

# WHY SEND TO A BOARDING SCHOOL ?

- G. D. Goenka a renowned name in the field of education opened its 1st complete residential school in Naukuchiatal, Nainital to cater to the needs of parents who wish to give their children the best in education.
- GDGISN is a complete residential school that offers the best to any child enrolled with us.
- 16 Hours daily efficient lifestyle.
- Expert guidance under the supervision of qualified staff.
- All academics and activities under one roof that reduces travel time and risk in case the child is in a day school and increases his/her participation time and efficiency.
- Scholars learn to become independent and responsible citizens.
- Reduces regular distractions caused at home and increases productivity.
- Healthy upbringing in the lap of nature and a great home away from home.

## VARIOUS CLUBS

(Beyond Academics)



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PERSONALITY DEVELOPMENT



DANCE CLUB



MUSIC CLUB



# SPECTRUM

April-July-2021



**G. D. GOENKA**  
INTERNATIONAL SCHOOL  
A CBSE CO-ED BOARDING SCHOOL  
**NAINITAL**

## G. D. GOENKA INTERNATIONAL SCHOOL

Naukuchiatal, Distt. Nainital, Uttarakhand - 263136 (India)  
Contact : [contact@gdgisn.com](mailto:contact@gdgisn.com) | Ph. : +91-9999-668-885  
Website : [www.gdgisn.com](http://www.gdgisn.com)



## EDITORIAL

Dear Readers

It is indeed a great honour to be the Newsletter Editor for G. D. Goenka International School, Nainital and it is an immense pleasure to launch this first edition of SPECTRUM for 2021.

The beginning of any new academic session is at its heart a fantasy of newness with dreams soaring high to help creativity incarnate in various forms; a chance to do things differently and with more attention to purpose. The purpose we hope to fulfill with this edition is to showcase some of the best endeavors of our scholars in various fields. We at G. D. Goenka International School, Nainital help to unlock the treasures hidden in each blooming scholar and the various activities conducted provide a platform to these young minds to showcase their talent.

In this issue, we will recount the various events and activities in which our students were actively involved since the commencement of the academic session 2021-2022; a flashback of memories, participation and achievements!

A huge thank you to all who contributed towards writing the wonderful and inspiring articles, designing and completing the look of this edition, without which this newsletter would not have come to fruition.

HAPPY READING!!

-EDITORS

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**Painting by:**  
**Master Arvind Katariya**  
**(Alumnus of the school)**

**The aim of art is to represent not the outward appearance of things, but their inward significance.**



## संत की संगत (कहानी)



एक जंगल में एक संत अपनी कुटिया में रहते थे। एक शिकारी जब भी वहां से निकलता संत को प्रणाम जरूर करता। एक दिन शिकारी संत से बोला " बाबा मैं तो हिरण का शिकार करता हूँ लेकिन आप किसका शिकार करने जंगल में बैठे हैं? संत बोले— मैं कृष्ण का, और फूट-फूट कर रोने लगे। शिकारी बोला अरे, बाबा रोते क्यों हो? मुझे बताओ वह दिखता कैसा है? मैं पकड़ कर लाऊंगा उसको।

संत ने भगवान का वह मनोहारी स्वरूप वर्णन कर दिया..... कि वह सांवरा सलोना है, मोर पंख लगाता है, बांसुरी बजाता है। शिकारी बोला- बाबा जब तक आप का शिकार पकड़ नहीं लाता, पानी भी नहीं पियूंगा। फिर वह जंगल में जाल बिछाकर बैठ गया.....

तीन दिन बीत गए प्रतीक्षा करते- करते, दयालु ठाकुर को दया आ गई, वह भला दूर कहां है, बांसुरी बजाते आ गए और खुद ही जाल में फंस गए। शिकारी तो उनकी भुवन मोहिनी छवि के जाल में खुद फंस गया और एक टक श्यामसुंदर को निहारते हुए आंसू बहाने लगा। जब कुछ चेतना हुई तो बाबा का स्मरण आया और जोर-जोर से चिल्लाने लगा शिकार मिल गया, और ठाकुर जी की ओर देखकर बोला,

अच्छा बच्चे ..... तीन दिन भूखा प्यासा रखा, अब मिले हो और मुझ पर जादू कर रहे हो।

कृष्ण उसके भोलेपन पर मोहित होते जा रहे थे, और मंद- मंद मुस्कान लिए उसे देख रहे थे। शिकारी कृष्ण को शिकार की भांति अपने कंधे पर डालकर संत के पास ले आया।

बाबा- आप का शिकार लाया हूँ..... बाबा ने जब यह दृश्य देखा तो क्या देखते हैं कि शिकारी के कंधे पर श्री कृष्ण हैं और जान से मुस्कुरा रहे हैं। संत के तो होश ही उड़ गए, शिकारी के चरणों में गिर पड़े, ठाकुर जी से कातर वाणी में बोले-

हे नाथ मैंने बचपन से ही अब तक इतने प्रयत्न किए, आपको अपना बनाने के लिए घर बार छोड़ा, इतना भजन किया आप नहीं मिले और इसे तीन दिन में ही मिल गए....।

भगवान बोले- इसका तुम्हारे प्रति निश्चल प्रेम व कहे हुए वचनों पर दृढ़ विश्वास से मैं रीझ गया और मुझसे इसके समीप आए बिना रहा नहीं गया।

भगवान तो भक्तों के, संतों के अधीन ही होते हैं जिस पर संतों की कृपा हो उसे तत्काल अपनी सुखद शरण प्रदान करते हैं। शिकारी तो जानता भी नहीं था कि भगवान कौन हैं, पर संत को रोच प्रणाम करता था और दर्शन का फल यह होता है कि तीन दिन में ही ठाकुर जी मिल गए।

इस कहानी से यह शिक्षा मिलती है कि संत की संगति का परिणाम बहुत सुखद होता है।

— ईशान अग्रवाल  
कक्षा-10



## PRIMARY SCHOOL WONDERS

We at G. D. Goenka International School, Nainital always believe in the holistic development of the child, owing to which school had organized activities which bring out varied hidden potentials in the children. The academic growth is important but at the same time creative domain of the brain cannot be neglected and it has to be nurtured and watered like a sapling.

The school had organized fun activity for the children named **Sunday-Funday**. To double up the fun, parents along with their wards actively participated in the event. The aim of this activity was to ensure teamwork, sharing and caring along with all round development. Parents and children enjoyed a lot in this activity.

Personal hygiene is always considered as a trait which one should have right from the very childhood. It has become all the more important during these Covid times. **Nail Care and Hand Wash** activity was organized in the month of April to commemorate World Health Day (7 April). The students were asked to share videos and pictures

and pictures of themselves wherein they were seen caring about their hands and nails.

"The desire to create is one of the deepest yearnings of the human soul". Hence the school organized **Birthday Cap and Crown Making** activity for the little crafters. The students designed the birthday caps/crown and shared the video and pictures.

It is said that the first teacher of the child is his mother. Mothers work for the family the whole day, most of the time they are found working in the kitchen. Sometimes they feel good if children go and say, "May I help you Mumma?". To inculcate the habit of **helping the parents** in the household chores, the school organized an activity where the students were asked to send the pictures/videos of them helping their mother.

Quite a number of entries were received where the children were seen helping their mother in washing dishes, peeling potatoes or grinding spices. It was greatly appreciated by the parents as they thanked the school for making their children realize the importance of teamwork at home.





To instill love for nature among students, the children were guided to **plant a sapling/ flower** in their garden and take care of the growth of the plant. They were also asked to draw a colorful poster in order to show their love towards mother earth. The children must understand that humans are a part of the earth like every other living being and perhaps and not its owner. You can speak well if your tongue can deliver the message of your heart. Therefore to develop the oratory skills among the students, the school organized an online **English Poem Recitation** for classes I to V. The students were allowed to choose from the given topics: Sanitation/ Hardwork/ Don't quit, etc. They were judged on- (a) Content (b) Pronunciation (c) Confidence (d) Props (e) Overall impact. The performances of Aradhya, Harnoor, Ariv, Dev, Tanishq and Abhinav were greatly appreciated. Ms Khushdeep motivated and guided the children to participate and perform well. **World Mango Day** is observed worldwide on 7 July every year. To keep the students abreast with the latest in the world, the photography department of the school had invited pictures of the students



enjoying the mango day with their family and friends. It could be anything from having a mango party or climbing up a mango tree (with all safety) or distribution of mangoes to underprivileged or trying hand on a recipe with mango. The students used their creative mind and sent us beautiful pictures of their celebration. I am thankful to all the parents for lending a helping hand to their children in making these activities a learning and enjoyable experience. It is indeed a great support from the parents and also from the teachers which enables us to felicitate and monitors the growth of young Goenkans.

Great going....  
We shall catch-up with more of such fun and learn experience in the coming times...till then stay safe & stay happy.

**Prakrati Mathur**  
Coordinator (Primary Wing)



## परिश्रम का महत्व



सफलता की पहली कुंजी श्रम है, इसके बिना सफलता का स्वाद कभी भी नहीं चखा जा सकता है. जिदगी में आगे बढ़ना है, सुख सुविधा से रहना है, एक मुकाम हासिल करना है, तो इन्सान को श्रम करना होता है. भगवान ने श्रम करने का गुण मनुष्यों के साथ साथ सभी जीव जंतुओं को भी दिया है. पक्षी को भी सुबह उठकर अपने खाने पीने का इंतजाम करने के लिए बाहर जाना पड़ता है, उसे बड़े होते ही उड़ना सिखाया जाता है, ताकि वह अपना पालन-पोषण खुद कर सके. दुनिया में हर जीव-जंतु को अपने पेट भरने के लिए खुद मेहनत करती पड़ती है. इसी तरह मनुष्यों को भी बचपन से बड़े होते ही, श्रम करना सिखाया जाता है. चाहे वह पढाई के लिए हो, या पैसे कमाने के लिए या नाम कमाने के लिए. मेहनत के बिना तो रूढ़ी भी हाथ नहीं आती. देश दुनिया के प्रसिद्ध लोगों ने अपनी मेहनत, परिश्रम के बल से ही दुनिया को ये अद्भुत चीजें दी हैं. आज हमारे महान प्रधानमंत्री नरेन्द्र मोदी जी को ही देखिए. ये हफ्ते में सातों दिन 17-18 घंटे काम करते हैं, ये न कभी त्योहारों, न निजी काम के लिए छुट्टी लेते हैं. देश का इतना बड़ा आदमी जिसे किसी को छुट्टी के लिए जबाब न देना पड़े, वह तक परिश्रम करने से पीछे नहीं हटता है. देश को आजादी दिलाने के लिए महात्मा गाँधी ने जी-जान, रात-दिन एक करके मेहनत की और आज इसका फल है कि हम आजाद हैं. कड़ी मेहनत एक कीमत है, जो हम सफलता पाने के लिए भुगतान करते हैं और जिससे जीवन में खुशियाँ ही खुशियाँ आती हैं.

— हिमाद्रि कर्नाटक  
कक्षा - 10

## बचपन और मां



हर किसी का बचपन खुशियों से भरा नहीं होता। हर कोई बच्चा रात को हंसकर नहीं सोता। कई बच्चे बचपन ही भूल जाते हैं और बचपन खत्म होने से पूर्व ही बड़े हो जाते हैं जिन होठों पर मुस्कान होनी चाहिए थी उन होठों पर सिर्फ सवाल हैं जिन आंखों पर चमक होनी चाहिए थी उन आंखों पर आंसुओं की बूंदें और मलाल हैं जिनके चेहरे पर रौनक होनी चाहिए थी उनके चेहरे पर डर है क्या किसी का बचपन भी ऐसा होता है? जहां बच्चा बिलख-बिलख कर रोता है; और रात में अपनी मां से लिपट कर रह जाता है, एक नई सुबह की उम्मीद लेकर मां की गोद में ही सो जाता है।

— अमित सागर  
कक्षा-10

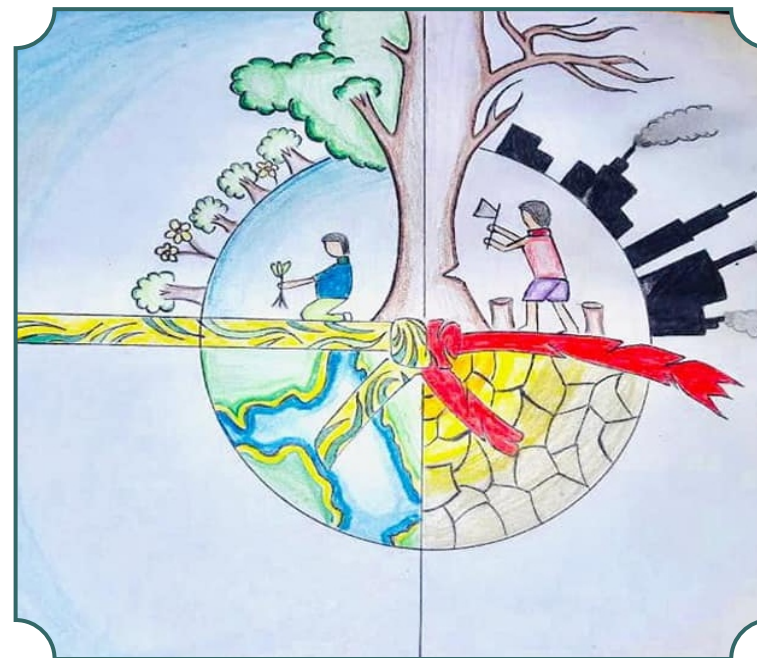


## ONLINE POSTER COMPETITION

An online Poster Competition was organized on World Environment Day at G.D. Goenka International School, Nainital.

All the students enthusiastically participated in the competition. The presentations of Anshuman Sareen, Gunjan Khatri, Kushagra Tiwari and Tanmay Garg received special appreciation.

The competition was organized by the school's art teacher Mr. Sudipto Dutt. The principal Mr. Anurag Mathur congratulated and encouraged all the participants for their amazing talent. At the same time, he inspired the staff and students to try to have greenery around them.



## ACHIEVEMENTS!!!

**CONGRATS..!!**

**Ms. Adishree, Master Vedant, Master Vishal and Master Tanmay**



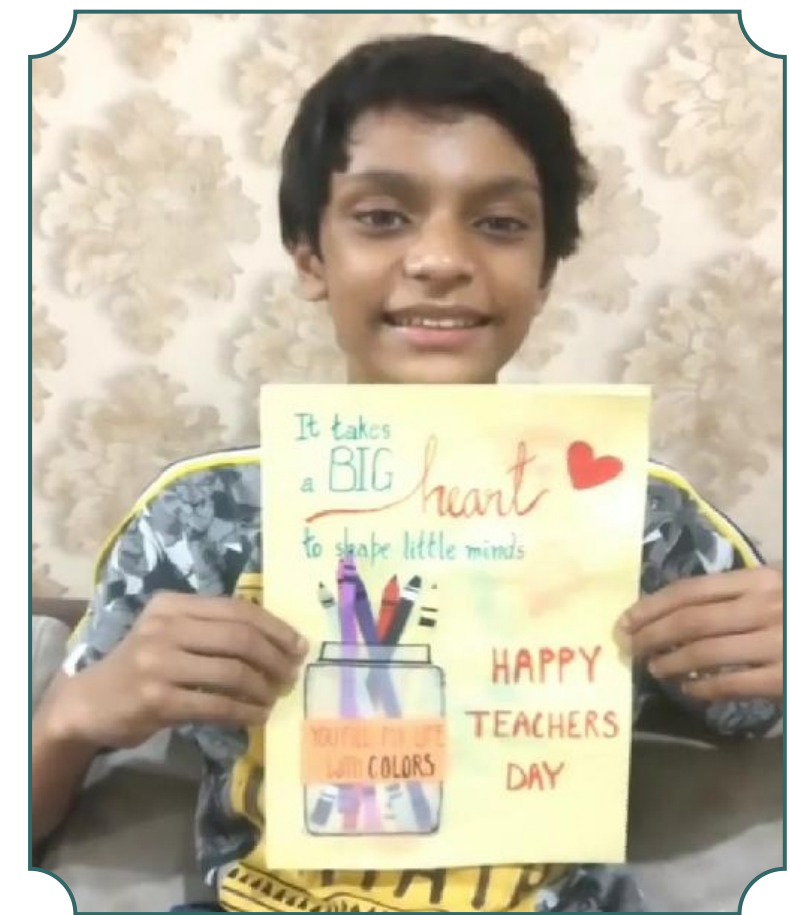
**Adishree Mathur** of G. D. Goenka International School, Nainital, has brought laurels to the school. Adishree, a student of class X, has won the prize in a writing and speech competition organized by Goenka School in Surat (Gujarat) on the birthday of the great English playwright Shakespeare. Out of 400 entries from around 100 schools across the country, Adishree has been awarded the third prize. The prizes were announced by the Principal of GDG Surat, in the closing ceremony online after the series of competitions which ran from 23 April to 30 April.

In a conversation after the ceremony, Adishree said that she got the inspiration for writing and public speaking from her grandfather, Mr. Arun Kumar Mathur, who has been associated with teaching English for more than 50 years.

The management, Principal, Administrative Officer and other staff members of the school congratulated Ms. Adishree and wished her a very bright future.



One of the most promising artists we have on campus is **Master Vedant Jain**, a student of class VIII. He takes great interest in drawing, sketching and painting. His work has been appreciated time and again. His participation in the online drawing contest for creatively expressing the concept of Warriors of Covid-19 by Bing ED won him the certificate of appreciation as he was one of the top performers. He also participated in the poster making competitions organised by Parag Human Foundation and stood first in the 9-13 years category. The school fraternity wishes Vedant a bright future ahead!





## ACHIEVEMENTS!!!

### Master Vishal Rajput's debut in a webseries

The Sword of Freedom- Rani Avanti Bai Lodhi- This webseries is based on the unsung brave freedom fighter of The Queen of Ramgarh, in the Revolt of 1857. She played a major role in the First War Of Independence. She stabbed herself with a knife and killed herself as she did not want to get caught by British.

Vishal Rajput of GD Goenka International School Nainital is playing the role of her husband, Vikramjeet.

We wish him all the success for his debut in the entertainment industry.



**Tanmay Garg** of class VIII made G. D. Goenka International School, Nainital proud as he stood third in the Xperia English Poem Recitation Competition organized by SOS, J.N.Kaul Institute of Education, Bhimtal on 9 June 2021. Participants from different schools across India took part in this virtually held competition. Tanmay recited a self composed poem on the theme \_\_\_"I BELIEVE".

The Principal Mr. Anurag Mathur congratulated Tanmay for his amazing talent. Apramay Gupta and Kushagra Tiwari of grade IX also secured a place in the final round and their presentations also received much applause.

We are proud of the achievements of these talented young scholars and sure that a lot more is still awaiting to be achieved.

**Akash Saxena**  
Senior Coordinator



## VIRTUAL WORKSHOP ON ETIQUETTES

A two day workshop on ETIQUETTES AND GOOD MANNERS was conducted for the students of classes 1\_9. Both the sessions (on 1 July and 10 July 2021 respectively) were held using the virtual platform. Mrs Himanshu Pant and Ms. Swapnil Sharma conducted the sessions that aimed at developing etiquettes at home, in school, the society and the dining room. The students and their parents enthusiastically participated in the workshop and thoroughly enjoyed interacting with the hosts and participating in the activities conducted. The session reached its fruitful culmination with Mr. Anurag Mathur, principal G. D. Goenka International School, Nainital imparting words of wisdom and motivation to the students.

- > Do not place anything on the table .
- > Keep utensils in the same order they appear on the table .
- > Wait for all parties to arrive before beginning any part of meal .
- > Do not push your plate away from you when you have finished .

It is impolite to put too much food in your mouth .

YOU EAT LIKE A HUMAN!

Be careful that food does not spoil your mouth or clothes .

### SOME HELPFUL TIPS

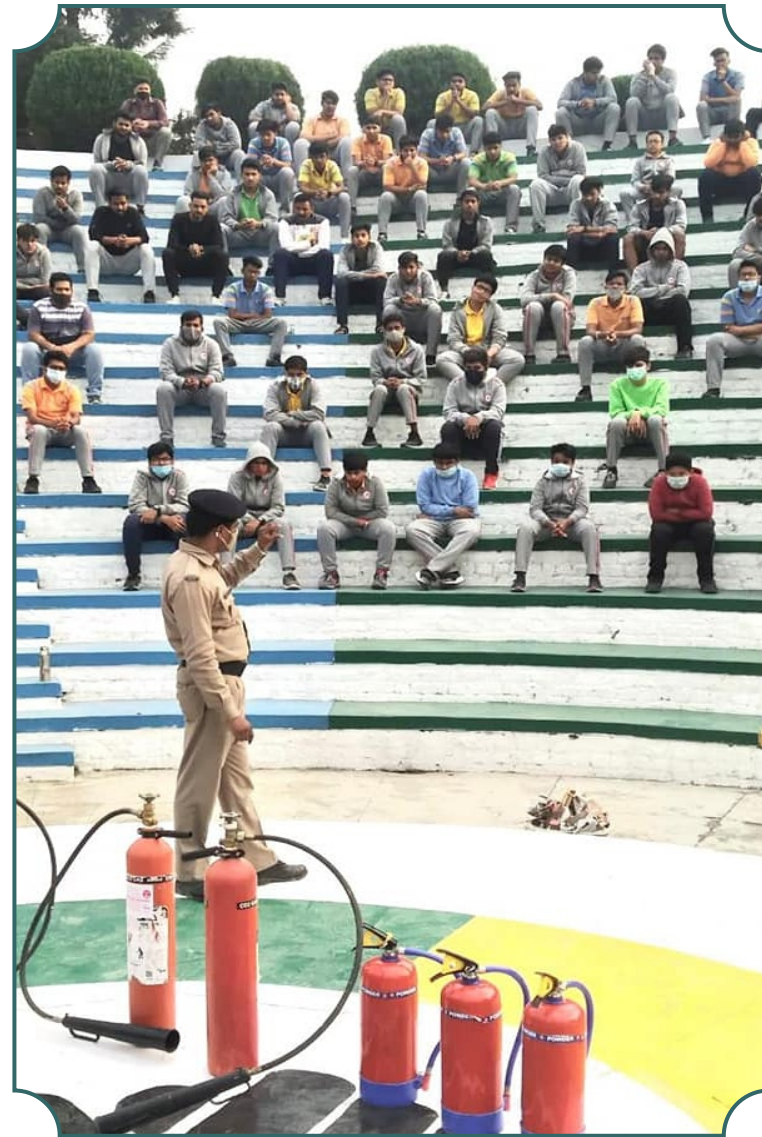
OK, here are some more tips to keep in mind when dining out

- > Sit straight with both feet on the floor, legs together
- > Elbows **never** on the table
- > Speak softly to those nearest to you
- > Thank the waiter only once or twice
- > Tip well





## NATIONAL FIRE SERVICE DAY



April 14 is observed as National Fire Service Day in India. On this day in 1944, Fire Personnel displayed exemplary courage and devotion to their duty as they fought the huge fire that had erupted following an explosion on a ship S.S. Fort Stikine at the dock of Mumbai Port.

In line with its tradition, G. D. International School, Nainital organised 'National Fire Service Week' from April 14 to 20 to pay homage to the brave fire fighters who save lives and assets of the people and organisations. Fire safety awareness is also promoted amongst the students and community to prevent and manage fire and its related emergencies. Mr Chandan Ram Arya, Fire Officer (FSSO) and Mr Kuldeep, Sub Inspector talked in length about the types for fires that we generally come across and the fire extinguishers that should be used to put out the fire. The students, guards, generator operators, mess Incharges were among the few people who had hands on experience in dealing with the fire extinguishers. The Principal, Mr. Anurag Mathur underlined the importance of Fire Service Day and spoke about the training session for 'Emergency Response Team' (ERT).



## FESTIVE CRICKET MATCH

A Festive Cricket match was played between Principal's XI and Student's XI on 2nd, April 2021. The event began with the introduction of the teams to the Principal, Mr Anurag Mathur, followed by the toss. Dr Shishir Srivastav, captain of Principal's XI, won the toss and chose to bat. Mr Sanjay and Mr Manoj opened the innings. Mr Manoj scored a brilliant 51 well supported by Mr Sanjay who lost his wicket at the personal score of 41. With useful contributions from Mr Harish, Mr Avinash and Mr Birbal, the teachers could make a mammoth total of 140 runs in 12 overs setting a target of 141 runs for the students. Aquib, Sameep, Ishan were among major wicket taking bowlers.

Student's XI could not withstand the pressure of the big target and succumbed to the Principal's XI at the mere total of 72 runs.

Mr Manoj was awarded Player of the match while Aquib was adjudged the best bowler, the Best Batsman was bagged by Rishi and the Best Fielder was given to Aaditya.

Mr Avinash Dwivedi and Surin Mani Tripathi were the commentators. The Principal expressed his satisfaction over the standard of the game especially the skills and fitness of the teachers which has improved substantially after they lost to students in a Volleyball match a few days ago. The student's team was very strong but probably it was not their day. We wish students all the best for future contests.



## INTER HOUSE CHESS COMPETITION

To provide a platform for students to improve on logical thinking, analytical reasoning and problem solving an Inter House Chess Competition was held on 4 April 2021.

It was heart-warming to see the participants playing their moves like stalwarts with rapt concentration and collected demeanor. It was a wonder to see the children finishing all the rounds calmly. Great appreciation for all the participants was seen as their moves reflected their wisdom and skill for the game. Results of the competition were as follows:

R.K. House was declared the winner; all applaud for the participant, Master Viraj Singh.

Subhash House stood second in the competition with Master Garv Gupta participating for the House.

Gandhi House bagged the third position and the participant was Master Shree Devansh Goenka followed by Tagore House who had to settle for the fourth position in spite of all the great effort displayed by Master Shrestha Gupta

All in all, it was a great experience for the team and students got a good opportunity to display and enhance their skills. This competition has assured us that chess is a game wherein children learn to be responsible for their actions.



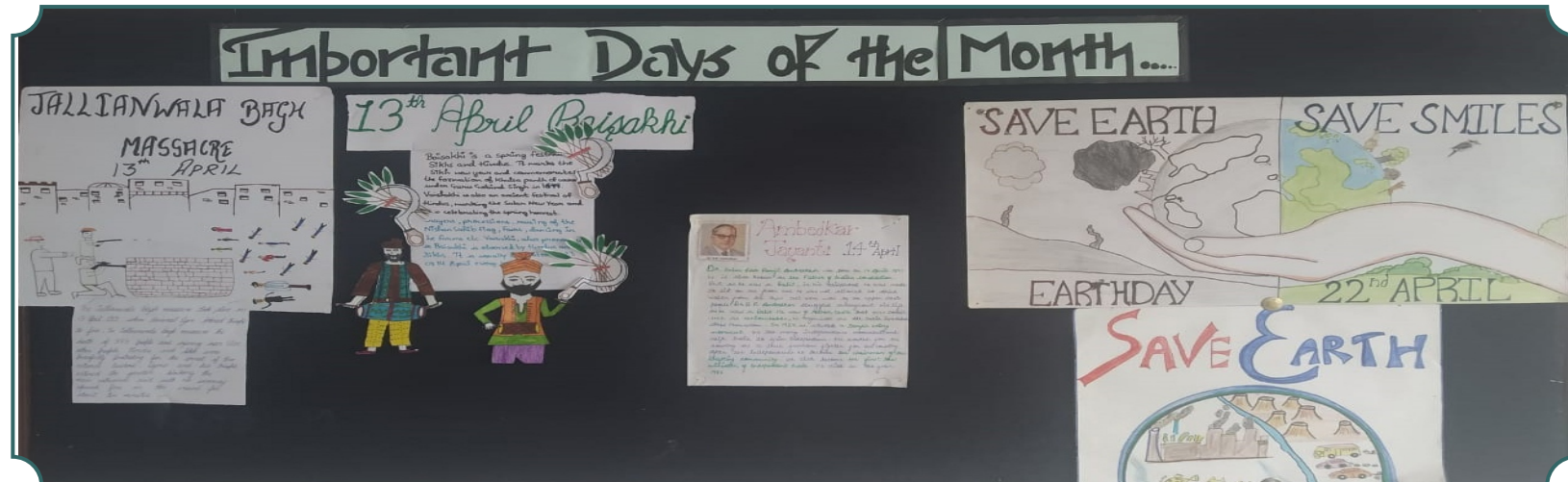
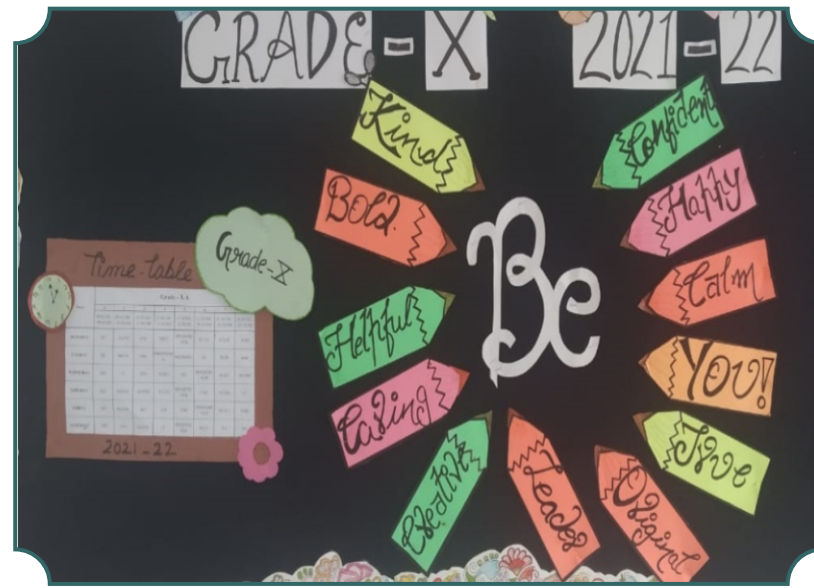
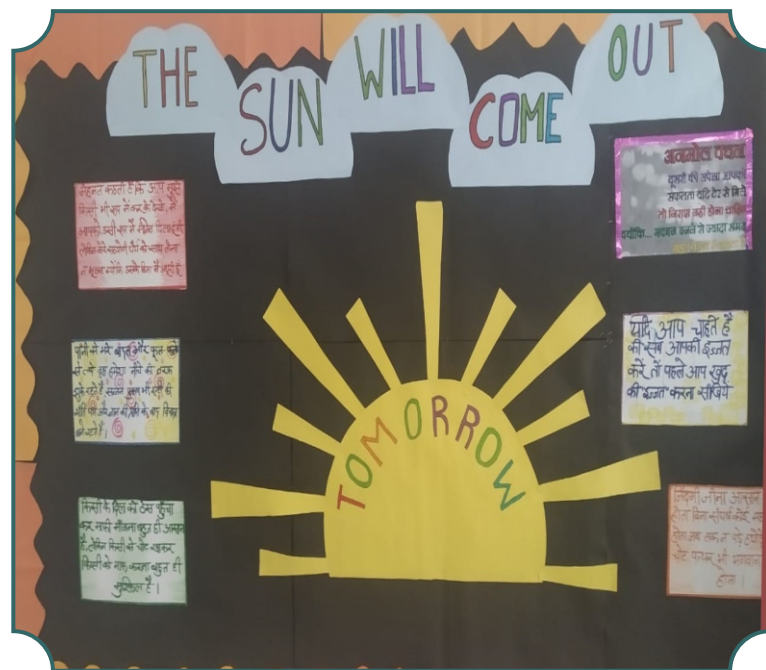


## CLASS ROOM BOARD DECORATION

With the advent of the new academic session-2020-2021 new ideas and aspirations were waiting to be displayed.

“The world is but a canvas to the imagination”, said Henry David Thoreau a great philosopher, writer and observer of nature. To give wings to the imagination of teachers and the scholars of G. D. Goenka International School Nainital, the school authorities organized the Class Room Board Decoration activity held on Monday, 5 April 2021 and the themes were self chosen by the respective class teachers. Thematic boards adorned with vibrant sketches, educational messages and vivid borders prepared by students and teachers of all the classes exhibited their creativity and literary acumen in decorating the wall mounted boards of the various classrooms.

Teachers and students of all the classes, (Classes I-XII, except Class XI) participated with great zeal and zest. They not only shared their pool of knowledge but also showcased their interest and love for literature. The eye-catching boards had given the classrooms a complete makeover that was a delight to see. Everyone was glad to say that this activity was indeed a hit. The primary and junior academic block focused more on themes related to moral values, class rules and pictorial representations of the class time table whereas the senior school had boards adorned with charts related to subject matters, general knowledge and meaningful quotes. The Principal, Mr. A. Mathur, appreciated the efforts of the students and encouraged and motivated them to enhance their budding imaginative skills. This exciting activity encouraged great creative skills with an everlasting impact on the minds of the students.



## CUT & PASTE COMPETITION

“ The aim of art is not to represent the outward appearance of things, but their inward significance.” Keeping the same ideal at the forefront, G. D. Goenka International School , Nainital conducted Cut and Paste Competition for the students on 10<sup>th</sup> April 2021. The competition was conducted in two groups, Group A had participants from Grades 6 to 8 and Group B had participants of Grades 9 to 12. The theme allotted to Group A was “ Flowers with Flower Vase” and for Group B was “Land scape or a Village scene”.

Students from both the groups participated with great enthusiasm and zeal , which was displayed in their artistic creation.

The esteemed judges for the competition were Mrs. Prakriti Mathur, the Junior School Coordinator, Mr. Anurag Mathur, the Principal and Mr. Shishir Srivastav the A O.

The result of this competition is as follows:

### Junior Category

- |      |               |                 |
|------|---------------|-----------------|
| I-   | Subhash House | Tanmay Garg     |
| II-  | Gandhi House  | Anshuman Sareen |
| III- | Tagore House  | Vedant Jain     |
| IV-  | R. K. House   | Naitik Bisht    |

### Senior Category

- |      |               |               |
|------|---------------|---------------|
| I-   | Tagore House  | Gunjan Khatri |
| II-  | Gandhi House  | Yash Gupta    |
| III- | Subhash House | Garv Gupta    |
| IV-  | R. K. House   | Shagun Pathak |

The artistic splendor was highlighted by the students through this competition. They could engage in skillful learning through the medium of

of art. Indeed this competition provided a platform for their creative expression. Congratulations to all the winners! A great applause to all the participants!







## FATHERS' DAY 2021

In India, Father's Day is celebrated on the third Sunday in the month of June. This year, it was celebrated on June 20. Most people exchange cards, bake cakes, prepare hearty meals, or even present flowers to their father as a symbol of their love and gratitude. Father's Day also extends to those bonds which are equivalent to parental bonds. The day is dedicated to honouring and celebrating not only fathers, but also father figures who shape our minds, thoughts and are instrumental in giving wings to our wishes and desires. This day is dedicated to the efforts and sacrifices our fathers selflessly make for us. The Goenkans expressed their heartfelt gratitude on the occasion, by sending the handmade cards made for their fathers.

Contributions from Daksh Rawat, Prakhar Singh, Anshuman Sareen, Adishree Mathur, Vedant Jain and Gunjan Khatri were greatly appreciated.



## TABLE TENNIS COMPETITION (GIRLS)

The 18<sup>th</sup> of April 2021 witnessed yet another fun filled and energetic activity scheduled for the girl students as they participated in Table Tennis Competition (girls). Table Tennis is a sport that is enjoyed all around the world by millions of people of a wide range of ages. It is a sport that explores speed changes, reaction time demands and endurance challenges, and is heart-pumping fun. The standard of table tennis was high, and the girls competed fiercely against each other giving a great account of themselves. The speed of the game requires elite tennis players to be tactically very good. The girls participating showcased a high level of visual fitness – for reading the play, anticipating actions and making good strategic decisions. One of the most important aspects of table tennis is eye and hand coordination and that too was handled excellently by our players. All the players were quick and effectively controlling the ball. Each one tried to be able to get to all their opponent's shots well in time and so more than half the job was perfectly done.

### Results:

**Komal Dhama** of grade XII Commerce was the proud winner of the competition.

**Aashna Vasani** of grade IX stood second and **Shagun Pathak** of grade XII Commerce stood third.

Congratulations to all the participants for taking part in such a competitive game. You're superstars! The principal Mr. A. Mathur awarded medals to the winners, blessed and congratulated the participants wishing that today's success be the beginning of tomorrow's achievements.

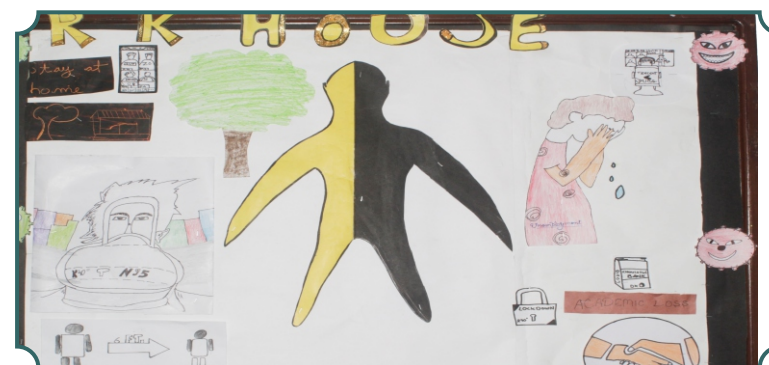
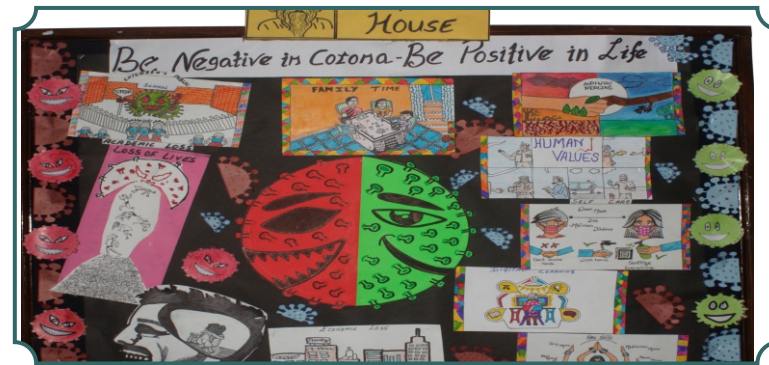




## PANEL BOARD DECORATION COMPETITION

Students of all the four houses of G. D. Goenka International School, Nainital competed neck-to-neck in an Inter House Panel Board Decoration Competition held on Wednesday, 7th April, 2021 on the Theme "Covid-19 Pains and Gains". Participants from each House exhibited their creativity and literary acumen in decorating the wall mounted boards of the corridor. They depicted works which reflected that life is not only about studies, TV and games. It is about sharing and standing with each other during these trying times.

Students participated with great zeal and zest. They not only shared their pool of knowledge but also gave full expression to their creative ideas. The Principal, Mr Anurag Mathur appreciated the efforts of the students and encouraged and motivated them. We extend our heartfelt gratitude to our Art teacher Mr Sudipto Dutta for judging the Competition, which was tough and it was an uphill task for the judges to shortlist the winners. The Tagore House bagged the first prize, followed closely by Subhash House, Gandhi House had to settle with the third and Radhakrishnan House with the fourth position. This exciting activity not only encouraged the students but it also left an everlasting impact on their minds.



## INTERNATIONAL YOGA DAY

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced worldwide typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana). Research suggests that yoga may help improve general wellness by relieving

stress, supporting good health habits, and improving mental/emotional health, sleep, and balance. On the occasion of World Health Day (7<sup>th</sup> April) the school organized a yoga session to instill the importance of yoga as a part of fitness programme. Mr. Manoj Kumar the Physical Education teacher conducted a lecture cum demonstration session with the students and staff. Staying fit and healthy is of utmost importance in these pandemic times.

