

*With smiling face and pen so bright,  
the path of learning takes its flight.*



*The real flight of life is yet to start,  
The true test of our will, still plays its part.  
We've measured only a handful of land so far,  
But the endless sky awaits, to show who we are.*

### Editorial

ASPIRE · ACT · ACHIEVE” — The DAV Motto lives in every endeavor of our institution.

**D**ear Readers, The quarter from July to September was marked with learning, activities, and achievements. Though July brought heavy rains, our teachers ensured continuity through online classes. The DAV Capacity Building Program for Teachers in Rajasthan at the end of July enriched classroom practices.

In August, our students actively participated in the Outreach Program and paid tribute by honouring Defence Personnel. The Morning Assemblies, Green Day, and the Investiture Ceremony were the major highlights, instilling values of leadership, discipline, and responsibility.

Students also excelled in Sahodaya Interschool Competitions and DAV Cluster Sports, while Ozone Day and Veer Gatha celebrations inspired awareness, creativity, and patriotic spirit. The quarter concluded with the Half-Yearly Examinations in September, where students worked with diligence and sincerity.

This edition captures our journey of resilience, growth, and excellence. We take pride in our students' consistent enthusiasm and our teachers' unwavering commitment. Each event reflected the collaborative spirit that defines our school community. With every passing term, we continue to nurture curiosity, confidence, and compassion in our learners. Let us move ahead with renewed energy and a shared vision of excellence..

Warm regards,

### Editorial Team

Editor

SUJATA TIWARI

I.T. Editor

RISHI AGNIHOTRI

Student Editor

YASHVARDHAN SINGH

CHAARVI MEENA

### Interesting Podcasts

#### YOUNG READERS

1. My Hero is You (Published by WHO) free download
2. Mazes Book for 7 Year Old: Brain Games for Creative Minds - Puzzle Activity Book for Kids - Brain Boosting Puzzles by Brainland Books
3. The Magical Mission to Mars by Ashima Mathur

#### TEEMING TEENAGERS

1. IKIGAI for Teens Finding your reason for Being
2. Catching A Rainbow by Anaaya Ravishankar
3. Little Managers: Management Themes through Children's Stories by Kinnera Ramala

Dear readers

Greetings!

These three months of July to September has been hectic. With PA-I, Assessment I and Half Yearly all falling in this semester, it was more of an evaluation session for all. Unplanned holidays added to the frenzy of syllabus completion. On the examination front, we made certain upgrades to our evaluation process, aligning it to CBSE's pattern of more of Competency based questions, rather than rote learning. It is wonderful that our students performed well even on this new pattern.

As the festive season is in full swing, I request all the students and parents to maintain the study schedule. Guide your wards to revise and practise daily. It would

be good if the students enrich their knowledge bank with new words and information. While preparing for festivities, do explain to them the significance and reason behind every ritual, so that they learn to respect their tradition and culture. With this, I hand over this edition of Pulse for your reading and feedback. Looking forward to creating new milestones!

Best wishes!

**Smita Ghosh**

Principal

### From the Principal



## Saving Our Shield

**F**or the first time, Ozone Day was celebrated at CF DAV with great enthusiasm and purpose. The event aimed to create awareness among students about the importance of the ozone layer and the urgent need to protect it. The highlight of the celebration was the involvement of the Pollution Control Board, which collaborated with the school to organize a range of engaging competitions.

As part of the event, two major competitions were held — an Essay Writing Competition for middle and senior students and a Drawing Competition for the primary classes. These activities provided a creative platform for students to express their understanding of environmental issues, particularly the role and significance of the ozone layer.

Children participated enthusiastically and showed great interest in the topic. For many students, this was the first time they learned about Ozone Day — why it is celebrated and how the ozone layer protects life on Earth by blocking harmful ultraviolet (UV) rays. Through these competitions, children became

more familiar with the causes of ozone layer depletion and the steps individuals and communities can take to protect it.

The essay competition brought out thoughtful reflections from students, who wrote on topics such as ozone preservation, climate change, and sustainable habits. Their well-researched entries reflected a strong sense of responsibility and an eagerness to protect the planet.

In the drawing competition, younger students used their creativity to illustrate scenes depicting the ozone layer, Earth, and nature. Their colorful and imaginative artworks showed a clear understanding of environmental themes and the need to live in harmony with nature.

The presence of the Pollution Control Board added great value to the event. Their representatives evaluated the entries and awarded certificates and prizes to the winners of both competitions. They also appreciated the efforts of the school in promoting environmental education at the grassroots level. Teachers and staff members expressed their delight over



the overwhelming response from students. It was clear that the event had sparked curiosity, learning, and a deeper appreciation for environmental issues among the children.

Overall, the Ozone Day celebration was not only educational but also inspiring. It successfully spread awareness about the ozone layer and its importance, helping students understand why this global observance matters. The school looks forward to organizing more such events that empower students to be informed and responsible caretakers of the environment.

# SPORTING GLORY

## CF DAV Shines at DAV Sports Cluster Level Tournament 2025-26

Venue: Kota-Jhalawar-Lakheri-Zawar Mines | Dates: 18 & 21 August 2025

CF DAV Public School once again proved its sporting excellence at the **DAV Sports Cluster Level Tournament 2025-26**, held at Kota-Jhalawar-Lakheri. Our young athletes brought laurels to the school by showcasing outstanding performances across multiple disciplines.

In **Athletics (U-14 & U-17 Boys & Girls)**, the students dominated with a remarkable **17 Gold, 6 Silver, and 5 Bronze medals**, securing a total of **28 medals** in this category alone.

Adding more glory,

- **Badminton (U-14 Girls):** 3 Gold medals
- **Table Tennis (U-17 Girls):** 3 Gold medals
- **Roller Skating (U-14 Boys):** 2 Silver medals
- **Chess (U-17 Boys):** 4 Silver medals
- **Football (U-14 Boys):** 16 Silver medals

With an overall tally of **23 Gold, 28 Silver, and 5 Bronze medals**, the school bagged an impressive **56 medals** at the cluster level.

This achievement reflects not only the talent of our students but also the relentless guidance of the coaches and physical education department. Weeks of rigorous practice, discipline, and teamwork prepared the students to give their best performances on the field.

The spirited participation of both boys and girls also highlights the school's commitment to promoting **equal opportunities in sports**, encouraging students to break barriers and pursue excellence.

The Principal, teachers, and parents applauded the winners for their remarkable efforts and congratulated them on bringing glory to the school. The entire school community looks forward with pride to the upcoming **Zonal and National level tournaments**, where our champions are ready to shine once again.



## Trailblazer in Teaching

It is a matter of great pride that Mrs. Pooja Jhala was honored at this year's Sahodaya Teacher Felicitation Ceremony on 9 September. Recognized for her dedication, positive attitude, and eagerness to innovate, she sets an inspiring example for colleagues and students alike. The school community congratulates her and wishes her continued success in all future endeavors.



## English Debate Spotlight



Our school proudly secured the First Runner-Up position in the CBSE Sahodaya Complex Spell Bee Competition held at Kota. Saumya Singh of Class VI showcased excellent spelling skills, confidence, and dedication while competing against several schools. This achievement highlights her hard work and the school's commitment to academic excellence.

## School Shines as First Runner-Up in CBSE Sahodaya Spell Bee



Last month, our school participated in the CBSE Sahodaya English Debate held at Shiv Jyoti Convent School, Kota, and secured the Second Runner-Up position.

Mandeep Kaur, Daksh Sharma, and Yashvardhan Singh of Class X showcased remarkable debating skills and represented our school with distinction.

## Emphasis on Mental Health: A Wake-Up Call!

By : Smita Ghosh

With World Mental Health Day on October 10 being round the corner, the focus and relevance of Mental Health in our lives is worth pondering. In today's fast paced world, the issues related to Mental Health is surfacing rampantly in children.

First and foremost, it must be understood that talk about Mental health is not a taboo. It is as important as physical health. Physical and Mental health go hand in hand. Neither of the two can exist independently. And having some issues does not mean mental disease or shame. Parents, teachers and society need to understand that with the change in value system and lifestyle, many such issues may arise. It is important to recognise the early signs and symptoms so that timely measures can be taken.

In India, mental health issues among school children are widespread, often fuelled by the immense pressure to excel academically, as shaped by societal and parental expectations. Other factors

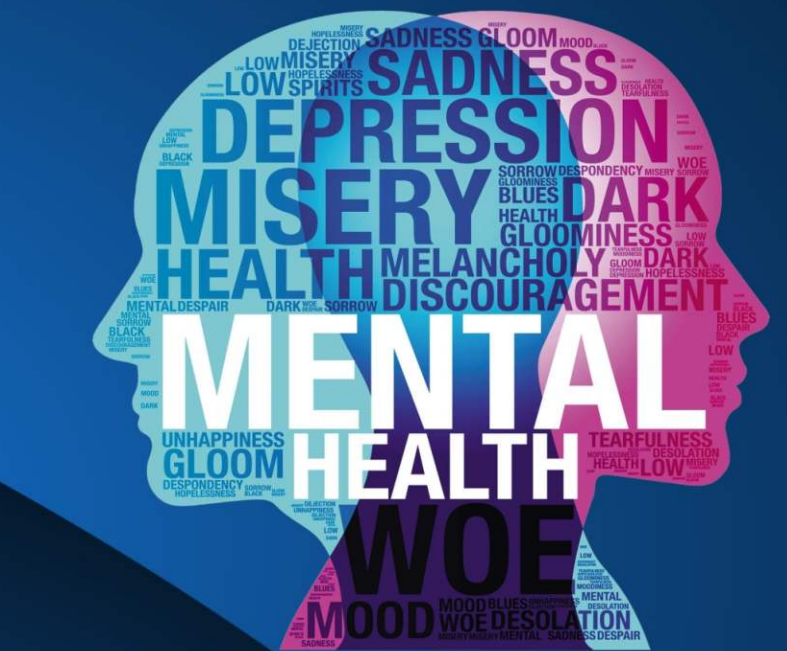
include unfiltered exposure to social media, addiction to gadgets, overbearing/uninvolved family, lack of communication, lack of awareness, etc.

In children it manifests in the form of anxiety, stress, depression, school avoidance, physical complaints, loss of interest in studies, hyperactivity, addiction, disruptive behaviour, bullying, eating disorders, substance abuse, etc. All these affects the academic and overall well-being of these young children.

According to a scientific release by World Health Organisation (WHO) in 2022, COVID-19 pandemic triggered 25% increase in prevalence of anxiety and depression worldwide.

Let us regard this as a wake-up call and help and support our children. We all agree that these children are our World, and it is from them that we derive happiness. Let us make a conscious effort to ensure that the children are not deprived of their happiness and right to proper nurturing.

In this direction, parents are requested to



communicate freely with their children, strive to create a non-threatening atmosphere at home and being observant of the minute deflections in behaviour of the children. You can also research relevant websites or consult child psychologists for better understanding.

Courtesy-who.int, journals.sagepub.com

## Nurturing Creativity in Little Hands: Pre-Primary Activities (July–September)

From July to September, the Pre-Primary section of our school was buzzing with joy, creativity, and hands-on learning as a variety of classroom activities were organized to support holistic development. These thoughtfully planned activities aimed to nurture imagination, sensory exploration, and fine motor skills in our young learners.

Children enthusiastically participated in Pictionary, where they expressed their thoughts through drawings, enhancing their vocabulary and visual thinking. The Clay Moulding activity allowed them to shape their imagination into tangible forms, developing finger strength and creativity. Another fun-filled session was Dab and Dot Painting, where tiny hands

explored colors and patterns in the most joyful way.

In addition to art-based activities, To Plant a Seed initiative helped children understand the basics of nature and responsibility. Watching their little seeds sprout brought immense excitement and a sense of achievement. To further enhance sensory awareness, a special session on Fabrics and Textures was conducted, introducing children to the feel and function of different materials in a fun and interactive manner.

These activities not only added colour and excitement to the school days but also laid strong foundations for experiential learning. The enthusiasm and smiles of the children were a testament to the success of these engaging experiences.

### LITTLE HANDS, BIG GARDENS



Creative Dots, Colourful Thoughts



Doodle to Decode



## When Feet Speak: Dance Mania



## Hands Full of Clay, Hearts Full of Joy



## FABRIC &amp; TEXTURE LEARNING



## CLASS ASSEMBLIES

**GRADE-UKG** : My Family : Discussing the role and importance of family**GRADE-1** Helping Others : How and why to help friends and family**GRADE-2** The Importance of Listening : Wisdom is the Reward you get for a lifetime of Listening when you'd have preferred to Talk.

### GRADE-3 Hard Work vs Smart Work - Smart Work is also Important but it is not a Replacement for Hard Work.



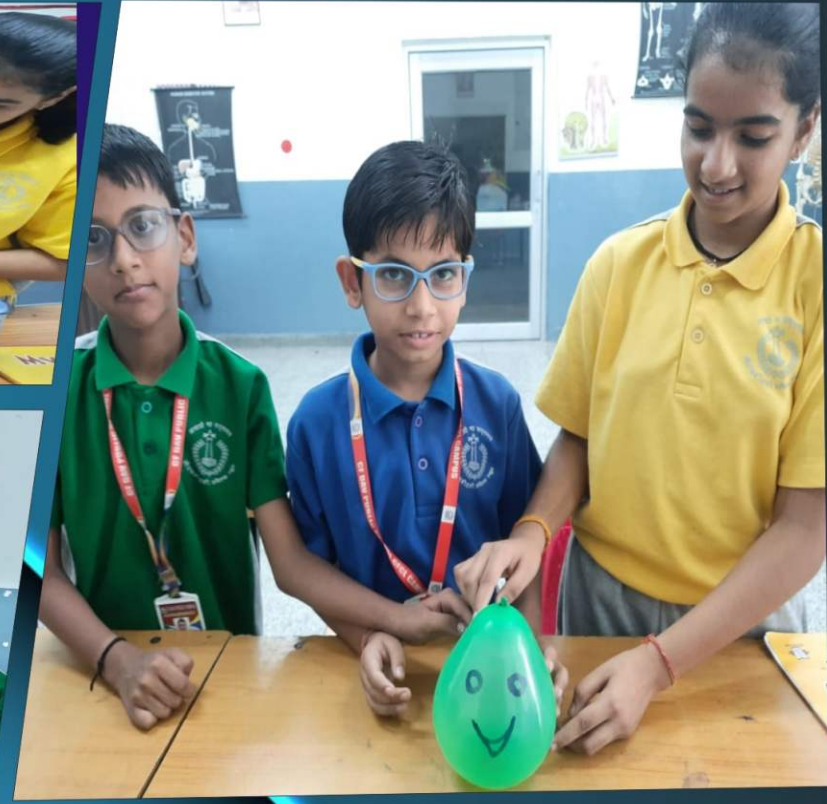
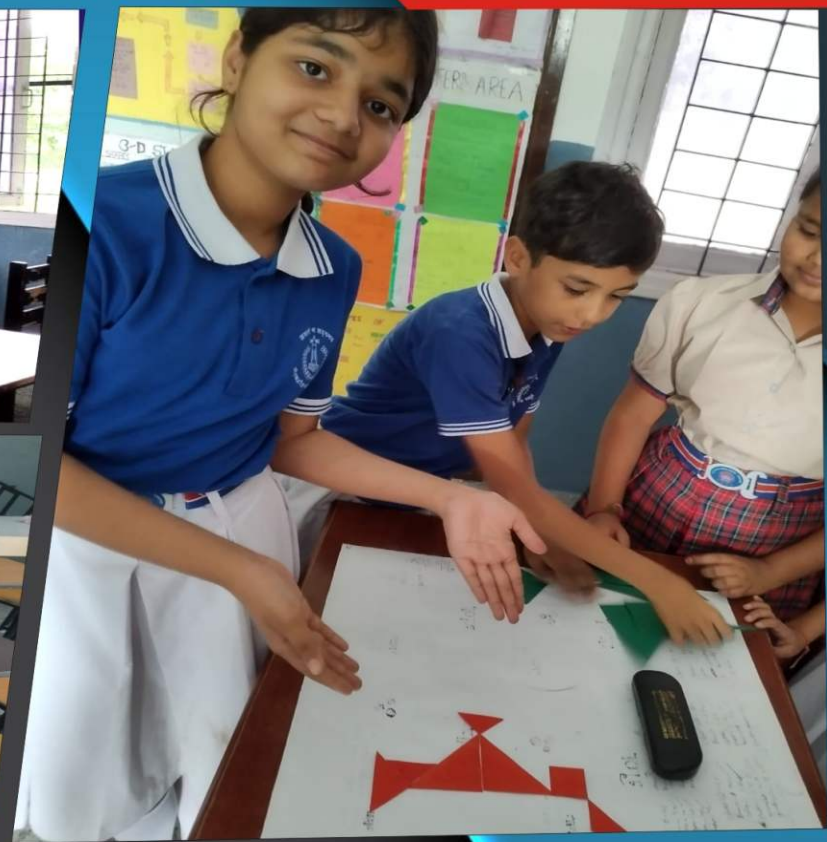
### GRADE-4 Participation is more important than Winning- The Process is more important than the Results; if you take care of the Process, you will get the Results.



### GRADE-5 Power of Positive Thinking- Your mind is full of Powerful Things, when you fill it with Positive Thoughts, Your Life will start to Change.



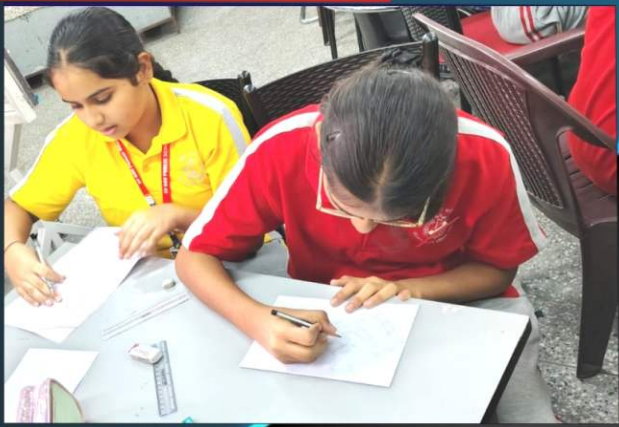
**GRADE-6** Patience: One minute of Patience equals Ten Years of Peace**GRADE-8** Role of Youth in National Integration- Youth is the Canvas on which the strokes of Change are painted.**Clubs @ Work****ICT**

**RAMAN (SCIENCE)****ARYABHATA****LITERARY**

## HOME SCIENCE



## ART &amp; CRAFT



## PERFORMING ART



## SPORTS



## SCOUTS &amp; GUIDES



## Raksha Bandhan with a Patriotic Touch

### Students Honour Soldiers with Sacred Threads of Gratitude

We are delighted to share the overwhelming success of a heartwarming initiative undertaken by our students before the Raksha Bandhan festival this year. In the month of August, as a tribute to the brave men and women who selflessly serve and protect our nation, the students of CF DAV enthusiastically created and sent 525 handmade Rakhis along with around 100 letters and poems to various security personnel.

This thoughtful gesture reached the hands of Indian Army soldiers at the cantonment and along the Rajasthan border, CFCL security personnel, Traffic police personnel, Policemen stationed in PCR vans across Kota.

Students across all grades poured their creativity and gratitude into their handmade Rakhis, ensuring that each one carried a message of love, protection, and unity. Their heartfelt poems and letters further added an emotional touch, bringing smiles and blessings from the recipients.

In response, the soldiers and officers have conveyed their warm wishes and love to our students, deeply touched by their kindness and patriotism.

At CF DAV, we are incredibly proud of our students for displaying such empathy, creativity, and a strong sense of national pride. It is through such initiatives that we nurture not just informed minds, but also compassionate hearts.



# Voices of Expression: A Linguistic Confluence

English, Hindi & Sanskrit Workshop Organized by DAVCAE for Rajasthan Zone B Schools at CF DAV



## Spreading Awareness, Saving the Sky: World Ozone Day Celebrations at School



## Nurturing All-Round Excellence

