

Issue 41

September 2021



SERVICE BEFORE SELF

# SALWAN PUBLIC SCHOOL GURUGRAM

*“Education is the most powerful weapon which you can  
use to change the world” – Nelson Mandela*

# SALWAN TIMES

(Monthly School E-newsletter)



Illustration by : Divgun Kaur (Class IX)

# HIGHLIGHTS OF THE MONTH

## ACCOLADES

- Teachers' Excellence Awards by UniApply powered by TOI
- Best Teachers Awards By IIHM
- Google Certified Educator
- Toycathon-2021

## VIRTUAL EVENTS & CELEBRATIONS

- Talent Hunt
- Mathematics Euphoria (GPSC)
- Teachers' Day Celebrations
- Hindi Diwas
- World Heart Day
- Forum of Public Schools – Executive Body Meeting

## ONLINE SESSIONS AND WEBINARS

- Mother Daughter Workshop (Menstrual Hygiene)
- Celebrating Parenthood
- Workshop On Adolescence By Dr. Arshiya Sethi
- Session by Principal ma'am for class X students on Study skills
- INSPIRE Program

## EXUBERANT EXPRESSIONS

## ART EXPRESSIONS

## SCHOOL IN MEDIA

# Editorial

*"School bells are ringing loud and clear; break is over, school is here." – Winifred C. Marshal*

Reopening of schools has caused a range of emotions in children as well as parents. We all are aware that the time gone by has caused major disruptions to daily life and the children are also feeling these changes deeply. So, when returning to school, some children are very happy and excited while others are anxious and frightened. To deal this situation in the best possible way, we would like to share some tips with which you can help your children sail through these complicated emotions that they might face while going back to school and ease them into the new normal.

- They can be made at ease by having an open conversation about what it is that's worrying them and letting them know that it's natural to feel anxious.
- Children may also find it difficult being physically distanced from friends and teachers while at school – they can be encouraged to think about other ways to bond and stay connected.
- Reassure children about safety measures as washing their hands at regular intervals with soap and coughing or sneezing into their elbow.
- Remind children about the positives – that they will be able to see their friends and teachers and continue learning new things.
- Motivate them to wear masks.
- Ask them to tell the teacher immediately if they start to feel like they have a fever or cough.
- It's important to be calm and proactive in your conversations with children – check in with them to see how they are doing.
- As children often take their emotional cues from the key adults in their lives – including parents and teachers – it is important that we manage our own emotions well and remain calm, listen to children's concerns, speak kindly and reassure them.

Happy Reading!

Neelam Saxena, PRT English



# ACCOLADES & ACHIEVEMENTS

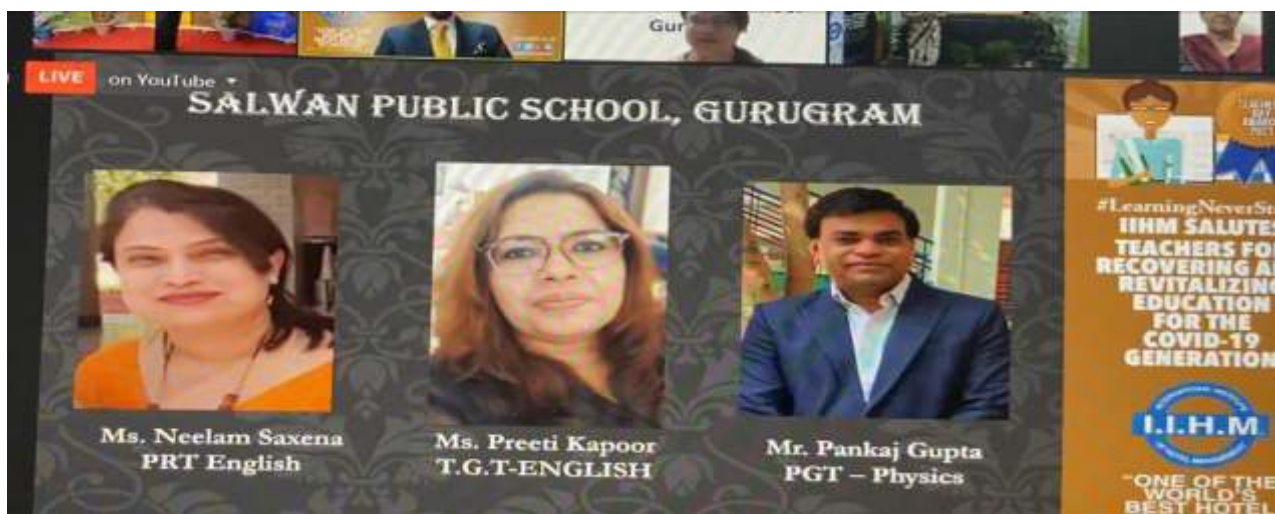
## TEACHERS' EXCELLENCE AWARDS

UniApply powered by Times of India presented 'Teachers' Excellence Awards 2021' to appreciate the immense courage shown by teachers to provide seamless learning experience for every student in the period of overwhelming crisis and pandemic. The online event was organised on 5th September 2021 at 5p.m. The 'Teacher Excellence Awards 2021' was an initiative to recognize and felicitate the efforts made by the teachers to impart quality education amidst the pandemic. These awards were not just for the best teacher in their respective fields but also for the ones who have shown adaptiveness to digital teaching, innovation and use of technology. We really feel proud to share that our teacher Ms Neelam Saxena was awarded 'Best Teacher In English' in Delhi and NCR region. Dr. Savita Upadhyay also bagged Jury Award for 'Best Teacher in Hindi'.



## BEST TEACHERS AWARDS BY IIHM

It's a moment of great pride for Salwan Public School, Gurugram as our 9 Teachers have received IIHM Teachers' Day Award 2021 for their exemplary contribution in the field of education.





# TOYCATHON-2021

Dr Deepti Jain of Salwan Public School, Gurugram got selected as a Judge for the Toycathon-2021 Grand Finale. This project was organized under the 'Aatma Nirbhar Bharat Abhiyan' initiated by our Hon'ble Prime Minister, Shri. Narendra Modi.



# GOOGLE CERTIFIED EDUCATOR



# VIRTUAL EVENTS & CELEBRATIONS

## TALENT HUNT

With the aim of nurturing the talent of our rising stars and celebrating the 75th Independent Year of our country, Salwan Public School, Gurugram organised 'Talent Hunt' for the students of Classes I to V. The theme for the classes I & II was 'Azadi Ka Amrut Mahotsav' and for classes III – V, it was 'My Country'. More than 450 students participated in 12 different events to showcase their talents. The enthusiastic and wholehearted participation of the students helped in stimulating learning experience for all.





# MATHEMATICS EUPHORIA (GPSC)

Salwan Public school, Gurugram in association with Gurgaon Progressive school council hosted the virtual Award Ceremony for Interschool Mathematics competition- "Mathematics Euphoria-2021". The entries received in the competition showed how Mathematics can be beautifully integrated with Art, Theatre, Music, English and real-life surroundings. The entries showcased creativity of students and promoted the NEP 2020. The presentations of the students were showcased on the final day.





## TEACHERS' DAY CELEBRATIONS

Teachers' Day was celebrated with great pomp and show. The day started with the online CT period in which the students showcased their presentations made for their teachers. This was followed by the online classes being taken by the pupil teachers who were judged by the actual teachers. After the online classes all the teachers put up a great cultural programme for the other teachers followed by the address of the Principal, Vice Principal. Later all the teachers enjoyed playing Tambola. The programme came to an end after the lavish lunch.





## HINDI DIWAS

हिंदी दिवस के सुअवसर पर सलवान पब्लिक स्कूल, गुरुग्राम द्वारा चार दिवसीय “हिंदी भाषा उत्सव” का आयोजन किया गया। इस भाषा उत्सव में कई कार्यक्रम व प्रतियोगिताएं आयोजित की गईं। 13 सितंबर 2021 से 16 सितंबर 2021 तक (समय सायं 4 बजे) भिन्न-भिन्न विषयों पर सेमिनार व कार्यक्रम आयोजित किये गए। इस महोत्सव में अपने-अपने क्षेत्र की प्रसिद्ध हस्तियों जाने-माने साहित्यकार, मीडियाकर्मी, रंगमंच कलाकार व कवियों ने शिरकत की।





## WORLD HEART DAY

World Heart Day was celebrated in the school through various activities viz. Sessions by the Doctor parents, presentations by the students on healthy heart and special on campus assembly. Dr Dhiraj (Physiotherapy Clinic), parent of Ananya of VI A conducted a session on 'A Healthy Heart'. In his session, he discussed the structure of the heart and its working. He explained various techniques about taking care of the heart. Further in his session he laid emphasis on the fact that regular breathing exercises, walking, running and remaining cheerful are very good for the heart. Another session by Dr. Kulbhushan was also conducted in which he discussed how to lead a healthy life.





# FORUM OF PUBLIC SCHOOLS

## EXECUTIVE BODY MEETING

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# ONLINE SESSIONS AND WEBINARS

## MOTHER DAUGHTER WORKSHOP

### (MENSTRUAL HYGIENE)

“A daughter is someone you laugh with, dream with, and love with all your heart.” – Unknown

Mother Daughter bond is one of the strongest bonds that we know and to celebrate this bond further, an online 'Mother Daughter Workshop' was organised for all the loving mothers of the beautiful girls of class V on 18th September 21 from 10:00am to 11:30am. The topic of the workshop was 'Menstrual Hygiene'. The resource person for the same was Ms Ankita, CSR Executive, Unicharm, India. The session commenced with the introduction of the topic 'Menstrual Hygiene' followed by a brief discussion about 'Unicharm'. She further apprised everyone with the meaning of periods, different stages of adolescence and related behaviour. Ms Ankita also touched the sensitive issues related to the physical changes in girls, mood swings and reproductive phase in women. She concluded the session by answering the queries of the participants.



## CELEBRATING PARENTHOOD

On September 18th, a very thought-provoking session was arranged for the parents of students from class 3 by the name of 'Celebrating Parenthood'. The purpose of the session was to help parents accept and overcome the challenges faced while parenting during these difficult times. The esteemed resource person Ms. Aleena Ali ma'am, an Art Therapist shared tips to develop a healthy parent-child relationship. Through these turbulent times, there has been a transition in the teaching -learning process. Children have been compelled to take online classes. This forced change has led to children spending all their time at home. Children have immense curiosity and tremendous inbuilt energy, which needs channelizing. Adults are able to rationalize and think but it is difficult for the little ones to understand it all. The parents are trying their best to engage the child in myriad activities, yet their curiosity remains unquenched. It has grown increasingly difficult for the parents to juggle work and the quality time they spend with their children. Ma'am shared that a change in the thought process of the parents is need of the hour. Loads of reading, writing clay modelling and engaging the child in activities done at home will bring in a sense of recognition in a child. The child would understand his self-worth leading to normalised behaviour. He will become calmer and more settled.





# INSPIRE PROGRAM

“Without love in the heart, we humans have to struggle to become true human beings.” -Daaji

An enlightening quote by Daaji is best to describe the purpose of the workshop conducted by Heartfulness Education Trust. The main aim of this workshop was to know about the power of thoughts and regulation of the mind with the help of Heartfulness Relaxation & Meditation.

The resource person, Dr. A. P Tomar, very beautifully described the meaning of yoga i.e., union with perfection, with inner potential. To use our inner potential, our inner perfection we need to evolve at a higher level. We are evolved physically, structurally, socially, mentally and now, we are at that juncture where the mental evolution of human beings is leading towards its destruction.

To begin with the second session of the day, the resource person, Ms. Nirmala Sundaram pooled in about the five major essentials of Holistic Development which means moving in the direction of the centre called Adhyatmik. Holistic development of a child happens when spiritual development domain is also catered to. As heartfelt educators, we should celebrate diversity among children, identify their dominant strengths and work on developing it moving from VAK( Visual, Auditory, Kinesthetic) to VIKAS ( Visual, Intuitive, Kinesthetic, Auditory and Spiritual). The session concluded with a beautiful slide showing how we, as heartfelt educators, need to connect to our students' hearts through humility, wisdom and compassion and take them towards Holistic Development by facilitating the process through 5Es( i.e. Engage, Explore, Experience, Express and Excel)and Inquiry Based Learning.



**NIRMALA LAKSHMIPATHY | Heartfulness Trainer**  
Central Team Member - Strategy & Training - Heartfulness Education Programs

**EDUCATION**  
1977: M.Sc. | Home Science - Child Development and Family Relationships | University of Madras  
1978-79 (B.Ed.) English & Science | Dept. of Education, Tamil Nadu  
Post-Diploma Certificate in French | Alliance Française - Chennai

**EXPERIENCE**  
1. 37 years in the Field of Education in 3 schools - 15 yrs as a Faculty, 26 yrs as a Principal and 4 yrs - Head - Curriculum Development and Training  
2. Founder Principal of 2 schools - CRIS School in Chennai (Lalaji Memorial Omega International School - 2001-06) and an IB Candidary School in Hyderabad | The Heartfulness Learning Centre - 2019-2020  
3. Heartfulness Value Education Programs - from 1995 - 2005 and 2015 till date. Conducted around 200 training programs and workshops all over India, for more than 15,000 Teachers, Principals, Lecturers and NGOs.

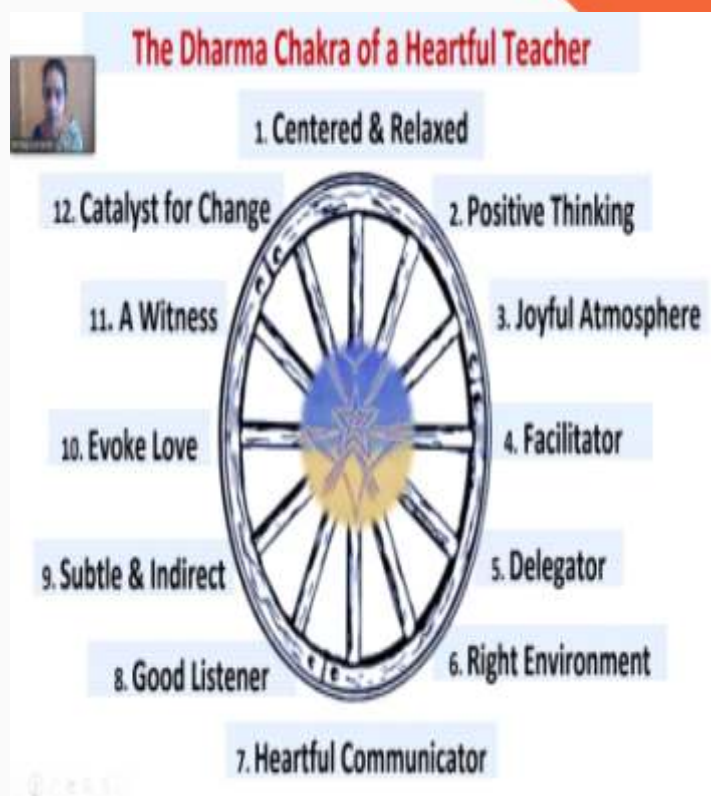
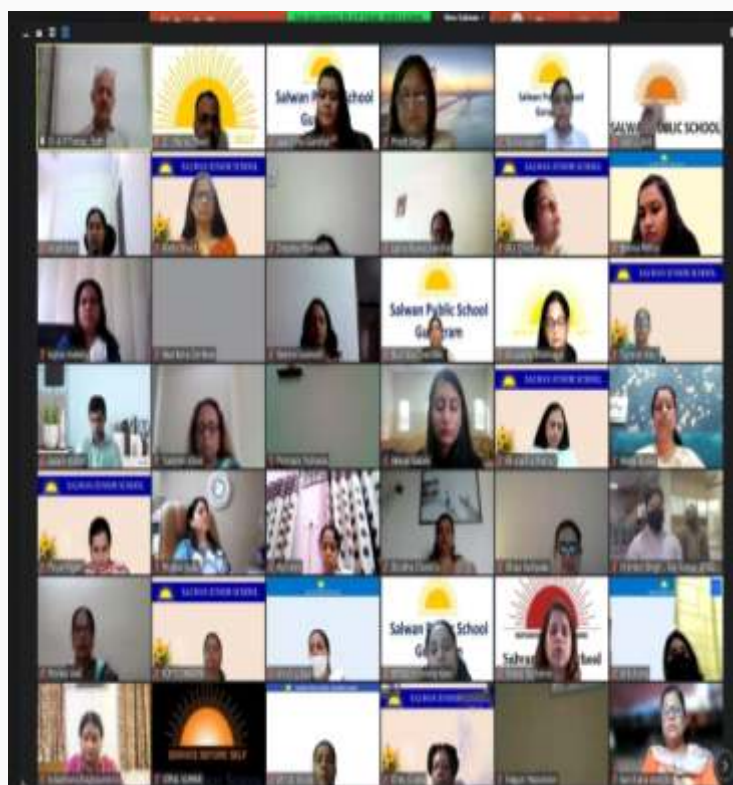
**SKILLS**  
Planning & Monitoring infrastructural facilities, Human & Non-Human resources, Curriculum & Training for to be established new schools.

**AWARDS & ACHIEVEMENTS**  
1. Won the 'Intel National Award for Best Integration of Technology' in Schools in the year 2004-05, while working as a Principal at Shri B.S. Murthy Senior Secondary School - Chennai.  
2. Was a member of the team which prepared and published the first VSE Teacher's Manual for Class 6 to 10 in the year 2019.



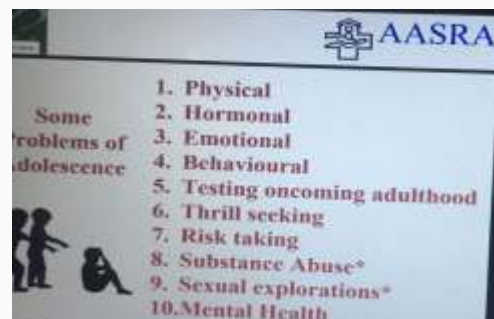
**21<sup>st</sup> Century Core Skills** CB/IS

| Learning Skills                            | Life Skills                              | Socio-Emotional Skills                       |
|--------------------------------------------|------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Wondering         | <input type="checkbox"/> Thinking        | <input type="checkbox"/> Collaborating       |
| <input type="checkbox"/> Questioning       | <input type="checkbox"/> Reflecting      | <input type="checkbox"/> Talking             |
| <input type="checkbox"/> Researching       | <input type="checkbox"/> Communicating   | <input type="checkbox"/> Listening           |
| <input type="checkbox"/> Critical Thinking | <input type="checkbox"/> Decision Making | <input type="checkbox"/> Understanding       |
| <input type="checkbox"/> Creative Thinking |                                          | <input type="checkbox"/> Empathizing         |
| <input type="checkbox"/> Applying          |                                          | <input type="checkbox"/> Being Compassionate |



## WORKSHOP ON ADOLESCENCE

A workshop on 'Adolescence' was conducted by Dr Arshiya Sethi for the teachers of the Primary Wing. The workshop commenced with the discussion of the meaning of the word adolescence. She briefed about the various problems faced by the children in this age and how to handle them effectively.



## SESSION ON STUDY SKILLS FOR CLASS X STUDENTS

The principal ma'am addressed class X students on 23 Sep and 24 Sep, 21 on study skills. She advised the students to regularly practice, follow time management and take care of their health both physical and mental. She also mentioned the importance of taking breaks at regular intervals and meditation to improve concentration and focus. She motivated the students to study hard and study smart.



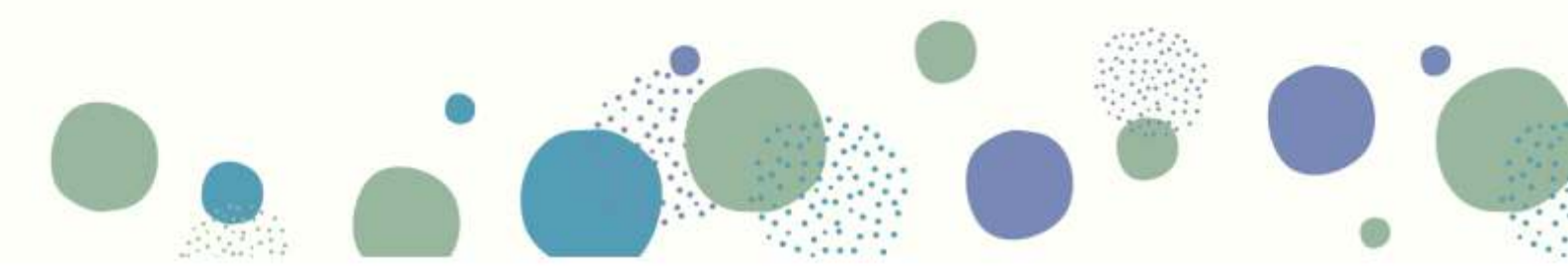
# Exuberant Expressions

## BEING CHILD OF PARENTS, WHO ARE DOCTORS

*In those difficult times, when the terror of Coronavirus Pandemic was at its peak and life was not so easy for anyone. But, for the warriors, i.e. doctors, nurses, ambulance drivers, all other hospital staff and their family members, it was one of the most difficult times. So, I am going to tell you about my life in the times of Covid-19 as a child of parents who are doctors.*

*I had many difficulties in those tough times. The spread of Covid-19 Virus was not so fast two months earlier, but suddenly it began spreading as a wildfire. My parents used to go to Covid-19 wards and tend to the patients who were infected with Coronavirus disease. Many of their colleagues and their family members were tested positive for Covid-19. So, my parents decided that it was no longer safe for me and my younger sister to stay with them and they took us to our grandparent's house. Me and my little sister lived with our grandparents for a long time and we didn't meet our parents for about 3 weeks. I did all my work alone and I hardly ever sought guidance from my parents because they were busy in the hospital all day and all night. Although we could communicate by calling each other but it was not the same as meeting and hugging them in person. Life may be difficult, but I am proud to call myself a child of parents who are doctors.*

**By Aayansh Borgharia  
(Class V)**





## BOOK REVIEW

### The Greatest Children's Stories written by Ms. Stuti Agarwal

*'Reading is to the mind what exercise is to the body'*

*I am Trivid Nandal of class V from Salwan Public School, Gurugram. Today, I am going to reflect upon the book 'The Greatest Children's Stories' written by Ms. Stuti Agarwal. Ms. Stuti is a writer, home chef and an artist. She wants to create great Indian stories for today's children. Her famous story books are Young Kalam, The Adventures of Tootsie Lama, Grand Pa's suitcase of stories and many more. The vocabulary used is easy and simple to understand. The language is concrete and specific. There is a remarkable fusion of thoughts and feelings. Though all the stories are very interesting and described in a wonderful manner, the story which has caught my attention is India's first female blade runner.*

*This story is about a girl named Kiran who lost her leg in an incident. It was 24 December 2011 when she wanted to celebrate her 25th birthday with her family. She had to travel in a train from Hyderabad to Faridabad. After long hours of journey when she was waiting patiently on the seat near the door for her station. Two young boys pulled her bag and dragged her all the way to the door and down onto the track. As a result, the moving train ran over her left leg. She was immediately taken to the hospital with the help of passengers and station police. But unfortunately, she lost her one leg and was helpless.*

*She could not go out or meet her friends for a few months. But she didn't lose hope. She faced all the challenges boldly. She proved how impossible could be made possible by dint of hard work, courage and determination. With the help of her will power, she not only participated in a couple of Marathons, but also in Paralympics games. She brought name & fame for the country. I got really inspired a lot after reading this story. One thing that I learnt from this story is never to lose hope and give up in times of difficulties.*

By Trivid Nandal  
(Class V)

## BE HEALTHY BE WEALTHY

*Be healthy be wealthy, don't eat junk,  
Else you will become a fat trunk.*

*Eat fruit and use jute,  
So that you become lovely,  
Don't eat cake,  
And don't drink a shake,  
So that you don't resemble a rake.*

*Do exercise,  
So that you become wise,  
Don't watch phone,  
Else you will be alone in the zone.*

*Walk more, talk more,  
Keep yourself active,  
So that you can become attractive.*

*Get enough sleep,  
So that you don't lose your sheep,  
Don't be late,  
So that you can concentrate,  
Else you will not do something great.*

*Be physical,  
And drive some cycle,  
Don't be lazy,  
Or else you will go crazy.*

*Don't eat too much salt,  
Or you will make a fault,  
Eat lot of grain,  
To sharp your brain.*

*Be healthy be wealthy, don't eat junk,  
Else you will become a fat trunk.  
They became raged,  
When Athena shone bright,  
For what they remember her,  
They did bow down in fright.*

**By Sumiran Kharbanda  
(Class V)**



# ART EXPRESSION







## Role of libraries in the pandemic



# SCHOOL IN MEDIA



## Student Corner



**SUBHAM MISHRA,**  
class VII A,  
The Air Force  
School,  
Subroto Park

### SHOWING THE RIGHT PATH

*Teachers are strange creatures. You guide us and set us on the right track, you give so much and never expect anything back. The world hands you its future, with love, affection, and tenderness you nurture. You equip us with the wings of knowledge although, you are never praised, nor acknowledged. Here is a poem filled with gratitude to apologise for our pranks, perversity, and deplorable*

*attitude. You will be remembered in our stories when we are in our forties, "Remember old friends! The terror of Sanjay sir's scoldings! Math always seemed so revolting. Shonali ma'am, ever ready for a debate. Even studying biology with Sweet ma'am was great! Meera ma'am, invariably equipped with her anecdotes and morals, never making us cram notes*

*for exams and orals." Oh! How wrong we were about school, all our past fears and worries seem so minuscule. Only if I could turn back time, I would proclaim my thankfulness in rhyme." Hence, this is a poem so I don't regret showing my teachers that I am forever in debt, for all your reprimands and chides, made us live better lives.*

**Shubhangi Mahiya, class X,  
Salwan Public School, Gurugram**

## सलवान पब्लिक स्कूल में हिंदी भाषा उत्सव का हुआ आयोजन

गुरुग्राम, बुधवार, 22 सितंबर 2021

**सलवान पब्लिक स्कूल गुरुग्राम "हिंदी भाषा उत्सव"**



16 सितंबर 2021 को डॉ. निरंजन अहिर (मुख्यमंत्री प्रतिष्ठान परबक) विभिन्न कविताओं को पढ़ाकर पर अमरीकन कविताओं को सभी का मन मोह लिया।

17 सितंबर 2021 को डॉ. अरविंद कुमार सिंह (सहसंचालक) विभिन्न कविताओं को पढ़ाकर पर अमरीकन कविताओं को सभी का मन मोह लिया।

18 सितंबर 2021 को डॉ. अरविंद कुमार सिंह (सहसंचालक) विभिन्न कविताओं को पढ़ाकर पर अमरीकन कविताओं को सभी का मन मोह लिया।

सभी कक्षाओं, विभाग, सभी का अमरीकन कविता, प्रकाश की मुमिता को सभी विभागों में सादर दी।

19 सितंबर 2021 को डॉ. अरविंद कुमार सिंह (सहसंचालक) विभिन्न कविताओं को पढ़ाकर पर अमरीकन कविताओं को सभी का मन मोह लिया।

20 सितंबर 2021 को डॉ. अरविंद कुमार सिंह (सहसंचालक) विभिन्न कविताओं को पढ़ाकर पर अमरीकन कविताओं को सभी का मन मोह लिया।

## गुरुग्राम

गुरुग्राम, बुधवार, 22 सितंबर 2021 | 3

## हिंदी पखवाड़े के तहत सलवान पब्लिक स्कूल ने हिंदी भाषा उत्सव का किया आयोजन

**हिंदी है एक मजबूत व ताकतवर भाषा जिसे आगे बढ़ने से कोई भी नहीं रोक सकता**

**अमर भारती संवाददाता**

गुरुग्राम, गुरुग्राम हिंदी के उत्सव-उत्सव के लिए अमरीकन हिंदी पखवाड़े का आयोजन सलवान पब्लिक स्कूल में हुआ। इस दौरान विभिन्न कक्षाओं की बच्चों का अमरीकन हिंदी पखवाड़े का आयोजन किया गया। इस पखवाड़े के तहत सलवान पब्लिक स्कूल में हिंदी भाषा उत्सव का आयोजन किया गया, जिसमें अमरीकन हिंदी पखवाड़े का आयोजन किया गया।



विभिन्न कक्षाओं के बच्चों ने भाग लिया। इस दौरान अमरीकन हिंदी पखवाड़े का आयोजन किया गया। इस पखवाड़े के तहत सलवान पब्लिक स्कूल में हिंदी भाषा उत्सव का आयोजन किया गया, जिसमें अमरीकन हिंदी पखवाड़े का आयोजन किया गया।

उत्सव का उद्देश्य है कि हिंदी एक मजबूत और ताकतवर भाषा है, जिसे कोई भी नहीं रोक सकता। इस दौरान विभिन्न कक्षाओं की बच्चों का अमरीकन हिंदी पखवाड़े का आयोजन किया गया। इस पखवाड़े के तहत सलवान पब्लिक स्कूल में हिंदी भाषा उत्सव का आयोजन किया गया, जिसमें अमरीकन हिंदी पखवाड़े का आयोजन किया गया।

## हिंदी पखवाड़े के तहत सलवान पब्लिक स्कूल ने हिंदी भाषा उत्सव का किया आयोजन

गुरुग्राम/देव केसरी, लोकेश कुमार। मातृभाषा हिंदी के प्रचार-प्रसार के लिए प्रतिवर्ष हिंदी पखवाड़े का आयोजन सरकारी व गैर सरकारी कार्यलयों तथा शिक्षण संस्थानों में भी किया जाता रहा है। इस दौरान विभिन्न कार्यक्रमों, सेमीनारों का आयोजन किया जाता रहा है। इन सभी के माध्यम से हिंदी को बढ़ावा देने व प्रचारण के सभी कार्य हिंदी में करने के लिए भी प्रोत्साहित किया जाता है। इसी क्रम में सलवान पब्लिक स्कूल में हिंदी भाषा उत्सव का आयोजन किया गया, जिसमें अमरीकन हिंदी पखवाड़े का आयोजन किया गया। इस पखवाड़े के तहत सलवान पब्लिक स्कूल में हिंदी भाषा उत्सव का आयोजन किया गया, जिसमें अमरीकन हिंदी पखवाड़े का आयोजन किया गया।





**SERVICE BEFORE SELF**

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