



# Mount Abu Public School

Sector-5 Rohini, Delhi

**NEWSLETTER (XI-XII)**

**Month : April – June 2021**

“Success is not final and failure is not fatal; it is the courage to continue that counts.” In such unprecedented times, resilience is the key to overcome all the challenges that life never fails to offer. Resilience does not eliminate stress or erase life's difficulties. People who possess this quality don't see life through rose-colored lenses; they understand that setbacks happen and that sometimes, life is hard and painful. They still experience the negative emotions that come after a tragedy, but their mental outlook allows them to work through these feelings and recover.

Let us read a very motivational story-

The scene is the final of men's high jump at the Tokyo Olympics. Italy's Gian Marco Tamberi was facing Qatar's Mutaz Essa Barshim in the final. Both of them jumped 2.37 meters and were on par! Olympic officials gave three more attempts to each of them, but they were unable to reach more than 2.37 meters. One more attempt was given to two both of them, but Tamberi withdrew from the last attempt due to a serious leg injury. The moment when there was no other opponent in front of Barshim, the moment when he could have easily approached the gold alone! But Barshim asked the official "if the gold can be shared between the two of us if I withdraw from the final attempt?" The official checks and confirms and says "yes then the gold will be shared between the two of you". Barshim then had nothing to think about, announces withdrawal from the last attempt. Seeing this, the Italian opponent Tamberi ran and hugged Barshim and screamed! What we saw there was a great share of love in sports that touches our hearts. It reveals the indescribable sportsmanship that makes religions, colours, and borders irrelevant!

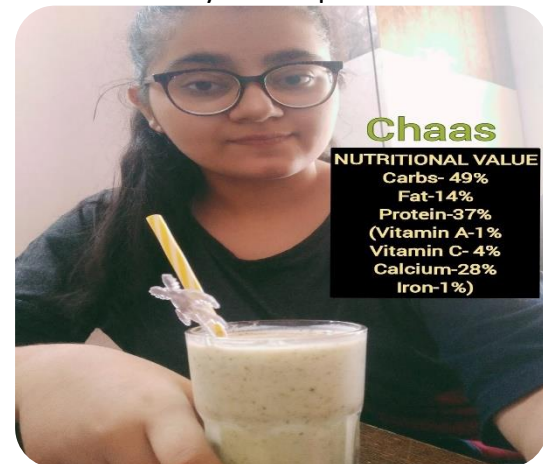
The story has created a very deep backdrop. As students, the most important things that must accompany us should be our team spirit and the resilience power and with these traits, we can flourish forever.

We at Mount Abu Public School strive to make educational experience of the students memorable, meaningful and relevant to the need of the time. Let's have a look at the glorious achievements and informative events conducted by Mount Abu Public School.

**APRIL 2021**

## **SESSION ON NUTRITIOUS FOOD**

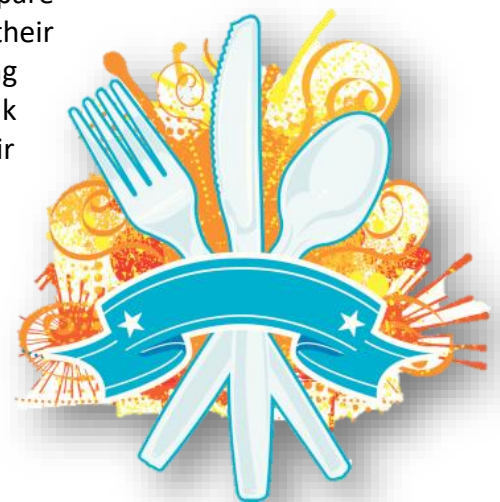
In order to inculcate healthy eating habits in young children and to raise awareness about the importance of eating Right, Mount Abu Public School, Sector 5, Rohini celebrated World Health Day on 8 April 2021. A Workshop by Nutrition Advisor, Dr. Shilpa Nijhawan was conducted to mark the occasion wherein the students of classes IX to XII were informed about the advantages of healthy eating, a balanced diet, the food pyramid, and the various nutrients found in the food items. Through focused lectures and audiovisual media, the children were informed about the dangers of junk food and packaged fast foods. The importance of exercise for physical and mental well-being was also emphasized. The session was conducted in an interactive and fun-filled manner. The goal of the program, being implemented under the slogan "Eat Right", is the promotion of health and healthy habits among school children. Thus, the session emphasized a wider approach to education so that children adopt healthy lifestyle habits both at home and in school because a classroom is a place where the positive behavior of children is nurtured and developed.



## **CULINARY FEST**

All the houses were allocated disparate states - Tagore (Punjab), Patel (Maharashtra), Gandhi (Gujrat) & Nehru (Rajasthan). All the children were encouraged not only to prepare healthy dishes but also to place placard depicting nutritional value of their chosen dish or beverage. Children showed great zeal & fervor in doing presentation of delectable dishes like poha, jaljeera, bhelupuri, buttermilk etc. Besides, children confidently shared the essential value of their chosen dish/beverage in detail.

It was a feast to eyes to watch the children acting and presenting like fountainheads of knowledge expounding about various cuisines even at this present difficult scenario. Our presenters left no stone unturned in making it a successful celebration while keeping the message of eating healthy and right well-accentuated. The activity stimulated their imagination and proved vital for the students in understanding cultural diversity and nutritional value of the dishes/drinks in different cuisine



## ATL COMMUNITY

The ATL Community Day initiative is an effort to spread awareness as well as engage the students and local communities in the neighbourhood of an Atal Tinkering Lab, to come and experience the exciting new world of science and future and pour in their innovations. ATL team of Mount Abu Public School organized a virtual tour of ATL lab to give them a virtual experience of ATL lab followed by the explanation of different projects to explain the usage of different components of ATL lab .



## ONLINE WORKSHOP ON CODING, ROBOTICS AND AI

To make young students the tech leaders of tomorrow, Mount Abu Public School collaborated with EDC IIT Delhi for a two-day workshop on Coding, Robotics, and AI. The young minds had an enriching hands-on practice with Arduino and Tinker cad. Everyone participated enthusiastically and experienced future technology through hands-on experience. The session fostered a spirit of learning for the future and equipped the students with the foundational future of technology.

## HOW TO CREATE AN APP

An interactive session began with the Current trends of Android development and its advantages and disadvantages. Also, the young minds explained the benefits and changes it will bring to day-to-day activities. They discussed the importance, usefulness, and impact of apps in today's digital world and briefed about the types of validation, basic hardware, and software requirements for android development. The impressionable minds provided insights about Android development and explained the app architecture, app components and app resources. They not only explained it analytically but also demonstrated by creating an app with. The teachers and students got a chance to experiment with their coding skills on Android Studio.

## WORLD BOOK DAY

“A book is a dream that you hold in your hand.” – Neil Gaitan

The students of Mount Public School, Sector 5 were exposed to a plethora of enriching experiences. The day brought with it, a week-long activity in school. To boost the creative quotient, students were given an activity to concoct Science Fiction tale. Besides, children recorded the fictional story as a Podcast with such captivating music. The students were pleased exploring the futuristic concepts, ideas, space travel, time travel etc. Looking at this enumeration of sci-fi elements, it is depicted that sci-fi is indeed the literature of ideas. In addition to this all the students of grade XII were given a platform to express their views on great speeches by the eminent personalities Martin Luther's "I Have a Dream" and A. Lincoln's Gettysburg Address on various aspects like "substance of speech," "style of speech," "essential elements in speech" and "what make speech a great speech." Children were expressive and exhibited great critical thinking skills. The day really highlighted that reading is a delicacy forever to be cherished.

## **WORKSHOP ON ARISE**

The workshop on ARISE by RAMAKRISHNA MISSION was an interactive session with parents and students that was based on the ideology of Swami Vivekananda signifying that each child has the innate power to reach the peak of success. It was an extremely enriching and empowering workshop that focused on positive parenting and how as a parent one needs to accept that every child is unique and one may have different perspectives. The session began with the divine words of Swami Shanta Ananda, a senior monk at Ramakrishna mission and a spiritual mentor. The session beautifully highlighted that choices must be based on the discovery of acceptance and reflections. The session laid utmost importance on empathizing with children through non-judgmental dialogues and standing with a child during his difficulties thereby building a loving and trusting bond.

## **STREAM READINESS PROGRAM**

A great initiative taken by Mount Abu Public School 'principal Miss Jyoti Arora "The stream redness program." Stream readiness program was taken over by the subject teachers as well as by Alok Sir. Whereby the students were guided to choose which stream and why. What is its importance? It was conducted from 28th April to 1st may in order to make the students familiar with each subject that they will have chance to opt in class 11th .This program nor just helped the students in getting known with the subject but even gave students the opportunity once again think carefully about the main subjects, skill subjects and various clubs that they have chosen , which resulted in choosing of the optimum field by students for their future ; the introduction of the subject, its examination pattern and extra points were told to the students. Few have this excellent opportunity but the opportunity to choose the correct field was presented by the school. Students cannot be more thankful for this marvelous initiative. This thoughtful action adds up a level to the academic curriculum of our school and else in the academic success of students.

## MAY 2021

### OFF- BEAT CAREERS IN ARTIFICIAL INTELLIGENCE, TECHNOLOGY AND MARKETING

The workshop focused on off – beat careers in Artificial Intelligence, Technology and Marketing. The session was interactive and the students gained knowledge about various off beat careers through relevant real life-based examples and Case Studies. The Resource Person, Mr. Vaibhav Sharma conferred upon the career prospects and enlisted numerous options based on the students’ choices and interests.

The underlying idea of the overwhelming session was to open the minds of students, to help them get a clarity and lucidity into the domain of Commerce, Sciences, Technology and Economics

### WORLD ATHLETICS DAY

“Play is the highest form of research.” – Albert Einstein

To make enthusiastic and active learners, the school celebrated World Athletics Day virtually. Various activities as per the schedule were performed in the respective class teams under the guidance of Physical Education Faculty. The aim was to provide an opportunity to students to ‘unite,’ ‘rejoice,’ ‘introduce’ and ‘represent’ themselves. Students performed activities like shuttle run, jumping jacks, modified push ups etc. Students participated with full energy and showed great interest as they all got a chance to rejuvenate themselves in these tough times.

### DIGITAL AWARENESS WEEK

Digital Awareness Week was organized by Mount Abu School from 10th May – 15th May to make MAPIANS able to utilize technology in an increasingly interconnected world.

The spread and the use of technology countrywide has made the ordinary learners and thinkers closer than before. To measure their intellectual as well as logical skills many activities were organized for every level. Students have enthusiastically participated in all the events organized during Digital Awareness Week. This week includes ideas for fun activities using technology are:


Classes XI & XII: App-O-Mania: App Designing

Quiz at every level was conducted on Digital Awareness.



## **WEBINAR ON HOW PARENTS CAN HELP STUDENTS UTILISE TIME AT HOME TO BUILD UP ON SKILLS AND PROFILE**

Career and Guidance Counselling Centre of Mount Abu School organised a special online seminar for parents on the topic How parents can help students utilise time at home to build up on skills and profile. The resource person was Mr. Jitin Chawla, the renowned career counsellor having experience of more than 20 years in the field. Mr. Jitin Chawla gave innumerate various tips and suggestions to keep children busy in diverse ways at home keeping the boredom at bay. Mr. Chawla also emphasized the need of profile building right from class nine to engage in enhancing skills and at the same time making up their minds regarding future careers. Various interesting suggestions were put forward which included visiting various websites, exploring movies with a purpose, and visiting career websites, online courses, summer programmes to name a few in order to keep learning, relearning and upskilling while being at home. Overall, the session was highly informative and students, teachers and parents gained a completely new perspective about off beat careers .



## JUNE 2021

### WORLD ENVIRONMENT DAY

World Environment Day was celebrated the School on June 5, 2017 with full enthusiasm. The theme was to make the students realize the importance of clean environment. Different activities were conducted in classes XII.

### WORLD FOOD SAFETY DAY

“Safe food today for a healthy tomorrow” World Food Safety Day aims to spread awareness, detect, and prevent foodborne risks, contributing to food security, human health, economic prosperity, agriculture, market access, tourism, and sustainable development. In 2018, the United Nations General Assembly proclaimed that every June 7 would be celebrated as World Food Safety Day. The observance is jointly facilitated by the Food and Agriculture Organisation of the United Nations (FAO) and the World Health Organisation (WHO).

The senior classes took a step forward towards a healthy lifestyle by designing the meal plan which should contain ideal number of calories required by an individual. They calculated the calories present in everything they eat. This was an eye-opening exercise. Also, to give them a break from the normal routine an online gamification was organized which focused on bursting various food myths. Giving the reality check to the students and bring them face to face with the Facts. Overall, these innovative activities helped the students to learn and observe the various aspects of Food and its Safety for a Sustainable development of our Future. This also gave a clear message that “We need to have Safe food today to make sure we have a healthy tomorrow.”



## INVESTITURE CEREMONY

The true essence of leadership lies in influence and not authority.”

The senior wing of Mount Abu Public School conducted its Virtual Investiture Ceremony for the Academic Year 2021-2022 on 9 June 2021. The ceremony began with a soulful sanskrit prayer to thank the almighty for blessing us with this opportunity in these times of hardships. The former head boy extended his best wishes to the newly elected council and shed light upon how to carry forward with the benchmark set by the previous council. He also emphasized on the importance of working together and staying positive in these dreadful times. The school principal, Madam Jyoti Arora graced the event with her insightful thoughts and motivation for the school cabinet members quoting “the seven heavenly virtues of leadership” and explained what it means to be a leader and talked about how all the student council members must learn these values in order to improve themselves. She emphasized with her passionate earnestness that how the students need to be good leaders and not commanders. The principal also discussed with the members about how they feel and what are their opinions regarding their positions. It was a moment of pride and gaiety for everyone. She congratulated the newly appointed school council members and their preparedness to take up responsibilities entrusted onto them. The newly elected student leaders pledged to bestow their duties to the best of their abilities and the ceremony concluded to rousing cheers! All the designated members took the oath, promised to serve the institution, and perform their duties with perseverance and probity. The oath taking ceremony was led by the newly elected head boy and head girl to pursue excellence in every action. They pledged to stand up to their responsibilities and keep the blue flag of Mount Abu Public School always soaring high. This was succeeded by, Head Boy Advit Upadhyay and Head Girl Chehak Punia very enthusiastically promising to help the school reach the pinnacle of excellence and to meet the vision statement of the school “Passionate urge for par excellence”. All cabinet members expressed their gratitude towards the respected Principal and the teachers. The principal exhorted them to uphold the values of a true leader and wished them all the best for their future. The ceremony was concluded with a vote of thanks by the senior coordinator to the students, teachers, and parents who made this delightful ceremony possible.



## SESSION ON CRITICAL THINKING

Mount Abu Public School in association with IBM Open P-Tech organised a session on Critical Thinking. The resource person Ms. Ritika Sethi discussed about the key aspects of Critical Thinking. She guided on how one can become a Critical Thinker and provided a demonstration on e-course on Open P-Tech to achieve an online certification. The hands-on-session felicitated students with the virtual certificates and equipped them to analyse situations for taking correct decisions

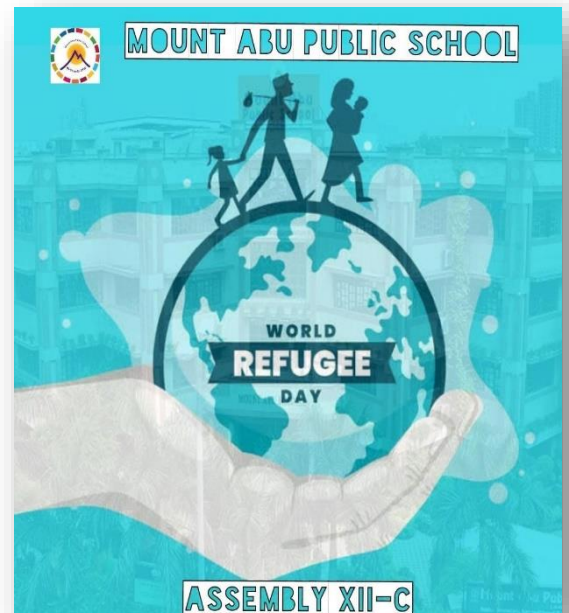
## WORLD REFUGEE DAY

‘No one puts their children in boat  
Unless water is safer than land’

Senior wing of Mount Abu Public School, sector 5, Rohini conducted special assembly to recognize World Refugee Day. It is an international day which is celebrated on 20 of every June to celebrate and honour refugees around the world.

Anchors of the Day i.e., Parul Arora & Deepak Dhaka started the assembly by welcoming respected Madam Principal, Co-ordinator, teachers, and students and put torch light on the very essence of this special day. It was then followed with mellifluous prayer ‘Humko Man Ki Shakti Dena’ sung by Nishtha Saluja to invoke blessings from almighty. Subsequently, a meaningful thought of the day was articulated by Shreya Jain. With a knit of few words, she highlighted the plight of refugee and fortitude they possess each day. Sanskriti Garg then shared major happenings of the world including that of school. ‘No one leaves a home unless it is a mouth of shark’ said Vanshika Singla in her students’ talk and unveiled the obstacles a refugee, its family faces and culminated her words praising their valour. An idiom “Easier said than done” is what the class teacher, Aarti Guliani, foregrounded. In her address she talked about theme of the day as cited by UN i.e., INCLUSIVENESS. In this pandemic, it is envisioned their vigour and vibrance will be given a great path and together, these pandemic and other hurdles will be dealt with.

The school’s senior co-ordinator, Rannu Pathak, in her formal address lauded the efforts of students for such a phenomenal assembly. It wrapped with rendition of Nation anthem.

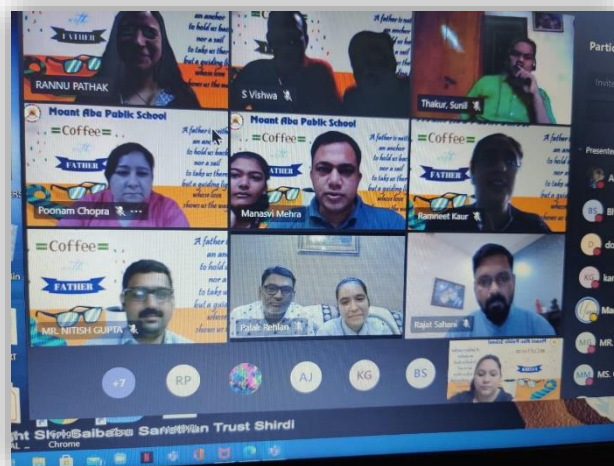


## FATHER'S DAY COFFEE WITH FATHER'S

"A dad is the anchor upon which his children stand "

On a blissful Father's Day, dear fathers of the children of senior wing joined for virtual event i.e., Coffee with Fathers. It was a special event to give a much-needed platform for children to know about fathers and little more about how much they know about their apple of eyes. It was then followed by a short but overwhelming video as a token of gratitude to fathers for their incessant sacrifices, love and being pillar.

The event was then taken forward to playful game "What do you know?". Questions regarding likes and disliked of the children and their fathers were asked. Delightfully, both were quite acquainted and an aura of love and frolic was created. In wrapping up ceremony, fathers really appreciated and lauded for giving opportunity of this day. Their happiness was well knitted in their words and the gratitude that was expressed by them.

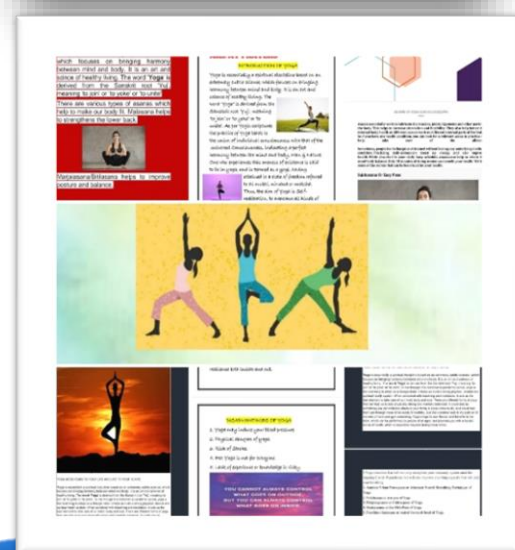


## INTERNATIONAL YOGA DAY YOGA WEEK-15/06/21-21/06/21

"The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind"

our school also celebrated Yoga week from 15th June to 21st June, on accounts of International Yoga Day which is observed every year on 21st June. Our school held many activities during the week, where not only students and teachers but parents participated too. A quiz to make us acquaint the history and importance of yoga; A peer session, where students from 6th - 12th participated by making a group of five, they performed and enlightened us with the significance of those Asanas, which absolutely convinced students to practice those poses daily; A panel discussion and creative writing too, which again helped us to know more and more about history of yoga and how an intensification of yoga has come to the sight during this pandemic and even how it had helped and is been helping many people to improve their strength and mental health being; and Students were asked, every morning to perform yoga asanas voluntarily.

In order to lead a healthy and happy life, practicing yoga is must, it is a therapy that helps get rid of many physical and mental illnesses slowly if practiced regularly, to bring all body parts together to make a balance in body, mind, and soul.



## **INTERNATIONAL OLYMPIC DAY**

Session with Mr. Balwan Singh (International player and athlete coach)

On 23 June, 2021 Wednesday, our school organised a live and interactive virtual session with a reputed international player and athletic coach Mr. Balwant Singh on the occasion of International Olympics day. The session was attended by teachers and students of the school. The session started with the welcome of the chief guest. Then Mr. Balwan Singh addressed the all the students and the teachers. First, Mr. Balwan Singh introduced himself. He is an Asian para games medallist 2006-07, Rajiv Gandhi states sports awardee 2006-07. He started with telling the importance of sports in one's life and how one can make the country proud by doing well in sports. He described how to make a balance with sports and studies. And how one can make a carrier in sports. He then talked about the discipline and effort needed to become a sportsman. He told about introduction of para sports in Olympics and it's increasing participation. After the enlightened session by the chief guest, there was a Q/A round in which the students cleared their doubts. One of the questions was asked by a student of 7th standard which was regarding "How to increase potential to improve in table tennis?". All the questions were answered in very smart and steady way as everyone understood well. The session ended by giving a vote of thanks to the chief guest. The session was very wonderful and provided a lot of information to the students.

## **INTERNATIONAL DAY OF DRUG ABUSE AND TRAFICKING.**

Senior wing of Mount Abu Public School, sector 5, Rohini conducted special assembly to recognize The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year, to strengthen action and cooperation in achieving the goal of a world free of drug abuse. And each year, individuals like yourself, entire communities, and various organizations all over the world join in on this global observance, to raise awareness of the major problem that illicit drugs represent for society. Theme of the day is to Share Drug Facts to Save Lives is the theme of the 2021 International Day Against Drug Abuse and Illicit Trafficking aimed to combat misinformation and encourage the exchange of drug facts. From health hazards to solutions to the global drug problem, to evidence-based prevention, rehabilitation, and aftercare

## SKILL DEVELOPMENT SESSION ON SELF DEFFENCE

“Self-defence is Nature’s oldest law.”

A great initiative taken by Mount Abu Public School’s Principal Madam Jyoti Arora and by the Senior Co-ordinator Ms. Rannu Pathak by organizing the "Self Defence Program" for the students on 26th June 2021. The session was conducted by Ms. Chhavi Khurana, an international level martial artist, wherein the students were guided about the basics of self-defence, its practice in our daily lives and its significance. The program helped the students in getting to know various self-defence techniques. Active participation was observed by the students towards this appreciable initiative as they got to know that imbibing this skill will not only make them self-confident and mentally agile but also ready to counter an unexpected situation anytime. This session added up a level to the sports curriculum of the school and towards the physical and mental health of the students. It was concluded with a vote of thanks by the senior co-ordinator. Indeed it was an informative and useful session for everyone in today's world.

## SPORTS JOURNALISM DAY AND VAN MAHOTSAV

Senior wing of Mount Abu Public School, sector 5, Rohini conducted special assembly to recognize Sports Journalism Day. It is an international day which is celebrated on 2 of every July to acknowledge the work of sports journalists & to encourage them to do better at their work and celebrate Van Mahotsav which is observed from 1 July to 7 July to create awareness among the people for the conservation of forests and planting of new trees.

Anchors of the Day i.e., Sanya Rana & Yashwi Goel started the assembly by welcoming respected Madam Principal, Co-ordinator ma’am, teachers and students and put torch light on the very essence of this special day. It was then followed with the gayatri mantra sung by Chelsi Aggarwal to invoke blessings from almighty. Subsequently, meaningful thoughts of the day were articulated by Mohak Malhotra and Manasvi Sinha in English and hindi respectively. Upen Manocha then shared major happenings of the world. Sarthak Bansal, shed light upon the importance of sports journalists and also, he urged everyone to take care of the environment in his informative student’s talk. It was then followed by an informative and interactive quiz by Shreyas Garg. He asked several questions and tested the students’ knowledge on the topic sports journalism and van Mahotsav which witnessed enthusiastic participation from audience

The school’s senior co-ordinator, Rannu Pathak, in her formal address lauded the efforts of students for such a phenomenal assembly. It wrapped with rendition of Nation anthem.

