the desire, but also believed in themselves as they possess the 'I Can Do' attitude. And to salute this attitude, we celebrated 'Achiever's Day' at MRIS - 51 on February 2, 2019.

Ms. KumudGugnani, Additional District Judge, Ms. Avanti Birla, Founder, CK Hospital for women, Dr. Aruna Kalra, Director, Obst. And Gyane, CK Birla Hospital, Gurugram, Mr. Nishant Gupta, National Campaign Manager, Hyundai Motors, Dr. T. J. Antony, Director and HOD, Neonatology, Fortis Hospital, Mr. MamohanKrishan Dang, Advocate, Gurugram, Mr. Ranjan Sodhi, Olympian, Rajiv Gandhi KhelRatan Awardee, Mr. KuldeepYadav, Chairman, Prof. S.K. Arya, Educationist, Mr. NitinKalra, Country Director - India, Alqimi India P. Ltd., Mr. SachinBahmra, CMD and Founder, SPACE, Mr. RajkumarSangwan, Arjun Award Winner, Mr. Karan Bindra, Former Golf Pro and Head Coach DLF Golf and Country Club, Mr. MuraliKartik, Former Cricketer, Mr. Vishal Bharti, GM, DLF Golf and Country Club, Mr. Vijay Gautam, International Architect and other dignitaries from the management honoured the occasion by their esteemed presence. They were felicitated by the Mr. Rajesh Kalra, Chairman, Mr. Gaurav Rai,

Executive Director, Principal ma'am and parents were welcomed to witness the ceremony. The guests appreciated the relentless efforts of the school management, teachers, staff members and students.

The students who were honoured for their achievements in various fields included:

Kartik Singh - Bagged the CHAMPION'S Trophy, at the Kids' Golf World Championship, Under-8 age group, organised by US Kids Golf in Malaysia and top positions at various National and International levels.

Manya Arora - Achieved a position among Top 8 winners in India's First and Most Unique Brilliant Kids Motor Show organised by Hyundai.

Atharv Bhatt - Achieved Third Position at 32nd Haryana State Roller Skating Championship

Abhimanyu Lamba - Achieved First Position for Shooting at State Level, SGFI Shooting Championship

KaynaSahni - Achieved Second Position in Basket Ball Championship at State Level under 14 girls category

Kritika Arora- Achieved 11th Position Out of 150 Students at Microsoft India Junior Championship - "Basis IT Skill"

Mihika Agarwal and Pravesh Narang - Achievement in Provisional Asteroid Discovery of Object 2016 LN6 in an international project, All India Asteroid search Campaign 2016 conducted by SPACE in collaboration with IASC

Tanya Das Gupta and Karan Pratap Singh - Identifying NEO (Near Earth Object) observation(s) of the object(s) 2015 LB40 as part of All India Asteroid Search Campaign, 2015 conducted by SPACE in collaboration IASC

Vatsal Goyal - Achieving First Rank and a Gold Medal with a Cash Prize of Rs 50,000/- at International English Olympiad Conducted By Science Olympiad Foundation in Association with British Council

Sayam Narang Achieved 9th Position at XXIII Haryana State Junior Chess Championship - 2018 (under 11 years category)

It was a day to celebrate the relentless efforts of these achievers and appreciate the commendable contribution of the School in doing so.

## FORMULA1 IN SCHOOLS

We are glad to share that the children of MRIS-51, Gurugram participated in Formula1 in Schools India | North India Regional Finals-2 which was held on February 3, 2019 at Genesis Global School, Noida and bagged "Best Scrutineering Award". F1 in Schools is an international STEM competition for school children where they have to design and manufacture a miniature car out of the official F1 Model Block using CAD/CAM design tools. The cars are powered by CO2 cartridges and attached to a track by a nylon wire.



## परवरिश का परिवेश

समय की ताक मन की डोर पकड़े  
सोच सोच मन भाव विभोर  
अजब कौतुक हृदय टटोले  
चली है आज स्मृति किस ओर।  
इंगित है कुछ हृदय पृष्ठ पर  
ना चले आज स्वयं पर जोर  
प्रश्नों का एक समंदर है  
आज समाज चला है किस ओर।

परवरिश का आज परिवेश कैसा  
महिलाओं और वच्चियों पर  
सरे आम फव्विया कस दी जाती हैं।  
पुरुष क्यों नहीं समझते  
ये परेशानी उनकी मा वहनें भी उठाती हैं।  
ये सामान्य सी बात है  
नवीन समाज का अभद्र चेहरा  
सरे आम नज़र आता है।  
कहीं महिलाओं का शोषण  
तो कहीं बलात्कार हो जाता है

नन्ही बालिकाओं को जब कहीं  
निवस्त्र पाया जाता है।  
ये सिर्फ शारीरिक शोषण नहीं  
आत्मा को झकझोड़ जाता है।  
निष्कर्ष पर पहुँचे तो क्या पाते हैं  
ये हमारी बुरी परवरिश का नतीजा है।  
लड़कों को अगर बचपन से ही  
स्त्री का सम्मान करना सिखाया जाए  
तो समाज में ये चरित्र बनने ना पाए।।

कवयित्री - प्रीति रानी

## MY LITTLE BUNNY

He looks around himself to see,  
the people, the nature, and me..  
He wags his tail, when he's contented.  
His growl speaks, when he's exasperated.  
Even if he's bitten me a fair amount  
I'll never even have the time to count,  
The number of times he's made me happy,  
He cheers me even when I'm snappy.  
When I take him out for a stroll,  
He drags me onto the grass for a roll.  
Sometimes, he makes me wonder,  
That, when I take him to wander,  
Why does he pick everything that crosses his way.  
When he eventually throws it away,  
He is black, brown and white,  
People stare in awe at his sight.  
He's a dog, but something's funny,  
He acts like a monkey and his name is Bunny.

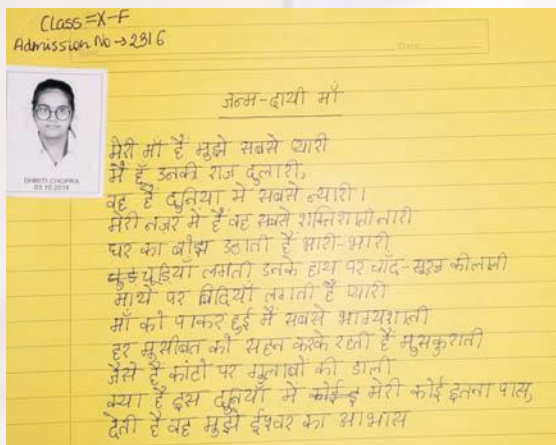
Dhwani Gola

IX G

MRIS 14

## LOST

My life's a contradiction.  
One day it's reality,  
The next day it's fiction!  
I'm so lost without reason  
Because I made it so  
To increase the complexity  
And force myself to grow.  
Can live it day by day,  
Or do I even dare?  
I'm so full of wonder now,  
But tomorrow I won't care!



By Dhriti Chopra

## THE WAY I AM

I'm not the girl who's liked by all  
Don't wear dresses or go to balls.  
I'm not the kind who likes to wink  
Don't dream of wearing a diamond ring.  
I've watched the movies  
A hundred times  
Promises of a tall, cool  
and handsome  
gentleman in disguise.  
But I know there's more out there  
Waiting for me  
My dreams come in  
A different variety, just for me.  
My blue jeans  
My sneakers  
My hopes and dreams  
Have a fairytale ending  
Just for me.  
So goodbye Cinderella  
'cause I'm on a roll!  
Don't need a prince charming,  
To have or to hold.  
The way I am is perfect  
No doubt in my mind  
I'm different, I guess  
And I am sure I don't mind.

## BEST FRIEND

You're my best friend; you belong in my heart  
We go through ups and downs,  
but still nothing can tear us apart.  
I know you as a friend, and I will always care  
Love, respect and trust are the things we share.  
When I'm in the darkness that needs some light,  
When you're by my side, I know things will surely be right!

-Composed by Nayanika Mathur

MRIS-14, Grade 10A





## LITTLE GREEN STEPS - MAKES GUNMAY MANWAHA ONE OF THE YOUNGEST GREEN WARRIORS

With a fan following of over a lac of viewers, Gunmay is one of the youngest green warriors who makes us all proud----

Gunmay Marwaha, a student of MRIS, Sector 14, has made a 'green world of difference' not only for himself, but for those of us who believe that no amount of contribution is good enough to repay our responsibilities to Mother Earth. Nothing makes this young Green Warrior more happy than being, "amongst lots and lots of greenery. Plants and flowers fascinate me and make me happy," says this bright eyed

boy who has a UTube site, a blog which he has created. "My Father was my motivation," he says when asked what gave him the idea to 'speak' about his love for nature and his desire to share his knowledge with people. "My Father has a blog on cooking and I thought, if he could have a blog where he can 'coverse' and share his thoughts with others, why cant I? asks this intelligent student of class Vat MRIS, Sector 14. He is also grateful to his Principal, Dr Mamta Wadhwa and his teacher Nidhi Ma'am who have encouraged him at every step whether it is studies or co-curricular activities. It is this guidance of his teachers, and the hard work of Gunmay that he has brought laurels for the school at the International Olympiad besides his day to day studies .

Whether it is his knowledge on the flower Har Singaar or the snap melon, his videos have resulted in his fan following to go up to over a lac and it is growing each day. "I have uploaded almost 30 videos and wish to share my knowledge with my viewers. It gives me a lot of happiness to share knowledge," he says.

While many, of his age spend their time watching cartoons, Gunmay likes to spend his time reading and writing. It is therefore not surprising that he is putting together a chronological book on the FIFA World Cup , 2018.

While Wren and Martin is the child's Bible while learning English Grammar, colours made from natural flowers his favourite for Holi, he is not found of flower arrangement in flower vases. "I like to see the flowers on the trees, and not cut them," he says emphatically.



## SCHOOLING: A STUDENT'S VISION

by: Yashika Tripathi

MRIS-14, Grade 10A

"Let this be a realm, not of compelled rote learners with degrees, but of mirthful intellectuals with caliber". This impromptu thought emerges innumerable streams of curiosities somewhere in our mind. Concerned with the contemporary education curriculum and its further enrichment, I was obliged to sanction my words for being the representatives of my views.

Studying the history of education in depth, one would culminate that with the social changes, the intentions, objectives, curriculums and definitions of schooling have

undergone drastic alterations. If we inquire from our parents, then education could be acquired only from 3 sources: teachers, textbooks and practical experiments. The expanded dominance of convent schools, rich literature, and most momentously the worth of holding a degree are all part of this. But the dawn of this novel era earmarked the initiation of a revolution in education by the preamble of artificial intelligence: wherein e-books, smart boards and tablets are gradually getting established as sole educators, henceforth partially dragging out mannerisms, ethics, submission, and passion from classrooms.

Visualising the futuristic 2119 atmosphere, it is crystal clear that the approaching schooling style ought to be one which doesn't forgo at least 1 period of moral science every day for juniors, with etiquettes nourishing their personality and values cherishing their character. The middle school students should be trained to conquer their ever-flickering brain through meditation and techniques improvising their concentration. Research should be made a part of senior curriculum to ensure that learners don't get boxed within the paradigms of textbook learning and learn to delve deep into their stores of innovations and creativity that is, their minds. Syllabus requires thorough revision so as to keep it relevant to social scenario and so that students embrace their textbooks; after all that is the essence of education, isn't it? At the bottom line, digitalisation is to be effectively balanced with education so that the youth doesn't get enslaved by technology and concludes that all cases can't be cracked by "KING GOOGLE"

Childhood passes away and this tour of intense knowledge gaining spent in school is worth treasuring eternally and that is why the duty of the current education is to set the imagination of these young birds free so that they illuminate the sky with radiance of exploration, purpose, power and passion owing their rock of accomplishments to an education which accepts their free will.



## THE MARTYRED SOUL

I swore with will and power  
To protect my nation every hour  
To give my brothers and sisters peace  
To ensure them a life of ease.  
This had always been my true want  
But to my mother this thought was a haunt-  
She cried bitterly while seeing me go  
"May god protect you from every foe."  
These were her last words I could hear  
Telling her that the way was all clear  
My father said, "Keep giving a daily call"  
I said, "Yes" and that I won't ever fall.  
My son said, "You're my hero, dad"  
It was the last time I saw him cheerfully clad.  
My daughter wanted me to return soon,  
For the last time I said she was to me a boon.  
There came the convoy bus and I stepped in,  
Inside were all my forever mates and kin.  
I turned back seeing my family fade away  
Thought there would be no harm on the way  
But suddenly...!!! Boom!!!!

A vicious burst shattered everything,  
We had got a cowardly malicious sting.  
In few moments my body was torn  
Still I had my soldier uniform worn.  
Not even shrouded corpses you could say,  
Brutally separated organs were all that lay.  
Pulwama was the place where I had sensed.  
Who will give medicines to Ma when tense?  
Who will give my son a horse ride?  
In whom will my daughter now confide?  
Whom would Pa give his lessons of life to?  
As I was here among one of those forty-two...  
But in my heart a mellifluous sound rang,  
To my last breath it was that which I sang-  
Come what may I would never stop singing  
This song in my heart will keep ringing.  
This song in my heart will keep ringing:  
Main rahun ya na rahun Bharat yeh rehna chahiye.....  
(dedicated to all our bravehearts who lay down their lives for us)

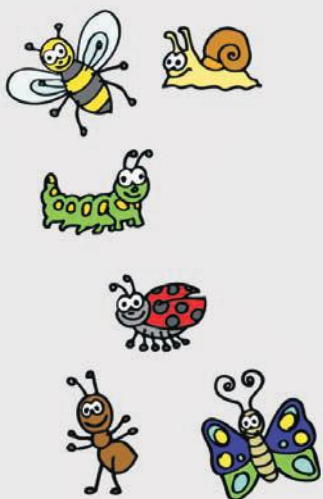
By YASHIKA TRIPATHI  
MRIS-14, Grade 10A  
Admission no. 622



## LEND ME YOUR EARS

Lend me your ears  
 To avoid those tears  
 That you have on your face TODAY  
 Lend me your ears  
 To face your fears  
 That scares you away  
 Lend me your ears  
 I'm gonna tell you the truth  
 The future, the present, the past  
 Has always been like this  
 So don't you be scared  
 Don't you cry  
 'Cause today is the day to try  
 We will fight forever  
 We will not stop, oh never  
 So be strong, so be strong  
 Lend me your ears  
 Lend me your ears  
 'Cause you are going to know the truth  
 You are going to know the truth  
 SO LEND ME YOUR EARS  
 TO FIGHT FOREVER

By: Denisha Madhura (VII - A)



## THE HOMECOMING

BY MS. NEELIMA CHAKRABORTY  
 MRIS-14, TGT ENGLISH

The dance of democracy- a  
 spectacular wonder  
 The baritone of bureaucracy- in  
 pursuit of its thunder.  
 The earthen cups of earthy tea  
 Engulf wisps of rusting reverie  
 Dismembered views crumpled in  
 tepid news-  
 A retweeted tableau of misery.  
 Stifled voices echo piercing cries  
 While words adorn the silhouette of  
 surprise  
 Vacant dreams in emoji hearts  
 Broken promises unveil the bleeding  
 scars  
 As Cupid's arrow misses its mark  
 The fallen angels crawl in stealthily  
 Beelzebub rides under the shattered  
 arch  
 Of Almighty's feuding tapestry.

## THE CROW

BY NEELIMA CHAKRABORTY  
 MRIS-14, TGT ENGLISH

I have wings and I am black.  
 I wake at morn, go in search of snack.  
 I have shades of grey and I like to prey  
 On little insects, on any little thing that comes  
 my way!  
 When I call in my glorious voice,  
 Little boys stone me: Oh! how that annoys.  
 I hop, skip and jump and beak into the piles  
 Of dirt, filth and vomit surrounded by flies.  
 I comb my feathers as neatly as I can  
 Yet nobody looks up to me and admires my  
 clan.  
 I am looked upon as ominous, a witch's  
 friend  
 But am not a stereotype-I believe I am  
 different.  
 I perch on trees, I nest, I live.  
 I outstretch my plumes, I kiss the sky above.  
 As my friends are many, you poets ignore  
 me,  
 You yearn for the rare kinds, that turns you  
 all dreamy.  
 Yet when I see you men everyday, I have my  
 peace,  
 I see my scavenger's soul reflected...we are  
 one in deeds.

## LIFE IS WHAT YOU MAKE

BY NEELIMA CHAKRABORTY  
 MRIS-14, TGT ENGLISH

"Life is what you make"  
 Is a wisdom you choose to take  
 And eat and swallow  
 (For the words aren't shallow)  
 And once ingrained,  
 Your life has changed.  
 Yet we never do what we should,  
 We revel in the bad and not the good.  
 Life is what you make-  
 A wisdom you hold at stake.  
 The world around is a hub of mean.  
 Bleeding red, inhaling green.  
 Dreaming blue but living black;  
 Abundant with rampage and attack.  
 No way to claim what was ours  
 For honest and true thrive behind the bars.  
 Hopes of a pale gleam of ray  
 Is what slowly drains our life everyday.  
 For our life is what others decide:  
 What we do is nothing but hide.  
 Hide...hide...hide in shame,  
 We are all part of this very game.  
 You run, I chase.  
 You die, I take your place.  
 Life goes on while you gaze.  
 It is such a complicated maze!  
 "Think simple, be focused"- is what they tell  
 But the language dies, the words fail.  
 What rises is a pungent smell  
 Of rotten souls, rotting in Hell.  
 Fear not, the end is nigh.  
 Don't build the walls so high.  
 When they come crashing,  
 You'll only be wishing,  
 If life was what You made.  
 And not exist by their dictates.





## ACHIEVEMENTS

Laurels for MRIS - 14 in INTERNATIONAL MATHS POLYMPIAD

The students of Grade 1, 2, 3 brought laurels by excelling in the International Maths Olympiad. 5 students bagged Medal of Distinction, 3 got School Gold Medal, 3 School Silver Medal and 4 School Bronze Medal.

List of the students who received IMO Medals

1. Laksh Sharma - Medal of Distinction
2. Viraj Gupta - Medal of Distinction
3. Arnav Garg - Medal of Distinction
4. Svanik Goel - Medal of Distinction
5. Kushal Diwan - Medal of Distinction
6. Moulik bajaj - School Gold Medal
7. Aarna Agarwal - School Silver Medal
8. Aarya Tagotra - School Bronze Medal
9. Nivaan Khandelwal - School Bronze Medal
10. Atharva Nitin Singhal - School Gold Medal
11. Bhavik Bagry - School Silver Medal
12. Shaurya Chadda - School Bronze Medal
13. Vaishnav sachdeva - School Gold Medal
14. Tanmay Garg - School Silver Medal
15. Manav Vashishta - School Bronze Medal

Appreciation at Jr. First Lego League @ MRIS-Sector14, Faridabad

Yatharth Singh of Grade II, Svanik Goel of Grade III, Gunmay Marwah, Ojas Singh, Savya Chopra and Harkirat Singh all from Grade IV made their mark at Junior First Lego League held at MRIS 14, Faridabad by getting appreciated for their project Mission Moon.

## AN ACT OF PHILANTHROPY @ GOVT GIRLS' HIGH SCHOOL, MOHNA BY MRIS-SECTOR14, FARIDABAD

At Govt Girls' High School, Mohna Village, the facilitators covered a variety of topics pertaining to different subjects like grammar such as narration, voice, parts of speech, maths- Area The learners of grade VII, VIII, IX and X showed a positive response. A green Warrior club was also organised to take care of the plants, creepers and saplings.

## INTER CLASS CHARACTER PLAY COMPETITION

The aspiring actors of Grade-2, portrayed themselves as Disney Characters in the Inter Class Character Play Competition with heaps of energy. They stepped into the shoes of Ariel, Snow White, Simba, Mickey Mouse, Pluto, Aladdin. They chose the character which they admired the most. The portrayal of the Disney was very enthralling

## WORKSHOP FOR TEACHERS

The Early years and Grade 1 and 2 teachers had the wonderful opportunity to attend a special workshop organized by Continua, Centre of Neurotherapy for Uniquely-abled kids. Addressed by Dr. Puja Kapoor, Paediatric Neurologist, the session brought forth many developmental milestones and the need to be observant in order to avoid any red flags. Dr. Komal Sharma, Special Educator, provided with pointers on how a differently abled child can be identified and taken care of in a classroom.

Literary Week

The aim of the 'LITERARY WEEK' was to hone the LSRW skills (Listening, Speaking, Reading and Writing) of the children in an unconventional method. The week commenced with 'Travel with a story' day wherein the children enjoyed listening to some special stories like The Snow white and the seven dwarfs, Best Friends, Smart Honey Bee, Three little pigs etc. Children spoke impromptu in PICK AND SPEAK - EXTEMPORE activity, about incidents and experiences from their daily activities. Reading, a very important aspect of language was covered through the D.E.A.R - Drop Everything And Read activity. Weave - a - story activity gave them opportunity to expand their wings of imagination and create a story, working in groups. In the STOR CALENDAR activity the kindergarteners donned the robes of young authors and illustrators.

## CLEANING OF OLD FARIDABAD RAILWAY STATION

The school believes in carrying the baton of social responsibility undertaken by Dr. O.P. Balla Foundation ahead with full commitment and diligence. Keeping the same in mind the school support staff dedicatedly cleaned Old Faridabad Railway Station. If everyone takes up the onus of keeping the city clean then surely it will become the cleanest city in no time.

## INTER CLASS SOLO FOLK DANCE COMPETITION

An Inter Class Solo Folk Dance Competition was organized for the students of Grade III. The students mesmerized the audience with their performances based on the theme folk dances of India.

## INTER CLASS GK QUIZ COMPETITION

Inter Class GK Quiz Competition was held for the students of Grade IV and V. Four fervent representatives from each class were selected on the basis of a preliminary round at the intra class level. The participants had to go through mazes of and mind boggling rounds, consisting of questions related to famous authors and their books, United Nations Organizations, amazing world of plants, cabinet ministers and many more. The quiz comprised of oral questions and visual rounds.

## UNITED NATIONS PAPER PRESENTATION REPORT

The young ambassadors of peace, students of Grade V proudly hosted their first paper presentation on United Nations as a part of their Social Science curriculum to institute in themselves the skill of public speaking, problem solving, persuasive writing and teamwork.





## HOW TO DEVELOP NUTRITIOUS FOOD HABITS IN CHILDREN

It is important to remember that our children are not born with the craving for French fries and pizza and an aversion to broccoli and carrots. This conditioning happens over time as kids are exposed to more unhealthier choices.

These days, people have hectic schedules and thus their children's diets are built around convenience and takeout food. But switching to a healthy diet can have a profound effect on a child's health.

Whether they toddlers or in their teens, children develop a natural preference for the food they enjoy the most. To encourage healthy eating habits nutritious choices must be made more appealing.

Ideas to develop healthy eating habits

- Involve children in shopping for groceries and preparing meals
- Inculcate the habit of growing vegetables in the kitchen garden
- Sit down as a family to eat home cooked meals

Some smart techniques to cook healthy food for children:

- Burger : Instead of using readymade burger bun, we can use homemade atta/wheat bun
- Use Vegetable patty (tikki) instead of potato patty (tikki)
- Wraps and rolls: Use homemade wraps made with wheat and vegetables like beetroot, spinach, bathua etc.
- Parantha and Roti: Parantha dough made with wheat and mixed vegetables
- Smoothies: Smoothies are the best option for those children who don't eat fruits.
- Food items made from Oats are a very healthy option. Here's one such recipe.

Be a role model:

Children watch and imitate adults and look to them to learn everything. It can never be a case where the parents enjoy party food and try to feed their children a healthy diet as Children very quickly pick up their parents' attitudes about food.

As role models, parents need to make sure they're demonstrating a healthy attitude toward food so their children do, too.

Written by: **Ms Ruchika Jain**, a renowned chef, blogger and mother of Naysha Jain, student at MRIS Charmwood.



A baby's first laugh,  
or a puppy's clumsy walk,

Those are the things,  
That make us smile,

Birds chirping for the first time since winter,  
or seeing an old friend,

Those are the things,  
that please us,

Hearing a song that reminds you of your  
past,

or looking back at old photographs,

Those are the things,  
that makes us think,

Sitting in the sun with a cold breeze passing,  
or waking up to find out it has rained  
overnight,

Those are the things,  
that surprise us,

So smile, think and be surprised,  
as these are the best feelings in the world...

Written by: **Rashi Chaturvedi**, a student of  
Grade X Panini, at MRIS Charmwood.

## THE MYSTERIOUS WALL

"Huff, Puff ", I said to myself, "This is probably the 99th step!" You must be wondering what I am saying? Well, you would be saying the same thing if you had been where I was! You wouldn't believe me if I told you it all started with a rat!

I was walking in a park at the edge of a city that was surrounded by a fort. I knew there was nothing beyond the fort, but still - what if I was wrong? Just then a rat scampered by and, to my astonishment, through the fort! And by through, I mean through as though the fort wasn't there! I blindly touched the wall and was suddenly sucked into a vortex of water. I was lucky that I was a good swimmer. I stayed afloat and suddenly I was falling. Within a few moments I had landed on a soft bed of hay.

"Hello", I called out loudly. There was no response. Now I was getting really spooked.

"Oh no!" I thought as I felt strong hands clasp me by the waist. I screamed in alarm!

I forced my attacker to put me down. I used my smart phone to look at my attacker and horror of horrors! It was Medusa! I used my shotgun to shoot her head off. Then I quickly covered her head with my anorak and put it into my bag. I then walked up a narrow flight of stairs. There I saw Walava. The monster threw me backward and suddenly I was back on the sidewalk in the park.

Was I dreaming? Had I been sleeping? I opened my bag and the head of Medusa was still there!

I walked home and Mom opened the door. I touched her and she faded till I could not see her. I heard low grumble and a moan. But what happened next was ghastly. Ah, but that is another story.....

Nethra Ramakrishnan is a student of Grade VII at Manav Rachna International, Charmwood, Faridabad. She enjoys reading and writing mystery stories. This particular story has previously been published in the February 2019 issue of the popular children's magazine, Children's World.

### TIME FOR A HEALTHY RESTART

Health is a dynamic process. It keeps on changing as we change our lifestyle, our eating habits, our sleeping routine, our thoughts, etc. In order to maximize our wellness, we should plan our day in a manner that enables us to strike the right balance between our physical and mental health.

Among the most crucial reasons for declining health and fitness levels seen today is improper intake of vegetables and fruits that leads to the absence of minerals and vitamins in our body. Another important reason why a lot of us don't feel healthy is because of lack of mental peace and leading stressful lives. A positive and peaceful mind is a must for a healthy body.

Simple steps can go a long way

1. Try to remain happy and adopt a positive outlook towards life.
2. Don't stress over things you cannot control.
3. Make breakfast the heaviest and dinner the lightest meal of the day.
4. Eat salad before you eat the meal.
5. Don't starve yourself and overeat later.
6. Fast food and canned food are a big no.
7. Say yes to vegetables and fruits.
8. Don't forget to exercise.

Teachers and parents as role models

For a teacher it is important to observe a child's potential in any physical activity and encourage him/her to take it up. On the other hand, parents must make a healthy lifestyle the way of life at home for their families.

Written by: **Mr Deepak Singh**, TGT Physical Education, MRIS Charmwood



### TURN AROUND O FEAR

Turn around o fear!  
 Let god remain my dear,  
 Go back to where you came from,  
 Go back to your wrecked storm.  
 Gloomy is an eye coz of you,  
 People die coz of you!  
 Turn around! Go to your wrecked storm...  
 The horrific place where you came from.

I hope no one has to visit  
 As fear is not to exhibit.  
 Gloomy is an eye coz of you,  
 People die coz of you!

Some overthrow you, make their mark;  
 You overthrow many, make a dent in a heart.

Turn around o fear, let god remain my dear  
 Go back to where you came from, go back  
 to your wrecked storm.

Written by: Rohan, a student of Grade VII  
 Aryabhata, at MRIS Charmwood.



### MRIS STUDENTS CLICK CLICK AWAY

The budding photographers from MRIS Charmwood (Grades V to XII) participated in "Bharat Ke Rang 2018 Photography Contest". The theme for the contest was "Festivals of India". Out of the 35 entries sent, 17 were shortlisted and uploaded on the website [www.bharatkerang.com](http://www.bharatkerang.com)

The winning entries were displayed at the "Photo Art Exhibition 2019" held at India Habitat Centre, New Delhi, from February 20 to March 20, 2019. The winning photographs included "Colours" by Tanishkk J Jain (Commended award), "Life" by Shreyas Arora (Commended award), "Light for life" by Ekta Nareda (Commended award) and "National Level Qualified" by Vrishin Singh (Commended award)



### MRIS CW WINS ACCOLADES AT JUNIOR FLL

The Dream Team that represented MRIS Charmwood at the Junior First Lego League India (FLL) bagged the prestigious "Special mention" at the event. The project "Mission Moon" identifies the problems and solutions for survival on the Moon. It was presented by Lavanya Dawar (Grade V), Arush Anand (Grade V), Navya Singla (Grade IV), Mannat Palta (Grade IV) and Mira Bindra (Grade III) under the guidance of Ms Ayesha and Ms Swati. Kudos to the five-member team and their mentors.

MRIS CW's budding athlete completes 3 KM marathon with ease

Amrit Kaur, a student of Grade I from MRIS Charmwood, displayed remarkable strength and perseverance by easily completing the 3 KM run at the "Bhaag India Bhaag Half Marathon" held at Nehru Park, New Delhi, on February 3, 2019. Well done, Amrit!





# MRIS Mohali celebrates its first ever Year End Presentation

It was an evening full of zeal, energy, and showcasing the learning outcomes for the children of Early Years at MRIS Mohali on, 9th March, 2019. Amidst a large audience, the children from Toddlers to Grade I (age group 2.5- 6 years) showcased their talent and enthusiasm by putting up a beautiful first Year End Presentation. The theme of the show being 'One in spirit, it's a Small World', gave the opportunely clad children a chance to mesmerise the viewers with their breathtaking performances. The event began with the felicitation of the Guests of Honour, renowned paediatrician and neonatologist, Dr. R.S. Bedi and eminent Obstetrician and Gynaecologist, Dr. Mrs. G.K. Bedi. The series of performances including an act based on the theme 'Change your words, Change your mindset' presented by Grade 1 and the dance performances depicting six distinct and enriched cultures of Africa, Spain, Italy, Arab, Japan and India, left the guests and audience awestruck. This event showcased the odyssey of the children's growth and learning evidently.

Ms. Taruna Vashisht, Principal MRIS Mohali thanked the parents and the management of Manav Rachna International School, and appreciated the children and staff for making the event a grand success.

## HAPPY HANDS

After organising various Colour Days, like the Red Day, Blue Day, Green Day etc., the Group Incharges of Grade Toddlers conducted the "Happy Hands" craft activity. This marked the culmination for the unit of colours introduced to our toddlers. The little ones dipped their fingers and palms and left their hand impressions on paper. They took pride in being able to identify all the colours laid in front of them. This activity proved to be an integrated learning experience for the little ones as they counted along the number of colours too.

## COMMUNITY HELPERS

Keeping the ongoing Theme, 'On the Move' in mind, the Group Incharges organised a Role Play for Grade Toddlers. The children dressed up as various Community Helpers, like the Traffic Policeman, Air Hostess, Pilot, Baker etc.

The reason to chose role play is that when children enact any role, they naturally imitate someone or something else. This stimulates their imagination and enhances their social development. During this activity, the children were encouraged to speak out few words describing their unparalleled role in the community.

Children were really excited and felt amazed with the live experience of the concept and it proved to be very productive in terms of learning.



## EXCITING FIRST DAY OF SESSION 2019-20 AT MRIS MOHALI

MRIS Mohali was blooming with vibrant energy on April 9, 2019, the first day of the new session. The students were full of excitement, zeal and exuberance to be back to the school. They were welcomed by the Principal, Ms. Taruna Vashisht, teachers and all staff members. To add flavour and ecstasy to their day, the teachers had planned many engaging outdoor and classroom activities for them. The students were given an insight on how through experiential learning, the integrated curriculum followed at the school is implemented to enrich and widen their exposure.

The students were apprised about the various learning areas offered at the school. They went to the school sports arena and the school library where they were given bookmarks as takeaways.

## COFFEE MORNING

MRIS Mohali organised a Coffee Morning on April 6, 2019 with parents enlightening them on the school's approach, pedagogy, curriculum design, and other activities in making the students ready for the 21st century. Coffee Mornings at MRIS Mohali hold special importance because these sessions bridge the gap between the parents and the school. To keep the parents abreast, Rachna Misra, Academic Head, MREI said that a holistic curriculum aimed at developing creativity, critical thinking, curiosity, leadership skills and collaboration. Ms. Misra also shared the strategies, techniques and methodologies being used by the faculty for transacting the curriculum with the parents.

Principal MRIS Mohali, Ms. Taruna Vashisht thanked the parents for presenting to the Coffee Morning. She assured the parents that such sessions will be frequently held at the school.

## MORNING FITNESS

Manav Rachna International School, Mohali has started morning fitness class for all students which includes, complete body stretching, warming up and co-ordination exercises from 8:00 am to 8:30 am every day.







### ANOTHER FEATHER IN MRIS-MOHALI'S CAP

Hridyanshi Singh of MRIS Mohali (Grade-II Everest) brought laurels by securing First Runner up position for herself in 'Aapkiwaaz'. Hridyanshisingh was live on Desh Bhagat Radio 107.8 FM Aapkiwaaz on January 26, 2019. The program was run live with the theme- Mera bharat meri kalam se- Season 5 and was quite inspiring.

She was awarded with a medal and certificate and was appreciated by the school Principal Ms. TarunaVashisht. She encouraged and motivated the other students to keep participating in such events.

### ADVENTURE TRIP

MRIS Mohali organized a one day trip to Mapple Adventure Camp, Anandpur Sahib for the students of Grades 2-7 on February 23, 2019. The excursion was planned to rejuvenate the students before their final assessment to be held in March and also to mark the culmination of the first academic session of the school. The students enjoyed as many as 11 activities including zip line, Burma bridge, hanging net and handing tyre, commando net, archery, wall climbing, etc., which enthralled the students and filled them with energy and excitement. The highlight of the excursion was the welcome bridge. The students were accompanied by a team of instructors who guided the children through all the activities. The children were divided in two age groups, and took up the activities accordingly. The trip concluded with a dance party arranged at the camp by the Mapple Jungle Camp team. The team of MRIS teachers thanked the Mapple team for their support. Ms. Taruna Vashisht, Principal MRIS Mohali expressed, that children must go beyond academics to excel in life. She said that such excursions should be a part of the curriculum to prepare the children for life.

### TRIP TO FIRE STATION

The children of NURSERY were taken for an EduTrip to the local Fire Station in Mohali. The children were briefed about the different equipments used by them and also the safety measures undertaken to put off the fire to avoid any accidents. A small session was also conducted by the "Fireman Personnel".

Children were really amazed to observe the experienced professionals in action with their equipment. The little ones were introduced to extensive vocabulary like Foam Branch, Fire Tender, Hose Pipe, Face Mask, Fireman Axe, Carbon Dioxide Cylinders, Oxygen Cylinders etc.

This visit proved to be productive and informative with live experiences.

### GENERAL AWARENESS QUIZ HELD AT MRIS MOHALI

General Awareness Quiz was held at Manav Rachna International School, Mohali. The students were supposed to prepare the general knowledge and current affairs information pertaining to last fifteen days. The school has a special Information Board installed at the cafeteria which keeps them abreast with all this information. Students from Grade 1 to 7 participated enthusiastically in this Inter Clan Competition. Five rounds were held. It was a tough competition wherein, 'Water Sharks' emerged as the winner followed by 'Wild Cats' and 'Forest Rhinos' at second and third position. Everybody enjoyed this brain storming session and are eagerly waiting for the next quiz.

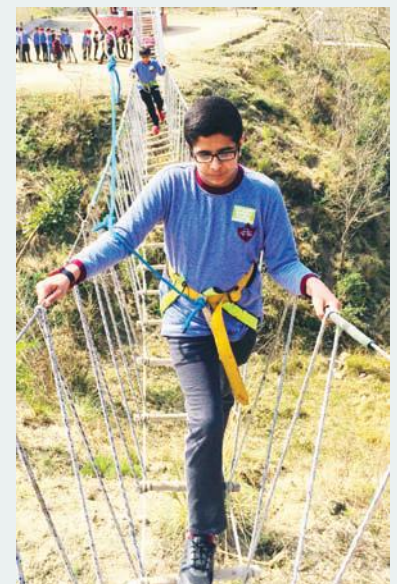
### 'OPEN HOUSE'

An interactive session to discuss the progress and performance of children was

conducted on Sunday, 3rd February 2019.

The parents appreciated the efforts that are being put in for the overall development of children in school. They praised different learning styles and pedagogies that are being used to reinforce and enhance experiential learning. Apart from this, the concept of Annual Projects based on UNSDG which works within and beyond the classrooms to maximize the potential of children in the school was also praised by all.

Parents actively participated in the discussion, clarified their doubts shared the feedback and gave their valuable suggestions to the school. The management thanked the parents for making the session fruitful.







### END OF THE FIRST ACADEMIC SESSION (2018-19)

MRIS Mohali marked the end of the first academic session (2018-19) by putting up a great cultural show Harmonia - the synthesis of all performing arts. The event was a blend of music, dance, theatre and drama. The show began with welcoming of the chief guests Dr. HK Bali, Paras Hospital and Dr. Mrs. Neeru Bali, followed by enchanting performances by the students from Grade 2- Grade 7. The audience was completely mesmerised by the fairy tale show by grade 2 children. The audience was taken to the wilderness and Anansi stories of Africa by the students of Grade 3. The play Kabira, by the students of Grade 4-7 brought the audience to their homeland, i.e. India, where we celebrate diversities, but follow just one religion: humanity. The Principal MRIS Mohali, Ms. Taruna Vashisht, thanked the guests, and parents for sparing their time and making the show a success. She also expressed her gratitude to Mr. Sunny Bansal, Executive Director MRIS Mohali, for his relentless support. The Principal congratulated the students for their performances and appreciated the teachers and other staff for their hard work.

### ORIENTATION PROGRAM FOR THE SESSION 2019-20.

As MRIS Mohali prepares to welcome its second batch of young learners; an orientation program for parents was organized at the campus

The parents were given a glimpse of the ethos, unique curriculum, academic pedagogy, vision, mission and the practices followed by Manav Rachna International Schools. Mr. Sunny Bansal, Executive Director, MRIS Mohali; Ms. Sanyogita Sharma, Director MRIS; and Ms. Taruna Vashisht, Principal, MRIS Mohali interacted with the parents.

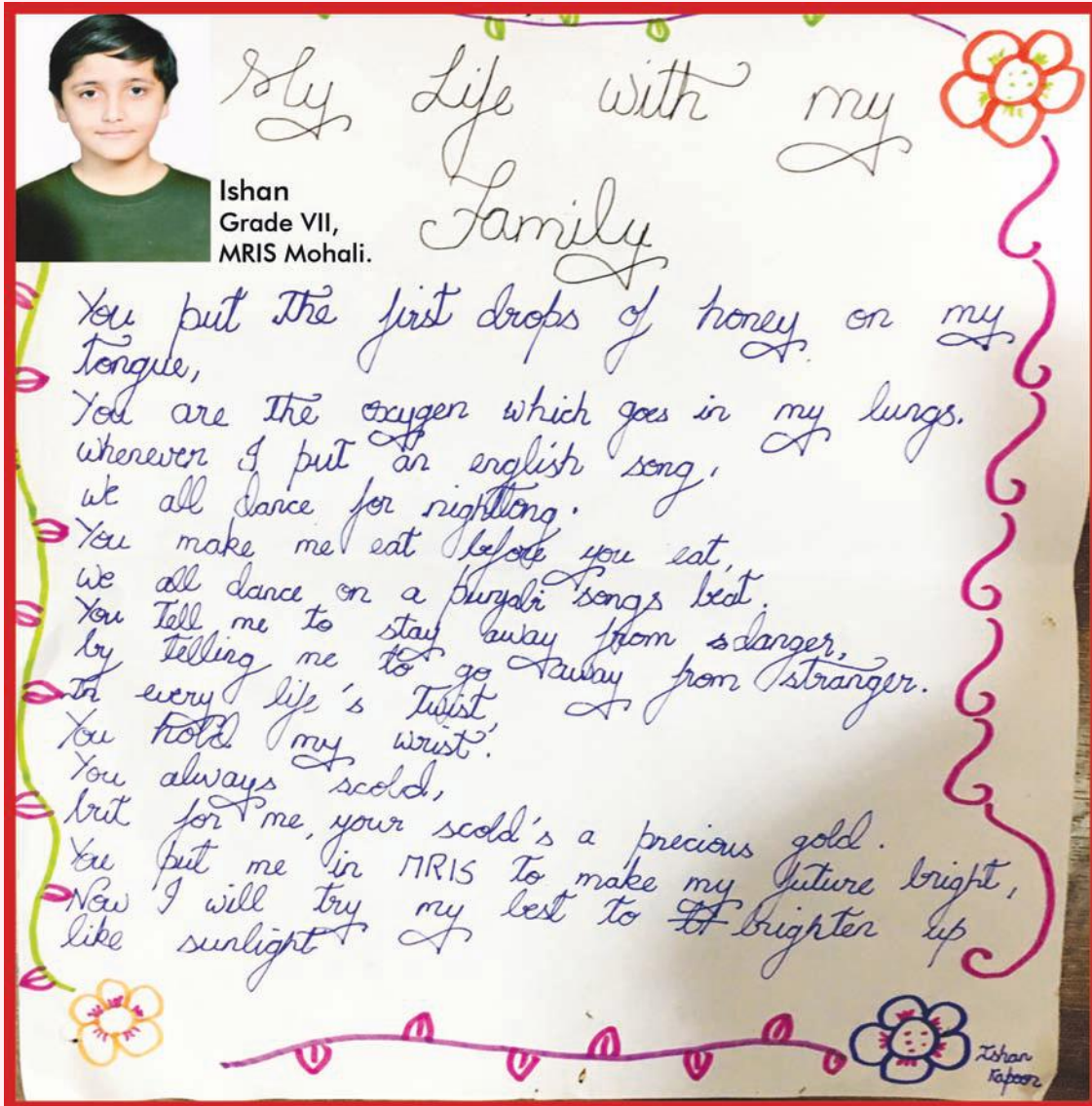
The parents were greatly intrigued by the sports infrastructure of the school that includes numerous facilities for indoor games and sports like Badminton, Shooting, Cricket, Fencing, Mountain Climbing, Chess, Carom, Gymnastics, Table Tennis and outdoor games i.e. Taekwondo, Skating, Lawn Tennis, Basketball, and soccer. They also appreciated the comprehensive academic program that focuses on promoting academic excellence; state-of-the-art infrastructure; safety and security measures, and a thoughtful meal programme. They were excited to explore the Techno Skills Labs, a unique concept promoting innovation among school kids.

Manav Rachna International School, Mohali has a comprehensive curriculum of excellence with global dimension that accommodates diverse learning needs of students and makes teaching learning a joyful experience for students and teachers. Age appropriate learning opportunities coupled with co-curricular activities and the most modern infrastructure support teaching learning. The school looks after the diverse needs of the different children and helps them achieve the best as per their capacity and potential.

Helping children learn-academically, socially, emotionally, spiritually and physically is the real purpose of the school.

Graduation and Citation Ceremony for Kindergarten

Today both nostalgia and enthusiasm could be felt at the campus of Manav Rachna International School, Mohali, as Grade KG graduated to Grade 1. An adorable goodbye performance by Grade Toddlers and Nursery and a heart warming Welcome Song by Grade 1, won everyone's hearts. The parents of Grade KG children felt emotional watching their ward's being handed over their Graduation reports by the Principal, Ms. Taruna Vashisht. The day concluded with Graduation Memory Jars as takeaways. The highlight of the day was watching our little graduates as they flung their graduation caps into the air and cheered for new beginnings.



## Information E-resources for Generation Alpha

BY Monika Mukh  
(Librarian)  
Manav Rachna International School  
Mohali

Due to the huge explosion of literature, information could not be restricted within the libraries only. There was a time when libraries were regarded as a store house of information in the form of books only which were placed under lock and key. With the passage of time, automated and digital libraries overtook the manual trend of the earlier libraries. Today, 21st century libraries, which are considered social institutions, with an aim to assist their patrons in term of -how to retrieve the information through various e-resources, are available in the library.

Generation ALPHA (children born after 2010) is more educated, tech savvy as compared to other past generations. Due to the binding of individuals into so many assignments, they do not have enough

time to access the whole information through scrolling the book-page to page. In this concern, following important Apps for example National Scholarships Portal: for students looking for scholarship, ePathshala: for students and teachers who can access e-books on mobile devices and desktops, mKavach (Mobile security solutions), DigiSevak: for citizen volunteers, DigiLocker: for the safety of digital copies and Basta app: for teachers and students another app which is very handy for teachers and students to help access ebooks and create study material also, suggested by Indian Government in Education Domain. These E resources are much helpful as they save the time of the users, are easy to access and more user friendly.

E resources are the need of the hour, just go through them for better results. e:



के विद्यार्थी जिनकी जाँ के (जहाँ का ज्ञान) मुझसे कहीं अधिक है, क्या अकल में साधारण है ?

निश्चित तौर पर नहीं मगर हाँ उनका प्रश्न कि क्या आज हिन्दी भाषा को हँपी बंधे है सोचने को मजबूर करता है। खैर उनकी जिज्ञासा का समाधान तो मैंने जैसे तैसे कर दिया परन्तु मेले के मेच पर इतना अवश्य कहा हिन्दी भाषा का प्रयोग जब तक जनसाधारण कर रहा है तब तक इसका जन्मदिन मनाया जाए या न मनाया जाए कोई फर्क नहीं पड़ता। यह तो हम भारतीयों के हृदय की एक जानदार भाषा है जिसका उत्कर्ष आम आदमी के हाथ में है।

लोगों ने मेरे बनाए व्यंजन को खूब सराहा। इसके स्वाद का मजा मैं ले ही रही थी कि अरे उठो मुझे हो गई, स्कूल नहीं जाना है कि आबजा कान में लीर की तरह लगी। उठ कर देखा कि दिन निकल आया है। वस्तुस्थिति यह है कि मैं बिना किसी मौलिक, स्वरचित रचना के विद्यालय जाने की तैयारी में जुट गई हूँ।

(सुनंदा मुले नाटेकर)

### Erosion and Rebirth

The mighty tree of my ambition fell down. Hope to rise and expand vanished. Beautiful dream of future disappeared. I woke up and saw my downfall which ruined my persona.

Should I waste time in weeping or think what to do next in order to reach upwards. I determined to follow the latter. Now I gave attention to my surroundings. A cloud of darkness was ready to engulf me. Visibility vanished. How can I pave my way to right path. A very difficult and confusing task. I cried for help but my echoed voice only disturbed the peace of surroundings. What was to be done then? I remembered God. He immediately sent his angel. Angel gave me God's message "God helps those who help themselves".

Vision of truth showed up in that deep and dinghy place. I thanked God for atleast listening my wail. Light of truth directed me. Be practical and precise. I collected my strength and stood on my feet. However difficult be the time I should concentrate towards goal. I looked up and prayed.

Atmosphere of dinghy place was encouraging me. A new plant of hope was taking birth in my heart.

(Mrs Sunanda Muley Natekar)

### हिन्दी भाषा का एक और जन्मदिन (व्यंजन)

विद्यालय में सहायिका अध्यापिका ने सूचना दी कि कल यानि 17 सितम्बर को हिन्दी दिवस है, और अंके से खेलनेवाली में शब्दों के जल का इस्तेमाल, धान या फिर डुप्लेन्ट गारमेट लेकर दो अगले दिन उपस्थित होऊँ। बात इतक से नीचे उतरी और लगी दिमाग का दुबारा स्टरवाटोने। पैसा लगा अपनी कला के रेश सिस्टरकर पूरा कैम्पस में हो गयेगी। आखिर कैम्पस भी मेरा, रेश भी मेरा और निष्पत्ती भी मेरा।

पूर्व उत्साह से घर पहुँची ही थी कि माताजी ने सप्ताह के निर्धारित कार्य समय से करने को बतावने दी। आशा के सुन्दारे फूलने से पहले ही पटपटाकर स्वर्गीय हो गए। सच मानिए कार्य ही इतने थे कि रात्रि में निद्रा देवी का सोझ आगमन हुआ।

संभवतः जो विचार मैं सुनी औरने से देखते हुए नहीं करती वही सब स्वप्न में लाजड स्पीकर लगाकर बोलने लगी। देखती क्या है विद्यालय में खूब गहमागहमी है और एक वैनर हिन्दी दिवस मेला सभी का ध्यान आकर्षित कर रहा है। लगा कि शब्दों के रसगुल्ले और विचारों की चाट खूब खाने को मिलेगी जो सोचा क्यों न प्रकाश व्यंजन का स्थल में भी लगाऊँ और विज्ञान हिन्दी में सभी का अभिवादन करूँ। दिमाग में विचार आया कि सुनाई दिया हैलो सुनंदा हाँ और थू? मने में कहीं खटका लगा क्या आज इसका हिन्दी में नहीं कहा जा सकता। कक्षा में हाजिरी लेने गई तो गुड मॉर्निंग मैडम का कर्तव्योप आह्वान कर बैठा। रातचो कक्षा

## Spreading the message of peace and happiness of lohri

Lohri was celebrated at Manav Rachna International School, Ludhiana on 11th of January, 2019 in the school premises with a lot of exuberance and funfare. The function started with a special assembly followed by speeches in English and Punjabi highlighting the importance of the festival of Lohri, which ushers in the cheerful spring season bidding adieu to the dull winter. The colourful programme included poems, folk song and dance depicting the significance of the festival.

The School Principal Dr. Rupali Saini lit the sacred bonfire to initiate the celebration congratulating all and dwelled on the importance of such festivals.

### REPUBLIC DAY CELEBRATIONS AT MRIS, LDH

Manav Rachna International school, Ludhiana celebrated 70th Republic Day with great reverence. The day began with the praise of Almighty followed by the speech which was delivered eloquently about our diverse nation and the relevance of the Constitution. The poem recited by the students filled the atmosphere with patriotism. This was followed by a medley of patriotic songs presented by the mellifluous school band. A spellbinding dance performance by the students made all bow in allegiance to the brave freedom fighters who laid their lives for the motherland. The Head girl enthralled everyone with her inspiring message emphasizing the importance of Republic and free India. A quiz was conducted in the respective classrooms.

Principal, Dr. Rupali Saini, in her address expressed gratitude towards the freedom fighters and the soldier who sacrificed their lives for the nation.

### “PARIKSHA PAR CHARCHA”

Hon'ble Prime Minister Narendra Modi held an interactive session with school students to discuss the importance of stress-free exams. The session “Pariksha Par Charcha” was aired in all CBSE-affiliated schools and students were encouraged to ask questions and share stress-relieving techniques with the PM.

Speaking on the occasion PM Modi said that in our society teachers are like family members and such a spirit was more common earlier and we have to reignite this spirit further today. Saying that expectations are essential since we cannot thrive in an atmosphere of despair and unhappiness, the PM added, 'Every child has his or her own potential strengths. PM Modi shared his personal life experiences of struggle and how he managed to overcome the obstacles with the mantra of remaining calm and composed

### CREST

Manav Rachna International School organised a CREST assembly for the students of Grade IV & V. The Assembly commenced with a warm welcome to the parents by the class teacher. The students of Grade IV shared their learning about the land of Greece and tropical rainforests - an informative journey through the land of Greek Gods , the great Greek Scientists and the Ancient Greek Olympics.

The students of Grade V explored the mystical world of VIKINGS and their lives in Norway. They presented a short play on Norse Gods that left everyone spellbound. The children mesmerised the audience with a marvellous dance performance on Arabian music and Vikings Shield dance.

The students shared their learning by performing short enactments, songs , poems and some unknown amazing facts. The story of Mount Olympus left the audience mesmerised. The Assembly culminated with an enthralling and colourful tribal and Greek God Dance.

### SPECIAL ASSEMBLY

Role play is an important part of child development as it builds confidence, creativity, verbal communication and physical development. With respect to the current theme “On the Move” the students of Bloomz and Toddlers explained their classroom learning about Land, Air and Water transport through an enactment followed by beautiful rhymes. The presentation by the tiny tots concluded with an invigorating dance performance by the little rock stars which left the audience mesmerized.

The theme 'Let's Pretend' was selected for the students of Nursery to help them explore and learn more about different “Community Helpers” and the services rendered to all of us in daily lives. To reinforce this learning, the children presented a role play enacting the Community Helpers such as Firefighter, Policeman, Doctor, Postman and Teacher using the equipment and tools used by them as per their profession .Children also shared their learning about the special vehicles and emergency contact numbers for Police, Fire Engine and Ambulance.

The students of Class KG shared their learning and expressed their knowledge about different festivals . The children mesmerised the audience with a marvelous dance performance on various festivals and also shared their learning by performing songs, poems, and some unknown amazing facts about different cultures, people, food, and heritage of our country. Dressed in traditional and ethnic attires such as Dhoti-salwar, Kurta-pyjama, Lehnga-Choli, Sarees, etc., the children displayed a fusion of different cultures defining true Indian values.





# LAURELS AND MORE @ MRIS Ludhiana

Young Karate Champion of # MRIS, #Ludhiana brought glory to the school

Tisha Kalsi of Grade I-B of MRIS, Ludhiana bagged the First Position in the Third Punjab State Karate Championship 2019 (under 15-30 kg weight category) organized by Indian Martial Arts Association of Punjab affiliated by All Indian Karate Federation of India, International Martial Arts (U.S.A).

Congratulating the young Karate champion on her achievement, Principal Dr. Rupali Saini said that the school provides abundant opportunities to the students to make them confident enough to meet and accomplish the challenges they face in life.

## NATIONAL LEVEL ART COMPETITION

Team MRIS, Ldh congratulate the winners of the National Level Art Competition. Around 3500 students from all over the country participated in this year's Art Competition. 10 students of Manav Rachna International School, Ludhiana had sent their entries and participated in specific age categories namely B, C, D & E in All India National Art Competition organized by Art Info India. com in the month of August on the topic Colours of National Symbols. The works of 4 students of Manav Rachna International School Ludhiana were selected. Rishika Trehan of Grade-VIII has won the Silver Medal & Itanya Sharma of Grade-VIII has won the bronze medal in the Group-E category (Grade VII-VIII) .Samaira Kapoor of Grade-V has won the bronze medal in Group D category .Darshit Singh of Grade-III has won the merit certificate in Group C category. The works of the selected students were displayed in the Art Gallery Exhibition at the lobbies of India Habitat Centre, Lodhi Road, New Delhi.

Eulogizing the strenuous efforts of the teachers and the students the school Principal Dr.Rupali Saini said that when we look at our students we see infinite talent and capabilities.

## 1ST NATIONAL YOGA SPORTS CHAMPIONSHIP

The school believes in providing ample opportunities to its students for positive and varied learning experiences. Everest National Sports Academy in association with Yoga Society of Punjab organised the 1st National Yoga Sports Championship on the 25th & 26th of January, 2019 at Ludhiana. It's a proud moment for MRIS, Ldh family as another feather is added to its cap. Persistence in combination with perseverance and right guidance has helped the children achieve good results and win the overall Champion Trophy. The position holders in the competition will be participating in the International Yoga Championship to be held in Bulgaria in the month of June, 2019







### PICNIC IMPERIAL GOLF ESTATE

To experience the life of a Golfer a picnic to the Imperial Golf Estate was organized by Manav Rachna International School, Ludhiana for the students. On the outskirts of Ludhiana, the Imperial Golf Estate presents the unique experience in luxury for golf enthusiasts. Surrounded by the stunning natural beauty of an 18-hole world class Golf course designed by Internationally renowned Nicklaus Design- one of the most creative course designers in the world.

This picnic offered them the perfect opportunity to engage with peers and play competitively while enjoying an easygoing game in the great green outdoors. They enjoyed all its measures - fun, excitement and challenge without compromising its most endearing component - leisure during the trip.

### MEGA BLOOD DONATION CAMP

Manav Rachna International School believes in serving the community and imbibing the value of service before self in the students. The school organized a 'Mega Blood Donation Camp'. In association with Rehras Seva and Can Fight Cancer team Manav Rachna International School organised the 4th Blood Donation Camp in the school campus on 23rd February, 2019 from 10:00 am to 4:00 p.m.

The dignitaries were given a warm and hearty welcome by Mr. Gaurav Rai Executive Director, Gurugram & Ludhiana, Dr. Roopali Trehan, Director, Dr. Rajinder Trehan, S. Jaswant Singh Chappa and Principal Dr. Rupali Saini. The program initiated with the pious ceremony of Lamp Lighting followed by felicitation of the esteemed guests. The students presented 'Nukkad Natak' emphasizing the importance of the noble deed of blood donation which gifts hope to people and community.

The Blood Donation Camp was inaugurated by Sh. Pradeep Kumar Agrawal, the 'Chief Guest' for the day. Speaking on the occasion, Sh. Pradeep Kumar Agrawal, the 'Chief Guest' for the day, highlighted the importance of blood donation which can help save thousands of lives. The Chief Guest appreciated the volunteers for contributing to the noble cause and he also applauded the School Management and staff for organizing the camp. Ludhiana residents turned out in encouraging numbers to donate blood; many of them who were first time donors also pledged to continue donating blood regularly to help save lives. Mr. Gaurav Rai, Executive Director Manav Rachna International School, Gurugram & Ludhiana expressed that he was overwhelmed to witness the enthusiasm of the donors. He thanked one and all present there for always supporting Manav Rachna International School, Ludhiana in every venture that the school undertakes. He said that MRIS LDH shall continue to undertake similar ventures in the times to come.

### PR-ORIENTATION

MRIS, Ludhiana conducted an elaborate Orientation programs for parents of Early years to grade X. The purpose of a comprehensive induction and orientation programs was to go beyond familiarizing students with the campus and to acclimatize them with state-of-the-art infrastructure. Parents were apprised about the curriculum having all the areas of learning viz. the language and literacy, numeracy, sports and wellbeing, life skills, CREST, visual arts and performing arts.

The Academic director, Ms. Sanyogita Sharma shared the school ethos and critical role parents play in the overall grooming of children. She also laid emphasis on the importance of discipline in students' life.

### NEW SESSION 2019-20

The session 2019-20 commenced at #MRIS, Ludhiana with great vigour and enthusiasm. Students were greeted at the gate with Melodious Rhymes by a beautiful fairy while they were walking into the campus for their innovative journey towards experiential learning.



### WORKSHOP ON "CAREER COUNSELLING"

MRIS, Ludhiana organised a Career Counselling workshop for Parents, teachers and the students of Grade VIII- X. Mindler team was invited to give an orientation workshop to introduce the program and implementation of the Mindler Career Guidance Program in our school. It is a venture run by alumni from Harvard, ISB, IIT and world's leading psychometrician and enables students discover their unique potential.

The resource person for the session was Mr. Prikshit Dhanda an eminent career counsellor. Mr. Dhanda is a prolific educator from Harvard University. He is an accredited MBRU& FIRO. Having worked with some of the prestigious universities including Delhi University, he has been associated with counselling and guidance for the past 20 years and is also a motivational speaker and a leading Life Coach. He has mentored and trained more than two million students across domains and draws upon vast experience and research, to offer comprehensive services to students regarding decision making for the future.

Mr. Prikshit started the session reiterating the importance of knowing one's potential and subject of interest before making a decision. He also laid stress on the right combination of subjects as per their aptitude which should be reflected in their academic performance. He emphasized on the importance of making informed decisions.

MR. Prikshit urged the students not to make decisions based on family expectations and peer pressure.





## CLAN ACTIVITY

Keeping the team spirit in mind the school organized Intra-class clan competition for the students of Early Years. "Ignited Minds...Young Picasso" was one of the collaborated clan activity. The children used colourful chart papers, glitters & various decoration materials to add glory to their creativity and colourful drawings. "Object Talk" was another activity which was conducted where the members of different clans expressed themselves speaking flawlessly about the object given to them. This further helped the tiny tots to enhance their confidence level and to improve their communication skills. To add more fun to the day "My Fruit Platter" was an add on where in a homemade clay of different colours was given to the children for creating their own fruit platter.

## SPORTEK

Manav Rachna International School, Ludhiana organized SporTek 2018-19. The school playground was filled with great zeal, excitement and frolicsome atmosphere. The event began with the declaration of Athletic Meet open by the Principal, Dr. Rupali Saini. She addressed the gathering, emphasised the importance of sports in child's life and advised children to keep up their sportsman spirit alive.

The annual sports day saw participation of the students in a range of field and track events which included Hunt Your Vowels Race, Treasure Hunt, 50 Mts Race, Ice Cream Race, Hurdle Race, Pyramid Race, Sack Race, Inter Class Basket Ball competition, Martial Art Competition etc. Once the races began, the air was filled with cheers and rejoice for the young athletes. It was a day filled with sportsmanship, enthusiasm, exciting victories, near and memories to cherish.

The sports week culminated by the distribution of the certificates and medals to the winners.

## CREST GALLERY WALK

Learning is not the product of Teaching ,  
It is the result of the activity of Learners.

Manav Rachna International School, Ludhiana believes in fostering global awareness and the students are guided through the process of discovery so that a deeper understanding of their own place in the world is developed better. It also provides exceptional opportunities to its students for academic achievement, intellectual growth, artistic fulfilment, physical development, moral awareness and community engagement.

The world is changing, all of us have become Global citizens. Like every year, this session also the students of MRIS Ludhiana tried to showcase their global learning through a "CREST GALLERY WALK".

Our Students took everyone back in time to experience various cultures across the world. It was an enjoyable and fun-filled journey through the America in 1800's , Ideas and discoveries of world, the land of rising sun -Japan , China, World of Disney Cartoons to name a few. These Students made the spectators stroll through a range of activities and craft work which they created in their classrooms along with their teachers. Corners were displayed with Immigration in America in 1800s, Japan, North -West America and World of Disneyland thereby, making the history come alive. The students shared the life of "Early Man" and their creations with the help of models on display.

Equally mesmerizing was the Story Telling corner from Grade II and the presentation on journey of means of transport by Grade III gave way to fulfil our feelings on how to travel across the world. Grade II took the spectators through the land of North-West America and they discussed about the life of Gautam Buddha and the significance of the moral of Jataka tales in their lives. Their models of Desert habitat were a treat for the eyes of all present. Grade I enthralled the audience by taking them all to the World of Disney Cartoons. Everyone tried to put their hands on drawing some of their favourite cartoons and the audience enthusiastically participated in the quiz at the quiz corner laid outside every classroom.

CREST believes in integrated learning which was showcased in their energetic performances. The aim of global studies by CREST was truly fulfilled and the parents went with all the praises for the efforts made by students and teachers. Dr. Rup





**MRIS-21C, FARIDABAD ADJUDGED AS TOP SCHOOL OF INDIA FOR THE FIFTH TIME IN A ROW**

With immense pleasure and pride, we would like to share the heartening news that Manav Rachna International School Sector-21C, Faridabad has been adjudged as Top School of India, fifth time in a row, in the recently conducted most comprehensive ranking of top Indian Schools in 11th School Leadership Summit 2019 conducted by digitalLearning India. We were adjudged for deliberations around emerging thematic of Learning Outcomes; Outreach and Access; Examination Systems; Teacher Education; ICT Interventions for New Knowledge, Pedagogies and Approaches for education; Standards, Assessments and School Management systems; Ensuring the Comprehensiveness of Education and Child health. We congratulate students, staff and esteemed parents for perseverance, immense hard work and encouragement.

**PRINCIPAL MRIS 21C FARIDABAD HONOURED WITH HIGHLY EFFECTIVE PRINCIPAL AWARD 2018**

The management , staff and students of Manav Rachna International School Sector 21 C Faridabad feel elated to congratulate the Principal of the school, Ms Seema Malhotra on being felicitated with ' 100 Highly Effective Principals Award 2018' in a spectacular award ceremony held at Gurugram . AKS Education Awards crowned Ms Seema Malhotra for spearheading initiatives to increase students' performance, endorsing safe learning environments and creating partnerships with parents and community members. As informed by the officials at AKS education, that after fulfilling a tough procedure of complying to various standards the process of scrutinizing and selecting the highly effective Principals which included the heads of Schools not only from India but from abroad could be materialized

On being asked what does she think about this achievement Ms Malhotra said that she believes in the ethos of nurturing morally upright citizens, and will continue to address the questions of her young learners.

**MRIS-21C, FBD STUDENT SHINES WITH INTERNATIONAL RANK-1 IN NCO AND NSTSE**

Students of MRIS-21C, once again shine in National Cyber Olympiad (NCO) and National Science Talent Search Exam (NSTSE) with following achievements-

**NSTSE-**

11 Gold Medals

**NCO-**

**International Rank-1 Bhanvi Ahuja**

**International Rank-5 Manik**

**Medal of distinction-5**

**Zonal Topper-3**

**Gold medals -6**

**Silver Medals-2**

**Bronze Medals-2**

We applaud the hard work and perseverance put in by the students their parents and teachers.

Junior Engineers in making at MRIS-21C

Techno Planet Lab at MRIS-21C, Faridabad had organized a Toy Making Challenge exhibition on 16<sup>th</sup> February, 2019 for the parents on P. E.C. day. Students had created games like Basketball game, Wireless Magnetic suspension car, Football game, Controllable wireless army tank using RFIC, Land Rover, Engineering cap using Dynamo to convert Mechanical energy to convert it in electric energy to be used in mining. Students also prepared device to complete food chain with buzzer,

**AUSPICIOUS START TO GRADE -VII IN MRIS-21C, FBD**

The first day at school is a milestone for both parents and Students of MRIS-21C, Faridabad as the school has Grade VII also this Session. To have auspicious start to the journey, the entire Staff along with Principal Ms. Seema Malhotra performed Hawan.. Everyone prayed for the smooth functioning of the school and to reach the pinnacle of success. All the staff members promised to work together for the betterment of the students and the institution.



**MRIS-21C, FBD STUDENTS MAKE A MARK @INNOSKILL**

Students of MRIS-21C, Fbd participated in INNOSKILL and won following prizes-

1. Robo Race- First Prize

Participants were Manya Gupta (VII), Devanshi Ahuja (VI), Aniket

Vashisht (VII) and Vedant Monga (VI)

2. Techno Vogue- Second Prize

Aryan Gera of Grade-II show cased technovogue. He walked the ramp confidently and mesmerized the audiences and judges alike as dressed himself in the attire representing 3D Printer

Students also participated in Water Rocket challenge and the participants were yasharth (VII), Pranay Bhalla (VII), Aarini Singh (VI)

**SCHOOL COMES ALIVE WITH NEW SESSION @ MRIS-21C**

The school was brimming with energy as the children of Early Years walked in with smiling faces to begin the session 2019-20 with a bang. The day was full of cheer and happiness as even the new joinees were full of confidence and were well settled.

**VASANTOTSAV- NATYAANJALI @ MRIS-21C**

Basant Panchami is a festival dedicated to goddess Saraswati, the goddess of knowledge, music and art. On this day people usually wear yellow garments, goddess Saraswati is worshipped Students enjoyed dances based on Basant Panchami, and information shared.





## THE DREAM IS STILL ALIVE



I was just 8 when I first held a real gun in my hands and I didn't shiver or get scared because I was brought up like a fighter. I want to begin it with thanking my parents, specially my father, who always supported me in all the sphere of life. He always said you are my son and you are the best. These words of encouragement always helped me retain my confidence in my abilities. It's been more than 24 years now that I have been shooting and believe

me, it has been a tough journey. I have faced more failures than success; I have cried more than I laughed, I have worked more than I rested. When most of my friends or school mates were sleeping, I would wake up at 4 in morning and go for extra classes so that I could cover up on my studies and also give enough time for my shooting training. It is all about the passion; you have to have passion, and you've got to love the work and its process. People ask me even after performing at best for so many years how am I able to continue to do the same, where do I get the motivation from, don't I get tired? And the answer is yes, I do get tired, I do feel I am not motivated enough, and I do feel why should I work so hard when everyone else seems to enjoy life so much. I don't go on vacations, I don't have Sundays as holidays, I miss family functions, I can't eat whatever I feel like eating; but you know this is what motivates me. I know that sacrificing all the materialistic things in the world will make me capable of raising my flag high in front of the whole world and there is no other feeling better than this. When you see your Tri-colour flying high and the National Anthem playing, all the pain and sacrifice fade away. I still remember during the medal ceremony of Asian Games, South Korea, my eyes were filled with tears seeing our National Flag going up. This is what I work for, because there is no work better than making your nation proud. And I will keep on working because the dream is still alive!!!

Jai Hind!

Ms. Shweta Singh

Ace National and International Shooter

Mother of Aavyan Singh - Toddlers

MRIS 21C, Faridabad

## A MILLION DREAMS

As teachers, we are blessed to touch the lives of many children. In the innumerable interactions with children, it has surfaced that they often crave for time and attention from their parents. In this fast-paced day and age, where technology has superseded all else, the million dreams of the child take a back-seat. I have tried to pen down my thoughts from a child's perspective...one who seeks time with family.

A million dreams,



A million desires,  
To make you proud I always aspire.  
Hold my hand and walk with me,  
Dream my dreams and set me free,  
Rise and descent are part of the game,  
I dare to be different; don't push me to be the same.  
'Every child is unique' that's what they say;  
Then why do you want me to do things the others' way.  
Help me find my way; let me fall...  
Give me your hand and help me stand tall.  
Be my wings so I can fly,  
I will succeed, please let me try.

We rush through the morning, noon and night,  
Running through the day, I wait for you to hold me tight.  
A chat when we wake up, a chat at bedtime...  
What I need most is your time!  
Take a moment...play with me a while,  
Your words of love and care make my heart smile.

A million dreams,  
A million desires,  
To make you proud I always aspire!

Nandini Awasty

Headmistress-Early  
Years

MRIS 21C,  
Faridabad

I owe it all to you,  
mother!

How do you do it,  
mother...

To be a chef, buddy,  
my guide

Ever since I was a  
child to a grown up  
now.

How do you just do it, mother...

Be my teacher, nurse, playmate, inspiration,  
Yet find time to be my bestest buddy.

I know it's love, true love, mother  
That made me, what I am  
and I thank you for everything you do for me.

I promise, I will give it back to you and to kids who will  
call me mother.

Sunidhi Kakkar

Teacher

MRIS 21C, Faridabad





## IS IT BAD TO BE GOOD?

The other day, one of our MRIS family members shared an incident with us in the morning meeting. She had an awful and scary experience the previous day where a lady jumped in front of her moving car in Delhi on a busy road. The impact shattered the front glass of the car and the lady lay there, lifeless and bleeding. The car owner could have fled the scene but

she genuinely intended to help the wounded lady. She was immediately put in the vehicle to be rushed to the hospital. By now, your heart beat must be racing up, a sign of anxiety and curiosity to dig further into the incident. So, here it goes. On the way, it turned out that the lady intended to make quick money. She jumped with some sharp tool in her hand to shatter the glass to generate panic in the car owner. What seemed blood all over, actually was some fake liquid to further make the accident look genuine. The lady wasn't hurt. She had purposely jumped on a slow moving car. She planned to take away the car owner's shopping bags. It was a way of her livelihood, extracting money out of frightened and panicky victims who are ready to give money to stay out of the whole process of police reporting or hospital visits with the wounded person.

The purpose of sharing the incident in the morning meeting or further through a write-up definitely is to make the listeners/ readers aware of such things going around us, to prepare us to face such situations with courage and sensibility. One of the by-products will also be to doubt even the people in genuine need of our help on the road. All of us will now on think twice before volunteering to help genuine accident victims. We will doubt the blood for fake red liquid and we can't be judged for that. But due to few of such cheats who are hell bent to shake our faith in humanity, the question stares in my face, 'Is it bad to be good these days?'

And I answer it with utmost conviction, 'It never was and will never be.' Being good, thoughtful, helpful and sensitive to others' pain, can never be bad. Let a handful of such people not take away what defines us as humans, our faith in doing good. So, let's learn lessons from such incidents, be alert and aware and still keep our goodness and humanity intact!

**Shalini Vaid**

Teacher

MRIS 21C, Faridabad

Water is one of the most precious gifts given by nature to humans. Life on earth is impossible without water. We need water for various activities like drinking, cooking, bathing, washing etc. Three-fourth of our earth is covered with water, but there is only limited water which we can consume. We should save water for the future or else there will be no water and hence no human life.

Avraj



KG Jupiter

MRIS 21C, Faridabad

## A USUAL DAY

I love my time in school, but when I reach home...after finishing my homework and playing outdoors, I still have so much time left before the day ends.

I have a lot of things at home that keep me busy. I love playing with Legos. I make big and small things out of little Lego bricks. I like Legos because I like construction. Sometimes, I don't use literature and make things like cars, trucks, aeroplanes, drones and robots using my own creativity. We should play with Legos because we get intelligent. But we need a lot of patience to build things. Sometimes it takes so many hours.

I love playing with my mom and dad. Sometimes I call my friends over and we have a lot of fun. We do pretend-plays and play a lot of games. We play with hot wheels cars and transformers.

I have a mini library at home and when I get bored, I read storybooks. Now I have started reading on my own. I have activity books too. There are so many things to do in those books like puzzles, finding odd one out, colouring, art and craft, patterns and so many other things.

After I finish my homework, I get screen time of thirty minutes as a prize. In that time, I like to watch Transformers, Lightening Mc Queen, Lego-building or science videos and Teen Titans Go. Some shows are funny and a few shows like Magic school bus and Sid the science kid, teach us about science, water cycle, rocks, oceans and many things around us.

Before sleeping at night, my parents sit with me and we read a storybook. They then kiss me goodnight and tuck me nicely in bed. They tell me to sleep in time so that when I get up in the morning, I am fresh and ready for a new day.

**Shubhr Uday Bhaskar**

Grade I

MRIS 21C, Faridabad

## एक सोच.....



हर खुशी है अपने दामन में पर, एक हँसी के लिए एक हँसी के लिए वक्त नहीं ...

दिन रात दौड़ती दुनिया में, जिंदगी के लिए वक्त नहीं।

एहसासो की क्या कद्र करे, जब अपनों के लिए वक्त नहीं।

क्या चाहते हैं यह नन्हे बच्चे हमसे, थोड़ा सा प्यार, थोड़ा दुलार और आपका थोड़ा सा समय,

सोचिये क्या कुछ ज्यादा ही मांग लिया इन नन्हे सितारों ने ?

**Anjani Kumra**

Teacher, MRIS 21C, Faridabad



# FROM THE PRINCIPAL'S DESK

"Your children will become what you are;  
So be what you want them to be"

We all know how challenging it can be to balance all the demands as parents we have to cope with. All children need boundaries and discipline, and you have to develop what works for you and your child the best. Positive parenting approach has its effects on behaviour, relationships, mental health and overall happiness of a child and parents. It definitely results in better learning and growth of a child in positive direction.

- Positive parenting uses techniques that work well for every child. These techniques build on your child's balanced development, the importance of listening, and, above all, loving your child; leading to a better-behaved, happy child and less-stressed parents. All parents come under pressure or stress from time to time, and it can even lead them to want to smack their own children. Although most of the time parents regret it later. But physical punishment is never an effective way to discipline your children.
- It is very important to understand your child's needs. Children's needs and behaviour change as they get older, and it is mandatory as a parent to understand these needs which help you to understand your child better.
- Let's start with toddlers. All toddlers test limits of their parents and throw tantrums some time or the other. It is understandable that a child is still developing during this period, so there is a limit to how much they can control their emotions. We, as a parent, must remember that a typical behavior in toddlers, which is often seen as naughtiness, is actually quite normal and part of growing up.
- When the children reach school age, children are constantly learning and exploring their world. They become very inquisitive and may have lots of questions as they start to form their own views about things around them. As they move towards being more independent, they may seem to push boundaries and become more demanding, a necessary part of growing up.

- As children continue to develop their own identities in their growing years, they might become seemingly "moody" or withdrawn or not as talkative and open as their parents would like them to be.
- Positive parenting includes positive discipline, gentle and loving guidance. It will simply keep our children on the right path. This way our children will learn consideration and responsibility, and will make them happier.
- According to my opinion, positive parenting is an alternative to the penalizing, authoritarian approach we are more acquainted with. It is necessary for all of us to change the mindset from punishing bad behaviours to actively and creatively teaching your children about positive behaviours.
- Positive parenting also involves a commitment from the parent to approach the child with love, empathy and kindness rather than creating power struggles through the enforcement of set of rules.

To end it I want to say that every child needs to hear ....

1. I love you!
2. I am proud of you!
3. I forgive you!
4. I am listening!
5. This is your responsibility!
6. You've got what it takes!
7. I am sorry!



Mrs. Seema Malhotra  
Principal  
MRIS 21C, Faridabad

## नवजीवन का आगाज़

है कौन तू ये जान ले ।  
क्या दर्द है पहचान ले ॥  
ये है धरा ,ये है गगन ।  
तू इसे सम्मान दे ,तू इसे सम्मान दे ॥  
जो तू नहीं हुआ खड़ा ।  
जो तू नहीं अभी लड़ा ॥  
तो जान ले ये बात तू ।  
वह लूट लेंगे अस्मिता ॥  
तू गुलाम था कभी ।  
अब तेरी है ये सर ज़मी ॥  
तू इसे सम्मान दे ,तू इसे सम्मान दे ।  
ये शान है ,ये आन है।ये मान है ये जान है - 2

ये ध्वजा भी है तेरी ।  
देश भी ये तेरा है ॥  
बहक रहा है ये युवा ।  
सुनता नहीं क्यों गर्जना ॥  
वक्रत भारी आ पड़ा ।  
अब है समय उत्थान का ॥  
तू इसे सम्मान दे ,तू इसे सम्मान दे ।  
तू जाग जा ,तू जाग जा ।  
तू जाग जा ,तू जाग जा ॥  
हर युवा हो क्षत्रिय ।  
न भेद हो रंग - रूप का ॥  
नर हो या वो नारी हो ।

अन्याय पर वो भारी हो ॥  
जो हो जाएँ एक हम ।  
न स्वार्थ हो, न लोभ हो ॥  
तो स्वर्ग होगी ये धरा ।  
हर फूल मुस्कुराएगा ॥  
गगन भी गुनगुनाएगा ।  
जल उठेंगे सब दीए,  
हर खेत लहलहाएगा ॥  
न देनी पड़ेगी फिर बलि ।  
घर किसान का भी जगमगाएगा ॥  
देख सूर्य उग गया ,देख सूर्य उग गया ।  
होगा अब सवेरा नया ,होगा अब सवेरा नया ॥



सपना चोपड़ा  
MRIS 21C, Faridabad

# CO-CURRICULAR ACHIEVEMENTS

- Aaruj Sharma, a student of Grade III, has received a certificate of merit for clearing Grade 1 of Drums from the prestigious and coveted London RockschooL.
- Arnav Singla and Rishit Chauhan of Grade III appeared for Piano solo grade exam conducted by Trinity college of London, both of them cleared the exam with distinction scoring 89%
- Pradyumn Singh (Grade VIII), Aditya Verma (Grade VIII) and Aditya Sharma (Grade VIII) did the school proud as they secured the 2nd position in WRO regional round held at MRIS 14, Faridabad recently held in the month of August. The team qualified for the Nationals to be held in Ahmedabad in the month of September.
- Students participated in FLL competition held on 20th Jan at MRIS, Sector-14. The senior team was the only winning school team and bagged 3rd position. FLL team gearing up for International in California in May.
- MRIS 46 team qualifies for National Finals of F1 to be held in April.
- One Zonal Topper in IEO and 12 medals of distinction
- 9 medals of distinction in IGKO and 10 medals of distinction in NSO

## SPORTS ACHIEVEMENTS

### ATHLETICS

- MRIS-46 won overall athletic championship held on 5th May 2018 at Khel Gram stadium. The students won 15 gold medals, 12 silver and 8 bronze medals

### BOXING

- Arya Pandit student of Grade VII won gold medal in sub junior Boxing championship at District level held in Gurugram
- Students of MRIS-46 participated in GMDA Boxing open District and bagged 1 Silver & 2 Bronze medals
- Akshat Pawar won 1 Silver & Ashish Kumar, Prince Kumar, Yashashvi Kaushal, Shrey Sharma won bronze medals in SGFI District level Boxing Championship. They also participated in the State Champion held at Karnal
- Kabir Pandit (grade IX) did the school proud as he won Bronze Medal in KHELO INDIA held at Pune Maharashtra (15th Jan to 20th Jan). He also participated in SGFI nationals.
- MRIS 46 Junior boxing team participated in NCR Boxing championship held at Rabindranath World School DLF phase II on 15th Jan. Diya Sharma & Ashish Kumar won gold, Arya Pandit and Saksham Sehrawat won silver, Moksh Nuhani, Samridh Lochab and Prince Kumar won bronze

### TAEKWONDO

- MRIS46 participated in Delhi State Championship held at Thyagraj Indoor Stadium and bagged 4 Gold, 2 Silver and 1 Bronze.
- The team participated in 33rd National Taekwondo Championship and bagged 2 bronze medal.



### SWIMMING

- MRIS-46 won the overall district level swimming championship held in GD Goenka World School, Sonipat. The students bagged 22 gold, 28 silver and 16 bronze medals
- MRIS-46 organized District open Swimming competition and bagged 16 gold medal, 4 silver & 7 bronze medals.
- State Swimming Competition was held at Jhajjar district and our students bagged 7 gold, 11 silver & 4 bronze medals. 9 players from MRIS 46 participated in the National held in October 2018 at Telengana.
- Pathways Arravali Interschool swimming championship was held on 1st and 2nd October. MRIS 46 bagged 12 gold, 10 silver and 2 bronze and was declared runner up.
- State swimming championship was held at Jhajjar between 11th October to 14th October .
- MRIS 46 bagged 7 Gold 3 Silver and 1Bronze. Eesh Tiwari, Arjun Singh ,Alankrita, Nikita Malik and Aryaman Kar got selected for Nationals.
- MRIS46 U11 team participated in CBSE North Zone finals at Pathankot and declared Champion. They bagged 4 gold and 3 sliver and got selected for CBSE nationals
- The U-11 team participated in the CBSE nationals and Arjun Singh bagged 4th position in all 3 events.

### FOOTBALL

- Shiv Bhatia student of grade VII represented Gurugram district at State Football tournament for under 14 held at Sonipat from 27th to 29th June 2018
- Bhanu Yadav & Lokesh Sharma won bronze medals in U-19 State S.G.F.I Football tournament held at Sirsa.





Raising children involves supporting their overall development and preparing them to face their life challenges, so that they can grow to be better human beings. As parents, we need to be aware of a child's feelings as well as capabilities and should support them with positivity. Our encouragement and support will greatly affect their self-esteem. A hug or a kiss from a parent even on their failure can go a long way in building a strong bond between both. Children should be encouraged to participate in decision making and should be allowed to express what they actually feel.

It will help them understand that feelings are normal and it's alright to talk about them. Behaviour problems like anger, frustration come only when they are unable to express. To bring positivity in their thoughts, we should avoid using harsh statements while dealing with children, as it damages their self-esteem. Above all let's try to be good role models by treating them the way we expect to be treated.

Raveena Kalra

Teacher - MRIS 21C, Faridabad & Mother of Kanan Kalra Grade III, MRIS 21C, Faridabad



**PRIYANKA BHASKAR**

Mother of Shubhr  
 Uday Bhaskar - Grade I  
 MRIS 21C, Faridabad

### **The Motherly Predicament**

"To be or not to be" - I think Shakespeare took a peek on all our lives and wrote this ever-famous line for his play. And then comes the thought: "to do or not to do". Universe revolves around these interpretations.

Every person at some point of time in life reaches a crossroad, thinking which path to choose. And then swots his decision whether it is a right verdict or not. It's not about which way we decide to go but how much do we stick to it irrespective of the adversities coming our way.

One such crossroad in majority females' lives comes when we become mothers. It is the toughest time when we must decide to getting back to our professional space or to be a full-time mother. Both are equally loved and we sea-saw with the two thoughts. I chose to be at home to bring up my kid, some would choose not to give up their job yet be with the kid too. Both are brave and honest decisions.

In media or even in our social or close life, we are judged in some way or the other. If we are at home, then we are reminded about not being professional enough and if we are at our jobs then we are retold about how our kid is being neglected. Well, there is no right or wrong definition to the same.

Somehow, with time culpability creeps in. The guilt is either about losing the job or not being able to spend enough time with the kids. Things can go wrong on any side, may go well on both the verges. Then why this feeling? As every human is different, everyone's life is diverse. Thus, the decisions ought to be dissimilar. Each one knows his life the best. That's where the vital chunk comes in, which is - adhering to what we elect. Tough times would come, hurdles would crawl in, uncertainty can also sneak in but at the end of the day, it's all about our strength to stick to the call we made. We are mothers and our kids would always be our priority. There were reasons to make a choice and these were not sacrificing; so why the guilt? Our kids would look upto us for the choices we made and our solidity to not look back. You brought a new life into this world and thus you have the powers and abilities to mould that raw mud into the best shape possible.

So, mothers, you are doing the best job in the world of creating and evolving a life. Doesn't really matter that you work on a six sigma basis or not, what really matters at the end, is seeing yourself and your family flourish in all ways.

## EXCELLENCE CERTIFIED

Genius is the ability to put into effect what is on our mind, and the children at MRIS-46 are a testimony to it. At a recent Glider Making Challenge held at IIT Delhi, three teams from grade IX and X bagged the 2nd, 3rd and 4th position respectively. The total number of competing teams was 57. What is more exciting is the fact that MRIS46 was the only school team participating as others were from colleges; however this did not affect the indomitable spirit of our children.

The competition required some exceptional mathematical and aerodynamical skills

## 'SPECTRUM OF COLOURS'

The excitement was palpable as the students of Grades 1 to 4 of MRIS 46 descended on the 'Manch' to display their creativity. They assembled to participate in the much awaited 'Spectrum of Colours' - a sit and draw competition organised from the 25th to 28th February, 2019. This inter class competition was inaugurated by the lighting of the lamp by Director Principal Ma'am, Ms. Dhriti Malhotra.

## MELANGE 2018

A medley of learning, was conceptualized as a student led exhibition showcasing learning in various subjects. Melange 2018 was all about the journey than the outcome. The journey for students involved extensive research, practice, conceptual understanding, collaboration and coordination as they put up a unique interdisciplinary exhibition for parents.

King Canute was impeccably recited and dramatized, Shakespeare was hilariously brought alive through the Taming of the Shrew, science model and experiments on display were magical and fun learning, math was made fun for all, social science display of incredible India and its integration in everyday life was much appreciated, the Hindi presentations reflected on current issues and the debut presentations in Sanskrit and French were delivered confidently.

## 'SPORTEK'

The playground of MRIS- 46, was filled with great zeal, fervour and enthusiasm on 23rd February' 2019 as Early Years hosted 'Sportek'. The little feet, set the tracks ablaze and left behind memories sweet for all to keep. The melodious rendition of 'Eye of the Tiger' echoed the spirit of the day. There was a plethora of aerobic performances and fun races with novel props involving all kinesthetic skills. The youngest students of the school, 'Toddlers' did a spectacular dance with their musical instruments and body percussion. Parents and the grandparents participated in the fun races. The event closed with the resounding thought in every mind that: if We believe it, We can achieve it and Together we can do it.



## TAZURBA : THE TEACHER OF ALL THINGS @ MRIS 46

Aditya Singhal, a qualified chartered accountant by profession and a Numismatic enthusiast by passion, was kind enough to share his tazurba with the children. A panel of four children from grade VII interviewed Mr. Singhal on his life, his family, his passion and profession. When asked if he had to struggle in his journey and was the family supportive enough, he added, "Family has been the pillar of strength throughout and that we should never underestimate its worth." Children also got to know many interesting facts about the history of Indian currency. Mr. Singhal also displayed few of his prized coins and notes from across the globe.

## INTERVIEW WITH THE PRODIGY

Pratham Gupta On His First Book 'Fire & Soul'

- Q. Pratham how does it feel to have written a book at the tender age of 13?
- A. I seem to be in a trance! Sometime I have to pinch myself to realise that its me, Pratham Gupta who is receiving accolades from all around for his first publication.
- Q. Explain the title of your book.
- A Well, its actually divided into two parts. Soul signifies negativity and coldness in some innermost realms of one's being. Fire symbolises passion compassion and positivity. It ignites the heart to realise one's dreams!
- Q. Pratham, a predictable question? Who or what inspired you to write?
- A. Actually I have been writing from a very young age. Always felt like freezing my thoughts on all that I felt very strongly about. Then I read two books of poesy by Rupi Kaur, a feminist. Her verse too inspired me to try my hand at poetry.
- Q. Is your take on love an illusion or there is some romantic connect some-where?
- A. (laughs) It's just a figment of my imagination .Also, I feel one doesn't have to be in love to write about love.
- Q. Where do you see yourself in the next five years? Not to forget your academic?
- A. Writing is a passion. I will continue with it along with my formal education .I wish to improve upon my previous work ,explore different genres of writing. My next book may be a Crime Mystery!







### TABLE TENNIS/BADMINTON

- MRIS-46 bagged silver & bronze medals at 8th Manav Rachna Badminton & Table Tennis tournament held at MRIS-14, Faridabad.
- MRIS 46 students participated in an inter-school Table Tennis Championship held on 21st August 2018 and secured winning positions. Prachi Parthak of Grade VII secured the III position along with Pratham Bansal of Grade VII in their respective categories while Udichi Pathak of Grade VI was declared Runner-Up in her category
- Lakshay Khurana & Tushar Yadav got selected U-19 years category to play at State level Badminton tournament
- Pratham Bansal (Grade VII) got selected for India ranking IN Table Tennis held in Pune between 10th to 16th October
- MRIS 46 participated in Blue Bells table tennis tournament and bagged 2nd position in U-17 boys category.
- Prachi Pathak and Udichi Pathak got selected for Open National to be held in Chandigarh in U-15 and U-12 category.

### SHOOTING

- Arush, Anshuman, Varun, Varsha, Nishant & Kanishka qualified for the North zone shooting Air pistol/rifle competition
- Varun Chaudhary and Varsha Singh from MRIS46 participated in 22nd All India Kumar Surendra Singh Inter School Shooting Championship at Ahmedabad between 11th to 17th October. Varsh Singh qualified for National Shooting Championship.
- Varsha Singh participated and qualified for the National level in 38th North zone shooting championship held at Dehradun.
- Varsha Singh and Varun Chaudhary from MRIS46 represented Haryana state in 62nd National Shooting Championship held at Tiruvanthapuram.

### TABLE TENNIS

- U-17 years our team participated in Lawn tennis and Sidharth Anand got selected to play at State level, which will be held in Panchkula in the month of October 2018.

### CHESS

- Damyenti Sa?xena, a Kindergarten student has ranked First in the 23rd Haryana State Chess Championship (Under- 7 Girls) held in Panchkula from 11-13th May.

### GYMNASTICS

- Risha Saini (Gradel) participated in the rhythmic gymnastics in the Inter Centre Gymnastics Championship Ambala.

### AWARDS & RECOGNITIONS

- MRIS46 was declared one of the top schools of India 2017 by Digital Learning, a national educational magazine at a ceremony held in Chandigarh.
- The Principal was conferred with the Education Leader Award at the Leader's Conclave held on 15th April 2018 in Delhi
- The Principal was awarded the Exceptional Woman of Excellence Award at the Women Economic Forum 2018( 26 Apr- 01 May, 2018) on 27.04.18 at Taj Vivanta, Dwarka, New Delhi.
- National School Award 2018 facilitated MRIS-46 received this year's award for the best infrastructure in Haryana State, at an award ceremony held at Hotel Grand Imperia, Gurugram
- MRIS-46 has been awarded the Certificate of Achievement (Top CBSE school Haryana) for 'Outstanding Teaching and Life Skills' and exemplary contributions in the field of education, by the Jury panel for The North School Merit Award 2017-18 conducted by Education Today.
- The Principal was awarded by Rocksport company under the category of "Inspiring Educator of NCR" held on 3rd August 2018.
- Education World's India School Rankings Award 2018-19 declares MRIS 46 as one of the top 10 co-ed schools in Gurgaon at a prestigious ceremony held recently.
- MRIS 46 emerged yet again as a 'leader' in the Times School Survey 2018 when it was ranked as No. 5 Leader School in Gurgaon.





## MRIS 46 STUDENTS SHINE AT INTERSCHOOL EVENT

Children of the SEN Department, MRIS, Sector 46 Gurugram participated in the National Talent Olympiad for Students with Special Needs on 20th February 2019 organized by Expressions India at Apeejay School, New Delhi.

MRIS 46 congratulates Mehul Narula of Grade VI and Dhvani Lamba of Grade V for winning exemplary position in Regular Race and Dance respectively.

## CRICKET TOURNAMENT

The Under8 Cricket team of MRIS 46 was acknowledged with several awards in the 'C.L. Jaipuria Little Masters Memorial Cricket Tournament', organized in DPS (Sector-45 Gurugram).

Vardan Chawla and Riddhi of Grade 1 bagged the award of 'Man of the match' for their terrific performances. The ace of the team, Hardik Sharma, was awarded the 'Outstanding Player' title.

## THE FOOTBALL FEVER

MRIS 46 won the football tournament held at Kunsapskolan School. Krishiv Kumar Chauhan from grade VII of MRIS 46 was the highest goal scorer in the tournament, bagging 7 out of 17 goals. Six schools had participated in the event. In the final match the team had not performed well in the first half. "We had conceded one goal and were very disappointed with our performance. Our coach encouraged us and we did well in the second half and won the final match." said an elated Shiv Bhatia, the second highest scorer of the tournament.

## VIGILANCE

By Ms. Reeta Sharma, Faculty MRIS 46 Gurugram

The duty chart on whatsapp glares right in the eye, to remind all of us

'Madams, this, that and the other, check out the date and day,

Each one of you need to rush to invigilate the candidates

All set to prove their metal in the exams at hand.'

Off we go, armed with weapons needed for the fight to be faced,

Students all chaotic, screaming, shouting, last minute brushings up Unaware of the time ticking towards commencement of their trial.

The vigilant one manages all the formalities needed before the word, Go! To deliberate seriousness of the task, the examinees are hushed into absolute silence, to focus on their business

Long hours of snaking around the many rows, Staring at each child, the bare walls, outside the windows and the goings on beyond the room; The watchful eyes, travel far and wide, to catch some interesting time pass

The needles of the watch seem to either stop or move, snail like onwards Walking or standing, the eagle eyed ones spend the time at hand, Chanting prayers, humming songs in their mind, on reflections of days gone by, Atlast! Tis the hour to wind up the day's job. Not the fatigue It's doing nothing that takes its toll!

Blacked out, over and out, no chance of despair, it's the package they asked for!

## AH ! TO BID FAREWELL

"Bye Ma'am , I'll really miss you. May I have a selfie with you?" said Neema choked with emotions as she slowly walked towards the out gate of her Alma Matar. The evening was a mix of emotions, excitement of looking one's best, chilling out with friends, farewell function, a walk on the ramp, God knows, what not! While still in a daze, she heard Nipun say, "Hey you there, stop looking so grumpy. So what if we are passing out of the school, aren't we all going to keep in touch with each other and all our mentors. He too looked dashing in all of his six feet two inches self, well aware of the admiring looks he received from all around him.

Farewell, not easy, ever! It spells gloom, a strange void in the heart. The facilitators of these learners, face the going away of their students year after year. These little babes stepping out of the warmth and love of their parents, security of their homes, into the unknown, unseen world of strangers and a new ambience. It's here, their hand is held firmly by their second mothers, their educators, to lead them and teach them to dream big at the outset.

Yet, life goes on! One session leads to another. A welcome, with a passage of a few years is followed by a send off .Together the instructors raise their hands to pray for the well being, progress and super success of the outgoing scholars, bequeathed in their care .In the same breadth they get set to greet the tiny tots stepping into the premises of an educational institute to realise the world around!

Generations after generations of scholars are farewelled to be remembered off and on by their guides. Some deeply attached to their wards choose to follow their progress year after year to revel and bask in the glory of their upward rise in this baffling world.





# THOUGHTFUL WRITING FROM MRIS 46 GURUGRAM

## WHAT IT MEANS TO BE A GIRL IN 2019

In the modern world, much of our perspective on what it means to be a young woman in this decade is influenced by the media we consume - in the form of movies, news, social media and much more. For many people, their years of prejudices force them to associate "girls" with frailty, helplessness and stereotypical femininity. There was a time where these prejudices and stereotypes held young women back from growing to their full potential, from shattering glass ceilings in every field.

Gone are those days.

We have unlearned our prejudices and thrown out the self doubt that was so meticulously planted in us. We refuse to let you sexualize our bodies and we would rather be smart, bold, brave, than thin. We are not pretty in the conventional standards you hold for us, but we are beautiful in our own way. We do not put other girls down, to rise above them; we pick them up and rise together. In the words of Whitney Bell, we are a cumulative whirlwind force, imbued with the strength of every woman we have ever known.

And if you do not agree, if you halt us on our way to paint the world pink, green, blue, however we want: we will come for you.

**Bhavika Kataria**, XII Humes, MRIS SECTOR 46 GURUGRAM

## EQUALITY: A CLASSICAL CONUNDRUM

I have often found myself wondering "Are human beings truly equal?" I have, after hours of careful consideration, arrived at the conclusion that human beings are not equal creatures nor will they ever be. A great man once said and I quote "Heaven does not create any man above or below another. Any distinction between the wise man and the stupid, between the rich and the poor, is the consequence of academic effort or lack thereof." By this, I draw the conclusion that all humans are equal at birth, but then why does inequality exist? The answer to that lies in the inherent abilities or inclinations towards academic excellence that naturally occur in humans, those born with such talent are given a distinct advantage over those who are not, effort by itself cannot produce results, a reasonable amount of aptitude or inherent skill is also essential. Moreover, there is also the fact that humans were never equal to begin with, humans as social animals have always operated in clear-cut hierarchies and defined social constructs, because such solidarity and tribe-mentality were instrumental to the survival of humans as a species against predators that possessed far greater physical and physiological capabilities. Also the result of Natural Selection, humans evolved and soon became the most dominant species on the planet, but because of our pasts as preys we retained our herd-mentality and always prioritized the tribe above the man. Thus, social hierarchies were formed

naturally, as a consequence of our need to survive. The individuals at the top of the hierarchy held their power by virtue of their superior knowledge or strength. The 'accident of birth' also plays a vital role in the creation and maintenance of inequalities in human society. And thus, the individuals at the top rung of the social hierarchy will do anything to preserve the status quo so as to maintain the power they have had for centuries. Therefore, those of us who are born with exceptional capabilities may automatically be placed highest in the ladder of ranking by merit, such prodigious talent can rarely be surpassed by the mediocre in spite of the latter's best efforts. The ability to rise to the top rung of society is also primarily determined by the natural talents and abilities of humans and only those with such exceptional abilities can dare to go against the flow of nature and rise to the top of the hierarchy. Thus, I conclude by saying that human beings are not equal at all and though the inequality is apparent, it still remains a difficult truth to accept. In closing, I would like to end my monologue by quoting Gary Vaynerchuk, "Anything can be taught, but one can only go so far without natural talent".

**Dhruv Menon**, XII Humes, MRIS SECTOR 46 GURUGRAM

## HAR TYOHAAR HAI INDIA KA TYOHAAR

The diverse occupations of this generation's parents enable families to reside across various parts of the nation giving us an exposure to the myriad people and cultures, for our country has numerous festivals to offer and regardless of our religion, we make it a joyous sacred day. I have lived in various parts of India till date. Being a Bengali, I have grown up with a platter of idlis and dosas and the aroma of jasmine flowers. My annual visits to Kolkata have given me a taste of my very own festival, durgapuja. Starting with Southern India, I have celebrated Ugadi in Karnataka, Pongal in Chennai, etc. At present, as I reside in Gurgaon I have celebrated Holi, Diwali and Navratri with much fervour and joy. I am delighted to see that in the places I've resided, alongside their respective festivals, durgapuja is also celebrated with full zeal and gaiety. After all, it's the communal harmony and unity in diversity which brings us all together to celebrate the joys of life.

**Taniya Dasgupta**, X Darwin, MRIS SECTOR 46 GURUGRAM

## THE WOMAN

To the women who love, to the women who lost, to the women who fight, passionately and fearlessly. The family, the relatives, the society has tried again and again to chain us up in the tangles of patriarchy and drown us in the chaos of submission. Slim waists, waxed legs, fair skins have been the notions of beauty, being perfect and flawless has been regarded as attractive. Soft timid voice

has been termed as traits of femininity and grace. Young girls go through a mental battle to portray a beautiful image of themselves in the pursuit of seeking acceptance and validation in the eyes of strangers who criticize open thinking and applaud the orthodox values. The concept of self love is an alien topic for them, embracing those tummy roles and double chins have not been taught to them. They struggle everyday to look pretty even at the cost of going through mental stress. It is time for us to spread the broader meaning of beauty and to help our fellow survivors of patriarchy to break free from the chains of dominance and find their own voice and to express themselves. It is time for us to teach others to embrace their vulnerability and shed their tears as a mark of humanity and not of weakness. To the women who love, who lost and who have fought for themselves let us get to know them, let's celebrate them, let us be them.

**Shankari**, XII Humes, MRIS SECTOR 46 GURUGRAM

## BEAUTY STANDARDS

This digital world has started to influence and affect the mental health of so many people. The worst part is how the adolescents are being blinded by the unethical and unhealthy beauty standards that they follow and see on all social media platforms. This has started to affect the mental health of teenagers negatively.

Teenagers follow celebrities and social media influencers who advertise unhealthy beauty standards. Teenagers get influenced by these celebrities and start to feel insecure about their appearance and indulge in body-shaming. They feel that they are always being watched and to fit in the crowd they have to appear in a certain way. This causes them to self doubt their every step which affects their academics and interpersonal relationships.

Teenagers need to be guided and helped at the right time before they are caught in the vicious cycle of unhealthy beauty standards.

They need to be reminded that all that glitters is not gold. Those social media celebrities are paid to act and appear in a certain way, it is not real.

They need to unfollow and ignore all things which promote unethical beauty standards. Their body is beautiful just the way it is. They should surround themselves with optimistic people and positive environment. Anything which gives them anxiety should be avoided.

They have to be reminded that they are still young and growing and have their whole life ahead to worry about other things. The only thing that should matter to them is to be happy, eat healthy, study hard and keep themselves motivated. At the end it's not the outside that matters, it's the inside.

**Nandini**, XII Humes, MRIS SECTOR 46 GURUGRAM



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