

Issue 42

October 2021

SALWAN TIMES

(Monthly School E-newsletter)



SERVICE BEFORE SELF

SALWAN PUBLIC SCHOOL GURUGRAM

*“Light is good from whatever lamp it shines;
knowledge is good from whatever source it originates.”*

-Chinese proverbs



Illustration by : Monami Dutta (Class XII)

HIGHLIGHTS OF THE MONTH

ACCOLADES AND ACHIEVEMENTS

- District Roller Skating Championship
- English Declamation Competition
- Selection for Officer's Training Academy

VIRTUAL COMMEMORATION & WORKSHOPS

- Gandhi Jayanti Celebrations
- Beginning of on-campus classes for class II
- Dandiya Celebrations
- Dussehra Celebrations
- Virtual Interschool Fest - SAKSHAM 2021
- SPIC MACAY PROGRAMME
- Interaction with Padma Shri awardee Smt. Jamuna Tudu ji
- Diwali Celebrations
- Nukkad Natak on Road Safety
- Discussion on Air force Day
- Webinar on Managing Emotions
- Webinar on Parenting Adolescents

EXUBERANT EXPRESSIONS

ART EXPRESSIONS

SCHOOL IN MEDIA

Editorial

Let us start a great life by conquering our external and internal evils!

The outbreak of the Covid pandemic saw a severe disruption in normal course of life. With hospitals struggling to admit patients, the paranoia surrounding this viral outbreak, the threat of loss of life and a whole lot of unprecedented problems loomed large. Not only do we need to follow all the Covid protocols religiously, but also have to deal with a lot of mental stress, constant fear and the banes of a sedentary lifestyle thanks to quarantine.

But just as the harshest storms give rise to calmest seas, we humans do what we've been doing for millennia as a species - we persevere. Good prevails over evil. This too shall pass.

We pick up the debris and rebuild our lives, arm in arm, seeking refuge in our survival and the future. We have learnt to use our resources judiciously during this pandemic and let us continue to do so to conserve the nature for the future generations. Let us subtract the bad habits, add good healthy practices, multiply our love and divide and share our happiness and we have ourselves the formula for peace and progress.

It is important to be careful, but it is also important to have hope, and remain positive. To reiterate, I'm reminded of one of the dialogues from Hollywood's arguably most popular classic, Shawshank Redemption which I leave as a parting quote - "Hope is a good thing, may be the best of the things. And a good thing never dies."

Stay safe and stay healthy.

Meera Kumar Iyer

TGT English

ACCOLADES AND ACHIEVEMENTS

District Roller Skating Championship

Poorvi Baweja, the sporting champ of Grade I, is the proud winner of Silver Medal in 2 Lap (500 meters) Skating Rink Race II and Silver medal in 1 Lap (250 meters) Skating Rink Race I (under 5-7 Years category) in the '14th District Roller Skating Championship (Speed)' held at 'Wisteria Club Road Dlf Green Valley Farms, Baliawas, Haryana' from 27 to 29 October 2021. Poorvi has qualified for '35th Haryana State Roller Skating Championship' which will be held in Panchkula District from 10 to 13 November 2021 and she would be representing Gurugram district in the State Level Championship under the mentioned category. Earlier this year in April 2021, she was also the winner of Silver Medal in 6th All India Open Rink Race Roller Skating Championship held on 10 & 11 April (Under 6 category) at Fitsco Sports Academy, Sector 65, Gurgaon.



English Declamation Competition

Our Student, Ananya Singh of class X got the second prize in English Declamation Competition held at CCA School.



Selection for Officer's Training Academy

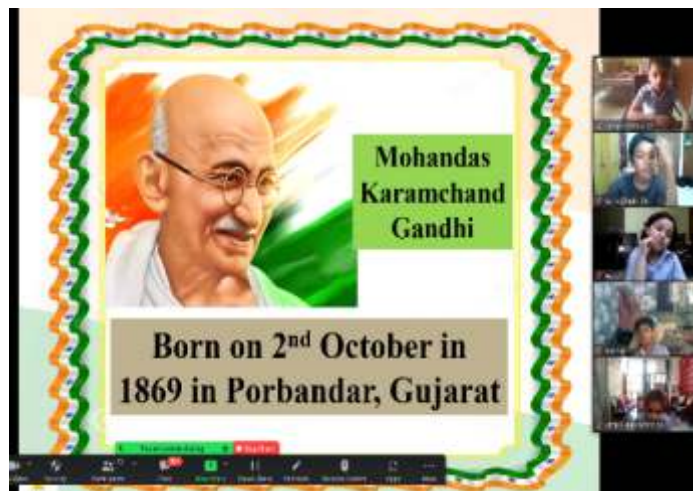
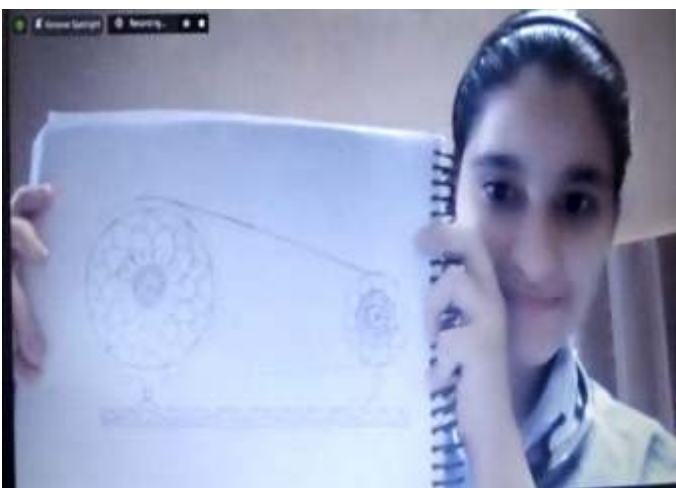
Our Alumnus, Ujjwal Sharma of Batch 2017 has been selected for Officer's Training Academy, Chennai.



EVENTS & CELEBRATIONS

Gandhi Jayanti Celebrations

This year the nation celebrated the 152nd birth anniversary of Mahatma Gandhi, the Father of the Nation. To make the students apprise about the journey of Mohandas Karamchand Gandhi to Mahatma, a documentary on Mahatma Gandhi's life was shown to the students. Students attempted a quiz based on the documentary watched during the class teachers' period. A discussion on 'Mahatma Gandhi, a Vision' reflected the learning of the students from the life of Mahatma Gandhi. Poem composition with illustrations (Hindi or English), on the theme 'Bapu our role model' was conducted to encourage alternative thinking and creativity. The primary school children made bookmarks dabbling colours and drawing the outline figure of Mahatma Gandhi.



Beginning of on-campus classes for class II

11 October 2021 was the beginning of on-campus classes for classes II, which turned out to be overwhelming than expected. One could observe the mixed feelings of excitement, joy and confusion among the students, teachers, and parents of Grade II students. All the standard safety protocols were strictly implemented throughout the campus from the time the students entered the school building; they passed a disinfection barrier, followed by a thermal screening and sanitization. Although hand sanitizers are installed throughout the campus, teachers encouraged children to go to the restrooms and wash their hands at regular intervals.



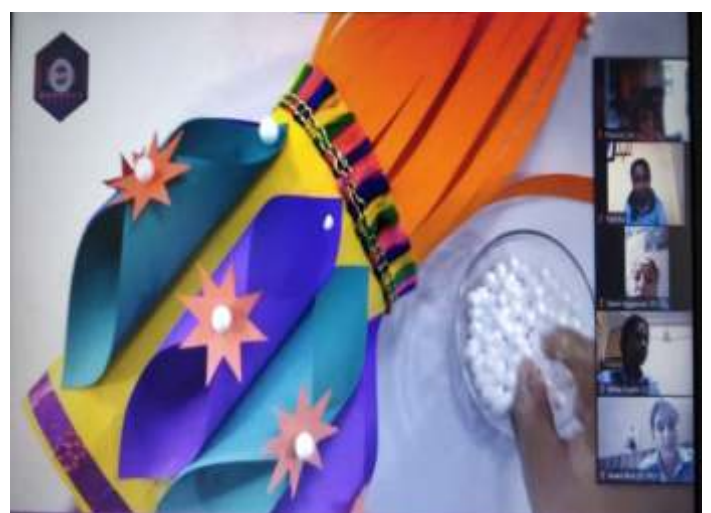
Dandiya Celebrations

Colourful and auspicious festival dedicated to Goddess Durga Navrati was celebrated by the staff members on 13 October 2021. Invoking the blessings of divine deity, the teachers dressed in traditional attire performed dandiya dance beautifully. The teachers enjoyed the mellifluous music, rhythmic beats and matched the mood of festivity.



Dussehra Celebrations

Dussehra, also called Vijayadashmi, is the culmination of the nine-day Navaratri celebrations. It is a festival that marks the killing of Ravan, his son Meghanath and brother Kumbhakarn, by Lord Ram. It is seen as the victory of good over evil. A special assembly was conducted for online and offline learners of Grades I&II on the occasion of Dussehra celebration on 13 October 2021. The celebration commenced with a prayer devoted to Goddess Durga, followed by super brain yoga and a talk by the teacher. The students were shown an exquisite video which was a compilation of presentation based on short enactment of the story of Ramayan. The students also highlighted upon the importance of the festival in today's world as Dussehra symbolizes the conquest of good over evil. It reminds people of the fact that truth always wins and motivates them to follow the path of dharma. Teachers emphasized that this day is considered not only the victory of Ram but also the victory of mankind.



Virtual Interschool Fest - SAKSHAM 2021

The school organized a Virtual Interschool Fest for students who are differently abled in the month of September 2021. The fest was open for classes I- XII for all schools. The Felicitation Ceremony of the event was conducted on 2nd October at 10:00 am through Zoom. The Felicitation Ceremony began with a beautiful prayer of Gandhiji - ' Vashinavjan'. Ms. Asmi Goel, the School Head Girl welcomed the audience with inspiring quotes of Mahatma Gandhi. The program moved forward with lamp lighting and Shloka Recitals. The Head Girl invited Principal Ma'am to address the audience. The Principal Ma'am highlighted that SAKSHAM 2021 aimed to polish and hone the boundless talent among the students and provide a rostrum for overall growth and development. Later on, Mrs. Jyoti Chaudhary, HOD Counselling and Special Education Department announced the result of each event under each category of classes. She further invited Dr. Sunita Jakhar, Vice Principal Ma'am to propose the vote of thanks. Dr. Sunita Jakhar appreciated each and every participant and their teacher for their efforts and thanked Principal Ma'am for taking an initiative to provide a platform to students with unique abilities to boost their confidence and enhance their creative skills.



The table is titled "EVENT CATEGORIES" and is framed with a decorative border of palm leaves and flowers. It lists various events and their corresponding categories.

EVENT	CATEGORY
FANCY DRESS (Traditional Dresses of Indian States)	JUNIOR 1(Class I-II)
PAINTING (Indian Landscape)	JUNIOR 2(Class III-V)
FANCY DRESS (Indian state's famous personalities)	
PAINTING (Indian Folk Art)	MIDDLE(Class VI-VIII)
FOLK DANCE	
E - POSTER (Indian Culture)	SENIOR(Class IX-XII)
PAINTING (Indian Monuments)	
FOLK SONG	
INSTRUMENTAL MUSIC	



The table lists the participating schools in the Virtual Interschool Fest - SAKSHAM 2021. It is framed with a decorative border of palm leaves and flowers.

❖ Bal Bharati Public School, Ganga Ram hospital Marg
❖ C.S.K.M. Public School , New Delhi
❖ D.L.DAV Model School, Shalimar Bagh
❖ DAV Public School, Sector 14, Gurugram
❖ Delhi Public School, Maruti Kunj
❖ Delhi Public School, R.K.Puram SEC XII
❖ Delhi Public School Sector 45, Gurgaon
❖ Delhi Public School, Vasant Vihar
❖ Delhi Public School, Patnauli
❖ Delhi Public School, East Of Kailash, New Delhi
❖ Maxfort School, Paschim Vihar
❖ Red Roses Public School
❖ Ridge Valley School



SPIC MACAY PROGRAMME

5-day workshop from 10 Oct 2021 to 14 October 2021 was organized by SPIC MACAY in which the students received the training of Mohiniyattam dance. The school was the host school of this workshop. 4 other schools also participated in this workshop. The resource person was Dr. Rachita Ravi, a very famous Mohiniyattam Dancer and Dance Guru.



SOCIETY FOR THE PROMOTION OF INDIAN CLASSICAL MUSIC AND CULTURE AMONGST YOUTH

SPIC MACAY

Anubhav 3
9th - 15th October, 2021

Dr. Rachita Ravi
Art form-Mohiniyattam

10th - 14th October 2021 | 09 am - 12 noon IST

Salwan Public School, Sector 15-II, Gurugram
The Millennium School **DPS Yamunanagar**
Bal Bharti School **PIET Sanskriti School**

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www.spicmacay.org | www.youtube.com/spicmacayofficial | info@spicmacay.org

North Zone - Divyapada : 8842373268 | East Zone - Chokan : 9804407943 | West Zone - Ajay : 8808913174 | South Zone - Nidra : 9040123338

HAVE EVERY ONE EXPERIENCE THE INSPIRATION AND MYSTICISM EMBODIED IN INDIAN AND WORLD HERITAGE



Live Interaction with Padma Shri Awardee

Padma Shri Awardee Smt. Jamuna Tudu ji was awarded India's highest civilian award the Padma Shri in the year 2019. The need for educating the students about saving the environment is of utmost importance. So, an interaction with the renowned environmentalist PadmshreeSmt Jamuna Tutu was organised for the students of Class III to VIII on October 2021. It provided a platform to the students to engage in a discussion and understand the various aspects of environmental conservation. The Live Interaction was organised with the help of Krishi Vikas Kendra, Singhbhum, Orissa. Smt. Jamuna Ji apprised students about the problems faced by her when she did not allow the cutting off the trees in the jungles. Following the footsteps of her father, she decided to save trees of her forests. She and her comrades tie 'Rakhi' to the trees because the trees are like their brothers and this way they give importance to the trees and save them. The Vice Principal, Dr. Sunita Jakhar, appreciated the efforts of Padma Shri Jamuna Ji to not only save the trees but also to talk to the students and inspire them so that a future work force of environmentalists can be generated. She also liked her idea of tying Rakhi to the trees so that the trees become equivalent to human relations. The Headmistress, Ms. KumudAneja presented the Vote of Thanks but before that she enquired Jamuna ji about her tryst with the local Mafia who created obstacles on the way. In her reply she explained in detail the ways in which the local mafia stopped her and they tried to discourage her in every possible way. This only strengthened her resolve and she decided to fight with more vigour.



Diwali Celebrations

Diwali, the festival of lights, is celebrated to rejoice the triumph of good over evil. To make the students understand the significance to be virtuous even during the adverse situations. Students were excited to come to school in Indian Ethnic attire. Each class presented their creativity and festive mood through vibrant coloured patterns in the form of Rangoli. Students along with their class teachers thereafter participated in the festive fervor with music, dance and sweets.



नुक्कड़ नाटक के माध्यम से यातायात के नियमों पर जागरूकता अभियान

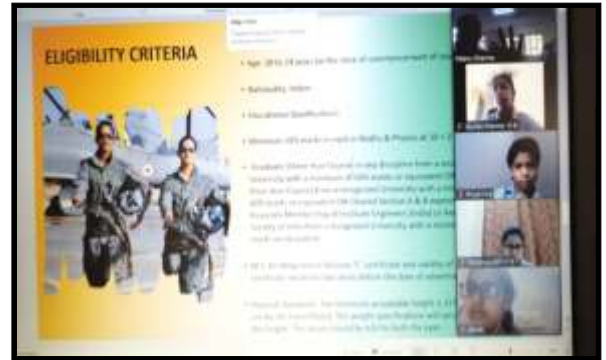
सलवान पब्लिक स्कूल, गुरुग्राम में नुक्कड़ नाटक के माध्यम से यातायात के नियमों पर जागरूकता अभियान चलाया जा रहा है। सड़कों पर होने वाली दुर्घटनाएँ भारत के लिये एक महत्वपूर्ण चुनौती बनी हुई है। सड़क सुरक्षा पर विश्व स्वास्थ्य संगठन की रिपोर्ट के अनुसार, विश्व में सड़क दुर्घटनाओं के कारण होने वाली कुल मौतों में से 11 प्रतिशत भारत में होती हैं। सड़क सुरक्षा पर वैश्विक स्थिति रिपोर्ट के अनुसार, विश्व भर में सड़क दुर्घटनाओं के कारण प्रत्येक 23 सेकंड में एक व्यक्ति की मृत्यु होती है जो दिन प्रतिदिन बढ़ती जा रही है इसी बात को ध्यान में रखते हुए सलवान पब्लिक स्कूल के छात्र नुक्कड़ नाटक के माध्यम से यातायात नियमों को न मानने वाले लोगों को सावधान करने, सरकार के नए नियम के मुताबिक सीट बेल्ट न पहनने, दोपहिया वाहन पर दो से अधिक सवारी बैठाने, हेलमेट नहीं लगाने, बिना ड्राइविंग लाइसेंस, ओवर स्पीड, बिना परमिट पाए जाने पर और नाबालिग द्वारा गाड़ी चलाने पर भारी जुर्माना लगने, सीट बेल्ट न लगाकर गाड़ी चलाने पर 1000 रूपए जुर्माने के तौर पर भरने व इसके अलावा इमरजेन्सी (एंबुलेंस) वाहन को रास्ता न देने व लाइसेंस रद्द होने, नियम के मुताबिक बिना ड्राइविंग लाइसेंस गाड़ी चलाने जुर्माना राशि 1000 हजार होने, नाबालिग बच्चों के तो माता-पिता को जेल जाने जैसे यातायात के नियमों से अवगत करवा रहे हैं। 30 अक्टूबर 2021 को प्रातः सलवान के छात्र पूरे सेक्टर 15 में नुक्कड़ नाटक द्वारा सभी को जागरूक करते हुये नज़र आए। विद्यालय की प्रधानाचार्या रश्मि मलिक ने बढ़ते प्रदूषण की भयावह स्थिति, यातायात के नियमों के पालन करने व कोविड 19 के नियमों से विद्यार्थियों को अवगत करवाते हुए उनको उनकी जिम्मेदारियों का एहसास करवाया इसी के साथ यातायात व कोविड 19 के नियमों का पालन करने का संकल्प भी करवाया।

डॉ. सविता उपाध्याय ने बताया कि यह गतिविधियाँ गत वर्षों की भांति इस वर्ष भी करवाई जा रही हैं जिसमें बच्चे अपनी स्किल के अनुसार नाटक, कविता लेखन, गीत गायन, विज्ञापन निर्माण, पोस्टरनिर्माण में भाग ले रहे हैं। जो बच्चे ऑनलाइन कक्षा में आ रहे हैं वह भी यातायात के प्रत्येक चिह्नों से अवगत हो अपनी प्रस्तुति दे रहे हैं। बच्चों को यातायात के नियमों से अवगत करवाना ही इन सभी गतिविधियों का उद्देश्य रहा है। नुक्कड़ नाटक का उद्देश्य भी सभी को प्रेरित कर नियमों को मानने का संकल्प करवाना रहा है। नुक्कड़ नाटक में कृदय गोयल, हर्षिता अय्यर, यश वर्मा, आध्या गोयल, द्रोण मित्तल, इशिता जैन, अनन्या सरावगी, अनिका गौतम, नैतिक मेहता, तनुजा सौम्या शर्मा, भाविका सकुजा, खुशी, नम्या जैनी, अक्षिता सिंह, करण राघव, समृद्धि अग्रवाल, काशवी अग्रवाल, शौर्य सिंगला, युवराज सोनी, ईशान धवन, कृतिका सकुजा, रुद्राक्ष, ईशा श्रीवास्तव, प्रीतम लखानी, अनन्या अग्रवाल, नेरायादव, कार्तिकेय चुध, नीतिशर्मा, नौसिथ, यश शर्मा, अंशिता गुप्ता आदि छात्रों ने भाग लिया।



Discussion on Air Force Day

October 8, 2021- Children were apprised about the Air Force Day and its importance. A video was shown about the inception and important landmarks in the 89 years of Air Force in India.



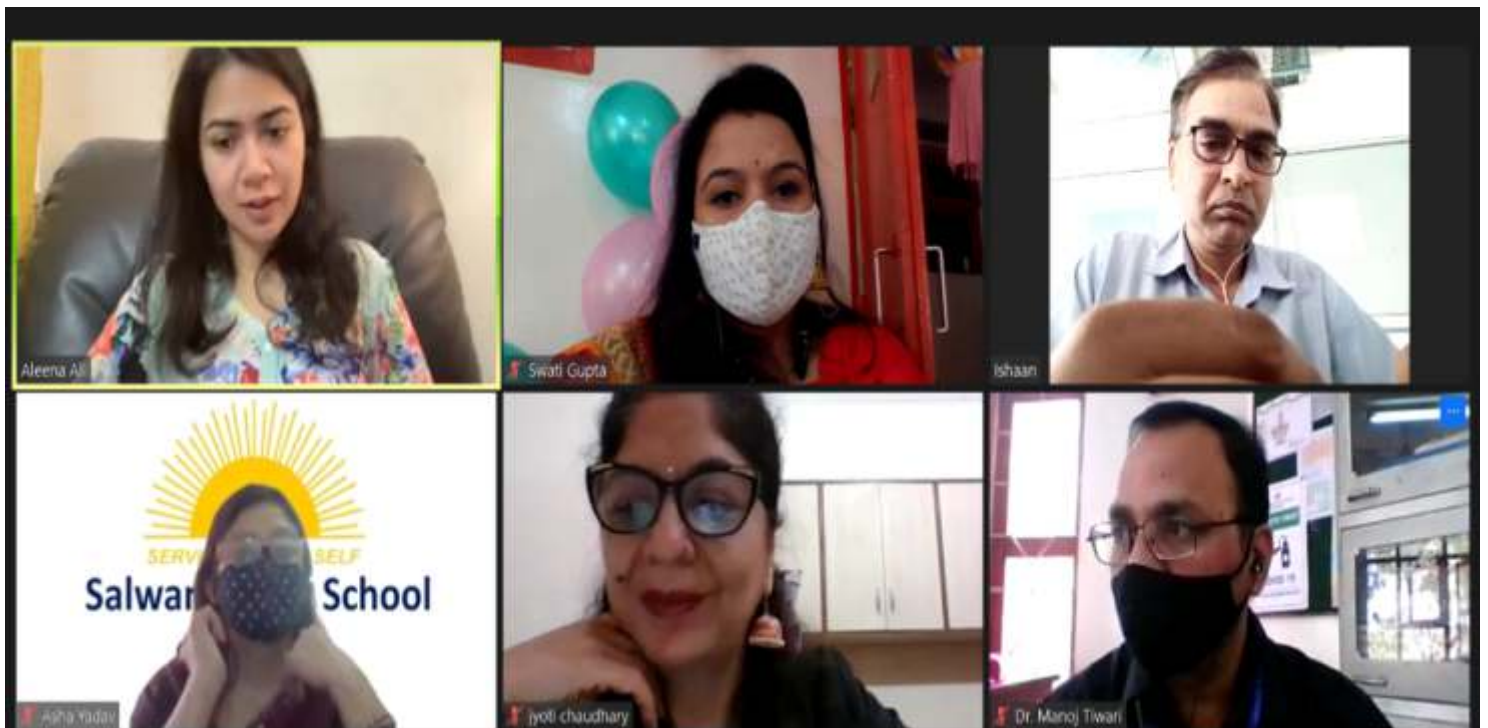
Webinar on Managing Emotions

A very interactive session was conducted on 13 October 2021 by Ms. Aleena Ali, Expressive arts therapist at Fortis Healthcare, Gurugram, and moderated by Ms. Jyoti Chaudhary. The speaker engaged the teachers by asking them about the emotions that they went through in the past one year. The resource person talked about the causes of ill mental health. Poor mental health can be caused by many different things, both internal and external. Factors such as inherited traits, environmental exposures before birth and even brain chemistry may lead to mental health problems. The lifestyle can influence the mental health in both positive and negative ways and knowing this gives one the power to make changes towards a more positive life. She also mentioned that no one emotion is permanent. The speaker also answered the queries of teachers and suggested different ways to cope with the stress.



Webinar on Parenting Adolescents

A session on Parenting Adolescents was held on the Zoom Platform for the Parents of Class VIII on Saturday, 30 October 2021. The Resource Person was Ms. Aleena Ali, Expressive arts therapist at Fortis Healthcare, Gurugram. Ms Aleena addressed various concerns of the parents such as, how students can deal with a challenge at a deeper level, students' ability to find and correct their problems on their own, growing up concerns/increased risk-taking behavior, developing an identity, changes in familial relationships, resisting peer-pressure and emotional and social development. The resource person also informed the parents on how to inculcate concentration & discipline in students. She reiterated that online time is leading students into a distracted and confused state and exposure to diverse things and ideas may obliterate the ability to distinguish right from wrong. She also advised the parents to understand what the child might be lacking, promote healthy discussion and free flow of communication. She counselled to display affection and calmness while communicating with children. She reinforced the importance of academic success but advised that the pattern should not be monotonous. It is important to take breaks at regular intervals as it will help students to overcome the tedium. Ms. Aleena recommended that parents must communicate with their wards and cater to their emotional needs. The session concluded with a valedictory note by the Middle Wing Coordinator, Ms Vaishali Sibal.



Exuberant Expressions

Gandhiji is the one
Who taught us non-violence
Who taught us honesty
Who taught us loyalty
and many more things

Mahatma Gandhi is our
inspiration

We should follow his ideals

He is our role model

Our hero, our fighter

Yuvika Bajaj VIII A

मेरे प्यारे बापू
पढ़कर कालात अफ्रिका से
भारत में लौगी को समझाया
अपने हक के लिए खड़े होना
सबको सिखाया
अहिंसा का रास्ता दिखाया
भाई चारे का पाठ पढ़ाया
भगा दिया अंग्रेजों को
भारत को आजाद करवाया
सत्य ईमान की राह दिखाकर
मानवता पर उपकार करवाया
हर व्यक्ति, पशु, पेड़-पौधे को
प्यार करना सिखाया
आप ही ने तो

राम के नाम का जयकार लगावाया

नए भारत का निर्माण करवाया

सीम्या बंसल VII - A

ART Expressions



अपने कुर्बानों के लो प व
इसके अलावा इस
(एडुकेट) धारण की लक्ष्य
व मध्यस्थ रह होने, नि
मुर्दाबिब विर इडुकेट स
बड़ी कानूनी कुर्बान रहने
इडुकेट होने, लक्ष्य रहने
याह-रिह की सेवा जाने
कायदा के निम्न वे अलग
होते हैं: विद्यालय को उपलब्ध
नीकर न बढ़ो प्रमाण की प
विधि, कायदा के निम्न
कायदा करने व सीमित
निम्न से विद्यालयों को
अपनी दूर अपने
विनिर्देशों का अनुसरण करने
के साथ कायदा व सीमित
निम्न का कायदा करने का
भी कायदा।



SALWAN PUBLIC SCHOOL GURUGRAM

Sector-15 Part-II, Gurugram - 122 001

Phone: 0124 - 4886050

E-mail: spsgurugram@salwanschools.com

website: www.salwangurugram.com

Facebook: www.facebook.com/spsgurugaon

