



NEWSLETTER PARIPREKSH...

Changing focus & perspective—An Endeavour



Principal's Message

Dear All,

Greetings to all of you! Once again, I am delighted to connect with you through this platform and share my reflections. As we conclude the 2023-24 academic session, marked by achievements, growth and cherished memories, it fills me with immense pride to witness the remarkable accomplishments of our school in this duration.

At GD Goenka Public School, Ghaziabad our focus extends beyond mere education; we strive for the holistic development of each student, nurturing every facet of their personality to shape them into happy and well-equipped individuals. With a clear vision and mission guiding us, we spare no effort in realizing our goals.

We firmly believe in the transformative power of education, viewing it as a catalyst for societal progress. Witnessing the successful endeavours of our students, who go on to contribute meaningfully to society, fills us with profound satisfaction and pride. We consider ourselves privileged to be part of an institution that moulds future citizens.

Our commitment to student development encompasses behavioural discipline, moral integrity and cognitive growth. In addition to academic instruction, we provide life skills classes, empowering our students for self-improvement.

The heartbeat of our school, our students, continuously inspire us with their vigour, enthusiasm and exceptional talents. Whether excelling in academics, sports, arts or community service, they consistently display their potential and determination to effect positive change. Their thirst for knowledge and embrace of diversity augur well for our collective future.

As we will now embark upon a new academic year, I envision a journey filled with discovery, meaningful connections and abundant opportunities for growth and success. Together, let us continue to inspire, learn and flourish.

Wishing you my heartfelt appreciation and warm regards!

Regards!

Dr. Neha Sharma,

Principal, GD Goenka Public School, Ghaziabad



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EVENTS

Citation

"Chase your dreams with the certainty that you were born to fulfill them. Create the life that resonates with the vision you hold in your heart."

GD Goenka Public School, Ghaziabad, organized the **Citation Ceremony** for the outgoing batch of **Grade XII** on **2nd February 2024**, in the presence of their proud parents. The school bid adieu to the outgoing batch of **Grade XII** and blessed the Goenkans for their future endeavours. It was indeed an emotional moment for the students and their parents. The function was graced by the *Director, Mr. Sanjay Goel, Associate Director, Mr. Avi Goel, Principal, Dr. Neha Sharma*, and parents of Grade XII students. The ceremony commenced with the *lighting of the lamp*, followed by the *handing over of the flag*, where the students of the outgoing Grade XII batch transferred their responsibilities and duties to the next batch. This was followed by a *Western song* performance by the school choir. Principal Dr. Neha Sharma addressed the gathering, wishing good luck to the students and reminding them of the lifelong values instilled at GD Goenka Public School. She also advised them to stay focused. After this, Grade XII students were presented certificates and mementos by Director Sir and Principal Ma'am. It was a proud and emotional moment. A video titled 'Walking Down the Memory Lane' evoked emotions in everyone. The Vice Head girl gave the vote of thanks. Hi-tea for the parents and a photo session of the students concluded the program.



EVENTS

Farewell

"Goodbyes are not forever goodbyes are not the end. They simply mean we'll miss you, until we meet again."

A farewell party for the students of **Grade XII** was organized at **GD Goenka Public School, Ghaziabad**, on **2nd February 2024**, where the seniors and juniors had a lot of fun together. The seniors received a warm welcome as they entered, wearing elegant attire. **Director, Mr. Sanjay Goel**, **Associate Director, Mr. Avi Goel**, **Principal, Dr. Neha Sharma**, **Wing Heads** and **teachers** were present on this occasion. Grade XI students presented a delightful program for their seniors. Dance performances, skit presentation and ramp walk of the outgoing batch were the major attractions. Grade XII students were given the titles. **Ms. Soumya Singh** and **Mr. Aditya Saxena** were given the titles of *Ms. Goenka* and *Mr. Goenka*. **Ms. Yana Jaggi** and **Mr. Suryansh Goel** won the titles of *Best Attire Female* and *Best Attire Male*. In the end, **Director, Mr. Sanjay Goel**, **Principal, Dr. Neha Sharma** and other faculty members wished them good luck. The program culminated with the cake cutting ceremony and sumptuous lunch. The event made everyone nostalgic and ended on an emotional note- It's time to say Farewell.



EVENTS

Hawan Ceremony on Basant Panchami

To seek *Goddess Saraswati's* blessings for the students of **Grades X and XII**, appearing board exams, **G D Goenka Public School, Ghaziabad**, organized a **Hawan Ceremony** on **14th February, 2024**. Attendees, including students and faculty, gathered early morning to chant hymns and mantras around the sacred fire. The ceremony aimed to invoke success in academic pursuits by connecting with Almighty. Students' enthusiastic participation reflected their reverence and eagerness for divine guidance. The event emphasized the school's commitment to holistic education and student well-being.



EVENTS

GOENKAN GAIETY

GD Goenka Public School, Ghaziabad experienced the vibrant joy and exuberance of the **Goenkan Gaiety** on **25th February, 2024**. It was a spectacular *School Annual Carnival* filled with laughter, games and cherished memories that brought the entire school community together for a day of celebration and fun!



EVENTS

Goenkan Sparta

Senior Goenkan Sparta

The **Goenkan Sparta** event at **GD Goenka Public School, Ghaziabad** showcased spirited participation from students in **Grades III to VIII** on **9th February, 2024**. Under the guidance of *Principal, Dr. Neha Sharma*, students took an oath to uphold discipline and sportsmanship. Various races and events, including sack race, hurdle race and relay races, were organized for different age groups. The emphasis on participation over winning was highlighted, with certificates awarded to all participants. The event promoted physical development and sportsmanship values among students.



EVENTS

Goenkan Sparta

Junior Goenkan Sparta 2024



Sports possess the ability to enact change in the world and serve as a potent source of inspiration.

The **Junior Goenkan Sparta 2024**, held at **GD Goenka Public School, Ghaziabad** on **1st March, 2024**, was a remarkable event characterized by vibrant energy and excitement. The morning witnessed a lively atmosphere as the Annual Goenkan Sparta for **Grades Pre Nur-II** unfolded with parents warmly welcomed to attend. The event featured a delightful blend of track and field competitions along with engaging and entertaining races. Distinguished guests, including **Ms. Puneet Kaur**, *Head of Educational Cooperation*, **Mr. Matthias Dünwald**, *Project Manager from Goethe Institute*, and **Ms. Shilpa Sharma**, *Project Manager, from Goethe Institute / Max Mueller Bhavan, New Delhi*, graced the occasion. Medals were awarded to the winners and participants by our esteemed *Director*, **Mr. Sanjay Goel**, *Associate Director*, **Mr. Avi Goel**, and *Principal* **Dr. Neha Sharma**. It was a day brimming with sportsmanship, enthusiasm and lasting memories.



Workshops

and WEBINARS

Pariksha Pe Charcha 2024

A group of 32 students from **Grades X and XII** participated in *Prime Minister Narendra Modi's 'Pariksha pe Charcha 2024'* program at **Bharat Mandapam** on **29th January 2024**. The program aimed to alleviate exam stress, with the PM sharing insights on peer support, relaxation in exam halls, fostering strong teacher-student bonds, written practice and maintaining physical fitness. Students gained valuable insights for adopting a balanced approach to exams. GD Goenka Public School, Ghaziabad, takes immense pleasure and pride in being a part of this inspiring and informative session.



Holocaust Remembrance Day

To mark Holocaust Remembrance Day, **10** students of **Grades IX and XI** were selected for an upcoming student interaction held at Alliance Française on **31st January, 2024**. The programme in collaboration with UNESCO involved fostering awareness, understanding and dialogue about the Holocaust's profound impact on humanity, emphasizing the importance of promoting values such as tolerance, human rights, and the rejection of discrimination. The day was started off with a documentary to brief the students about the Holocaust and its aftermath. An animated stop motion film 'Nyosha' was showcased— retelling the true events of a 10-year-old Holocaust survivor, Nomi Kapel, who just wanted a pair of shoes. Following this, representatives from the German Embassy read out chapters from The Diary of Anne Frank. The first three chapters involved the outside life and her Jewish family's struggle for survival, and the final and fourth

chapters contrasted the previous three by presenting Anne's internal struggle with adolescence in a dire time i.e. WWII. The students participated in an interactive Q/A session after each chapter, sharing their views and engaging in scintillating discussions with the representatives. The USA Holocaust Memorial held an activity soon after in which students were shown pictures of victims, perpetrators and rescuers without revealing their identities— and asked to give their first impressions. The event ended with another short Q/A session. The students were enlightened and touched by the presentation of the sorrows of The Holocaust.

Workshops

and WEBINARS

Induction Workshop at G D Goenka Public School

An **Induction Workshop** for the enrichment of teachers was conducted at **GD Goenka Public School, Ghaziabad** on **26th March, 2024** under the adept guidance of the *Principal, Dr. Neha Sharma*. The workshop aimed to equip teachers with enhanced skills and methodologies to better nurture and guide their students. During the workshop, in-house teachers, **Ms. Shivangi Sikri** and **Ms. Apoorva Sethi**, led sessions to empower educators to serve as effective counsellors for their students. Through a series of techniques and activities, teachers were trained to understand and address the diverse needs of their students. In the latter part of the session, **Ms. Shivangi Gupta** and **Ms. Mahima Arora** engaged teachers in hands-on learning through the *Reggio Emilia approach*. They created captivating paintings, posters and craft materials designed to facilitate a deeper understanding of academic concepts among students. Additionally, **Wing Heads, Dr. Pooja Chadha** and **Ms. Shikha Yadav** provided insights into various school records and administrative responsibilities that teachers are entrusted with. This comprehensive understanding ensures efficient management and documentation within the school system. Such initiatives underscore the school's commitment to fostering a conducive learning environment and nurturing holistic development among both teachers and students.



Celebrations

Lohri Celebration- Pre Primary Wing

The sound of dhol is in the air, as Lohri is here.

On 12th January 2024, the little ones from the **Pre-Primary Wing** embraced the spirit of **Lohri** with full enthusiasm. Teachers imparted knowledge about the festival and children, adorned in traditional attire, joyfully danced to bhangra and gidda tunes. With Gajak, Groundnuts, Popcorns and more in hand, they enjoyed the celebration, including crafting a bonfire with flour dough and matchsticks. **Principal, Dr. Neha Sharma** enthusiastically joined the festivity with the young Goenkans.



Celebrations

Republic Day Celebration-

Pre-Primary Wing

Get together, be the strength of the nation and help it reach greatest heights!

Embracing free thinking, standing firm in our beliefs and cherishing our cultural legacy – this **Republic Day** was a celebration of patriotism and unity at its best. In honour of Republic Day, the vibrant young learners of the **Pre-Primary Wing** at **GD Goenka Public School, Ghaziabad**, immersed themselves in a tapestry of patriotic activities, delving into the profound significance of this special day. On **23rd January 2024**, the tiny-tots of **Grades Pre-Nursery** and **Nursery** engaged in patriotic poem and song activities, exploring the rhythmic beauty of words. Their enthusiasm painted the day with patriotic fervour. Continuing the celebration on **24th January 2024**, the **Grade KG** children showcased the strength of India's unity in diversity. Donning traditional attire from different states, they participated in the '*Let's Dress up and Speak*' activity, expressing their thoughts and cultures with pride. This activity was accompanied and praised by our *Wing Head*, **Dr. Pooja Chadha**. May the glory of Republic Day continue to inspire us all.



Celebrations

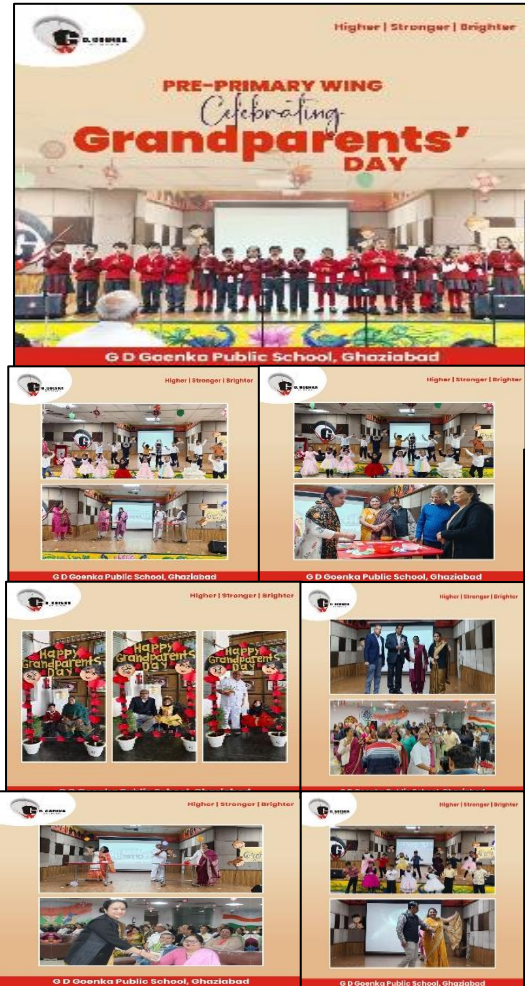
Basant Panchami Celebration- Pre-Primary Wing



Basant Panchami heralds the arrival of spring and is dedicated to honouring Goddess Saraswati, the deity of knowledge, language, music, wisdom and the arts. On **14th February, 2024**, the children of **Pre-Primary Wing** joyously celebrated **Basant Panchami**. Dressed in vibrant yellow attire and bringing yellow-themed food, our little Goenkans immersed themselves in crafting with the yellow colour. They offered floral prayers, seeking the blessings of Maa Saraswati, while also learning about the day's significance, the symbolism of the colour yellow, the blossoming of mustard flowers and the onset of spring through a special assembly and videos.

Grandparents Day- Pre-Primary Wing

Nobody can do for little children what grandparents do.



Capturing the warmth of love and joy at **GD Goenka Public School, Ghaziabad**, tiny-tots of **Pre-Primary Wing** celebrated **Grandparents' Day**, on **17th February, 2024**. **Principal, Dr. Neha Sharma**, lit the ceremonial lamp, underscoring the day's significance. The event witnessed the presence of **Director, Mr. Sanjay Goel**. The event was full of fun games activities, a spirited ramp walks and an overflow of love. Grandparents showcased moves, won prizes and created cherished memories. The joy on their faces mirrored the fun-filled day.

Competitions and Activities

German International Examination- Fit in Deutsch: Grades X and XII



Fit in Deutsch Level A1 and A2 exams were conducted by **Goethe-Institute, Max Mueller Bhavan, New Delhi** on **24th January 2024**. The exams correspond to the levels of the Common European Framework of Reference for Languages (CEFR) and are recognized internationally. The Goethe-Zertifikat A1: Fit in Deutsch 1 (basic language skills) was conducted for the German students of **Grades VIII & IX** and Goethe-Zertifikat A2: Fit in Deutsch (certifies that candidates have acquired basic language skills and corresponds to the second level A2) was conducted for the German students from **Grade X**. **Ms. Puneet Kaur**, *Head of Educational Services*, supported the school for pursuits in German language and the examiners **Ms. Shilpa Sharma**, *Project Manager* and **Mr. Matthias Dünnwald** *Project*

Manager from Goethe Institute/ Max Mueller Bhavan, New Delhi conducted the examinations in the school and gave the students an opportunity to boost their future career aspirations through the exams. Principal, **Dr. Neha Sharma** encouraged the students to take part in these reputable exams.

Inter- House Folk Dance Competition

Republic Day holds immense significance as it commemorates the day when the Constitution of India came into effect.

At **G D Goenka School, Ghaziabad**, the Republic Day celebration on **26th January 2024** was marked by **Director Mr. Sanjay Goel**, *Associate Director*, **Mr. Avi Goel**, and **Principal, Dr. Neha Sharma** by unfurling the National Flag. Adding to the patriotic feel, a choir resonated with the melodies of national pride, singing songs that echoed the values of unity, freedom and love for the motherland. The event featured an **Inter-House Folk Dance Competition**, where students enthusiastically represented different states, fostering a spirit of unity in diversity. The celebration echoed the essence of Republic Day and its relevance in instilling a sense of patriotism and national pride among the school community.



Competitions and Activities

Inter School Yoga Championship

Students of **Grades II to VIII** from **GD Goenka Public School, Ghaziabad** participated in the **Inter School Yoga Championship** on **27th January, 2024**. The championship was held in **Adharsheela Global School, Vasundhara**. **Akshita Pal & Suhan Gupta** of **Grade V**, **Aditya** of **Grade II** and **Maanvi Tyagi** of **Grade IV** received **Gold medals**, **Advvik** of **Grade II**, **Shreya & Sanika** of **Grade VI**, **Tanisi** of **Grade VII** received **Silver medals** and **Ivaan, Ayansh & Gunjan** of **Grade II**, **Priyansh** of **Grade III**, **Suhan & Vandit** of **Grade V**, **Tejas & Viraj** of **Grade III**, **Divyanshi, Nitya & Aayushi** of **Grade IV**, **Harshit** of **Grade VIII** and got **Bronze medal**. Overall, the school secured **1st position** and received a trophy.



Science Experiment: Grade Nursery

Science is about asking your questions and making your investigations- two things young children are very good at!

Grade Nursery students actively explored the **World of Science** through the **Science Experiment- Air is needed for Burning** on **29th January, 2024**. They discovered this property of air using the materials like candles, glass, and matchboxes.



Role Play Competition: Grade I

"We want deeper sincerity of motive, a greater courage in speech and earnestness in action."

- Sarojini Naidu



Vibrant and talented Goenkans of **Grade I** participated in a captivating **Role-Play Competition** on Indian leaders held on **29th January, 2024**. The young participants dressed up as dynamic leaders, brought history to life. They embodied iconic figures with enthusiasm

and understanding. This engaging event not only showcased the creative prowess of the young minds but also provided a valuable platform for them to appreciate and celebrate the contributions of India's leaders in a concise and impactful manner.

Competitions and Activities

Kitchen Activity: Pre-Primary Wing

Cooking and sharing a meal with friends bring joy.

The little chefs of **Pre-Primary Wing** enriched their culinary creativity by preparing 'Monaco Bites' in their **Little Chef Kitchen Activity** on **30th January, 2024**. Utilizing diverse ingredients such as Monaco biscuits, mayo, vegetables like onion, capsicum, sweet corn, cucumber, carrot and sauce, they crafted quick, easy, creative and delicious snacks and relished the experience with their friends and teachers. **Principal Dr. Neha Sharma** also joined in the fun and cherished the 'Monaco Bites' with the little chefs.



Science Experiment: Grade Kindergarten

Magnets are always fun to play with.

At **GD Goenka Public School, Ghaziabad**, learning is always an adventure! **Grade-Kindergarten** children enthusiastically participated in the **Magnet Working Science Experiment** on **31st January, 2024**. Their minds dived into the Magnet Working Science Experiment. From keys to cotton balls, spoons to crayons, the little explorers used magnets to classify objects into Magnetic or Non-Magnetic. Through hands-on exploration and engaging videos, the young Einsteins not only enjoyed the magnetic play but also absorbed valuable knowledge.



Competitions and Activities

Inter-House Flower Arrangement

Competition: Grades III to V

An Inter-House Flower Arrangement Competition for the students of **Grades III to V** was conducted on **1st February, 2024** at the School Reception by **Tagore House**. Each team consisted of five to six participants. **Tagore House** secured the First position, **Vivekananda House** got the Second position and **Radhakrishnan House** along with **Teresa House** bagged the Third position. The competition showcased a vibrant display of creativity, where participants skilfully combined colours, textures and various floral elements to craft stunning compositions. Each arrangement told a unique story, reflecting the participants' interpretations of themes and their mastery of the art of floral design. The event celebrated the beauty of Nature as interpreted through the lens of each competitor, resulting in a breathtaking array of floral masterpieces that captivated both judges and spectators alike. *Principal, Dr. Neha Sharma* graced the occasion with her presence. Judge *Ms. Vibha Sharma, Activity Co-ordinator*, assessed not only the technical expertise but also the innovativeness of designs.



Inter School Basketball Competition:

Grades IX-XI

On **10th February 2024**, five enthusiastic **Goenkan** athletes, **Hardik Verma** of *Grade IX*, **Lakshya Kesarwani** and **Rishikant Sharma** of *Grade X* along with **Raghav Chadha** and **Akshat Chauhan** of *Grade XI*, geared up to showcase their

basketball skills at the **Inter School Basketball Competition** held at *Sanskar the Co-Educational School, Ghaziabad*. Their technique, dedication and skill illuminated the event, making the school feel proud.



Competitions and Activities

Global School Award

“Success is the sum of small efforts”

G D Goenka Public School, Ghaziabad has been awarded with ‘Global School Award’ in an international art competition organised by the Rangotsav Celebration on **12th February, 2024**. Thirty two students participated at *International level* for this competition. **Ananya Mohan** of **Grade XI B** secured Fourth International rank “**The Jamini Roy Award**”. Other students have secured International Art Merit Award and International Medals in various categories. As a mark of respect for her valuable efforts, respected Principal Ma’am **Dr. Neha Sharma** was awarded “**Worldwide Highest Performance Award**” by Rangotsav Celebration.



Competitions and Activities

Fancy Dress Activity: Grade Pre-Nursery

The dress up activity truly never ends and never should be.

The fancy dress activity blends learning with fun and develops confidence in children by making them say a few things in front of their peer group. **Grade Pre-Nursery** children enthusiastically participated in the **Fancy Dress Activity** on **19th February, 2024** to showcase their speaking skills about the fruit/vegetable they love. They were dressed beautifully and eagerly waiting for their turn. The confidence and happiness while being on stage was appreciable. It was a happy and cheerful learning experience for them.



Inter House Rap Song Competition: Grades VI-VIII

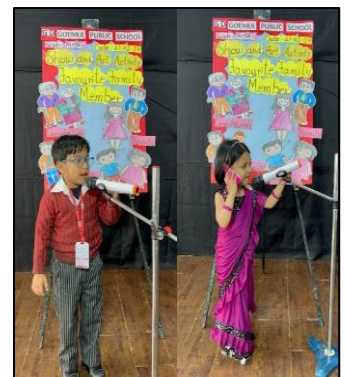


The **Inter-House Rap Song Competition** witnessed enthusiastic performances, with students from **Grades VI-VIII** showcasing their lyrical prowess. Themes of Environment/Climate Change, Dreams, Aspirations and Homework Hustle provided a diverse range of perspectives. The artists adhered to the guidelines, delivering original verses within the 2-minutes timeframe. Wing Head, **Ms. Shikha Yadav** evaluated each presentation based on lyrics, sense of groove, performance, stage presentation and synergy. The event proved to be a platform for empowering students to express their thoughts and inspire change through the art of rap. Though **Tagore House** claimed the top position for its exceptional rap, the performances of other houses exhibited remarkable determination and immense passion.

Show and Act: Grade Nursery

The most beautiful world is always entered through imagination.

Show and Act activity was organized for the students of **Grade Nursery** on **27th February, 2024**. Little Goenkans dressed up and acted as their cherished family members and participated energetically. They shared a few words about them and portrayed their characters through acting. This fancy-dress activity not only blended learning with fun but also developed confidence in children by allowing them to speak in front of their classmates.



ASSEMBLY TUBE

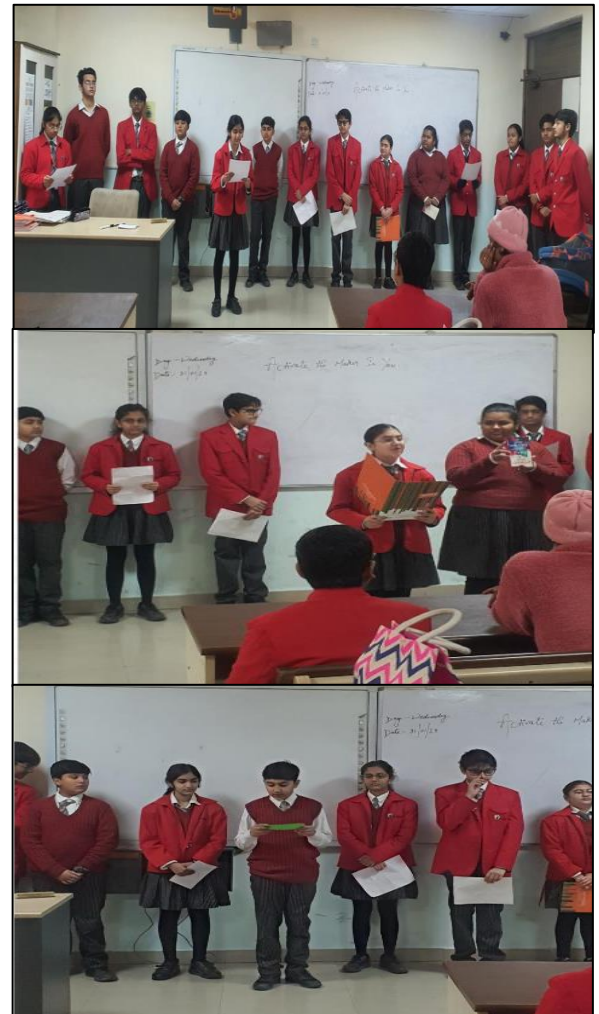
Grade VI B Assembly

The students of **Grade VI-B** conducted their assembly on **'Responsibility-The Pillar of Character'** on **17th January, 2024**. The assembly commenced with an invocation to the Almighty, which was followed by the *Thought for the day*, *Book Review* and *News*. Students shared their views on the theme and explained that responsibility is indeed considered to be a fundamental pillar of character and it involves taking ownership of one's actions, being accountable for responsibilities entrusted and fulfilling obligations with integrity and diligence. This was followed by an interesting quiz for the audience. The assembly culminated with the National Anthem preceded by words of encouragement and great appreciation from the *Wing Head, Ms. Shikha Yadav*.



Grade VIII B Assembly

Students of **Grade VIII B** conducted their assembly on **31st January 2024** on the theme of **'Activate the Maker in You.'** The purpose of the assembly was to encourage creativity, innovation and problem-solving skills among students. The assembly commenced with a warm welcome by the class representative, followed by an opening speech highlighting the significance of embracing one's creativity and exploring the realm of making. Students were encouraged to step out of their comfort zones and engage in hands-on activities to foster their creativity. The assembly concluded with a closing remark, urging students to continue exploring their creativity, embracing failure as a part of the learning process and actively participating in maker-related activities both inside and outside the classroom. The assembly served as a catalyst for igniting the maker spirit within the students, inspiring them to embark on their own creative journeys.



ASSEMBLY TUBE

Grade VIII C Assembly

Students of **Grade VIII C** conducted their assembly on **14th February, 2024** on the topic '**Knowledge is Power**'. The assembly commenced with a prayer, followed by the Thought for the Day. It vividly brought out the message that not only does knowledge make one powerful, but also that knowledge shared is power multiplied. This was followed by the Word for the Day and then the News. Students enlightened the assembly with information about a plant named as '*Purple Heart*'. The book review was given on *Know your Ikigai*. Students' efforts were appreciated by the Principal, **Dr. Neha Sharma**.





Visit to Adventure Camp- Rocksport, Sonipat

On **20th January 2024**, students of **Grade IX** visited Rocksport Adventure Camp at Sonipat. Our visit to the adventure camp provided an exhilarating and educational experience, offering a myriad of outdoor activities tailored to challenge and engage participants of all ages. Nestled amidst scenic landscapes, the camp provided a perfect setting for adventure seekers and nature enthusiasts alike. Activities like Rock Climbing, Zip lining, Burma bridge etc. under the guidance of experienced instructors, tested their physical strength and mental agility. Students scaled towering cliffs, flew through the air on zip lines and experienced an adrenaline rush while enjoying breathtaking views of the surrounding wilderness. The camp also prioritized safety at all times, with qualified staff conducting thorough safety briefings before each activity. Students learned about wilderness survival techniques, leave 'No Trace' principles, and the importance of preserving natural habitats. Our visit to the adventure camp was a memorable and enriching experience, providing participants with opportunities for personal growth, skill development, and meaningful connections with nature and fellow adventurers. The camp's commitment to safety, education, and environmental conservation made it a standout destination for outdoor enthusiasts of all ages.



Virtual autism



Technology and gadgets have made their presence felt in almost every sphere both positively and negatively. One such negative problem which has arisen due to the evolution of gadgets like television, smartphones, etc. among young children is VIRTUAL AUTISM.

Virtual autism refers to a condition where autistic symptoms such as hyperactivity, speech delay, reduced cognition, destructive behaviour, etc. is observed in children due to excessive exposure to screens. It is different from normal autism because it is not due to neurological disorders nor it is hereditary.

Children are always fascinated with new things and they hence tend to get addicted to them for a while and later leave them. However, smartphones and televisions have opened an entire new world for them with new things to do when a child gets bored of doing the other. Therefore, children tend to develop a high addiction towards smartphones and T.V. They get exposed to fictional content and start to imagine and fantasize that as their own world thus developing behavioural issues when they feel things are not going their way as to how it is shown in the main characters of cartoons.

When children glue their eyes to the screen, they not only harm their eyes but also harm their brains. Studies have shown that children who play games and watch videos all day have less cognitive and mental ability skills than their peers.

In order to navigate and mitigate this problem, children should not be given smartphones in their hands in the first place in order to make them pass their time. Children should be allowed to socially interact with their peers and explore other means of exploring and passing their time. Minimizing screen time is also a must in managing virtual autism.

In Conclusion, we should understand and support individuals with autism caused both due to neurological disorders and excessive screen time by being aware, emphatic and inclusive to create a sustainable and better world for everyone.

Dhruv Singh(X-C)

‘नन्हीं कलम कुछ कहना चाहती है - विद्यार्थियों में एकाग्रता कैसे बढ़ाएँ!



मैं आपका मित्र ‘शुभांग सिंह’ कक्षा पाँचवीं का छात्र अपनी समस्या यानि अपनी कमी को आपके साथ साझा करने जा रहा हूँ।

मैं आरंभ से ही पढ़ाई में औसत रहा हूँ। इसका एकमात्र कारण मुझ में एकाग्रता की कमी रही है। मैं बहुत देर तक एक ही कार्य नहीं करना चाहता। मैंने अपनी इस कमी को दूर करने के लिए जो भरसक प्रयत्न किये, उसे आप सभी के साथ बाँटना चाहता हूँ। अतः मैंने ‘विद्यार्थियों में एकाग्रता कैसे बढ़ाएँ!’ विषय को चुना, ताकि आगे भविष्य में ये गुरु आप भी आत्मसात कर सकें।

एकाग्रता बढ़ाने के लिए मैंने जो प्रयास किए वे इस प्रकार हैं :-

- 1, मैंने परीक्षा से पूर्व प्रतिदिन समय-सारिणी के अनुसार अपने प्रत्येक विषय के लिए कठिन परिश्रम किया। प्रतिदिन मैंने अलग-अलग विषय और भिन्न लक्ष्य रखा। इससे मैं कम समय में अपने सभी विषयों पर ध्यान दे पाया।
- 2, मैंने अपने स्क्रीन टाइम को कम किया।
- 3, अच्छा काम करके अपने अभिभावकों से इनाम पाया।
- 4, मनोरंजन के लिए गीत सुने और अपना पसंदीदा वाद्ययंत्र कैसिओ बजाया।

आशा है आप मेरे सुझावों को भलीभाँति समझ ही गए होंगे।

इसी के साथ आप सभी को बहुत बहुत धन्यवाद।

शुभांग सिंह (पाँचवीं - अ)

Students' Corner

Stream options



After 10th grade, the most pivotal step in a student's life is choosing a career stream. In our country, choosing a career path sets foundation for a student's future career. In India, education and career choices play a vital role in student's life, so it is important to choose a correct stream. The different streams available are-

Science- It offers broadly two kinds of subjects, PCM (Physics, Chemistry and Maths) for those who want to take up a career related to engineering and PCB (Physics, Chemistry and Biology) for those who want to take up a career related to medical field. It is the most preferred choice amongst students.

Commerce- It is an excellent choice for students interested in business, finance and economics. It lays down the framework for careers like accounting, finance, banking, management, entrepreneurship and commerce related sources like Chartered Accountant (CA).

Humanities- Contrary to stereotypes, even Humanities offer a wide range of career paths, like- journalism, mass communication, literature, language, history, fine arts, etc.

Choosing a career path after class 10 require careful considerations, and no one should hurry his/her decision under circumstances like-

Peer pressure

Pressure by parents and relatives

Stereotypes about stream

No proper guidance

Lack of self-awareness

Inadequate career planning

Performance pressure

Limited exposure to career options afterwards

Therefore, we may say that the key to success lies in following the path that aligns with one's passion, talents and aspirations. Our decision should not be taken by any other person than us.

-Vedant Jain (X –C)

TEACHERS



जीवन में सदाचार का महत्व



सत् अर्थात् सज्जनों का आचरण ही सदाचार है। जो लोग सत्य ही विचारते हैं, सत्य ही बोलते हैं और सत्य का ही आचरण करते हैं; वे ही सज्जन होते हैं। सज्जन लोग जैसा आचरण करते हैं वही आचरण सदाचार है। सदाचार से ही सज्जन लोग अपनी इन्द्रियों को वश में करके सबके साथ शिष्टता का व्यवहार करते हैं।

मानव जीवन में सद्ब्यवहार और सदाचार का बहुत बड़ा महत्व है। व्यवहार की मृदुता और आचरण की शुचिता से न सिर्फ व्यक्ति का आध्यात्मिक विकास होता है बल्कि मानसिक शांति भी मिलती है। सामाजिक प्राणी होने के नाते मनुष्य का यह कर्तव्य है कि वह सामाजिक नियमों का पालन करे। सामने वाले व्यक्ति से ऐसा व्यवहार करे जिससे अपनत्व की भावना जागृत हो। हम जैसा व्यवहार दूसरे के साथ करेंगे, वैसा ही व्यवहार दूसरा भी हमारे साथ करेगा।

दूसरे से अच्छे व्यवहार की अपेक्षा करने से पहले हमें उसके साथ अच्छा व्यवहार करना चाहिए। जीवन रूपी गाड़ी को बिना बाधाओं के चलाते रहने में सद्ब्यवहार महती भूमिका निभाता है। व्यवहार तथा आचरण एक ही सिक्के के दो पहलू हैं। जब तक आचरण शुद्ध नहीं होगा, तब तक व्यक्ति में सद्ब्यवहार का गुण विकसित नहीं होगा। सच बोलना, चोरी न करना, किसी को दुख न देना, बड़ों का सम्मान करना तथा नैतिक मूल्यों की रक्षा करना जैसी सारी बातें आचरण की शुचिता में आती हैं।

स्वयं के परिश्रम से तथा भगवान की कृपा से धन-दौलत कमाना और जितना मिले उसी में संतोष करना शुद्ध आचरण की पहचान है। यदि आचरण शुद्ध हो तो व्यवहार स्वतः ही सुधर जाता है। व्यवहार तथा आचरण को हमारे पारिवारिक संस्कार तथा सामाजिक व्यवस्थाएँ प्रभावित करते हैं। हम जैसे समाज में पलते-बढ़ते हैं, वैसे ही बन जाते हैं।

आचरण से हमारा व्यवहार प्रभावित होता है तो व्यवहार से सामाजिक प्रतिष्ठा। अच्छे व्यवहार तथा अच्छे आचरण से अद्भुत-असीम सुख प्राप्त होने के साथ-साथ आनंद की अनुभूति भी होती है। सद्ब्यवहार और सदाचार से ही मानव जीवन सार्थक होता है। इन्हीं से मानवता जन्म लेती है।

- रेनू दहिया



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